

MYFL Penalty Chart Summary (compiled August 10, 2021)

**Loss of 5 yards**

Delay of game  
Illegal substitution  
Encroachment  
Snap infraction  
False start

**Disconcerting act**

Illegal formation  
Illegal motion or shift  
Illegal handing  
Illegal forward pass  
Intentional grounding

**Ineligible receiver downfield**

Incidental grasping of opponent's face mask

**Illegal touching**

**Automatic 1<sup>st</sup> Down**

**Roughing the passer**

Other fouls against passer  
enforced as roughing the passer  
(any fouls from 15-yard list)

**Loss of 10 yards**

Illegal kicking  
Illegal blocking  
Holding  
Illegal use of hands  
**Illegal block in the back**

**Loss of Down**

Illegal handing  
Illegal forward pass  
**Illegal touching**

**Loss of 15 yards**

Unsportsmanlike conduct  
Illegal helmet contact  
Forward pass interference  
**Illegal block below the waist**  
Clipping  
Tripping  
Unnecessary roughness  
Grasping opponent's face mask  
**Butt block or spear**  
Horse-collar tackle  
Targeting an opponent  
**Illegal blindside block**  
Roughing the passer  
**Slapping blocker's head**  
Illegal participation

**Disqualification**

Fighting  
Intentionally contacting official  
Striking, kicking, kneeling  
Any flagrant act  
**2<sup>nd</sup> Unsportsmanlike conduct**  
Sub leaving team box 4 fight