

Penalties

Defensive spot fouls

All flag football penalties are assessed from the line of scrimmage, except for spot fouls. Spot fouls are penalties that are assessed from the spot on the field where the foul occurred.

Type	Description	Yardage
Defensive pass interference	The player significantly hinders an eligible receiver's opportunity to catch the ball	+10 yards from the line of scrimmage and automatic first down
Holding	The player restrains another player who is not in possession of the ball	+5 yards and automatic first down
Stripping	A player smacks or grabs the football from the ball-carrier's hands	+10 yards and automatic first down out of th

Offensive spot fouls

Offensive spot fouls are also assessed from the spot on the field where the foul occurred. All of these flag football penalties result in a loss of down. But any loss of down on the fourth down results in a turnover, with the other team taking possession. Here are flag football penalties categorized as offensive spot fouls:

Type	Description	Yardage
Screening, blocking	The player uses physical attempts to gain yardage by obstructing the path of their opponent	-10 yards and loss of down
Charging	The player challenges their opponent for space without using	-10 yards and loss of down
Flag guarding	The ball-carrier intentionally obstructs the defender's access to	-10 yards and loss of down

Defensive flag football penalties

You'll find that many defensive flag football penalties are behavior-oriented and can take on several definitions. Unsportsmanlike conduct, for example, can include any physical acts, like intentional tackling, elbows, or cheap shots, as well as verbal, such as confrontational language. Referees can also dish out a flag football penalty to fans who aren't keeping the field safe.

Type	Description	Yardage
Unnecessary roughness	Using methods beyond what is necessary to pull the flag	+10 yards and automatic first down
Unsportsmanlike conduct	Examples include excessive celebration, using abusive language, punching or kicking	+10 yards and automatic first down
Offsides	A player crosses the line of scrimmage before the ball is snapped	+5 yards from the line of scrimmage and automatic first down

Illegal rush	The rusher is not lined up at least seven yards off the line of	+5 yards from the line of scrimmage and automatic first down
Illegal flag pull	A player pulls the flag off an opponent before they have full possession of the ball	+5 yards from the line of scrimmage and automatic first down
Roughing the passer	A player makes contact with the passer after they've thrown a pass	+5 yards from the line of scrimmage and automatic first down
Taunting	A type of unsportsmanlike conduct where the player purposely creates a distraction or is intentionally disrespectful to the opposing team.	+5 yards from the line of scrimmage and automatic first down

Offensive flag football penalties

Similar to defensive flag football penalties, offensive flag football penalties include infractions for unsportsmanlike behavior, whether it's physical or verbal. On offense, there are also penalties for improper movements on the line of scrimmage, such as moving before the play starts or delaying the game. For example, each time the ball is spotted, a team has 25 seconds to snap the ball. Delay-of-games penalties are enforced after one warning. Here's a list of offensive flag football penalties:

Type	Description	Yardage
Unnecessary roughness	Using methods beyond what is necessary to pull the flag	-10 yards and loss of down
Unsportsmanlike conduct	Examples include excessive celebration, using abusive language, punching or kicking	-10 yards and loss of down
Offside/false start	A player charges or moves in a way that indicates the start of the play before the ball is snapped	-5 yards from line of scrimmage and loss of down
Illegal forward pass	A player throws the ball forward once they are past the line of scrimmage	-5 yards from line of scrimmage and loss of down
Pass interference	The eligible receiver significantly hinders the defensive player's opportunity to intercept the ball	-5 yards from line of scrimmage and loss of down
Illegal motion	Players shifting and not coming to a complete stop before the ball is snapped	-5 yards from line of scrimmage and loss of down
Delay of game	Team fails to snap the ball and put it in play before the play clock expires	-5 yards from line of scrimmage and loss of down
Impeding the rusher	The rusher's path or line is occupied by a moving offensive player	-5 yards from line of scrimmage and loss of down
Illegal procedure	A technical rules violation, such as illegal formation	-5 yards from line of scrimmage and loss of down