



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

LOS= Line of scrimmage EOP= End of play LOS/EOP= which ever is greater

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 as per the WFL organization's disqualification rules section 33).