

**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 1<sup>st</sup> 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).