



# FILEX FOOTBALL

<b>Offensive Penalties</b>	
Coach interference	5 yards
Delay of Game	5 yards from LOS
Diving	5 yards from EOP
False Start / Illegal Procedure	5 yards from LOS
Flag Guarding	5 yards from spot of foul
Holding	5 yards from LOS
Illegal Formation	5 yards from LOS
Illegal Forward Pass	5 yards from spot of foul, loss of down
Ineligible Receiver Downfield	5 yards from LOS
Intentional Grounding	5 yards from spot of foul, loss of down
<b>Charging</b>	<b>10 Yards from LOS</b>
Illegal Blocking	10 Yards from LOS
Pass interference	10 yards from LOS, loss of down
Taunting	10 yards from LOS
<b>Unnecessary Roughness</b>	<b>10 Yards, loss of down</b>
Unsportsmanlike Conduct	10 yards from EOP, loss of down

<b>Defensive Penalties</b>	
A-Gap violation	5 yards
Coach interference	5 yards
Delay of Game	5 yards from LOS
<b>Intentional Tackling</b>	<b>ball placed on 5 yard line, 1st down</b>
Stripping	5 yards
<b>Bullrushing</b>	<b>10 yards from EOP or LOS, 1st down</b>
Pass interference	10 yards or spot of foul, 1st down
Roughing the Passer	10 yards from LOS, 1st down
Taunting	10 yards from EOP
<b>Unnecessary Roughness</b>	<b>10 yards from EOP or LOS, 1st down</b>
Unsportsmanlike Conduct	10 yards from EOP or LOS, 1st down

**BOLD = FLAGRANT FOUL. TWO flagrant fouls issued to the same individual in a game will result in an automatic ejection of that individual from the game.**