



Flag Football Rules

7 vs. 7

Time: There will be four 8-minute quarters. The clock will not stop except for timeouts; (1 per half) approximately 1 minute. Games may end in a tie at the end of regulation time; there will be NO overtime period. Each time the ball is spotted a team has 30 seconds to snap the ball. Failure to snap the ball will result in a delay of game penalty. The maximum time for halftime will be 5 minutes. There will be approximately 1 minute between the 1st and 2nd quarter as well as the 3rd and 4th quarter.

Players: Each game shall be played between two teams with seven (7) players on each team.

Each team must present at least 5 players to start a game. If a team fails to provide at least 5 players, a “Forfeit” will be called. In this case, it will be the up to the coaches to reschedule that game with the Front Desk, if they choose to do so.

Substitutions: A player may enter the game any number of times when the ball is dead. It is up to the coach to ensure that every child plays an equal amount of time in every game. It is important to rotate players into different positions throughout the game. Do not wait to do it from game to game; parents notice these things from the sidelines.

Rules:

1. A ball is dead when:
 - a. The ball touches the ground. (This does not apply to kick off.)
 - b. The runners flag is pulled or falls off
2. There will be a five second count by the official before the QB can be rushed.
(If a defensive player rushes the QB early, the play will be dead and a 5-yard penalty shall be assessed, resulting in a 5-yard gain for the offensive team.)
3. The quarterback cannot run, unless he is rushed. (A rush consists of one step by a defender beyond the line of scrimmage).
4. All players are eligible to receive passes (including the quarterback).
5. There is to be no defensive coach on the playing field during a play.

De-flagging:

6. A play ends when a defensive player pulls the flag of the offensive player with possession of the ball.
7. If the offensive receiver's flag is removed by a defensive player prior to touching the ball, Pass Interference will be called on the defensive team and the ball will be placed where the penalty was called.
8. If an offensive player loses his flag (without it being pulled by a defensive player) before he has possession of the ball, he will be considered down at the point of the pass completion or handoff.
9. If a player is flag guarding (the ball carrier physically prevents a defensive player from pulling his flag) the play will be called dead by an official and the ball will be placed at the spot of the penalty.

Blocking:

10. Blockers must have their hands in contact with their chest and their elbows in close to their body.

Penalties:

11. Defensive
 - a. Offside – 5 yards (including rushing the QB early)
 - b. Interference – ball possession at point of foul
12. Offensive
 - a. Illegal motion – 5 yards (more than one man moving, false start)
 - b. Delay of game – 5 yards

Extra points:

13. May be run in for one point
14. May be passed in for two points

Punts:

15. The offensive team may not advance down the field until the ball is kicked.
16. The ball is not dead when it hits the ground on any type of kick.
17. The ball becomes dead once a player fields the ball, and then touches the ground.
18. The offensive team must inform the referee when it is punting.

Kick off:

19. The kick off will be from the 20-yard line.
20. If the ball is kicked out of bounds, the receiving team will have 2 options:
 - a. The kicking team must re-kick the ball from 5 yards back (15-yrd line).
 - b. The receiving team will get possession of the ball where it went out of bounds.

Fumble:

21. The ball will be placed on the line of scrimmage and will result in a loss of the down. Possession will remain with the offense, unless it was 4th down, which will result in a turnover.