

RULES FOR 7 ON 7 Flag Football

1. Field Dimensions:

1. Field Length--45 yards long
2. Field Width--160 feet (60 feet to hash mark, 40 feet between)
3. End Zone--10 yards deep

2. Starting the game:

1. A central time keeper will be designated. All games will begin and end on this persons instructions. He will also announce the time remaining at the 6, 4, and 2 minute mark.
2. The team on the right side (visiting team) of the schedule will start the first half with possession of the ball. The team on the left side of the schedule (home team) will start the second half with possession of the ball first. **NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS!**
3. Team t-shirt must be worn along with flags. Players are permitted to wear standard rubber cleats. No metal spikes!
4. Ball always placed on right hash mark when at the 45 yard line.
5. Each team will use its own ball during offensive possessions.

3. Moving the ball.

1. No kicking/punting.
2. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
3. Possession always begins at the 45 yard line at the right hash.
4. Offenses always move in the same direction
5. NO PLAYER MAY RUN WITH THE BALL, ALL PASSES MUST BE FORWARD (*A pass caught behind the line of scrimmage must be a forward pass*)
6. **Possession always begins at the 45 yard line at the right hash. NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45 YD. LINE. LOSS OF DOWN WILL BE ASSESSED INSTEAD.**
 - Interpretations:
 - „« First down – incomplete pass and offensive penalty results in the next down being 3rd down.
 - „« Second down – incomplete pass and offensive penalty results in the ball going over to the defensive team.
 - „« NOTE: THIS APPLIES ONLY IF THE BALL IS ON THE 45 YARD LINE. If the ball has been advanced, and a major penalty must be enforced, the offensive team is penalized half the distance to the goalline (45 yard line).
 - 7. ONCE A FORWARD PASS HAS BEEN THROWN, A BACKWARD PASS (lateral) IS ALLOWED.
 - 8. Should a swing pass not cross the LOS, a defensive player gets the flag from the ball carrier behind the 45 yard line, it is a SAFETY.

4. Special Rules

1.
 2. Receiver/Ball carrier is legally down when a flag is removed. If flags fall off than Receiver/Ball carrier is legally down when touched anywhere on the body with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
 3. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is a dead ball.
 4. Each team will have 20 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be loss of down plus 5 yards.
 5. Defensive Pass Interference will be a spot foul (1st down at the spot).
 6. Responsibility to avoid contact is with the defense. There will be NO chucking. Deliberate bumping or grabbing. These actions will result in a .tack on. penalty at the end of the play (5 yard penalty)
 7. Offensive pass interference is the same as NCAA rules.

8. Interceptions may be returned (.no blocking. rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue.
 9. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5 yard penalty from the succeeding spot.
 10. The offensive center is an eligible receiver (teams must have a center).
 11. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage.
 12. No taunting or .trash talking.. (5 yard penalty & expulsion if flagrant).
 13. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15 yard line cone (third quadrant).
 14. Fighting: The player (s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any/all state qualifying tournaments! They will also be disqualified from participating in the state tournament.
 15. Two delay of game penalties on the same possession results in a turnover. The opposing team will then put the ball in play on the 45 yard line.
 16. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50 yard line will result in a loss of down penalty. The defense, not the offense, would be starting play with 2nd down.
5. **Scoring:** 6 points for TD, 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT is a live ball and if returned results in the defensive team getting the PAT score). Official score is kept by field referee and game manager.
 6. **Tie Breaker:** After coin flip to determine first possession, teams will alternate 4 down series from the 15 yard line. A winner is determined when one team scores during its possession and the other does not. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.
 7. **Time:**
 1. 12 minute halves (continuous clock for each half--see: .starting the game.).
 2. No time outs. (EXCEPTION: Injuries. Both games on the Field will halt until player (s) can be removed as soon as safety dictates).
 3. 3 minute half-time/10 minutes between games.
 4. 7 on 7 tournaments require that all games start/end at the same time. If a team (s) are late and cannot start when the tournament officially starts, they will begin play with whatever time is left on the tournament clock. (Not to exceed 10 minutes of 1st half. Forfeit will occur after 10 minutes of the 1st half) IT IS IMPERATIVE TO KEEP TO THE TOURNAMENT TIME SCHEDULE. Teams must be on site and ready to play when scheduled. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.
 8. **Secondary Coverages:** A. Cover 1 (man free); B. Cover 2; C. Cover 3; D. Cover 4 (quarter-quarter halves, or straight quarters).