**CHILI BOWL INTRAMURAL FLAG FOOTBALL RULES SUMMARY**

*Regent rules take precedence over national rules*

**Rules not specifically covered in the document below will default to the national flag football rules**

1 NUMBER OF PLAYERS:
   1.1 Each team should start the game with 7 players; a minimum of 5 is needed to avoid a forfeit.
   1.2 Any Regent student, employee, alumni, faculty, staff, CBN, or spouse of the previous is eligible to play.
   1.3 Team rosters may be composed of a maximum of 15 players per team. Free agents signing up individually will be assigned a team at the discretion of the league coordinators.
   1.4 The league coordinators and administration of the university reserve the right to require team names to be changed if deemed inappropriate or questionable for any reason.
   1.5 Any team may challenge/appeal the eligibility of an opposing teams’ players during or after any game. If the league coordinators rule in favor of the challenging team and find that the opposing team deliberately disregarded team/player eligibility rules, the opposing team will forfeit the game in question and a win will be awarded to the challenging team. Also, any past game in which an ineligible player played will be forfeited.
   1.6 ALL FINAL DECISIONS TO ELIGIBILITY RULES WILL BE AT THE DISCRETION OF THE REGENT UNIVERSITY FLAG FOOTBALL LEAGUE COORDINATORS.

2 ROSTER SUBSTITUTION:
   2.1 One roster substitution or addition per team will be permitted during the regular season.
   2.2 Roster substitution includes any substitution made due to severe injury that prohibits a player from participating in the remainder of the season.
   2.3 A $10 player fee will be collected for any additions to the roster. Substitutions due to injury, in cases where the original player will not participate in the rest of the season, will not require collection of an additional fee, provided that the substituted player does not need to acquire a new team jersey. Additional team jerseys after the final roster submission will cost $8 each, pending availability.
   2.4 The league coordinators reserve the right to make exceptions to the roster substitution rule in exigent circumstances that would result in forfeiture of one or more games.

3 TEAM FEES:
   3.1 All team fees must be paid in full prior to the start of the first scheduled game.
   3.2 Any team with fees outstanding will forfeit each scheduled game until the team fee is paid in full. Team fees are equal to $10 per player on the final team roster.
4 GAME ATTENDANCE:
    4.1 Players will be required to check in with league coordinators prior to the start of each scheduled game time.
    4.2 Players who actively participate in plays on the field prior to checking in with league coordinators will be asked to leave the field and will not be permitted to play the remainder of the game.

5 PLAYOFF QUALIFICATION:
    5.1 The top 8 teams from the regular season will proceed to the playoffs.
    5.2 Playoffs are single elimination games.
    5.3 Team standings will be determined by points, awarded as follows: 100 points awarded for each win, and 10 point points awarded for each win of a defeated opponent.
    5.4 In the rare case of an exact tie, the leader will be determined by the following steps, in order as needed:
        5.4.1 Head-to-head winner
        5.4.2 Record versus the best common opponent
        5.4.3 Coin toss

6 PLAYOFF ELIGIBILITY:
    6.1 Players must have participated in at least one regular season game, as recorded by the league coordinators, in order to be eligible to play in any playoff games.
    6.2 Roster substitutions or additions will not be permitted after the start of the playoffs, except in the case of extraordinary circumstances as ruled on a case-by-case basis by the league coordinators.

7 THE BALL:
    7.1 The official ball shall be leather and shall meet the high school regulations for size and shape.
    7.2 A game ball will be provided by Intramural Sports before every game. If both teams can agree on a different ball to use (not provided by Intramural) and it meets regulation, then it may be used.

8 THE FIELD AND MARKINGS:
    8.1 The field shall be rectangular and divided into four equal zones of 17.5 yards each with 8 yard end zones.
    8.2 The overall length of the field shall be 86 yards and the width shall be 40 yards.
    8.3 There shall be 3 lines at each end of the field, located 3, 10 and 20 yards into the playing field and parallel to the goal line. These lines are for the purpose of the "try-for-point" after a touchdown.

9 TEAM BOX:
    9.1 Each team shall have a team box on the sidelines, located between the 20 and 40 yard lines.
9.2 All team personnel must remain in this area while not involved in playing action on the field.
9.3 If agreement cannot be made between the teams on which team box they will use the referee will conduct a coin toss.
9.4 Team members may not move past the 20 yard line on either end of the field when not actively involved in the play.

10 LENGTH OF GAME:
10.1 Playing time shall be 44 minutes, divided into two 22-minute halves. Half-time shall be 3 minutes, except during the Championship Game.
10.2 There shall be a running clock for the entire first half and the first 20 minutes of the second half.
10.3 Clock will stop the last two minutes of the game if the ball goes out of bounds, on an incomplete pass, or a timeout.
10.4 A period must be extended by an untimed down if during the last down of the period, one of the following occurred:
   10.4.1 If there was a foul, except for unsportsmanlike or non player fouls which specify loss of down, by either team and the penalty is accepted. In the latter case, any score by the team which fouled is cancelled.
   10.4.2 If there was a double foul.
   10.4.3 If there was an inadvertent whistle and the down is to be replayed.
   10.4.4 If a touchdown was scored, the try for point is attempted as a part of the same quarter, except when in the second half and the outcome of the game is decided.
   10.4.5 If (a), (b), or (c) occurs during the extra down, the procedure is repeated.

11 COIN TOSS:
11.1 A coin toss shall determine who receives the choice of possession and side at the beginning of the game. If only one team is ready to play at game time, they shall automatically be given the choice.
11.2 If a team is not present and ready to play within five minutes of the official game start time, the opposing team may give that team a 5-minute grace period to allow time for more players to arrive at the game.
   1. If this grace period is given, the game clock will start to run at the scheduled time. The game will then begin when both teams have a sufficient number of players. The time that has run off the clock will be lost playing time.
   2. If the opposing team chooses not to grant the team with an insufficient number of players the 5-minute grace period, the game will result in a forfeit.
   3. If neither team has enough players to begin the game, the game will result in a forfeit, with neither team getting a win.
11.3 There will be a 3-minute intermission prior to any overtime.
11.4 Should darkness threaten the completion of a game, periods may be shortened by mutual consent of captains, the referee, and the game coordinators.

12 MERCY RULE:
12.1 The game shall end if a team is at least 19 points ahead at the two-minute warning during the second half.
12.2 The game shall also end if a team scores during the last two minutes of the second half, creating a point differential of at least 19 points.

13 OVERTIME (TIE GAME):
13.1 When a game ends in a tied score, after one 3-minute intermission, the referee shall toss a coin in the presence of the opposing Field Captains. The home team shall call the fall of the coin.
13.2 The ball shall be placed on the 20 yard line nearest the designated goal. The offensive team will have a series of four downs to attempt a score, as in regulation play unless intercepted by the defensive team, the series ends for the offensive team.
13.3 If a touchdown is scored, the PAT will be attempted, series ending after the attempt, unless the ball does not cross the scrimmage line and it is not yet 4th down.
13.4 After the offensive team completes its series, the teams will reverse positions and the opposite team will have a series of four downs to score.
13.5 If the score remains tied, the procedure is repeated until a winner is determined.

14 TIME-OUTS:
14.1 Each team shall be allowed one (1) 60 second time per half.

15 KICKOFFS:
15.1 There will be a “kickoff” to start each half, consisting of a throw from the 20 yard line; no actual kicks will be permitted.
15.2 Players must not pass the line of scrimmage before the kicker throws ball.
15.3 If the ball is thrown out of bounds, the ball will be placed at midfield.
15.4 Only the receiving team is eligible to return the ball on the kickoff. HOWEVER, the kicking team may down the ball after the ball has traveled 20 yards.

16 PUNTING:
16.1 Quick punts are illegal. On fourth down the Referee must ask the Offensive team whether they want to punt the ball to the opposing team or proceed with the final down.
16.2 If the offense wishes to change their decision, they must call a time-out. They may also reverse their decision if a foul occurs at any time prior to or during the down where the down is to be replayed.
16.3 The punting team must have all of its on-field players, with the exception of the punter, on the line of scrimmage.
16.4 No team players may move until the ball is thrown.
16.5 The defensive team must have 3 players on the line. Defensive players MAY NOT penetrate the line of scrimmage.
16.6 If a punt crosses the scrimmage line, touches a player from either team, and then hits the ground, the ball is considered dead at that spot and belongs to the receiving team.

16.7 All punts that go out of bounds during the punt that do not make contact with a player or the field of play will be marked by the official who will determine where the ball actually went out of bounds, specifically airborne punts.

16.8 A punt may be thrown or kicked. Kicks must be as a regular football punt.

17 LINE OF SCRIMMAGE:

17.1 The offensive team must have a minimum of 4 players set anywhere on the line of scrimmage at the snap (may extend the width of the field).

17.2 The center is an eligible receiver.

17.3 Penalty: Illegal Procedure, 5 yards from the previous spot. Players in motion do not count as players on the line of scrimmage.

17.4 Failure to snap the ball within 25 seconds after the ball is declared ready for play results in a 5 yard penalty.

17.5 Once the center has placed his hands on the ball no offensive player may enter the neutral zone. The center may not move.

17.6 Following the ready for play whistle, up until a legal snap, no defensive player may encroach, touch the ball, stand in or in any other way interfere with the offensive team. Encroachment Penalty = Dead Ball foul and 5 yards from succeeding spot.

18 BACKWARD PASSES AND FUMBLES:

18.1 Any ball that is fumbled during a down will be dead by rule once it has touched the ground.

18.2 A backward pass or fumble may be caught or intercepted by any player inbounds and advanced.

18.3 A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an illegal pass: loss of 5 yards, loss of down and the clock will start on the ready for play.

18.4 Once a ball has touched the ground, the ball is considered dead.

19 FORWARD PASSES AND INTERCEPTIONS:

19.1 If a player is in the air, attempting to catch a ball, the player must contact the ground with at least one foot inbounds with the ball in their possession prior to going out of bounds unless contact by an opponent causes the player to first touch out of bounds.

19.2 It is not considered a catch if possession of the ball is lost simultaneously when the player hits the ground.

19.3 If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

19.4 Interceptions may be returned back for a touchdown by the defense.

20 PASS INTERFERENCE:

20.1 Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive players) is pass interference unless, in the view of the
official, it occurs when two or more eligible receivers make a simultaneous and bona
fide attempt to reach, catch, or bat a pass.

20.2 It is also interference if an eligible receiver is de-flagged or touched prior to touching
the ball on a pass thrown beyond the offensive line of scrimmage.

20.3 Penalty is assessed 10 yards from the line of scrimmage for both offense and
defensive pass interference.

20.4 Pass interference by the defense is a 10 yard penalty and automatic first down.

20.5 Pass interference by the offense is a 10 yard penalty and a loss of down.

21 SAFETY:

21.1 If a player carries the ball across the goal line they are defending and the ball
becomes dead while in their team’s possession, it is a safety.

21.2 If a team commits a foul in the end zone where the spot of enforcement is
designated as the spot of the foul, it will be declared a safety.

21.3 A team recording a safety will receive two points, and the opposing team (the team
who was scored upon) will punt the ball from their own 20 yard line.

21.4 When a player intercepts a pass, receives a punt, or receives a kick-off in the end
zone and is de-flagged in the end zone, it is a touchback, and the receiving/intercepting
team gets the ball at the nearest 20-yard line.

21.5 When a player intercepts a forward pass or catches a scrimmage throw between
their five yard line and their goal line and their momentum carries them into the end zone
where the ball becomes dead, the ball will belong to the receiving team at the spot of the
catch or reception.

22 SCORING:

22.1 Touchdown scored and thrown (if applicable) by males= 6 points

22.2 Touchdown scored or thrown by female = 9 points

22.3 Extra points=1 point if successful from the 3 yard line

22.4 Extra points=2 points if successful from the 10 yard line

22.5 Extra points=3 points if successful from the 20 yard line

22.6 Safety=2 points

22.7 Defensive Conversion on Extra Point Attempt=3 points

22.8 Interceptions that are returned back for touchdowns during normal play = 6 points

23 EXTRA POINT CONDITIONS:

23.1 A team can only change their extra point decision by taking a time-out.

23.2 If any loss of down penalty occurs during a try-for-point, or if there is any other foul
by the offensive team only and the try is not successful, no point is scored and there is
no replay.

23.3 If there is any other foul by the offensive team and the try is successful or if there is
any foul by the defensive team and the try is not successful or if there is a double foul,
the try is replayed after measurement. For such replay, the snap will be from the yard
line in the middle of the field through the spot where the measurement places the ball.
23.4 If during a successful try, there was a foul by the defense, the offense is given the choice of accepting the penalty and replaying the down following measurement or of accepting the result of the play.

23.5 A try shall end when the defensive team gains possession of the football.

23.6 If an interception occurs on the extra point try, the defense can run the ball back for 3 points.

23.7 If a touchdown is scored on the last play of the second half, the try is not attempted, unless it will affect the outcome of the game.

PENALITIES

24 PERSONAL FOUL: Any act listed below or any other act of unnecessary roughness is a personal foul. Player shall not:

24.1 Punch, strike, steal, or attempt to steal the ball from a player in possession

24.2 Trip an opponent

24.3 Contact an opponent who is on the ground

24.4 Throw the runner to the ground

24.5 Hurdle another player

24.6 Contact an opponent either before or after the ball is declared dead

24.7 Make any contact with an opponent that is deemed unnecessary

24.8 Deliberately drive or turn into a defensive player

24.9 Clip an opponent

24.10 Position themselves on the shoulders of a teammate or opponent to gain an advantage

24.11 Tackle the runner - warrants ejection

25 BLOCKING:

25.1 Blockers may move in all directions with their hands behind their backs. Any contact initiated by blockers will result in a 10 yard penalty.

26 STIFF ARMING:

26.1 Stiff arming IS NOT allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

27 OBSTRUCTING THE RUNNER:

27.1 A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag.

28 ILLEGAL CONTACT: Flag football is a game of minimal contact. There is no intentional contact between the offensive line and defensive line. “Jamming/shoving” (aka extending your arms or making contact with a player which prevents them from getting off the line of scrimmage) a receiver is not allowed. The penalty for illegal contact will be 10 yards from the spot of the foul.

29 BLOCKING IN THE OPEN (Screening):

29.1 On a running play and after the first pass has been completed, only screening is allowed.
29.2 In "screening," only one offensive player shall approach without charging into him/her or without using his/her hands.
29.3 Only one player may lead by screening for a running play.
29.4 The penalty for making contact during screening is a Personal Foul, 10 yards from basic spot.

30 PLAYER CONDUCT – OFFENSE:

30.1 There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump over a player with both feet or knees to avoid being de-flagged.
30.2 There will be no diving permitted, regardless of whether anyone is within the vicinity of the ball carrier or not. Personal Foul = 10 yard penalty from basic spot.
30.3 Players shall not deliberately drive or run into a defensive player. Personal Foul = 10 yard penalty from basic spot; if flagrant, the player will be disqualified.
30.4 The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of a stiff arm extended to ward off an opponent. Personal Foul = 10 yard penalty from basic spot; if flagrant, the player will be disqualified.
30.5 The ball carrier shall not protect his/her flags by blocking, with his/her arms or hands, the opportunity of an opponent to pull or remove the ball carrier’s flags. Flag Guarding = 10 yards from basic spot. Examples of flag guarding include, but are not limited to:
   30.5.1 Placing or swinging the hand or arm over the flag belt
   30.5.2 Placing the ball in possession over the flag belt
   30.5.3 Lowering the shoulders in such a manner which places the arm over the flag belt
   30.5.4 Offensive players shall not push, pull or lift the runner. Helping the Runner = 5 yards
   30.5.5 Offensive players may not grasp or encircle any teammate to form interlocked interference. Personal Foul = 10 yard penalty from basic spot.
30.6 Once a runner has passed the line of scrimmage, offensive players (except the runner) shall not use their hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent. Personal Foul = 10 yard penalty from basic spot.

31 PLAYER CONDUCT- DEFENSE:

31.1 Minimal Contact Standard. Personal Foul 10 yards from basic spot.
31.2 The pulling or removing of a flag from an offensive player by a defensive player prior to ball possession is illegal. Personal Foul = 10 yards from basic spot. Repeat offenders will be disqualified.
31.3 The defensive player is restricted in the use of his/her hands to the shoulders of the body of his/her opponent (not the head) to the waist area. Personal Foul = 10 yards from basic spot.
31.4 The defensive player may not strip, punch at or take the ball out of an opponent’s hands when the ball carrier has secure control of the ball. Personal Foul = 10 yards from basic spot.

31.5 Anyone can rush, but no one has to. Person who rushes must be within 5 yards of line of scrimmage before snap. Illegal Rusher = 5 yards from basic spot.

32 DE-FLAGGING:
32.1 A de-flag occurs when the ball carrier's flag is clearly no longer attached to the waist.
32.2 The ball shall be declared dead at the spot of the flag removal.
32.3 Players must have possession of the ball before they can be de-flagged legally by an opponent. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
32.4 An opponent intentionally pulling the flag belt from an offensive player without the ball is illegal. Personal Foul = 10 yards from basic spot.
32.5 A defensive player shall not hold, grasp, or obstruct forward progress of the ball carrier while in the act of removing a flag belt or making a legal tag. Holding to de-flag = 10 yards from basic spot.
32.6 If a defensive player physically tackles a ball carrier who, in the judgment of the official, had an open field for a touchdown, it is an infraction. Personal Foul = 10 yard penalty from basic spot and disqualification of offending player. Touchdown awarded and penalized from succeeding spot.

33 SUBSTITUTIONS:
33.1 There shall be no limit to the number of substitutions a team may make, providing such substitute remain in the game for at least one play and providing the substitutions cause no delay in the game.
33.2 No substitute shall enter during a down. Substitution Infraction, 5 yards.
33.3 During a down a replaced player or substitute who attempts unsuccessfully to leave field and who does not participate in nor affect the play, constitutes an illegal substitution. Substitution Infraction = 5 yards.
33.4 During the same dead ball interval, no substitute shall become a player and then withdraw and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted, a dead ball occurs, there is a charged timeout, or the period ends. Substitution Infraction = 5 yards from previous spot. If it is a dead ball or non-player foul = 5 yards from the succeeding spot.
33.5 A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped. Substitution Infraction = 5 yards from previous spot. If it is a dead ball or non-player foul = 5 yards from the succeeding spot.

34 THE FLAG BELT:
34.1 All shirts must be tucked in and are not permitted to hang over the flag belt.
34.2 Should a player lose their flag legally or illegally during a down and should that player gain possession of a live ball, the player will be considered down when a legal tag
(one hand touched by the defense between the shoulders and knees, including the hand
and arm) is made.

34.3 Players must have possession of the ball before they can legally be de-flagged.
34.4 It is illegal for a defensive player to intentionally pull a flag from an offensive player
who is not in possession of the ball.
34.5 In cases where a flag belt is removed illegally, play should continue with the option
of the penalty of the play. (Penalty: Personal foul = 10yards)

35 PLAYER ATTIRE:
35.1 All pants/shorts must be pocket-less. Players who arrive on the field in shorts with
pockets shall be given the option of either not participating in the game or changing into
shorts provided by the league administrators.
35.2 Metal cleats are prohibited; all other cleats are permitted.
35.3 No jewelry, including wedding rings, is to be worn on the field. League
administrators will provide a jewelry pouch to hold any jewelry for the duration of the
game. The university and the league coordinators are not responsible for any lost or
stolen jewelry on or off the field. Player attire rules are non-negotiable.

36 FEMALE PLAYER RULE:
36.1 Female players are allowed, but not required.

37 OFFICIAL’S AUTHORITY:
37.1 Officials assume authority 15 minutes prior to the scheduled game time until they
leave the field.
37.2 The officials have the authority to rule on any situation not specifically covered in the
rules. His/her decision is final, unless ruled otherwise by one or more of the Regent
University Intramural Flag Football league coordinators.

38 CALL APPEALS:
38.1 Officials’ calls may be appealed in a respectful, sportsmanlike manner by the team
captain.
38.2 Players are not permitted to argue with the officials or appeal any decisions made
by the referees. Players are required, instead, to bring their concerns to their team
captain, who will then approach the official to discuss the call. Players who disregard
the appeals procedure will risk penalties for unsportsmanlike conduct and/or cost their
team penalties as determined by the officials and the league coordinators.
38.3 Any discrepancies between the officials and the team captains may be brought to
the league coordinator for a final ruling. Final rulings may not be appealed any further.
38.4 Concerns about the written rules may be brought to the league coordinators by the
team captain, and then, if necessary be addressed with the university administration.

39 UNSPORTSMANLIKE CONDUCT:
39.1 Unsportsmanlike conduct includes, but is not limited to:
39.1.1 Excessive and aggressive arguing with an official.
39.1.2 Abusive insulting, or inappropriate (audible swearing) language, and generally disruptive behavior.

39.2 Any team whose players or coaches exhibit unsportsmanlike conduct will be given one warning by the officials for conduct. After a team/player receives one Warning, any player, coach, or spectator on that team who receives an unsportsmanlike conduct penalty for conduct towards an official will be ejected, in addition to the penalties currently in place.

39.3 Any player or coach who receives two penalties resulting in ejection during the entire season or playoffs will be disqualified for the remainder of the regular season and tournament. **Officials include not only the referees on the field, but also any league administrator or league official.**

40 WEATHER CANCELLATIONS:
40.1 Decisions to cancel games or practices are made by the league coordinators, referees, and/or the university facility manager.
40.2 League administrators will inform team captains of all cancellations and/or postponements via phone and email.
40.3 The team captains shall be responsible for notifying their players of cancellations.
40.4 Games and practices will end immediately if there is any lightning.

41 OTHER CANCELLATIONS:
41.1 Team captains are responsible for verifying their players’ schedules with their randomly assigned game times prior to the Team Captains’ Meeting.
41.2 Captains will be given the opportunity to reschedule all conflicting games at the meeting.
41.3 Any game changes (including cancellations and rescheduling) made after the Team Captains’ Meeting will result in a $10 game change fee (unless arrangements/exceptions have been made with the league coordinators due to extraordinary circumstances) and will require full agreement and cooperation from the opposing team.
41.4 If, after making a reasonable effort, the opposing team is unable to reschedule, the game will be forfeited.
41.5 Any game changes (cancellations/rescheduling) made less than 24 hours before the scheduled game time will result in a $50 penalty.

SUMMARY OF PENALTIES

42 Five Yard Penalties
42.1 Delay of game. (Dead Ball)
42.2 Required equipment worn illegally
42.3 Illegal substitution
42.4 Encroachment (Dead Ball)
42.5 False start (Dead Ball)
42.6 Illegal Snap (Dead Ball)
42.7 Helping runner
42.8 Illegal motion or shift
42.9  Punt formation
42.10 Offensive player not within 15 yards of the ball
42.11 Player out-of-bounds when ball is snapped
42.12 Player receiving the snap within 2 yards of the scrimmage line

43  Five Yards and Loss of Down
43.1  Intentional grounding
43.2  Illegal forward pass
43.3  Illegally handing ball forward
43.4  Failure to declare a punt (undeclared kick)
43.5  Illegal co-rec passing
43.6  Intentionally throwing backward pass or fumble out-of-bounds (Loss of down if Team A)

44  Ten Yard Penalties
44.1  Illegal use of hands
44.2  Obstructing or holding the runner
44.3  Interlocked interference
44.4  Illegal screen block
44.5  Hurdling any player
44.6  Deliberately running over or into defender
44.7  Straight arm or stiff arm by runner
44.8  Protecting flags by runner
44.9  Removing flags when player doesn't have the ball (intent to restrict movements or receivers)
44.10 Unnecessary roughness, contacting opponent on the ground
44.11 Illegal participation
44.12 Unsportsmanlike conduct by players, coaches, substitutes or others
44.13 Tripping
44.14 Clipping
44.15 Illegally kicking or batting the ball
44.16 Illegal screen
44.17 Spiking, Kicking or throwing the ball during a dead ball
44.18 Strip or attempting to strip the ball
44.19 Tackling the runner or throwing runner to the ground
44.20 Kick Catch Interference
44.21 Two or more consecutive encroachments during the same interval between scrimmage downs
44.22 Quick Kick
44.23 Illegal Player Equipment
44.24 Batting a loose ball
44.25 Illegal flag belt removal
44.26 Illegal Participation
44.27 Illegal Substitute/Replaced Player
44.28 Pretended, Unfair substitution
44.29 Position upon shoulders or body of teammate

45 Ten Yard Penalties & Loss of Down
   45.1 Offensive pass interference.
   45.2 Illegally secured flag belts (Offense)

46 Ten Yards & Automatic 1st Down
   46.1 Roughing the passer.
   46.2 Illegally secured flag belt (Defense)

47 Disqualification Associated with 10 yard Penalties
   47.1 Flagrant Unsportsmanlike Conduct
   47.2 Abusive language to officials or opponents.
   47.3 Intentional Tampering with Flag Belt-Offense. (Loss of down)
   47.4 Intentional Tampering with Flag Belt-Defense. (Automatic First Down)
   47.5 Tackle the runner
   47.6 Flagrant spiking, kicking or throwing the ball
   47.7 Intentionally contacting an official
   47.8 Flagrant Personal Foul
   47.9 Flagrant Unsportsmanlike Conduct by Players, Coaches, Substitutes subject to the rules

48 Defensive Pass Interference
   48.1 Penalty will be assessed from the line of scrimmage and an automatic first down.

49 Offensive pass interference
   49.1 Penalty will be assessed from the line of scrimmage and a loss of down.