

SUMMARY OF PENALTIES AND WHO SHOULD OR SHOULD NOT MAKE CALL

	TYPE OF PENALTY	DISTANCE	R	U	L	LJ	BJ
1	FAILURE TO WEAR REQUIRED EQUIPMENT DURING DOWN	5	X	X	X	X	X
2	DELAY OF GAME	5	X				
3	FAILURE TO WEAR REQUIRED EQUIPMENT JUST BEFORE SNAP (DELAY OF THE GAME)	5	X	X	X	X	X
4	ILLEGAL SUBSTITUTE	5	X	X	X	X	X
5	ENCROACHMENT	5			X	X	
6	FREE KICK OUT OF BOUNDS	5	X	4	X	X	X
7	INVALID OF ILLEGAL FAIR CATCH SIGNAL	5				X	X
8	SNAP INFRACTION	5	X	X	X	X	
9	ILLEGAL FORMATION OR PROCEDURE	5	X	X	X	X	
10	LESS THAN 7 ON LINE	5		X	X	X	
11	NUMBERING VIOLATION	5		X			
12	PLANNED LOOSE BALL INFRACTION	5	X				
13	ILLEGAL HANDING THE BALL FORWARD	5	X	X	X	X	X
14	ILLEGAL FORWARD PASS	5	X	X	X	X	X
15	INTENTIONAL GROUNDING	5	X				
16	INELIGIBLE RECEIVER DOWNFIELD	5		X	X	X	
17	ILLEGAL TOUCHING	5	X	X			
18	HELPING RUNNER	5	X	X	X	X	X
19	INCIDENTAL FACE MASK	5	X	X	X	X	X
20	RUNNING INTO KICKER/HOLDER	5	4/5		4		
21	SIDELINE INTERFERENCE	5			X	X	
22	ATTENDANT ILLEGALLY ON FIELD	5			X	X	

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23	NONPLAYER OUTSIDE OF TEAM BOX	5			X	X	
24	ILLEGAL BLOCKING TECHNIQUE	10	X	X	X	X	X
25	INTERLOCK BLOCKING	10	X	X	X	X	X
26	HOLDING	10	X	X	X	X	X
27	RUNNER GRASPING A TEAMMATE	10	X	X	X	X	X
28	ILLEGAL USE OF HANDS	10	X	X	X	X	X
29	ILLEGAL BLOCK IN THE BACK ABOVE THE WAIST	10	X	X	X	X	X
30	UNSPORTSMANLIKE CONDUCT	15	X	X	X	X	X
31	ILLEGAL KICKING OR BATTING	15	X	X	X	X	X
32	ILLEGAL BLOCK AFTER VALID OR INVALID FAIR CATCH SIGNAL	15			4	X	X
33	KICK CATCHING INTERFERENCE	15	X		X	X	X
34	FORWARD PASS INTERFERENCE	15		X	X	X	X
35	ILLEGAL BLOCK BELOW WAIST	15	X	X	X	X	X
36	CLIPPING	15	X	X	X	X	X
37	CHOP BLOCK	15		X			
38	TRIPPING	15	X	X	X	X	X
39	ILLEGAL PERSONAL CONTACT	15	X	X	X	X	X
40	GRASPING AN OPPONENTS FACE MASK	15	X	X	X	X	X
41	BUTT BLOCKING, FACE TACKLING OR SPEARING	15	X	X	X	X	X
42	ROUGHING THE PASSER	15	X				
43	ROUGHING KICKER OR HOLDER	15	4/5		4		
44	ROUGHING THE SNAPPER	15		X			

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45	SLAPPING THE BLOCKERS HEAD	15	X	X	X	X	X
46	ILLEGAL PARTICIPATION	15	X	X	X	X	X
47	SIDELINE INTERFERENCE	15			X	X	
48	NONPLAYER ILLEGALLY ON FIELD	15	X	X	X	X	X