

Penalty Enforcement Cheat Sheet

2026 SEASON

FOUL TYPES

TYPE	DEFINITION
Live Ball 2-14-2d	A foul which occurs during a down.
Dead Ball 2-14-2a	A foul after the down ends and before the ball is next snapped.
Simultaneous With the Snap 2-14-2i	An act which becomes a foul when the ball is snapped.
Non-Player / Unsportsmanlike 2-14-2f	Non-contact foul while the ball is dead, or during a down, that is not illegal participation and does not influence the play in progress. <i>Enforced as a dead-ball foul (succeeding spot).</i>
Double 2-14-2b	One or more live-ball fouls (other than non-player/unsportsmanlike) committed by each team so that they offset. <i>Clean-hands rule applies (10-2-2).</i>
Multiple 2-14-2e	Two or more live-ball fouls (other than non-player/unsportsmanlike) committed during the same down by the same team — offended team gets the choice.
Post-Scrimmage Kick 2-14-2h	Foul by R (other than illegal substitution/participation at the snap) during a scrimmage-kick play, when all of the following apply: • the ball crosses the expanded neutral zone • the foul occurs beyond the expanded neutral zone • the foul occurs before the end of the kick • K will not be next to put the ball in play

PLAYS

TYPE	DEFINITION
Loose Ball 2-29-1	All action during and before a legal scrimmage kick or legal forward pass; also all action behind the neutral zone during and before backward passes, fumbles, and illegal kicks prior to a change of possession.
Running 2-29-2	Everything else not included in loose ball.

BASIC SPOTS

BASIC SPOT	WHEN USED
Previous Spot 2-36-6, 10-2-2	Fouls that occur: • simultaneously with the snap or scrimmage kick (10-4-2a) • during loose-ball plays (10-4-2b) • during certain running plays — see chart below
Spot of the Foul 2-36-7, 10-4-4	Fouls for: • illegal kick/bat (10-4-4a) • illegal forward pass and intentional grounding (10-4-4b) • a foul by the team in possession behind the end of the run following a change of possession (10-4-4c) • when A commits any foul in its own end zone for which the penalty is accepted (10-4-4d) • certain running plays — see chart below
Succeeding Spot 2-36-9, 10-4-5	For: • unsportsmanlike foul (10-4-5a) • dead-ball foul (10-4-5b) • non-player foul (10-4-5c) • a foul following a change of possession, when the final result is a touchback (10-4-5d) • optionally, fouls by K during a legal scrimmage kick (10-4-2 exception)
End of the Run or Related Run 2-36-8, 10-4-6	• foul beyond the run or related run following a change of possession (10-4-6b) • for other running-play scenarios — see chart below

BASIC SPOT	WHEN USED
Spot Where Scrimmage Kick Ends <i>2-36-5, 10-4-3</i>	Post-scrimmage kick fouls when the foul occurs beyond the end of the kick (10-4-3).
14-Yard Line <i>10-4-7</i>	When the result would have been a touchback following a change of possession.
Goal Line <i>10-4-8</i>	When the result would have been a safety.

RUNNING PLAY FOUL SCENARIOS

FOUL BY	SPOT OF FOUL	END OF PLAY	BASIC SPOT	REF
A	Behind LOS	Behind LOS	Previous Spot	10-2-2d
A	Beyond LOS	Behind LOS	Previous Spot	10-2-2f
A	Behind LOS	Beyond LOS	Previous Spot	10-2-2e
A	Beyond LOS	Beyond LOS	Spot of Foul (foul behind end-of-run)	10-4-4e
A	Beyond LOS	Beyond LOS	End-of-Run (foul beyond end-of-run)	10-4-6c
B	Behind or Beyond LOS	Behind LOS	Previous Spot	10-2-2d
B	Behind or Beyond LOS	Beyond LOS	End-of-Run	10-4-6a

Chart Shortcuts

1. Foul by A — previous-spot enforcement if the spot of foul OR the end of play is behind the LOS.
2. Foul by B — only the end of the play matters; the spot of foul is irrelevant.

SPECIAL ENFORCEMENTS

SITUATION	RULE	ENFORCEMENT
During a successful try	<i>10-5-1b, 8-3-8</i>	Accept and replay the down with a new choice of 1-point or 2-point try; OR succeeding spot.
During/after a touchdown, including if the foul occurs after a change of possession	<i>10-5-1d, 8-2-2 – 8-2-5</i>	On the try, OR subsequent spot.
Roughing the passer	<i>10-5-1e, 9-4-4</i>	10 yards from the dead-ball spot AND automatic 1st down.
Illegal forward pass / intentional grounding	<i>7-5-2</i>	5 yards AND loss of down.
Illegal forward handing	<i>7-3-2, 7-3-3</i>	5 yards AND loss of down. (No loss of down if there is a change of possession.)
Sideline interference	<i>9-8-1k, 9-8-3</i>	1st offense — warning. 2nd offense — 5 yards. 3rd and subsequent offense — 10 yards.
Fighting by player or non-player (9-4-1); intentionally contacting a game official (9-4-2); striking/kicking/kneeing (9-4-3h); an unduly rough or flagrant act (9-4); a second unsportsmanlike foul (9-5, 9-8); substitute leaving the team box during a fight (9-8-1i)	—	Disqualification, associated with a 10-yard penalty.