



NATIONAL
FLEX
FOOTBALL

General Offensive Penalties	
Delay of game	5 yds from LOS
Diving	5 yds from spot
Holding	5 yds from LOS
Ineligible Rec Downfield	5 yds from LOS
False Start / Illegal Procedure	5 yds from LOS
Illegal formation	5 yds from LOS
Delay of game	5 yds from LOS
A-gap violation	5 yds from LOS
Illegal Forward Pass by QB	5 yds from spot of foul & loss of down
Intentional Grounding	5 Yds from Spot & loss of down
Illegal QB run	Ball returns to LOS & loss of down
Pass Interference	10 yds from LOS
Illegal Blocking	10 yds from LOS & loss of down
Charging – Flagrant foul	10 yds from LOS & loss of down
Unnecessary roughness – Flagrant foul	10 yds from LOS & loss of down
Unsportsmanlike conduct / Taunting	10 yds from end of play & loss of down

General Defensive Penalties	
Stripping	5 yds from spot of foul
Holding	5 yds from LOS
Illegal Formation	5 yds from LOS
Encroachment / neutral zone infraction	5 yds from LOS
Coaches interference	5 yds from LOS
Pass interference	10 yds from LOS
Bull rushing – Flagrant foul	10 yds from EOP
Unnecessary roughness – Flagrant foul	10 yds from EOP
Unsportsmanlike conduct / Taunting	10 yds from EOP
Roughing the passer - Flagrant Foul	10 yds from LOS/EOP
Intentional Tackling - Flagrant Foul	10 yards from EOP

Two flagrant fouls committed by the same individual in a game will result in an automatic ejection for the rest of the game (or per the organization's disqualification rules).