



7 on 7 Flag Football Rules

Team:

A team consists of 7 players. A team must have 5 players to start the game. If a team does not have 5 players by 5 minutes after the scheduled starting time, that team will forfeit the contest.

Forfeit time: 5 minutes after scheduled game time.

Eligibility:

- All players must register individually in order to pay and complete the league participation fee and also their portion of the league fee.
- You may play for only 1 team.
- Violation of any of the above will result in forfeiture of the game and/or season.

Rules:

1. Shirts and jerseys MUST be tucked in so they do not interfere with the flag.
2. Both head coaches will select one person to be the line judge.
3. No metal spikes or jewelry.
4. The game will consist of two 20 minute halves (running time) with a 1 minute halftime break. There will be stop time for the last 2 minutes of each half.
5. There will be no kickoffs. All play starts from the 5 yard line.
6. Coin toss winner picks "start on offense" or "start on defense". The other team then picks the goal they wish to defend.

7. Dead balls:

1. The ball carrier falls to ground.

2. The ball carrier loses flag. It is then 1 hand touch on ball carrier.
 3. Incomplete pass
 4. Ball carrier goes out of bounds.
 5. A fumble is a dead ball. The opponent cannot recover a fumble.
 6. Snap hits the ground.
 7. A snap hitting the ground in the end zone is a safety.
-

1. Scoring:

1. Touchdown 6 points
2. Extra point (3 yd line) 1 point
3. Extra point (10 yd line) 2 points
4. Safety 2 points
5. The extra point try can be run back by the defense for 2 points.

2. Offense

- 25 seconds to put the ball in play
- 4 downs to get to mid-field
- 4 downs to score from mid-field
- 1 run play allowed per series
- NO PUNTS ALLOWED
- No 3 or 4 point stances by either team.
- The ball must be centered between legs.
- At least 4 players must be on line of scrimmage.
- All players are eligible for a pass.
- Only 1 forward pass per play.
- One foot down in bounds = completion.
- Running plays are no permitted in "Red Zone"

- No diving, but jumping to avoid a defender is ok.

- No mercy rule

3. Defense

- All defenders are eligible to rush the quarterback after a "3 second-count" which can be administered by the referee. Whole team can rush after a "5 second-count". - No tackling

4. Punts

- THERE IS NO PUNTING

5. Blocking

- Offense may extend arms in front of them, but not out to sides. Defense must go around defender. If they use hands/arms or go through the defender, it is a penalty.

6. Overtime

- Winner has choice to go 1st or 2nd. Each team has 4 plays to score from the 20 yard line.

- After a score, an extra point will be attempted. Beginning with the second overtime, teams must go for 2 points.

7. Penalties

-5 yard penalties

- Flag guarding or stiff arm.

- Delay of game

-10 yard penalties

- Bull rush

- Tackling or tripping the ball carrier (even if unintentional)

- Pass interference