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| **Penalty** | **Description** | **Penalty Yardage (NFL)** |
| Encroachment | When a defensive player crosses the line of scrimmage and makes contact with an opponent before the ball is snapped. | 5 yards |
| (Pre-Snap)  False Start  (Offensive) | When an interior lineman on the offensive team moves prior to the snap of the ball, or when any offensive player makes a quick, abrupt movement prior to the snap of the ball. | 5 yards |
| (Pre-Snap)  Offside  (Defensive) | When any part of a player’s body is beyond the line of scrimmage or free kick line when the ball is put into play. | 5 yards |
| (In-Play)  Holding  (Offensive) | When an offensive player uses his hands, arms, or other parts of his body to prevent a defensive player from tackling the ball carrier. | 10 yards |
| (In-Play)  Holding  (Defensive) | When a defensive player tackles or holds an offensive player other than the ball carrier. | 5 yards |
| (In-Play)  Pass Interference  (Offensive/Defensive) | A judgment call made by an official who sees a defensive player make contact with the intended receiver before the ball arrives, thus restricting his opportunity to catch the forward pass. | 15 yards |
| (In-Play)  Helmet to Helmet Collision/Targeting  (\*Mostly Defensive) | When one player uses his helmet to hit into another player’s helmet. | 15 yards |
| (In-Play)  Horse Collar Tackle  (Defensive) | When one player tackles another by grabbing inside their shoulder pads (or jersey) from behind and yanking them down. | 15 yards |
| (In-Play)  Face Mask  (\*Mostly Defensive) | When a player grabs the face mask of another player while attempting to block or tackle. | 15 yards |
| (In-Play)  Roughing the Kicker  (Defensive) | When a defensive player makes any contact with the punter, provided the defensive player hasn’t touched the kicked ball before contact. | 15 yards |
| (In-Play/Post-Play)  Roughing the Passer  (Defensive) | hen a defensive player makes direct contact with the quarterback after the quarterback has released the ball. | 15 yards |
| (In-Play/Post-Play)  Personal Foul  (Offensive/Defensive) | An illegal, flagrant foul considered risky to the health of another player. | 15 yards |
| (Pre-Snap)  Delay of Game  (Offensive) | An action which delays the game; for example, if the offense allows the play clock to run out | 5 yards |