USA FOOTBALL

FLAG TOURNAMENT
7V7 RULE BOOK

TABLE OF CONTENTS

1 Tournament Information 2
2 Coach and Spectator Conduct 3
3 Tournament Registration 3
4 Game Play Format 4
5 Rules 5
6 Terminology 6
7 Equipment 7
8 Field 7
9 Rosters 8
10 Timing and Overtime 8
11 Scoring 9
12 Coaches 10
13 Live Ball/Dead Ball 10
14 Running 11
15 Passing 12
16 Receiving 12
17 Rushing the Passer 13
18 Flag Pulling 14
19 Formations 14
20 Unsportsmanlike Conduct 15
21 Penalties 15
- i. General 15
- ii. Defensive Spot Fouls 16
- iii. Offensive Spot Fouls 16
- iv. Defensive Penalties 16
- v. Offensive Penalties 16

1 / FORMAT

1. **Age divisions** are as follows:
   a. 8U Coed
      *teams can be made up of girls and boys
   b. 10U Coed
      *teams can be made up of girls and boys
   c. 12U Girls
   d. 12U Boys
   e. 14U Girls
   f. 14U Boys
   g. 17U Girls
   h. 17U Boys

   *Age as of Tournament start date.

2. **Eligibility**
   a. Youth athletes are limited to inclusion on one (1) roster for each event
   b. Athletes may participate in no more than one (1) age division above their own. Athletes are never allowed to participate in a lower age division.
   c. Youth teams are limited to a maximum of 12 per roster.
   d. USAFB membership is required for coaches and athletes.
   e. Rosters must be **confirmed** seven (7) days prior to each tournament.

3. **Onsite Registration**
   a. Onsite check-in for all Tournaments will be communicated to coaches a minimum of two weeks prior to the tournament.

4. **Tournament Format**
   a. All teams participate in pool play.
   b. All teams advance to single-elimination playoffs.

   *Subject to change.

5. **Change or Cancellation**

   USA Football reserves the right to cancel or change the location of Tournament.

   a. If a tournament is changed or canceled, USA Football will not reimburse any team, players, or spectators for any expenses incurred including but not limited to airfare, ground transportation, lodging, and food. Teams may request a refund of the tournament registration fee.

   b. Tournament will be held rain or shine.

   c. All decisions made by USA Football are final.

2 / COACH AND SPECTATOR CONDUCT

1. Coaches, family members, parents, and spectators are required to observe the contest from designated areas.

2. Teams are permitted (2) coaches ONLY on the sideline at USA Football Tournaments.

3. Coaches must agree to sign a coach's code of conduct and are expected to adhere to USA FOOTBALL philosophies, coaching guidelines and code of conduct.

   a. If a coach displays any type of negativity toward his or her players, coaches or staff, the coach will be removed from the field immediately and unable to coach for the remainder of the tournament. This will be explained in greater detail at the coaches meeting prior to the tournament.

4. All family members, parents and spectators will observe play from the designated areas. Participants, coaches, parents and family members must conduct themselves appropriately during tournament.

5. Inappropriate, rude or confrontational behavior by any coach, team or parent(s) may lead to a team's disqualification from a tournament at the sole discretion of USA Football.

6. Misconduct by any individual may lead to removal from the premises at the sole discretion of USA Football.

3 / TOURNAMENT REGISTRATION

1. Participation requirements and registration guidelines are provided to each head coach prior to the tournament by USA Football.

2. All coaches and athletes much have an active USA Football membership to participate or will be deemed ineligible by USA Football for the tournament.

3. All players are required to bring one form of identification from List A. If item from List A is not an original, players must bring copy from List A AND an item from List B.

4. No roster substitutions will be allowed after the final roster is submitted.

LIST A	LIST B
Original Birth Certificate	School ID with birthday
Original Passport	School document with birthday
Government issued State ID with birthday	Medical record with birthday
Certified copy of Birth Certificate issued by a state county, municipal authority, or territory of the U.S. bearing an official seal	

4 / GAME PLAY

POOL PLAY

1. Teams will play a minimum of three games in pool play.
2. Teams must start a game with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four.

Divisional Tie Breakers

1. Two teams tied for one place.
   a. Head-to-head competition
   b. Total points allowed during tournament play
   c. Point differential (total points scored vs. total points allowed)
   d. Coin toss
2. Three or more teams tied for one place.
   a. Total points allowed during tournament play
   b. Point differential (total points scored vs. total points allowed)
   c. Coin toss if two teams are still tied. Drawing if three teams are still tied.

Playoffs and Championship

1. Playoff rounds are single elimination.
2. Teams will be seeded for playoffs based on their performance in pool play.
3. Divisional playoff seeds are determined by:
   a. Winning percentage in pool play
   b. Average points allowed per game
   c. Average differential (average points scored vs. average points allowed)
   d. Coin toss

4. All teams advance to playoffs.
    a. *(Playoff divisions will have a max of 16 teams per. Example below.)*
        - Division A
          Top 16 teams in each division
        - Division B
          Teams seeded 17-32
        - Division C
          Teams seeded 33-48
    b. **subject to change*

5 / RULES

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
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. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
6. All possession changes, except interceptions, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.

6 / TERMINOLOGY

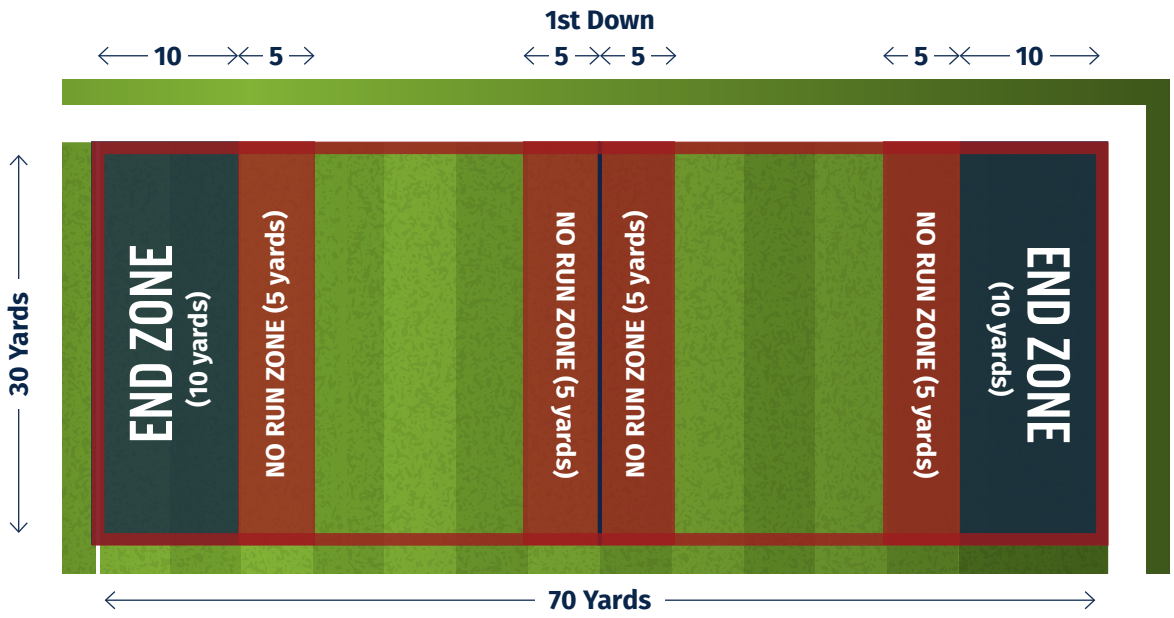
BOUNDARY LINES	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
LINE OF SCRIMMAGE	(LOS) an imaginary line running through the point of the football and across the width of the field.
LINE-TO-GAIN	The line the offense must pass to get a first down or score.
RUSH LINE	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
OFFENSE	The team with possession of the ball.
DEFENSE	The team opposing the offense to prevent it from advancing the ball.
PASSER	The offensive player that throws the ball and may or may not be the quarterback.
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.
DOWNS (1-2-3)	The offensive team has three attempts or "downs" to advance the ball. It must cross the line to gain to get another set of downs or to score.
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.
DEAD BALL	Refers to the period of time immediately before or after a play.
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, halftime or the end of the game.
INADVERTENT WHISTLE	Official's whistle that is performed in error.
CHARGING	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
FLAG GUARDING	An illegal 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.
SHOVEL PASS	A legal pitch attempted beyond the line of scrimmage.
LATERAL	A backward or sideway toss of the ball by the ball-carrier.
UNSPORTSMANLIKE CONDUCT	A rude, confrontational or offensive behavior or language.

7 / EQUIPMENT

1. Teams are required to provide their own team uniforms. (1) dark and (1) white jersey are required for tournament play unless otherwise specified.
2. Participants must wear USA Football or Tournament issued or approved flag belts.
3. Team will use footballs provided by USA Football or Tournament host for game play unless otherwise specified.
4. The league provides each player with an official flag belt and team jersey. Teams will use footballs provided by their league.
5. Players must wear shoes. Cleats may not be allowed at certain locations. However, cleats with exposed metal are never allowed and must be removed.
6. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed. Players are encouraged to wear mouth pieces during practices and games.
7. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
8. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
9. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
    a. **Flag belts cannot be the same color as shorts or pants.**
10. All players must wear mouth guards while on the playing field.

8 / FIELD

1. Field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards. However, some tournaments may use smaller fields due to available field space.
2. 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.
    a. Each offensive team approaches only TWO no-run zones in each drive.
3. Stepping on the boundary line is considered out of bounds.



9 / ROSTERS

1. Home teams wear dark color jerseys. Visiting teams wear light color jerseys.
2. Teams must consist of at least five players with a maximum of 12 players.
3. Teams must start games with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four.

10 / TIMING AND OVERTIME

1. Games are played on a 24 minute continuous clock with two 12 minute halves unless one team gains a 34-point advantage, at which point, the score is no longer kept. Clock stops only for timeouts or injuries.
2. Halftime is one minute.
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.
4. Each team has two 30-second timeout per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play and both teams are lined up ready to restart the play.

7. In playoff games only, if the score is tied at the end of 24 minutes, an overtime period will be used to determine a winner **Overtime format** is as follows:
    a. A coin flip will determine the team that chooses to be on offense or defense first.
        i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
        ii. The official will determine which end of the field the overtime will take place on.
    b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
        i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
        ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
    c. Both teams must "go for two" from the 10-yard line starting with the third round of overtime.
    d. The final points earned by the winning team in the final overtime will be added onto the winning team's total score. The losing team will not receive any additional points.
        i. Example: End of regulation time, score is 14-14. Team A scores one point and Team B score two points. Team B wins with a final score of 16-14. Points are only added to total score from final round of overtime.
    e. All regulation period rules and penalties are in effect.
    f. There are no timeouts in overtime.

11 / SCORING

1. **Touchdown:** 6 points
2. **PAT** (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line).
    a. Note: 1 point PAT is pass only; 2 point PAT can be run or pass.
    b. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

3. **Safety:** 2 points
    a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
4. After one team is winning by 34 points or more, score is no longer kept. Once a 34 or more point advantage is gained, no PAT will be attempted. The game will continue in scrimage mode for remainder of the game.
5. **Forfeits are scored 20-0 for the winning team.**

12 / COACHES

1. Coaches are expected to adhere to USA Football philosophies, coaching guidelines and code of conduct.
2. Only two coaches per team are permitted on the sidelines. All team photographers, managers, position coaches, team moms, fans, etc. must remain in designated areas. Coaches, this is your responsibility.

13 / LIVE BALL / DEAD BALL

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
    a. 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.
3. A player who gains possession in the air is considered inbounds as long as one foot comedown in the field of play.
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 conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
    a. The ball hits the ground
        i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground
    b. The ball-carrier’s flag is pulled
    c. The ball-carrier steps out of bound

d. A touchdown, PAT or safety is score
e. Any part of the body other than feet or hands touches the ground
f. The ball-carrier's flag falls out
g. The receiver catches the ball while in possession of one or no flag(s)
h. The 7 second pass clock expire
i. Inadvertent whistle

8. In the case of an inadvertent whistle, the offense has two options:
   a. Take the ball where it was when the whistle blew, and the down is consumed.
   b. Replay the down from the original line of scrimmage.

9. 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

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.

2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.

3. Only direct handoffs 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.
   a. **"Center sneak" play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**

4. Absolutely NO laterals of any kind.

5. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).

6. Any player who receives a handoff can throw the ball from behind the line of scrimmage.

7. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.

8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.

9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.

10. 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.
11. No blocking or “screening” is allowed at any time.
12. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
13. 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

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage.
    a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
    b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
    a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).
    b. Officials count off the 7-second rule as they would visually signaling a 3-second call in basketball with the final 3 seconds counted off verbally so the quarterback can hear it.

16 / RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
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 toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

5. Interceptions change possession at the point of the interceptions. Interceptions are returnable and are the only changes of possession that do not result with starting on the 5-yard line.
6. The play is blown dead immediately if an interception is made on an extra-point try. There are no returns on that play.

17 / RUSHING THE PASSER

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
    a. A legal rush is:
        i. Any rush from a point 7 yards from the defensive line of scrimmage.
        ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
        iii. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.
        iv. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.
    b. A penalty may be called if:
        i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
        ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
        iii. 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 (5 yards from the line of scrimmage and first down).
    c. Special circumstances:
        i. Teams are not required to rush the quarterback with the seven second clock in effect.
        ii. Teams are not required to identify their rusher before the play.
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.

5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

6. 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.
    a. A safety is awarded if the sack takes place in the offensive team's end zone unless playing the junior rule exception of returning the ball to the offense on the line of scrimmage or 5-yard line with a loss of down.
    b. See Junior recommendation above.

18 / FLAG PULLING

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.

2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.

3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.

4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.

5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

6. 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

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
    a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage. EXAMPLE: An offensive player lined up 3 yards deep in the backfield can never go in motion. A player in motion must either start from a set postilion on the line of scrimmage or 1 yard off to adhere to the rule.
    b. No motion is allowed toward the line of scrimmage.

2. 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.

3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

20 / UNSPORTSMANLIKE CONDUCT

1. If the field monitor or official 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!
2. Offensive or confrontational language is not allowed. 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.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
   a. Yell to cheer on your players, not to harass officials or other teams.
   b. Keep comments clean and profanity free.
   c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
   a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
   b. Stay in the end zone area, not between fields. The administration zone is reserved for league administration, game officiations, medical personnel, coaches and players only.
   c. Dispose of ALL trash in designated trash cans.
8. Unsportsmanlike conduct penalties:
   a. Defense + 10 yards from line of scrimmage and automatic first down
   b. Offense - 10 yards from line of scrimmage and loss of down

21 / PENALITIES

i. General

1. The officials will call all penalties.
2. Game officials determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
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.

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down

iii. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-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	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down

USA FOOTBALL