



FLAG FOOTBALL 7V7 RULES

GAME CLOCK FORMAT:

1. Each game is played in two 20-minute halves. A running clock format is used except for the final two minutes of each half.
2. The clock will stop on out-of-bounds, first downs, change of possession, extra points and incomplete passes in the final two minutes of the half.
3. Each team receives two, 30-second time outs per half. (No carry over)
4. Mercy Rule- If a team is up by 17 points with 2-minutes to go in the game, the clock will run.

SCORING:

1. Touchdowns = 6 points
2. Safety = 2 points
3. Extra Points = 5 yards out = 1 point; 12 yards out = 2 points

DRIVES:

1. There are no kickoffs
2. Drives begin on the 5-yard line at the beginning of each half. Turnovers via interceptions and downs will be spotted where the ball is down.
3. Drives consist of four plays to either make a first down or score a touchdown.
4. Interceptions may be returned, and the drive will begin where the player is marked down.
5. Extra points CAN be returned and will ALWAYS count as 2-points, even if the offensive team was going for a 1-point conversion (1 & 2 point extra points only).

SNAPPING THE BALL:

1. The ball must be snapped between the legs.
2. Each time the ball is spotted a team has 30 seconds to snap the ball. A five-yard penalty will be assessed for delay of game.

RUNNING PLAYS:

1. There is no limit to the number of handoffs made behind the line of scrimmage.
2. Players must be lined up on or behind the line of scrimmage.
3. Laterals and pitches are acceptable.
4. The “No Run Zone” is designated to avoid short yardage power running. It is located five yards before the goal line only. The “No Run Zone” does not exist prior to the first down lines.
5. A player who takes a handoff behind the line of scrimmage can throw the ball as long as he does not pass the line of scrimmage.
6. There is no diving (or flipping) when running with the ball.

RECEIVING:

1. All players are eligible to receive passes (including the QB if the ball has been handed off or backwards lateraled behind the line of scrimmage).
2. Players must have at least one foot inbounds when making a catch.
3. If a player tips a ball and then catches the pass, having their flag pulled before the catch and after the ball was tipped, they are down at the spot of the catch.
4. Bump and run coverage is ALLOWED within 3 yards of the line of scrimmage.
5. A player who starts a play without a flag is ineligible and cannot make a play on the ball (penalty for making a play on the ball is a loss of down or replay the down depending on which team the penalty is on). Making a play on the ball includes touching the ball or attempting to catch or bat down a pass.
6. 3 Lineman are required on the Line-of-Scrimmage but are eligible to receive the ball.

PASSING:

1. Shovel passes are legal passes from behind the line of scrimmage.
2. Interceptions may be returned for touchdowns

RUSHING THE QUARTERBACK:

1. ANY player may rush the quarterback after 3 seconds post snap.
2. Rusher must go for the quarterback’s flags. Rusher may attempt to block the pass but it is a penalty to make contact with the QB’s arm even if the ball is deflected.
3. If contact is made with the ball in an attempt to block a pass while the ball is in the quarterback’s hand this is also illegal contact.

BLOCKING/SCREENING

1. Screening can only occur with hands behind a player's back or below their waist in the front to protect themselves, in lateral movements at the line of scrimmage and/or creating a pocket for the QB without initiating contact with the rusher. Players hands must be below their waste either behind their backs or in front of themselves. The offense can only have a maximum of 2 players screening on the line.
2. Downfield blocking is permitted but ONLY in a 'basketball style' screen. Players cannot use their arm or body, but are permitted to stand in between the runner and defender. The player cannot run between the runner and defender.

DEAD BALLS:

1. Play is ruled over when/where the ball is spotted:
2. When the ball hits the ground.: Includes bad snap, at the spot of a fumble (no fumble recoveries allowed), when the ball carrier loses his flag (pulled off or falls off).
3. ** Note: If the receiver catches a ball and he has lost his flag already, it goes as a completed pass, and he is one-hand touch from that moment. If the flag is pulled by an opponent prior to the reception (Illegal Flag Pull) he may advance the ball and the defense must touch him with one-hand. If a player's flags have been pulled prior to the catch (Illegal Flag Pull) by the defense, penalty is five yards from the end of the play, plus automatic first down.
4. When the ball carrier's knee hits the ground the play is ruled dead. Players CAN put their hand down to keep balance, but not to block a flag pull. If the ball touches the ground the play is ruled dead.
5. When the ball carrier steps out of bounds the ball is ruled dead.

ADDRESSING OFFICIALS (Questioning Calls):

1. Only the designated captain is allowed to stop the flow of the game to address the officials.
2. All interactions with captains and officials will be made in a sportsmanlike manner.
3. Ejections will result in a 1-game suspension following the game the player was ejected from.
4. Fighting will result in suspension from the entire season.

OVERTIME:

1. Flip for first possession.
2. The ball will be spotted at the twenty yard line and each team will receive FOUR downs to try and outscore the other team.
3. If the score remains tied after each team has received four downs, the team that objectively gained the most yardage will be awarded 1-point and declared the winner (this rule does not apply during the playoffs).
4. NO additional timeouts are awarded for the overtime period.

PENALTIES:

1. Excessive contact/Rough Play – 10 yards + loss of down
2. Defensive Pass interference is spotted at the point of the foul + automatic first down, defensive holding on a player with the ball is 5 yards from hold + automatic first down, excessive contact/Rough Play – 10 yards + 1st down

Offensive Penalties:

Illegal Motion – 5 yards and replay down, Illegal Forward Pass (Play is not dead) – 5 yards from spot and loss of down, Flag Guarding/Stiff Arming – 5 yards from spot and loss of down, Illegal Contact w/ rusher – 5 yards and loss of down, Offside – 5 yards and replay down, Illegal diving (or flipping) – down at the spot, Pass Interference – 10 yards and replay the down, Delay of Game – 5 yards and replay down, Running in a no-run zone – Loss of down

Defensive Penalties:

Offside – 5 yards and replay down, Illegal Rush – 5 yards and replay down, Illegal Contact w/ QB – 10 yards and automatic first down, Interference – spot of foul and automatic first down, Illegal Flag Pull – 5 yards from the end of the play and an automatic first down, Last-Man Rule – Touchdown (2 points for returned conversion)

OTHER NOTES

1. Game cannot end on a defensive penalty even if time expires. One additional play will be required to finish the game.
2. The Referees will call the game as they see it. If you have a question about a rule, the captain should approach the official with any questions.
3. An offensive team that receives a penalty in the no-run zone that brings them out of the no-run zone will have no-run status until the next down. After that one down with no-run status the team will be able to run as long as they are still outside of the no-run zone.

4. Last Man Rule:

In the event that the defensive player commits a flagrant penalty and there are no other defensive players between the offensive player and the end-zone, the referee has the discretion to credit the offensive player with a touchdown (or extra point conversion).

In the event that the defensive team intercepts an extra-point conversion attempt, and the defensive player is flagrantly fouled by the (original) offensive player, two points shall be credited to the (original) defensive team.