

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 lin 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 | 43 |
| Interlocked blocking | 9-2-1b | 44 |
| Holding | 9-2-1c; 9-2-3c, e | 42 |
| Runner grasping a teammate | 9-2-2 | 43 |
| Illegal use of hands or arms | 9-2-1a; 9-2-2; 9-2-3a, b, d | 43 |
| 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 |
| Initiate forceful contact against a defenseless receiver | 9-4-3p | 38 |
| 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, kneeing | 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 |