

LOD - loss of down, AFD-automatic first down, DB - dead ball, LS - line of scrimmage SF - spot of foul

LOSS OF 10 YARDS

Pass interference Offense 10 yds from LS with LOD

Pass Interference Defense Move ball to spot of foul with AFD, if PI occurs behind LS then return ball to LS and AFD

Illegal Contact Offense 10 yds with LOD LS

Illegal Contact Defense 10 yds with AFD

Unsportsmanlike acts 10 yds DB

LOSS OF 5 YARDS SF with LOD

Illegal backward pass, Illegal forward pass, Jumping or diving, Flag guarding

LOSS of 5 YARDS Replay the down.

Illegal rush LS

LOSS OF 5 YARDS LS with LOD

Illegal run, illegal run play (play is whistled dead once play becomes an illegal run)

LOSS of 5 YARDS with LOD

Shielding by Offence, loss of 5 yards from where possession of the ball was when shielding occurred

LOSS OF 5 YARDS (play stops immediately and penalty is assessed or declined, all are DB fouls)

Illegal snap, Delay of game, Encroachment, Illegal Blitz, Offside

LOSS of 5 YARDS

Shielding by Defence, loss of 5 yards, replay the down

LOSS of 5 YARDS with AFD

Illegal flag pull

LOSS OF DOWN (LOD)

Delay of pass (7 second rule) LS

Pass Interference

Pass interference is physical contact on a legal forward pass play up to the point where the pass is touched by a player or falls incomplete. Pass interference is contact that interferes with an opponent whilst the ball is in the air. It is the responsibility of the defender to avoid the opponents. It is not pass interference when 2 or more eligible players are making a simultaneous and fair attempt to touch, bat or catch the pass. Eligible players of either team have equal rights to the ball, but it is the responsibility of the player in the disadvantageous position to avoid the opponent. When the forward pass is in the air all players have the right to play the ball, but not by aiming (playing through) an opponent. If receiver and defender contribute equally to an illegal contact, the foul is by the defense.

Holding: Holding is grasping an opponent or their equipment, not releasing immediately and impacting the opponent.

Shielding: Shielding is obstructing an opponent without contact by moving into their path. A moving player without right of way who impedes an opponent from running a pass route, getting to the runner or impedes a legal blitzer is guilty of shielding. A player standing still (with the right of place) is not shielding, even if the player is obstructing an opponent.

Aiming: Aiming is to target and initiate contact with an opponent or to run into an opponent, even with right of way. Aiming is any deliberate or avoidable contact with force against an opponent, even in an attempted flag pull or while playing the ball during a pass. Aiming is an illegal contact penalty.

Flag Guarding: Flag guarding is an attempt by the runner to avoid a flag pull by covering the flag with any part of the body (hand, arm or leg) or with the ball or waving the hand below the hip in front of the flag before the flag pull attempt. Flag guarding is also stretching out a hand, with or without the ball, towards the opponent to make it more difficult for the defender to reach the flag.

Jumping: Jumping is an attempt by the runner to avoid a flag pull by pushing off the ground and thus raising the level of the flags significantly compared to regular running. Jumping is a type of flag guarding and illegal. Diving is an attempt by the runner to avoid a flag pull or make the approach to the flag more difficult by leaning the upper body forward, with or without jumping. Diving is a type of flag guarding and is illegal.

Illegal Blitzer Signal: A maximum of 2 players may establish themselves as a blitzer. If a player who signals is less than 7 yards from the scrimmage line or if a player is giving an invalid signal or if more than 2 players simultaneously keep their hand raised after the snapper has touched the ball, it is a foul for illegal signal.

Illegal Touching and Batting

- a. The passer is only allowed to touch, bat or catch a pass that has been thrown by themselves after it has been touched by a defender.
- b. No offensive player who goes out of bounds voluntarily during a down shall touch a pass in flight. If an offensive player is forced out of bounds due to a foul and immediately returns to the field of play or end zone, the player remains eligible to touch or catch a pass.

Contact: Contact is touching an opponent with impact. Touching with no impact is not a foul.

Illegal Contact (IC)

- a. No player shall intentionally contact an opponent or an official.
- b. No player shall step, jump or stand on another player.
- c. No player shall hold another player.
- d. All stationary players have the right of place and opponents shall avoid contact.
- e. The runner has no right of way and is fully charged with avoiding contact with opponents. If runner and defender contribute equally to the contact, the foul is by the offense.
- f. All offensive players have the right of way as long as a legal forward pass is still possible and defenders shall avoid contact. When the forward pass is in the air all players have the right to play the ball, but not by aiming (playing through) an opponent. If receiver and defender contribute equally to an illegal contact, the foul is by the defense.
- g. All blitzers rushing according to the rule have the right of way and offensive players shall avoid contact. If there is no contact, it still could be a shield by the offensive player.
- h. No player shall commit aiming.

Flagrant Fouls

A flagrant foul is one which puts an opponent in danger of serious injury or one which is contrary to the principle of sportsmanship. Flagrant fouls require disqualification. Any player or coach who commits two unsportsmanlike acts during the same game shall be disqualified. A disqualified player or coach is required to leave the team area and remain out of view of the field. Further consequences may be considered by NCAFA.