

LBC FLAG FOOTBALL RULES

ALL DIVISIONS

All players and coaches agree that we play this game to safely have fun and learn the great team sport of football. All participants agree to do their best to create an environment where the players can experience the joy of the game without unnecessary pressure, stress or rigidity.

1. Season
 - 1.1. Eight (8) regular season games played on Saturday mornings. There is a possibility to play a couple of games on Friday night and at least one game at LHS on a Sunday. There also may be a doubleheader on one Saturday.
 - 1.2. Bantam & Featherweight – scores and standings are kept, there are playoffs and a championship is awarded

2. Eligibility
 - 2.1. All players must be registered through the lbcfootball.org website and comply with the Age & Weight matrix
 - 2.2. Level of play will be determined by age and weight. Age will be determined by what your child's age is prior to September 1, 2019. Weight will be determined by what your child weighs at the first day of evaluations on July 29, 2019.
 - 2.2.1. Flyweights
 - 2.2.1.1. Age 6 - 75lbs or under
 - 2.2.1.2. Age 5 or younger - 80lbs or under
 - 2.2.2. Bantams
 - 2.2.2.1. Age 8 - 95lbs or less
 - 2.2.2.2. Age 7 - 100lbs or less
 - 2.2.2.3. Age 6 - 115lbs or less
 - 2.2.3. Featherweights
 - 2.2.3.1. Age 10 - 105lbs or less
 - 2.2.3.2. Age 9 - 110lbs or less
 - 2.2.3.3. Age 8 - 115lbs or less
 - 2.3. Players exceeding the age and/or weight parameters will have the option to play tackle football.

3. Rosters
 - 3.1. Rosters will assigned by the LBC Board following player evaluations. Coaches will be invited to observe player evaluations.
 - 3.2. Flyweights must start a game with a minimum of five players. Bantamweights must start a game with a minimum of 7 players and Featherweights must start a game with a minimum of 8 players. In the event of an injury, a team with insufficient substitute players may play with six players on the field for Bantamweights and 7 players for Featherweights.

4. Player Participation
 - 4.1. Every eligible player must play at least one (1) half on offense and one (1) half on defense. If roster sizes prevent this, please discuss with the LBC Board to ensure adherence
 - 4.2. No player may play quarterback in both halves of a regular season game
 - 4.3. Coaches must make every effort to play his players in as many different offensive and defensive positions as possible throughout the season
 - 4.4. There are no situational substitutions or positional changes. In other words, you cannot substitute players for special situations such as at the goal line or on fourth down, absent an injury
5. Levels of Play
 - 5.1. Levels of play are determined by an Age & Weight system (see Age & Weight Matrix in 2.2)
 - 5.2. Flyweight level is 5 on 5 football, with all players eligible to catch, run or throw the ball on offense. A center must snap the ball but then becomes an eligible receiver. On defense, there will be no defensive lineman.
 - 5.3. Bantam level is 8 on 8 football, with three lineman and five skilled players eligible to catch, run or throw the ball on offense. Lineman are not eligible receivers. On defense, there will be three defensive lineman.
 - 5.4. Featherweight level is 9 on 9 football, with three lineman and six skilled players eligible to catch, run or throw the ball on offense. Lineman are not eligible receivers. On defense, there will be three defensive lineman.
6. Coaches
 - 6.1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all time
 - 6.2. One coaches are allowed on the field at any time to direct players for Bantam and Featherweight level. Two coaches are allowed on the field direct players at the Flyweight level.
 - 6.3. Coaches are expected to adhere to LBC Code of Conduct and Coaching Pledge.
7. Game
 - 7.1. At the start of each game, both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
 - 7.2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.
 - 7.3. Flyweight & Bantam
 - 7.3.1. The offensive team takes possession of the ball at its 40-yard line and has four (4) plays to cross the 20-yard line. Once a team crosses the 20-yard line they have four (4) plays to score a touchdown.
 - 7.3.2. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on the 40-yard line.
 - 7.3.3. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 40-yard line.
 - 7.3.4. All possession changes, on the 40-yard line.

- 7.4. Featherweight
 - 7.4.1. The offensive team takes possession of the ball at its 20-yard line and has four (4) plays to cross a first down marker.
 - 7.4.2. First downs are achieved at the offensive 40-yard line, defensive 40-yard line and defensive 20-yard line.
 - 7.4.3. Once a team crosses the 20-yard line first down marker, they have four (4) plays to cross the score a touchdown.
 - 7.4.4. If the offense fails to convert a first down or score a touchdown, the ball changes possession and the new offensive team starts its drive on their 20-yard line.
 - 7.4.5. All possession changes will start on the offensive 20-yard line.
- 7.5. Possession changes to the team that started the game on defense.

8. Terminology

- 8.1. **Boundary Lines** - the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.
- 8.2. **Blitz** - a rush of the quarterback that does not require waiting for the three second rush count.
- 8.3. **Line Of Scrimmage** - (LOS) an imaginary line running through the point of the football and across the width of the field.
- 8.4. **Line-To-Gain** - the line the offense must pass to get a first down or score.
- 8.5. **Rush Line** - an imaginary line running across the width of the field 7 yards (into the defensive side) from the line of scrimmage
- 8.6. **Offense** - the squad with possession of the ball.
- 8.7. **Defense** - the squad opposing the offense to prevent them from advancing the ball.
- 8.8. **Passer** - the offensive player that throws the ball and may or may not be the quarterback.
- 8.9. **Rusher** - the defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
- 8.10. **Downs (1-2-3)** - the offensive squad has four attempts or "downs" to advance the ball. They must cross the line to gain to get another set of downs or to score
- 8.11. **Live Ball** - refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- 8.12. **Dead Ball** - refers to the period of time immediately before or after a play.
- 8.13. **Whistle** - sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, half time, or the end of the game.
- 8.14. **Inadvertent Whistle** - official's whistle that is performed in error.
- 8.15. **Charging** - the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.

- 8.16. **Flag Guarding** - an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head, or by blocking access to the runner's flags with a hand or arm.
- 8.17. **Shovel Pass** - a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
- 8.18. **Lateral** - a backwards or sideways toss of the ball by the ball carrier.
- 8.19. **Unsportsmanlike Conduct** - a rude, confrontational, or offensive behavior or language.
- 8.20. **Safety** - a safety occurs when the ball carrier has their flag pulled or fumbles the ball in their own end zone. A safety also is called if an offensive penalty is committed in their own end zone. When a safety occurs, the defensive team is awarded two points, and possession of the ball starting on their own 20-yard line.

9. Equipment

- 9.1. The league provides each player with a flag belt and jersey issued by LBC. Teams will use the football provided by LBC.
- 9.2. Players must wear shoes. Football cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
- 9.3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- 9.4. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- 9.5. Player's jerseys must be tucked into the pants if they hang below the belt line.
- 9.6. Pants or shorts with belt loops or pockets must be taped.
- 9.7. Players must provide and use a protective mouthpiece and athletic support cup. Both are mandatory at practices and games. Lack of compliance will result in a penalty.

10. Field

- 10.1. Flyweight & Bantam Field
 - 10.1.1. The field dimensions are 53 $\frac{1}{3}$ yards by 40 yards with one 10-yard end zone, and a line-to-gain/first down at the 20-yard line.
- 10.2. Featherweight Field
 - 10.2.1. The field dimensions are 53 $\frac{1}{3}$ yards by 80 yards with two 10-yard end zones.
- 10.3. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
- 10.4. No-Run Zones are defined by level as follows:
 - 10.4.1. Flyweight level does not utilize No-Run zones.
 - 10.4.2. Bantam level utilizes a No-Run zone on the 5-yard line that is inclusive to both running backs and quarterbacks.

10.4.3. Featherweight level utilizes No-run zones within 5 yards of a first down and on the 5-yard line that is inclusive to both running backs and quarterbacks.

10.5. Stepping on the boundary line is considered out of bounds.

11. Timing and Overtime

11.1. Games are played on a 40 minute continuous clock with two twenty minute halves. The clock stops only for timeouts, injuries, at the discretion of the referee, and for the following game situations.

11.1.1. The clock will stop within the last minute of the half or the end of the game if there is a change in possession. The clock will resume at the snap of the ball on offense.

11.1.2. The clock will stop after a touchdown in the last minute of the first half and last two minutes of the second half. No time will pass for the extra point attempt. The clock will resume at the snap of the ball on offense.

11.2. Halftime is 5 minutes in length.

11.3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

11.4. Each team has two 60-second timeouts per half.

11.5. If the score is tied at the end of 40 minutes, the game should be determined a tie. (overtime rules will only be used during the playoffs).

12. Scoring

12.1. Touchdown: 6 points

12.2. PAT (Point After Touchdown) 1 point (5-yard line pass only) or 2 points (12-yard line run or pass)

12.2.1. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

12.3. Flyweight & Bantam Only

12.3.1. Interceptions: 1 point

12.3.1.1. An interception cannot be return, but will result in 1 point and possession of the ball at the 40-yard line for the intercepting team. If an interception occurs during a point after attempt it will result in 1 point.

12.4. Featherweight Only

12.4.1. Interceptions can be returned, but no points awarded. The ball will be spotted at the end of the interception return.

12.4.2. Safety: 2 points

12.4.2.1. A safety occurs when the ball carrier has their flag pulled or fumbles the ball in their own end zone. A safety also is called if an offensive penalty is committed in their own end zone. When a safety occurs, the defensive team is awarded two points, and possession of the ball starting on their own 20-yard line.

12.5. Bantamweights and Featherweights Touchdown Rule Limit

12.5.1. If a running back or receiver score two touchdowns in a game then they are no longer eligible to be in an offensive position to score. They must be moved to defense or an offensive line position.

12.5.2. If a quarterback scores two running touchdowns in a game then they are no longer eligible to be in an offensive position to score. They must be moved to defense or an offensive line position. This rule does not include touchdown passes.

13. Live Ball/Dead Ball

13.1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

13.2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.

13.3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.

13.4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.

13.5. Any official can whistle the play dead.

13.6. Play is ruled "dead" when:

13.6.1. The ball hits the ground.

13.6.2. The ball carrier's flag is pulled.

13.6.3. The ball carrier steps out of bounds.

13.6.4. A touchdown, PAT or interception is scored.

13.6.5. The ball carrier's knee or arm hits the ground.

13.6.6. The ball carrier's flag falls out.

13.6.7. In the event a ball carriers flags fall off without a defender making an attempt at the flag, a one-hand touch will go into effect.

13.6.8. One-hand touch rule is at the discretion of the referee.

13.6.9. A player receives a handoff or catches the ball while in possession of one or no flag(s).

13.6.10. There are no fumbles and no stripping of the ball. The ball is spotted where the ball carrier's feet were at the time of the fumble.

- 13.7. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

14. Running

- 14.1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- 14.2. Quarterbacks - the offensive player that receives the snap.
 - 14.2.1. The quarterback can directly run with the ball past the line of scrimmage at the Featherweight level twice per offensive drive or if blitzed. The quarterback does have the ability to scramble in the back field during the normal 3-second rush, but cannot advance the ball beyond the line of scrimmage if the two runs per drive have already been used.
 - 14.2.2. The quarterback can directly run the ball at the Flyweight level once for each first down gained. The quarterback can advance the ball beyond the line of scrimmage once rushed for each play.
 - 14.2.3. The quarterback can directly run the ball once for each first down gained at the Bantam level. The quarterback can advance the ball beyond the line of scrimmage once rushed for each play
- 14.3. Direct handoffs, pitches or laterals behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs. Players who receive handoffs are allowed to throw the ball as long as the hand off takes place behind the line of scrimmage. The quarterback can become an eligible receiver.
 - 14.3.1. The three designated offensive linemen are not eligible to carry the ball.
- 14.4. The player who takes the handoff can throw the ball from behind the line of scrimmage.
- 14.5. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 14.6. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
- 14.7. Spinning is allowed, but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.
- 14.8. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

- 14.9. Blocking & Screening - Flyweight & Bantam
 - 14.9.1. Blocking or screening is not allowed at the Flyweight level. At the Bantam level blocking is allowed by the three designated linemen. Offensive players, including linemen, must stop their motion once the ball has crossed the line of scrimmage - no running with the ball carrier.
- 14.10. Blocking - Featherweight
 - 14.10.1. Blocking is allow by designated offensive linemen, but must stop once the ball has crossed the line of scrimmage. Blocking is subject to Holding and Illegal Hands to the Face penalties.
 - 14.10.2. Screening is allowed at the Featherweight level after the ball has crossed the line of scrimmage, but only with crossed arms and hands on shoulders - no intentional contact is permitted.
- 14.11. Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

- 15. Passing
 - 15.1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage.
 - 15.2. Shovel passes are allowed, but must be received beyond the line of scrimmage.

- 16. Receiving
 - 16.1. Only non-offensive lineman are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).
 - 16.2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
 - 16.3. A player must have a least one foot inbounds when making a reception.
 - 16.4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
 - 16.5. Interceptions change the possession, and award the defensive team 1 point at the bantam and flyweight levels.
 - 16.6. Interceptions are not returnable on PAT conversions, but will result in 1 point for the defense at the Bantam and Flyweight level.

- 17. Rushing the Passer
 - 17.1. All players who rush the passer must wait a minimum of three seconds after the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
 - 17.2. Once the ball is handed off, the three second rule is no longer is in effect and all defenders may go behind the line of scrimmage.
 - 17.3. The referee will count the three seconds aloud.
 - 17.3.1. A legal rush is:

- 17.3.1.1. Any rush from the defensive line after the three second count has expired.
- 17.3.1.2. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback
- 17.3.1.3. If a rusher leaves the rush line early (before three seconds), they may return to the line of scrimmage on the defensive side of the ball, reset and then legally rush the quarterback
- 17.3.1.4. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback
- 17.3.2. A penalty may be called if:
 - 17.3.2.1. The rusher crosses the line of scrimmage before a handoff, pass, or snap – Illegal Rush (10 yards LOS).
 - 17.3.2.2. Any defensive player crosses the line of scrimmage before the ball is snapped - Offside (10 yards LOS).
 - 17.3.2.3. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – Illegal Rush (10 yards LOS).
- 17.3.3. Special circumstances:
 - 17.3.3.1. Teams are not required to rush the quarterback.
 - 17.3.3.2. The defense is awarded one blitz per half, which negates the three second count. The defensive coach must tell the referee before the play that they will use their blitz, but they are not required to tell the offense.
 - 17.3.3.3. Referees will keep track of the blitzes per half like timeouts.
 - 17.3.3.4. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
- 17.4. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.
 - 17.4.1. The ball cannot be placed deeper than the 40-yard starting line.

18. Flag Pulling

- 18.1. A legal flag pull takes place when the ball carrier is in full possession of the ball and his flag is removed from his belt. This ends the play and the ball is placed at the spot or yard line where the flag was removed.
- 18.2. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
- 18.3. **A defensive player must “play the flag” and not the man.** Any action against the ball carrier other than merely pulling his flag will be deemed unnecessary roughness.

- 18.4. It is illegal to attempt to strip or pull the ball from the quarterback or ball carrier's possession at any time.
- 18.5. If a player's flag inadvertently falls off during the play with no defenders in the area and no flag pull has been attempted, the player is subject to one-hand touch. This rule is at the discretion of the referee.
- 18.6. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 18.7. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

19. Formations

- 19.1. For bantam and featherweight levels, the offense must have a minimum of three lineman on the line of scrimmage (the center, left guard and right guard), who are in a stance arms-length apart from each other. The quarterback must be off the line of scrimmage.
- 19.2. For bantam and featherweight levels, the defense must have a minimum of three lineman on the line of scrimmage (the nose guard, left defensive tackle and right defensive tackle). Defensive lineman must be in a stance head-up with the offensive lineman. No shading is permitted.
- 19.3. For the flyweights, a center must snap the ball. No defensive player can line up directly across from center. After the snap all players are eligible receivers.
- 19.4. Defensive lineman are not required to rush straight ahead after the three second rush count.
 - 19.4.1. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - 19.4.2. No motion is allowed towards the line of scrimmage.
- 19.5. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
- 19.6. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- 19.7. The quarterback will take the snap from the back of the center. The quarterback cannot begin a running movement before the the call of "hike" or an illegal motion penalty will be called.

20. Unsportsmanlike Conduct

- 20.1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!** Unsportsmanlike conduct following a TD will result in loss of the point after attempt.
- 20.2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs,

the referee will give one warning. If it continues, the player or players will be ejected from the game.

- 20.3. Players may not physically or verbally abuse any opponent, coach or official. Any unsportsmanlike penalty against a player is subject to current or future game(s) dismissal.
 - 20.4. Coaches may not physically or verbally abuse any opponent, coach or official. Any unsportsmanlike penalty against a coach is subject to current or future game(s) dismissal, and a meeting with the LBC Board.
 - 20.5. Ball carriers MUST make an effort to avoid defenders with an established position.
 - 20.6. Defenders are not allowed to run through the ball carrier when pulling flags.
 - 20.7. Fans must also adhere to good sportsmanship, as well:
 - 20.7.1. Yell to cheer on your players, not to harass officials or other teams
 - 20.7.2. Keep comments clean and profanity free.
 - 20.7.3. Compliment ALL players, not just one child or team.
 - 20.7.4. Inappropriate comments by fans may result in a penalty, game(s) forfeiture, as well as expulsion from LBC member status.
 - 20.8. Fans are required to keep fields safe and kids friendly:
 - 20.8.1. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field on the upper field, and outside of the fencing on the lower field.
21. Penalties
- 21.1. The referee will call all penalties.
 - 21.2. Referees determine incidental contact that may result from normal run of play.
 - 21.3. All penalties will be assessed from the line of scrimmage, except as noted. (spot fouls)
 - 21.4. Only the team captain or head coach may ask the referee questions about rule clarification.
 - 21.5. Games may not end on a defensive penalty, unless the offense declines it.
 - 21.6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
 - 21.7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
 - 21.8. An inadvertent whistle will still result in a dead play and the ball will be spotted by the official where the runners feet are. If the player is behind the line of scrimmage the ball will be spotted at the line of scrimmage.
 - 21.9. In the event of a dispute, a designated LBC Board Member will adjudicate and render a final ruling.

Defensive Penalties

Offside	+10 yards from the line of scrimmage
Illegal Rush	+10 yards from the line of scrimmage
Illegal Flag Pull	+5 yards from the line of scrimmage and automatic first down
Roughing the Passer	+10 yards from the line of scrimmage and automatic first down
Taunting	+10 yards from the line of scrimmage and automatic first down
Defensive Pass Interference	Spot foul and automatic first down
Holding	Spot foul + 5 yards and automatic first down
Stripping	Spot foul +10 yards and automatic first down
Unnecessary Roughness	Spot foul +10 yards and automatic first down

Offensive Penalties

Offsides/False Start	Loss of down
Illegal Forward Pass	-5 yards from line of scrimmage and loss of down
Offensive Pass Interference	-5 yards from line of scrimmage and loss of down
Illegal Motion (more than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of Game	Loss of down
Screening, Blocking, or Running with the Ball Carrier	Spot Foul, -5 yards and loss of down
Charging	Spot Foul, -10 yards and loss of down
Flag Guarding	Spot Foul, -10 yards and loss of down
Unnecessary Roughness	Spot Foul, -10 yards and loss of down

Note: an offensive penalty on 4th down will result in a change of possession.

At the flyweight level, there will not be strict enforcement of the offsides and illegal motion penalties unless the occurrence is excessive. Enforcement will be based upon the discretion of the referees.