

7 ON 7 FLAG FOOTBALL RULES

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, first downs or runner out of bounds.
- iii. Each team will have 2 time outs per half, and none will carry over.

b. Field:

- i. Width = 35 yards (extended sideline to furthest hash mark).
- ii. Length = 100 yards (80 yards of field + 2 end zones (10 yards ea)
- iii. Team Area = 2 yards from each side line and between the 20 yard markers.
- iv. Zone Lines to Gain = Three 20 yard zones, 30, 50 and 30.

c. Players:

- i. Team consists of at least 7 players.
 1. Minimum of 5 players to play a game.

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. May NOT have pockets.

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. No two teams will have the same color jerseys.

- iv. 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.
- v. Football:
 - 1. General Requirements:
 - a. Pebble grained or rubber covered football.
 - b. MUST be of "OFFICIAL" size. NO youth or intermediate sizes.
 - c. Officials will have final judgment on ball pressure.

II. GAMEPLAY 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.
- jj. 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 attempt 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.

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.
2. The receiver may NOT use their hands or arms to move a defender in order to make a reception.

vii. Punting

1. On 4th down, offense may declare to punt the ball. Defense may not rush/block the punt.
2. If offense does not want to punt, they may go for it or elect to have the defense to take possession of the ball on their own 10 yard line.

b. Defense:

i. Rushing:

1. Player can rush from any position on the field.
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.

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 occurs 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. If the flag falls off, the defense must touch the player with one hand between the shoulders and knees.

c. Kicking:

- i. Kick-offs:
 - 1. There will not be kickoffs to start each half.
 - 2. To begin each half, possession will begin at the 10 yard line (actual 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.
 - c. If the ball bounces prior to being possessed by the receiving team, the receiving team has the opportunity to pick up the ball and return it. It is the officials discretion to blow the ball dead once on the field.
- 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, loss of down.
- 4. Illegal Forward Pass:
 - a. When a player past the line of scrimmage throws the ball forward, or when more than 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 from 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 2nd offense, they may be ejected for the remainder of the game. As before, team captains should be the ones to address the officials.

e. Scoring:

i. Touchdown:

1. 6 points
- 2.

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.

iii. Safety:

1. 2 points

f. Miscellaneous Rules:

- i. 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.
- ii. Should a team not have enough players to field a team (seven players), they may not recruit another player from another team. 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.
- iii. 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.
- iv. Mercy Rule: If the point deficit is greater than 20 points with 2 minutes or less remaining the game is over.