

PBL COED FLAG FOOTBALL PENALTIES

5 YARD

- Delay of game or stalling
- Illegal formation
- Offside - when an offensive or defensive player breaks the plane of the neutral zone, the ball is dead immediately
- Defender impeding the ball carrier (spot foul)
- Illegal forward pass*
- Flag guarding (spot foul)*
- Run through the center*
- Intentionally stripping the ball (spot foul)

10 YARD

- Illegal block: extended arms, flying block, clipping (spot foul)
- Roughing the quarterback
- Defensive roughing: canning center**, forearm sliver*, bump and run, holding, pushing, hacking**, tackling
- Unsportsmanlike conduct**
- Snap not going between legs of center
- Ball carrier ramming into defender (spot foul)* **
- Forward diving tackle (spot foul)**
- Hideout*
- Offensive pass interference
- Defensive pass interference (automatic first down)
- Dangerous, excessive contact**

15 YARDS

- Illegal fastening of belt - Violator is warned and the second time is ejected

* - Loss of down

** - Offender receives warning. Two warnings result in the expulsion from the game. Second game expulsion results in expulsion for the remainder of the season. The commissioner and president must be notified along with all other athletic directors after the first expulsion.