

## 7 ON 7 FLAG FOOTBALL

### I. GENERAL RULES:

#### A. Game Length:

- i. 2 halves lasting 20 minutes each.
- ii. Running clock until last 2 minutes of each half. After the 2 minute warning, the clock will stop on incomplete passes or running out of bounds.
- iii. Each team will have 2 time outs per half, and can carry over 1 from the first half to the second half.
- iv. Half time will be 5 minutes.
- v. Injured Player An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has blood on their uniform shall be considered injured.

#### B. Field:

- i. Width = 40 yards
- ii. Length = 100 yards (80 yards of field + 2 end zones (10 yards ea)
- iii. Team Area = 2 yards from side line and between the 20 yard markers.
- iv. Zone Lines to Gain = Four 20 yard zones.

#### C. Players:

- i. Team consists of at least 7 players.
  1. Minimum of 5 players to play a game.
- ii. Substitutions
  1. Eligible Substitutions (3-6-1) No substitute shall enter during a down. An incoming substitute must enter the field directly from the team area. A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped.
  2. Legal Substitutions (3-6-2) No substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted or there is a charged time-out.

#### D. Equipment (Each Player is Responsible for each item list unless otherwise noted):

- i. Shoes
  1. General Requirements:
    - a. Must be soft pliable upper material (i.e. canvas/synthetic) that completely covers the foot and is attached to a one-piece molded composite bottom (i.e. tennis shoes).
  2. Turf Shoes:
    - a. Molded rubber only (No screw in cleats).
    - b. NO metal cleats or baseball cleats allowed.
- ii. Shorts / Pants:
  1. General Requirements:
    - a. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants or shorts must be a different color than the flags. Pants or shorts may not be turned inside out, and pockets may not be taped.
- iii. Shirts / Jersey:
  1. General Requirements:
    - a. Must cover the players' shoulders, chest and back.

- b. Must long enough be able to be tucked into pants, or short enough that they are 4" above the players' waistline.
    - c. Should have both a light colored and a Dark colored shirt.
- iv. Headwear
  - 1. Players may wear a knit stocking cap. The cap must have no bill.
  - 2. Players may wear a single-colored headband no wider than 2"
  - 3. Sunglasses: Players may wear pliable and non-rigid sunglasses.
- v. Play Book:
  - 1. Players may carry a Play Book inside their clothing as long as it is not made of unyielding material.
- vi. Flags (To be provided by League):
  - 1. General Requirements:
    - a. A one-piece flag belt (Triple Threat or Flag Tag) without any knots.
    - b. The flags must be permanently attached.
- vii. Football:
  - 1. General Requirements:
    - a. Offense may provide their own ball.
    - b. Pebble grained leather/synthetic or rubber covered football.
    - c. MUST be of "OFFICIAL" size. NO youth or intermediate sizes.
    - d. No requirements regarding ball pressure.
    - e. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.
- viii. Player Equipment-Illegal:
  - 1. A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:
    - a. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
    - b. Jewelry and rubber bands of any kind.
    - c. Pads or braces worn above the waist.
    - d. Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.
    - e. Jerseys that have been altered in any manner which produces a knot-like protrusion.
    - f. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
    - g. Towels may not hang from a participant's waist.

## II. GAME PLAY RULES:

### A. Offense:

- i. Blocking (at the line of scrimmage):
  - 1. Players are allowed to screen block only. NO contact will be allowed.
    - a. Blocker must keep their arm behind their backs while screening the quarterback from the rushers.
- ii. Blocking (Beyond the line of scrimmage):
  - 1. Players are allowed to block down field using the following criteria:
    - a. NO contact between the blocker and defender.
    - b. Blocker CANNOT continue moving once they reach the defender.
- iii. Passing:
  - 1. The offensive team may NOT more than one forward pass per play.

2. The offensive team MAY throw an unlimited number of backward passes during any one play.
3. The QB cannot throw the ball forward once they have crossed the line of scrimmage (LOS).
4. The QB MAY intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out of bounds demarcation or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.

iv. Hiking:

1. The ball must be hiked from the ground, but does not have to be hiked between the legs.
2. The ball may be hiked to any person at least 2 yards behind the LOS.

v. Rushing:

1. ALL players are eligible receivers and running backs.
2. NO limit on the number of rushing attempts by a team by all Non-Quarterbacks.
3. Quarterback can only run the ball ONCE per POSSESSION (series).

vi. Receiving:

1. A reception is deemed made if:
  - a. The receiver possesses the ball before the ball makes contact with the ground.
  - b. The receiver has at least one foot in the field of play after possessing the ball.
  - c. Simultaneous Catch by Opposing Players: If a forward pass is caught simultaneously by member of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.
2. The receiver may NOT use their hands or arms to move a defender in order to make a reception.

viii. Series of Downs, Number of Down, and Team Possession:

1. Zone Line-to-Gain: The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain.
2. Awarding a new series: A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the defense moves the ball into the next zone; or an accepted penalty against the defense involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or turnover on downs.

B. Defense:

i. Rushing:

1. Player can rush from any position on the field as long as they are 5 yards off the line of scrimmage.
2. Rusher must attempt to avoid any blockers / Players. NO Contact is allowed.
3. Rusher must avoid hitting the QB arm, even through the follow through motion.
4. Rush Blitz: Any defensive player may rush the quarterback without being 5 yard behind the line of scrimmage as long as that player delays his rush until the player rushing from the rush position reaches the line of scrimmage.

ii. Pass Defense:

1. Receivers are allowed a free release from the line of scrimmage. NO "Bump and Run" coverage.
2. Defenders are not allowed to play through the receiver to make a play on the ball.
3. Interceptions occur(s) if:

a. See "RECEIVING RULES"

iii. De-Flagging / Tackling:

1. When de-flagging the ball carrier:

- a. The defender may NOT impede the ball carriers progress while attempting to pull that player's flag.
- b. The ball carrier is down at point when the flag belt comes unclipped, NOT when it falls off.

C. Kicking:

i. Kick-offs:

- 1. Home team will start with ball in 1<sup>st</sup> half. Away team will start with ball in 2<sup>nd</sup> half.
- 2. There will be NO kick-offs.
  - a. Teams will start from their own 20 yard line.

ii. Punting:

- 1. Punts must be declared (i.e. no fake punts).
- 2. Punts can NOT be blocked (i.e. no rushing).
- 3. Receiving the Punt:
  - a. Once the receiver catches the kick they are allowed to advance the ball
  - b. If the receiver drops the kick, the ball is dead, and will be spotted at that point.
- 4. Punts landing in the end zone are considered touchbacks and will be spotted at the 20 yard line.

D. Penalties:

i. Offense:

1. Illegal Contact:

- a. When an offensive player attempting to block a defensive player makes physical contact with that player.
- b. 10 yard penalty from line of scrimmage, repeat down.

2. False Start:

- a. When an offensive player moves before the ball is snapped / hiked.
- b. 5 yard penalty from line of scrimmage, repeat down

3. Offensive Pass Interference:

- a. When an offensive player hinders a defensive player's ability to catch a pass by making physical contact with the defensive player.
- b. 10 yard penalty from the line of scrimmage, repeat down.

4. Illegal Forward Pass:

- a. When a player past the line of scrimmage throws the ball forward, or when more that one forward pass is thrown during a play.
- b. 5 yard penalty from the spot of the infraction, loss of down.

5. Illegal Motion:

- a. When an offensive player in motion moves towards the line of scrimmage before the ball is snapped / hiked.
- b. 5 yard penalty form the line of scrimmage, repeat down.

6. Flag Guarding:

- a. When an offensive player, either intentionally or accidentally, inhibits a defensive player from de-flagging them by the use of their hands, arms, etc.
- b. 10 yard penalty from the spot of the infraction, loss of down.

7. Illegal Formation:

- a. When the offensive team does not have at least 4 players on the line of scrimmage.
- b. 5 yard penalty from the line of scrimmage, repeat down.

8. Hurdling/Jumping:

- a. A player leaving his feet in the proximity of a defender.
- b. The offensive player is deemed to be down at the spot they leave the ground.

9. Diving:

- a. When a player leaves his feet and dives forward.
- b. 10 yard penalty and loss of down.

ii. Defense:

1. Illegal Rush:

- a. When a defensive player rushes the QB from inside the 5 yard neutral zone.
- b. 5 yard penalty, repeat down.

2. Illegal Contact:

- a. When a defensive player makes contact with an offensive player.
- b. 10 yard penalty spot of foul or line of scrimmage, repeat down.

3. Roughing the Passer:

- a. When a defensive player makes contact with the QB while the QB is in the throwing motion, completing the throwing motion. This includes hitting the QB's arm after they have released the ball.
- b. 10 yard penalty, repeat down.

4. Defensive Pass Interference:

- a. See "Offensive Pass Interference" above.
- b. Ball is placed at the spot of the foul and an automatic first down is awarded.

5. Holding:

- a. When a defensive player holds up the offensive player while attempting to de-flag that player.
- b. 10 yard penalty from the spot of the infraction, repeat down.

6. Off-sides:

- a. When a defensive player crosses the line of scrimmage before the ball is snapped/hiked.
- b. 5 yard penalty from the line of scrimmage, repeat down.

iii. Player Conduct:

1. Players who are excessive in disputes of referee calls may be assessed an 'unsportsmanlike conduct' penalty. A warning should be given prior to this penalty being enforced. The result will be 10 yards from the spot of the ball at the end of the play (no loss of down). If a player has a 2<sup>nd</sup> offense, they may be ejected for the remainder of the game. As before, team captains should be the ones to address the officials.
2. Referee's Authority : The Referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The Referee's decisions are final in all matters pertaining to the game.

E. Scoring:

i. Touchdown:

1. 6 points

ii. Point After Touchdown:

1. 5 yards = 1 point
2. 10 yards = 2 points
3. 20 yards = 3 points

- a. During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field.

4. Player Responsibility: The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull to the left or right and the official determines the belt has been secured illegally, the touchdown is nullified and 10 yard penalty and loss of down.

iii. Safety:

1. 2 points

F. Miscellaneous Rules:

i. **Ball in Play-Dead Ball:** A live ball becomes dead and an official shall sound the whistle or declare it dead when:

1. When it goes out-of-bounds,
2. When any part of the runner other than a hand or foot touches the ground.
3. When a touchdown, touchback, safety, or successful Try is made.
4. When a forward pass strikes the ground or is caught simultaneously by opposing players
5. When the ball strikes the ground after being first touched by the kicking team
6. When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped, which hits the ground before or after getting to the intended player is dead at the spot where it hit the ground.
7. When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached by another player from the belt
8. When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm when the flag belt inadvertently becomes detached.
9. When a punt has touched the receiving team and then touches the ground

ii. During the last 2 minutes of a game, after the trailing team scores, they can elect to give the leading team the ball with only 20 yards to a touchdown. This prevents the leading team from running out the clock.

iii. Should a team not have enough players to field a team (seven players), they may recruit from another player from a league team only. No outside player can take the field unless they “join” the league prior to the start of the game, meaning paying the league fee and signing a waiver.

iv. Should a team have seven players, they may recruit an additional player as a substitute in case of an injury or player temporary emergency only. Original members must play at all times before an outside player can take the field. However, if a team has an injured or missing QB the team may recruit within the league for a substitute QB who can take the field even if the team has seven players.

v. **OVERTIME:** In the event the 2nd half ends in a tie, ONE Overtime will commence. A coin toss shall decide who receives ball first. Each team will get ONE possession EACH, starting at the 40 yard line. Teams may go for 1,2 or 3 points after a touchdown is scored. Games may end in a tie due to time.

vi. **Mercy Rule:** If the point deficit is greater than 20 points with 2 minutes or less remaining the game is over.