

Oahe Family YMCA

Tackle Football Infraction Rules

Major Infractions – changes the outcome of play – 15-yard penalties.

- **Face mask on ball carrier**
- **Cursing**
- **Fighting**
- **Helmet to helmet hits**
- **Blatant pass interference**
- **Hit after whistle**

Minor Infractions – does not change outcome of play – 5-yard penalty or redo play if warranted and coach kids. Players in grades 3 and 4 can be given a warning and instruction on their first minor infractions.

- **Illegal motion**
- **Movement in backfield**
- **Jumping offside**
- **Holding away from the ball carrier**
- **Linebacker Blitzing**
- **QB sneak not 2 yards back**
- **Linemen not making contact first before shooting gap**
- **Pass interference away from pass play**
- **Holding that helps ball carrier**