

7 on 7 Game Rules

General

- A coin toss determines first possession. All players get the opportunity to be a captain.
- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Live Ball starts with a legal snap and ends as written in the Dead Ball section of this rules description. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession.
- If the offensive team fails to cross the midfield, possession of the ball changes and the opposition starts its drive from the location of the ball or where the punt ends.
- Any number of players can rush the quarterback once the ball is handed off or the QB runs outside of the tackle zone.
- The defense may only blitz one time per four downs. Blitzing players must blitz outside of the strip's tackle zones.
- Interceptions start from where the ball is when the carrier's flag is taken.
- A punt will be marked off at a maximum of 25 yards (but cannot go inside of the 5 yard line).
- Rubber or molded plastic cleats are allowed, no metal spikes. All players must wear a protective mouthpiece; there are no exceptions. Players may wear protective coverings over the head (flag football helmet), hands, elbows and knees. No jewelry or bands of any kind may be worn at any time. Except on a medical alert bracelet attached and secured as approved by the NF (National Federation) High School FB rules.

Players/Game Schedules

- Teams will field seven players at all times on offense and defense.
- For a scrimmage play, the offense must have at least three men on the line of scrimmage (one man must be on the LOS on both sides of the center).

Timing/Overtime

- Games are played to 50 minutes, 48 minutes running time, last 2 minute stop and start.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one 15-second timeout for offense or defense during the 48-minute game (clock keeps running) and three 10-second time outs during the last two minutes.
- The final two minutes of the game will have a start and stop clock, unless the score difference is 19 or more.
- There is no overtime.

Scoring

- Touchdown = 6 pts.
- Extra Point = 2 pts. Passes only (3 yard line)
- Safety = 2 pts.
- Interception = 2 pts. (does not count with Int. run back for a TD)
- First Down = 1 pt. (possession must have started behind the quarter line) to Offense
- No First Down = 1 pt. (NA to INT) to Defense
- No Touchdown = 1 pt. (only applies when the offense moves into or starts inside of the midfield, NA to INT) to Defense

Running

- The quarterback cannot run between the tackles with the ball from underneath the center snap, unless shotgun snap is used (QB is 5 yards behind LOS).
- Only handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- NO downfield laterals or downfield pitches of any kind.
- "No-running zones," located 3 yards from each end zone and 3 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff or a pitch can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but ball carriers cannot jump or leap to avoid a defensive player, also no diving, no sliding, lowering the shoulder, stiff arming, guarding the flag and no head first charging.
- The ball is spotted where the ball is when the flag is removed or the belt comes unstrapped from the ball carrier.

Receiving

- All players, except the center, are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As with High School/National Federation rules, only one player is allowed in motion at a time, and only after all the offensive players have made their final shift and taken a set position.
- A player must have ball possession and make contact in bounds prior to going out of bounds.
- The wall is considered out of bounds.

Passing

- For this league passes can be forward or backward (lateral). Dropped backward passes are a dead ball.
- All forward passes thrown within the three yard no running zone will be blown dead at the point of the reception.
- Shovel passes are allowed.
- The quarterback has a six-second "pass clock." If a pass is not thrown within the three seconds, all defensive players are eligible to rush. Once the ball is handed off, the rule no longer is in effect. If the ball has not been passed or run past the LOS in six seconds the play will be whistled dead, resulting in a loss of down and the ball returned to the original LOS.
- Interceptions change the possession of the ball.

Dead Balls

- A fumbled center snap is considered a dead ball (except when the QB is in shotgun-the QB must possess the ball within the 3 second clock or a dead ball, the clock starts with the snap of the ball). In the case of a fumbled shotgun snap on a blitz the ball is a dead ball.
- Play is ruled "dead" when:
 - Ball carrier's flag is taken. The defensive player removing the flag should immediately hold the flag above his head to assist the official spotting the play, then hand the flag to the ball carrier.
 - The ball carrier's flag falls off.
 - Ball carrier steps out of bounds. No defensive player may push or drive the ball carrier out of bounds.
 - Touchdown or safety is scored.
 - Anything other than a ball carrier's hand/foot or the ball itself hits the ground.
 - The ball is fumbled (includes laterals).
 - The referee's whistle blows.

Note: There are no live fumbles. The ball is dead and spotted where the ball hits the ground. In the case when a possessed ball is dropped or mishandled and then taken possession of by another player (either of the same team or the opposing team) before it hits the ground, the play will be whistled dead and possession of the ball will go to the team of the player who took next possession and the ball will be spotted where possession was taken. In the case when a possessed ball is dropped or mishandled and then the same player takes repossession before the ball hits the ground, play resumes.

Penalties

- Sportsmanship/Roughing - If a referee witnesses any acts of tackling, pushing, elbowing, cheap shots, arm bar blocking, or any unsportsmanlike act, the game will be stopped, the team will be penalized and the player may be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.** Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the team will be penalized and the player or players may be ejected from the game.
- Referees determine incidental contact that may result from normal run of play.
- Only the Coaches may ask the referees questions about rule clarification and interpretations. Players cannot question calls.
- Games cannot end on a live ball foul unless the offended team declines it.

· Defense

Offside – 3 yards

Pass interference – 5 yards, automatic first down

Illegal contact (holding, lowering the shoulder, head first charging, pushing a player out of bounds, improper shedding or hitting-only open handed contact above the waist is allowed, no big wind up hits) – 5 yards

Illegal diving/sliding for the flag (when both feet leave the ground and are off the ground in the same direction) - 3 yards

Illegal flag pull before the receiver has the ball) – 5 yards

Illegal rushing or blitzing – 3 yards

Delay of game – 3 yards

Unsportsmanlike conduct – 5 yards

· Offense

Illegal motion (more than one person moving, false start) – 3 yards

Illegal run – 3 yards

Illegal forward lateral – 3 yards

Illegal formation (not enough men on the line-3) – 3 yards

Illegal contact (lowering the shoulder, stiff arming, guarding the flag, head first charging, improper blocking-only open handed contact above the waist blocking is allowed, no big wind up hits) – 5 yards

Illegal diving/sliding (when both feet leave the ground and are off the ground in the same direction) - 3 yards

Illegal forward pass or grounding – 5 yards and loss of down

Offensive pass interference (illegal pick) – 5 yards, loss of down

Delay of game – 3 yards

Unsportsmanlike conduct – 5 yards