Referee Training
Penalties Overview

Pick6Sports.com
Penalties

Offensive Penalties:  Blow play dead immediately

Two types:
1. Before the Snap:
   • Loss of Down
   • Ball remains at current line of scrimmage

2. After the Snap:
   • Loss of Down
   • 10 yards from spot of foul

“If the ball isn’t moving, don’t move the ball”

Defensive Penalties:  Let play continue unless safety concern or contact

All Defensive Penalties:
• Replay Down
• 10 yards from spot of foul

“If the ball is moving, move the ball”
Offensive Penalties

For all Offensive Penalties: Blow play dead immediately once you throw the flag.

Penalties Occurring Before the Snap of the Ball:
• Loss of Down
• Ball remains at the same location (current line of scrimmage)
• Examples:
  • Illegal Motion (2 or more players in motion)
  • Delay of Game (not snapping ball within 30 seconds)
  • 6 or more players on the field
  • Offside
Offensive Penalties

For all Offensive Penalties: Blow play dead immediately once you throw the flag.

Penalties Occurring After Snap of the Ball (During Play):
• Loss of Down
• 10 Yards from spot of foul
• Examples:
  • Illegal Play (Running ball in No Running Zone)
  • Illegal Pass (QB or lateral past line of scrimmage)
  • Flag Guarding
  • Illegal Contact (Charging, Screening or Blocking, Unnecessary Roughness)
  • Unsportsmanlike Conduct (Players, Coaches or Fans)
Defensive Penalties

For all Defensive Penalties: Blow play dead at end of play unless there is a safety concern (contact). Offense can decline penalty if they so choose.

• Replay Down
• 10 Yards from spot of foul
• Examples:
  • Illegal Rush
  • Illegal Flag Pull (Pulling flag before player has the ball)
  • Illegal Contact (Roughing the Passer, Pass Interference, Holding, Tackling, Diving)
  • Unsportsmanlike Conduct (Players, Coaches or Fans)
  • Offside
  • 6 or More Players on the field
Penalties and 1st Downs

There is one 1st Down Marker on the field (at mid-field)

- If a defensive penalty results in 1st down yardage (the 10 yard penalty moves the ball past mid-field), then it is 1st down.
- If an offensive penalty pushes the ball back into their half of the field, the offense can NOT pick up another 1st Down.
  - The No Running Zone only applies within 5 yards of a 1st down or touchdown. So, the mid-field “No Running Zone” is NOT in effect at this point.
  - If a player gets a 1st Down prior to an offensive penalty on the same play, the result will be 1st Down, 10 yards back from the spot of the foul.
Pick 6 Sports is a developmental league focused on teaching kids to succeed.

- Let the player and/or coach know what the player did to get the penalty.
- Reinforce good behavior on the field when you see kids doing things the right way.
  - “That’s better!”  “That’s the way!”
  - “Now you got it. Great job!”