Defensive Penalties
Offside

Penalty: 10 yards from spot of foul and Replay down

Place hands on hips
Illegal Rush

With elbow up, place hand in front of chest then extend hand outwards until it is directly in front of your shoulder. Repeat.

Penalty: 10 yards from spot of foul and Replay down
Illegal Contact

Examples:
- Roughing the Passer
- Holding
- Tackling
- Diving
- Stripping
- Pass Interference

Penalty: 10 yards from spot of foul and Replay down

Extend arms forward (almost as if you are pushing a heavy object)
Illegal Flag Pull

Penalty: 10 yards from spot of foul and Replay down

Move hand back and forth at the belt
Unsportsmanlike Conduct

Penalty: 10 yards from spot of foul and Replay down
Too Many Players on Field

Penalty: Replay down (ball is not moved)
Lesson Review

• Speak loudly, clearly and confidently
• Communicate the facts:
  1. What the penalty is
     • Clarify or Specify as necessary
  2. Which team committed the foul
  3. New ball spot (i.e. “10 yards from spot of foul” or “ball will be placed back at the line of scrimmage”)
  4. Change in Down (i.e. “loss of down” or “repeat 2nd down”)
  5. Current Down