

PENALTY SUMMARY

LOSS OF 5 YARDS		
Foul	Reference	Signal
Delay of game	3-6-2, 3-6-4, 6-5-5	7-21
Illegal substitution	3-7	22
Free-kick infraction	6-1-2, 6-1-3b, 6-1-4, 6-1-11	7-19
Encroachment	6-1-3a, 7-1-1, 7-1-5, 7-1-6	7-18
Free kick out of bounds	6-1-9	19
Invalid or illegal fair-catch signal	6-5-7, 6-5-8	32
Snap infraction	7-1-2, 7-1-3	7-19
False start	7-1-7	7-19
Disconcerting act	7-1-9	7-23
Illegal formation	7-2-1, 7-2-2, 7-2-3	19
Less than five players on A's line or numbering violation	7-2-5	19
Illegal shift or illegal motion	7-2-6, 7-2-7	20
Planned loose-ball infraction	7-2-8	19
Illegally handing ball forward (also loss of down)	7-3-2, 7-3-3	35-9
Illegal forward pass (by A; also loss of down)	7-5-2	35-9
Illegal forward pass (by B)	7-5-2	35
Intentional grounding (also loss of down)	7-5-2d	36-9
Ineligible receiver illegally downfield	7-5-12	37
Illegal touching (also loss of down)	7-5-13	16-9
Helping runner	9-1	44
Incidental grasping of an opponent's face mask (or any helmet opening, chin strap or attached tooth and mouth protector)	9-4-3	45
Running into kicker/holder	9-4-5	30
Sideline interference	9-8-1k	7-29
Attendant illegally on field	9-8-2	19
Nonplayer outside of the team box, but not on field	9-8-3	7-29
LOSS OF 10 YARDS		
Foul	Reference	Signal
Illegal kicking or batting the ball	6-2-1, 9-7	31
Illegal blocking technique	9-2-1a, 9-2-3a	42
Interlocked blocking	9-2-1b	44
Holding	9-2-1c; 9-2-3c, e	42
Runner grasping a teammate	9-2-2	42
Illegal use of hands or arms	9-2-1a; 9-2-2; 9-2-3a, b, d	42
Illegal block in the back	9-3-5	43
Illegal block on free kicks	9-3-7	43

LOSS OF 15 YARDS		
Foul	Reference	Signal
Unsportsmanlike conduct by player or nonplayer	9-5, 9-8-1	27
Illegal helmet contact against a defenseless player	2-32-16, 9-4-3i(3)	38-24
Illegal block after valid or invalid fair-catch signal	6-5-1, 9-3-3	43
Kick-catching interference	6-5-6	33
Forward-pass interference	7-5-10	33
Illegal block below the waist	9-3-2	40
Illegal block on free-kicker or holder	9-3-4	30
Clipping	9-3-6	39
Chop block	9-3-6	41
Tripping	9-4-3o	38-46
Illegal personal contact outside restricted area	9-4-3	38
Charging into an opponent obviously out of the play	9-4-3	38
Grasping an opponent's face mask (or any helmet opening, chin strap or attached tooth and mouth protector)	9-4-3	38-45
Hurdle an opponent	9-4-3d	38
Butt block, face tackle or spear (Illegal Helmet Contact)	9-4-3i	38-24
Horse-collar	9-4-3	38-25
Initiate contact with a helmet-less opponent	9-4-3	38
Targeting an opponent	9-4-3m	38-24
Illegal blindside block	9-4-3n	38-26
Roughing passer (also first down)	9-4-4	38-34-8
Roughing kicker or holder (also first down)	9-4-5	38-30-8
Roughing snapper (also first down)	9-4-6	38-8
Slapping blocker's head	9-4-7	38
Illegal personal contact in restricted area	9-4-8	38-29
Illegal participation	9-6	28
Participating without a helmet beyond immediate action	9-6-4	28
Sideline interference (third and subsequent)	9-8-1k, 9-8-3	7-29-27
Nonplayer illegally on field	9-8-3	27
Unfair acts	9-9	27
DISQUALIFICATION ASSOCIATED WITH CERTAIN 15-YARD PENALTIES		
Foul	Reference	Signal
Fighting by player or nonplayer	9-4-1	38-47
Intentionally contacting a game official	9-4-2	38-47
Striking, kicking, kneeling	9-4-3j	38-47
Any act if unduly rough or flagrant (give proper signal and follow with 47)	9-4	47
A second unsportsmanlike foul by player or nonplayer	9-5, 9-8	27-47
A substitute leaving team box during a fight	9-8-1l	27-47