5 yards
Delay of game (Dead Ball)
False Start (Dead Ball)
Illegal Snap (Dead Ball)
Encroachment. (Dead Ball)
Intentionally throwing a backward pass or fumble out of bounds (loss of down).
Illegal forward pass (5 yards from point of pass and loss of down).
Intentional grounding (5 yards from point of pass and loss of down).
Required equipment worn illegally
Illegally Conserving or Consuming Time
Illegal Substitution Rules Infractions
Infraction of the Punt Formation
Offensive Player not within 15 yards of the line of scrimmage
Infraction of scrimmage formation
Player is out of bounds when the ball is snapped
Offensive player illegally in motion
Player Receiving the snap within 2 yards of the line of scrimmage
Illegal shift
Helping the runner

10 yards
Forward Pass Interference – Offense (Loss of Down)
Forward Pass Interference – Defense (Automatic First Down)
Illegally Secured Flag Belt on a Touchdown:
Offense (Loss of Down) Defense – (Automatic First Down)
Roughing the passer (Automatic 1st down).
Illegal Player Equipment
Quick Kick
Kick Catch Interference
Two of More Consecutive Encroachments
Unsportsmanlike Player Conduct
Spiking the ball or not returning the ball to the official during the dead ball.
Attempting to strip the ball from the carrier.
Contact with Opponent on the Ground
Throw Runner to the Ground
Hurdling and Diving
Unnecessary contact of any nature
Illegal Offensive Screen Blocking
Interlocked Interference
Defensive use of hands
Guarding the flag belt (and stiff-arming).
Illegal batting
Illegal flag belt removal
Illegal Participation
Personal foul.
Flagrant Unsportsmanlike conduct (Possible Disqualification).
Flagrant personal fouls (Possible Disqualification).
Tackle the Runner (Possible Disqualification).
Intentionally tampering with flag belt(Possible Disqualification).
Intentionally Contacting an Official (Disqualification).
Fighting(Disqualification).