

Salt Lake County - Flag Football Violations and Penalties

Violation	Penalty	Enforced From	Down
OFFSIDES - Offense or Defense jumping offside before the ball is snapped or being lined up offside when ball is snapped. Note: This penalty kills the play immediately and is automatically enforced.	5 YARDS	Line of scrimmage	Remains the same (unless yardage achieves 1 st down)
DELAY OF GAME – Offense does not start play within the allotted 45 seconds.	5 YARDS	Line of scrimmage	Remains the same
ILLEGAL CONTACT (Defense) – Holding, pushing, knocking down, body checking, etc. (May be upgraded to Unnecessary Roughness, depending on severity)	5 YARDS	Line of scrimmage (if occurs in offensive backfield) Point of Foul (anywhere else)	Automatic First Down
JUMPING/DIVING (Defense) – Defensive player leaving his/her feet when making a tackle (flag pull).	10 YARDS	Line of scrimmage (if occurs in offensive backfield) Point of Foul (anywhere else)	Automatic First Down
PASS INTERFERENCE (Defense)	15 YARDS	Line of scrimmage	Automatic First Down
PASS INTERFERENCE (Offense)	10 YARDS	Line of scrimmage	Loss of Down
ILLEGAL CONTACT (Offense) – Holding, pushing, knocking down, body checking, illegal blocks, etc. (May be upgraded to Unnecessary Roughness, depending on severity)	5 YARDS	Line of scrimmage	Remains the same
ILLEGAL MOVE (Offense) – Ball carrier using a stiff-arm, spinning, or leaving his/her feet. Also includes illegal passes beyond line of scrimmage or on returns.	5 YARDS	Line of scrimmage	Remains the same
FLAG GUARDING (Offense) – Ball carrier using hands or arms to keep defense from grabbing flags.	10 YARDS	Line of scrimmage	Remains the same
INTENTIONAL GROUNDING (Offense) – Passer throwing the ball to the ground to avoid being downed.	5 YARDS	Line of scrimmage	Remains the same
ILLEGAL MOTION / PROCEDURE (Offense) – More than one player in motion when ball is snapped or not enough players on line of scrimmage.	5 YARDS	Line of scrimmage	Remains the same
UNNECESSARY ROUGHNESS – Illegal contact deemed excessive by official.	1 5 YARDS	<i>Same as Illegal Contact</i>	<i>Penalties listed above.</i>
UNSPORTSMANLIKE CONDUCT – Any behavior by players, coaches, or spectators deemed unsportsmanlike by officials (swearing, arguing with or degrading officials or others, etc.) Also includes illegal removal of or flag tampering.	10 YARDS	Line of scrimmage (if by offense) Line of scrimmage or tacked on to end of play (if by defense)	Loss of Down (If by Offense) Automatic First Down (If by Defense)

PENALTY PROCEDURE

The referee will throw a bright yellow or orange flag to signal a penalty. On any offsides or delay of game penalty the referee will also blow his/her whistle, announce the penalty, and mark of the yardage. There is no play. On all other penalties, the play continues to its conclusion. The official then follows this procedure:

- ◆ **announces the penalty at the conclusion of the play**
- ◆ **confers with the coach whose team did not commit the infraction to determine whether or not they wish to accept or decline the penalty**

For example: If the offensive team had the ball and had 1st down with about 10 yards to go for a new 1st down (1st & 10) and was

penalized for holding on a play that gained no yards, the referee would announce the penalty and then discuss the options with the defensive coach. The defensive coach can accept the penalty which is 5 yards enforced from the line of scrimmage and the down remains the same. If the defensive coach chooses this option the offense would then have 1st down with 15 yards to go for the first down. The defensive coach may also decline the penalty and just accept the result of the play. If the defensive coach chooses this option the offense would then have 2nd down and 10 yards to go for the first down. The referee will explain the options to the coach each time.

- ◆ **marks off the penalty(if accepted) and sets the ball for the next play**
- ◆ **the official may briefly explain the penalty to a confused coach, but will not delay the game with any in-depth discussion**
- ◆ **gets set for next play (clock is running)**

The officials have the authority to kick an “out-of-control” coach, player, or fan out of the park. If the offending individual refuses to leave, the authorities may be called and the individual may not be allowed to return to any future games.

The officials have the final say in all controversies and interpretation of all rules.