



## 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:**

Please refer to eligibility form.

Must be a currently enrolled student or staff member.

Must have student I.d. with you. There will be periodic checks to ensure every team is using eligible players. If you do not have your student id and we do a roster check, you cannot play. No exceptions.

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. No metal spikes or jewelry.
3. The game will consist of two 20 minute halves (running time) with a 3 minute halftime break. There will be stop time for the last 2 minutes of each half.
4. There will be no kickoffs. All play starts from the 20 yard line.
5. Coin toss winner picks "start on offense" or "start on defense". The other team then picks the goal they wish to defend.
6. 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.

7. Scoring:	Touchdown	6 points
	Extra point (3 yd line)	1 point
	Extra point (10 yd line)	2 points
	Safety	2 points

The extra point try can be run back by the defense for 2 points.

8. Offense:
- 25 seconds to put the ball in play
  - 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.
  - No diving, but jumping to avoid a defender is ok.
  - No mercy rule.

9. Punts must be announced. There are no fake punts. No offensive player may go downfield until the ball is kicked. Defense must have 4 players on the line until ball is kicked.

10. 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.

11. Overtime: Winner has choice to go 1<sup>st</sup> or 2<sup>nd</sup>. 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.

- 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