

Coach's Cheat Sheet

Team Goals:

1.) _____

2.) _____

3.) _____

Remember! The officials are likely high school kids with a little training. They will make mistakes. This is a recreational league. Take any concerns to the Site Director.

Penalty / Yardage:

Penalty	Yards
Illegal Forward Pass	5 yds from LOS & LOD
Offensive Pass Interference	5 yds from LOS & LOD
Illegal Runner	LOD
Illegal Motion	5 yds from LOS & replay down
Delay of Game	5 yds from LOS & replay down
Flag Guarding / Charging	5 yds from spot & LOD
Screening, Blocking	5 yds from spot & LOD
Off-sides on Defense	5 yds from LOS & replay down
Illegal rushing	5 yds from LOS & auto 1st
Defensive Pass Interference	5 yds from LOS & auto 1st
Roughing the Passer	5 yds from LOS & auto 1st
Illegal Contact	5 yds from spot & auto 1st

LOS—Line of Scrimmage; LOD—Loss of Down