



OFFICIALS CHEAT SHEET

PASSING

QB has 7-seconds to throw the football.

Forward passes **must cross the LOS (i.e. shovel pass).**

RECEIVING

Receivers must have at least one foot inbounds for a catch.

Jumping is allowed, but only to adjust to high throws.

RUNNING

The QB can not run with the football.

The "No Running Zones" are located 5-yards from each end-zone. Pass only territory.

Spinning is allowed, but the offensive player must have one foot remaining on the ground.

No diving.

There are NO fumbles.

RUSHING (the Quarterback)

A player may rush from behind the 7-yard marker and within two yards left to right.

The rusher cannot raise arms or block passes within the 2-yard safety zone of the quarterback.

OFFENSIVE PENALTIES

Substitution fouls: -5 yards (repeat down)

Delay of Game

(30 s after play whistled in): -5 yards (repeat down)

Offside or False Start: -5 yards (repeat down)

Illegal Snap: -5 yards (repeat down)

Rusher Interference: -5 yards (repeat down)

Offensive Holding: -5 yards (repeat down)

Player out-of-bounds: -5 yards (repeat down)

No Cadence by QB: -5 yards (loss of down)

7-seconds to pass expire: -5 yards (loss of down)

Illegal forward pass: -5 yards (loss of down)

Offensive Pass Interference: -5 yards (loss of down)

Running inside the NRZ: -5 yards (loss of down)

Illegal (Offensive) Picking: -5 yards (loss of down)

Roughing: -5 yards (loss of down)

Spotted Foul

Flag Guarding: -5 yards (loss of down)

Diving or Jumping: -5 yards (loss of down)

DEFENSIVE PENALTIES

Substitution fouls: -5 yards (repeat down)

Offside: -5 yards (repeat down)

Illegal Rush: -5 yards (repeat down)

Snap Interference: -5 yards (repeat down)

Disconcerting Signals: -5 yards (repeat down)



Illegal (Defensive) Picking:	-5 yards (1 st down)
Quarterback Interference:	-5 yards (1 st down)
Roughing:	-5 yards (1 st down)
Illegal contact (holding)	- 5 yards (1 st down)
Defensive Pass Interference:	-15 yards (1 st down)

Spotted Foul

Defensive Flag Dive: -5 yards (1st down)

Illegal contact (holding) flagging -5 yards (1st down)

PLAYER CONDUCT

Unsportsmanlike Conduct: -15 yards (loss of down or automatic 1st down) and player ejected

CHECK LIST

Officials Pre-game Meeting

Identify Team Captains

Official Equipment:

- Whistle
- Penalty flag & marker
- Beanbags
- Score Sheet and Pen
- Stopwatch (if score clock not available)
- Clean Uniform

Field Conditions:

- Proper Lining and Markings
- Search for any Holes or Rocks

Player Uniform Inspection:

- Footwear
- Solid color gym shorts with no pockets
- Jersey tucked into shorts (no obstruction to flags)
- Mandatory Mouthpiece
- Flags
- Appropriate Accessories (no jewelry)

Keep Count of Downs

Keep an Eye of Game Clock, Play Clock, and 7-seconds timer

Count of Team Timeouts (1 per half – 60 sec.)