

East Idaho Girls 7 on 7 Flag Football Rulebook

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GAMES

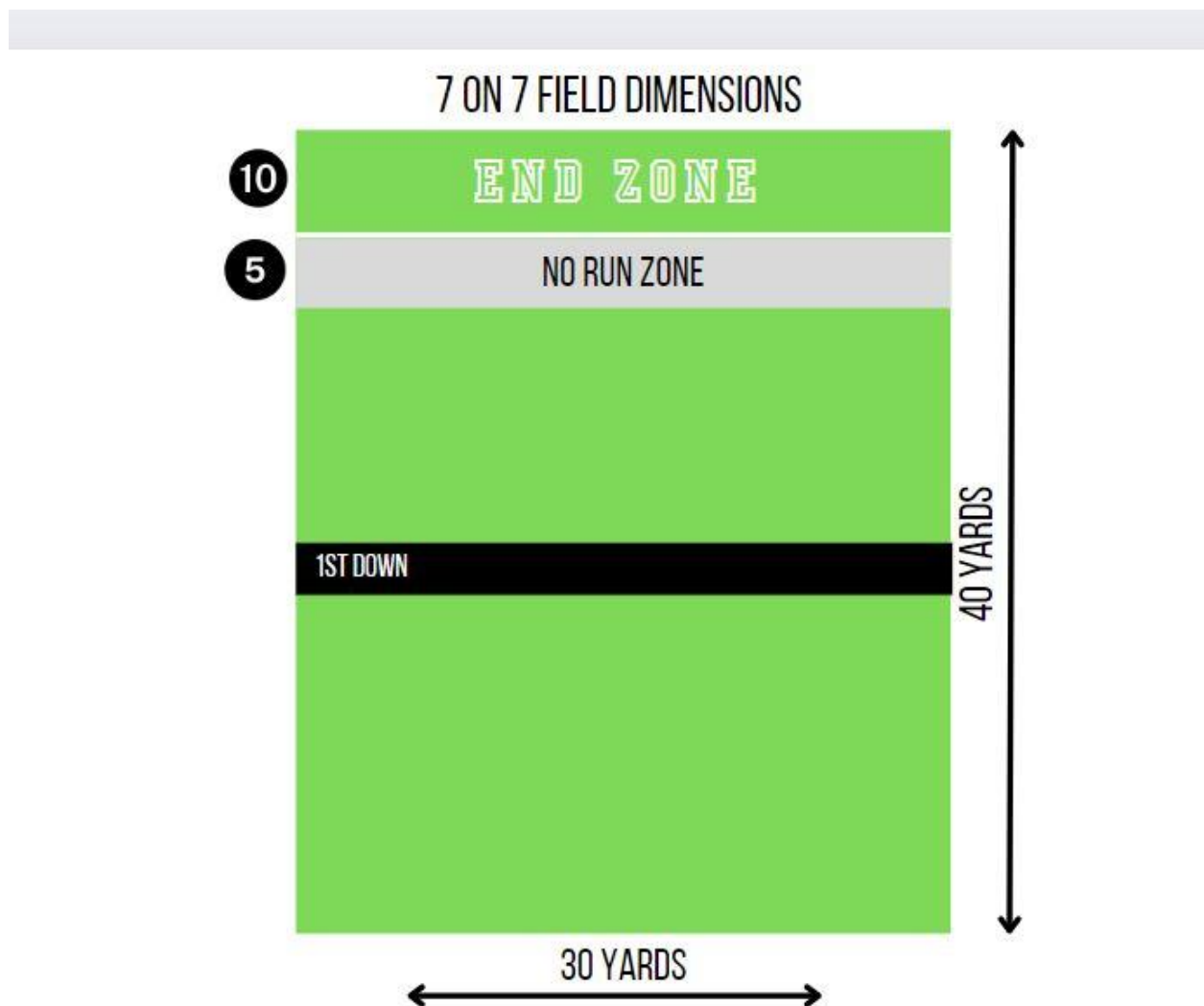
- At the start of each game, player equipment is checked by referees at the 30-yard line. Captains from both teams will meet at the 30-yard line for the coin toss to determine who shall start with the ball. The visiting team will call the toss. Both teams go the same way.
- The winner of the coin toss gets to choose to take the ball in the first or second half. The other team gets possession in whatever half the coin toss winner doesn't select.
- The offensive team takes possession of the ball at the 30-yard line (going in) and has three (3) plays to gain 15 yards (15-yard Line) to earn a first down. Once a team earns a first down and crosses the 15, it has 3 plays to get to the endzone to score.
- If the offense fails to score or has a turnover on downs the ball changes possession and the new offensive team takes over on the 30-yard line (going in).
- All possession changes start on the 30-yard line. Interceptions result in possessions that start at the 30-yard line and 2 points.
- Substitutions may be made at any time

EQUIPMENT

- The League provides each player with a jersey and flag belts. The league will provide balls for games.
- Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and knee pads. Braces with exposed metals are not allowed.
- Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- Official NFL FLAG jerseys must be worn during play.
- Players' jerseys must be tucked into the pants if they hang below the belt line. **Flag belts and flags cannot be the same color as shorts or pants**
- **Mouth guards are mandatory for all players. No exceptions.**

FIELD

- The field size is 40 yards by 30 yards with one 10-yard end zone with each possession beginning at the 30-yard line, as well as a first down line at the 15. No run zone is indicated 5 yards before the end zone.



COACHES

- Coaches are typically volunteer parents or family members who help the players learn and enjoy the game.
- Coaches are not allowed on the field, and players may run to the sideline to receive plays on both offense and defense.
- Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and codes of conduct.

PLAYERS

- Home teams wear dark jerseys, and the visiting teams wear light jerseys. This league is a 7 on 7 league, and 7 players must be present to start a game.
- **Mouth guards are mandatory for all players.**

GAME TIME & OVERTIME

- Games are played in two 20-minute halves. The game clock is controlled by the referee and will be a continuous clock only stopping for injuries and timeouts.
- Halftime is five minutes long.
- 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 two 60-second timeouts per game.
- Officials can stop the clock at their discretion.
- In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
- In playoff situations an Overtime (OT) Period will be used to determine the winner. OT format is as follows:
 - Home team calls the toss to determine the team that chooses to be on offense or defense first. If a second round of overtime must be played, the team that lost the coin toss will choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who choose to be on offense or defense to start out during every round of overtime.
 - Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.

Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.

- If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.
- Starting with the 3rd overtime, each team will get 1 play from the 5-yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- Final Score will be recorded to include all points scored for each team.
- All regulation period rules and penalties are in effect.
- There are no timeouts.
- Interceptions are worth 2 points in OT.

SCORING

- Touchdown: 6 points
- Interceptions are not returnable in the half field style play. They are worth 2 points and the possession of the ball.
- PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (10-yard line). Note: If a team opts for 1 point PAT (5-yard line) they must pass the ball.
- Safety: There are no safeties in the 1/2 field style of play, any play that begins at the 30-yard line and loses yardage will be spotted at the 30-yard line for the next play, no additional yardage will be added unless a penalty has been called.
- A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
- A touchdown is scored when the ball carrier's forward foot crosses the end zone line.
- A defensive interception of PAT will not result in 2 points, it is just a dead ball.

LIVE/DEAD BALL

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
- A player who gains possession in the air is considered in bounds as long as one foot comes down into the field of play.
- Any official can whistle the play dead.
- Play is ruled “dead”
 - When the ball hits the ground
 - The ball carrier’s flag is pulled
 - The ball carrier steps out of bounds
 - A touchdown or PAT is scored
 - The ball carrier’s knee or arm hits the ground.
 - The ball carrier’s flag falls out.
 - The receiver catches the ball while in possession of one flag.
 - An inadvertent whistle is performed (at the spot where the ball was whistled dead). In the case of an inadvertent whistle, the offense has two options; take the ball where it was when the whistle blew and down is consumed or replay the down from the original line of scrimmage.
 - NOTE: There are NO FUMBLES. NO STRIPPING OF THE BALL. The ball is spotted where the ball hits the ground. A dropped snap or handoff behind the 30-Yard line leads to the ball being spotted at the 30-Yard Line and the down will be moved to the next down.

FLAG PULLING

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold or run through ball carriers when pulling flags.
- It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming to the face or to the flag area or intentionally covering flags with the football or jersey. **Stiff arming is NOT allowed.**

RUNNING

- The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
- The quarterback can only run with the ball if a rusher crosses the line of scrimmage. This will make the QB live and they can run rather than pass. This rule applies in all zones including the no run zone.
- Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Laterals or pitches are allowed, including those beyond the line of scrimmage.
- The player who takes the handoff can throw the ball from behind the line of scrimmage. Any other player may also make a forward pass from behind the line of scrimmage if a subsequent handoff or pitch has been made behind the line of scrimmage.
- Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
- Runners may not leave their feet to advance the ball forward. Diving, leaping or jumping in a manner that is obvious to be flag guarding will result in a penalty. Jump cuts are allowed. This is at the discretion of the referee to determine if the action is blatant flag guarding; for example, shuffling sideways is typically not flag guarding, but leaping while in a forward motion would be considered flag guarding.
- Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

PASSING

- All forward passes must be from behind the line of scrimmage.
- Only 1 forward pass thrown from behind the line of scrimmage is permitted each offensive play.
- The ball must be out of hand prior to breaching the line of scrimmage.
 - Passes may be thrown forward or backwards behind the line of scrimmage.
 - There is no intentional grounding.
 - All passes, except backwards passes, that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender. Pass must go beyond the line of scrimmage.
 - The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be forward from behind the line of scrimmage and received beyond the line of scrimmage.
- The quarterback has a 7-second “pass clock.” If a pass is not thrown within seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched or lateraled behind the line of scrimmage, the 7-second rule is no longer in effect.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line) provided they are not “covered up” i.e. lined up on the line of scrimmage with another eligible receiver lined up outside of them, also on the line of scrimmage.
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage or backwards and no motion is permitted towards the line of scrimmage. SHIFTS– Formation shifts are allowed, but all players must be set for 1 second before a player goes in motion or the ball is snapped.
- A player must have at least one foot inbound when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions change the possession of the ball. Possession by the intercepting team begins at the 30-yard line and results in 2 points
- Interceptions are not returnable.

RUSHING THE PASSER

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Up to two (2) players can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted, by rule. Players not rushing the quarterback can defend the line of scrimmage.
- Once the ball is handed off, pitched or lateraled behind the line of scrimmage the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- A special marker/cone set by the referee will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - A legal rush is: any rush from a point 7-yards from the defensive line of scrimmage.
 - A rush from anywhere on the field AFTER the ball has been handed off, pitched or lateraled by the quarterback.
- A penalty may be called if
 - The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, pitch, lateral or pass (illegal rush penalty 5-yards from the line of scrimmage and first down).
 - Any defensive player crosses the line of scrimmage before the ball is snapped (offsides penalty 5-yards from line of scrimmage and first down).
 - Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, pitched, lateraled or handed off (illegal rush 5-yards from the line of scrimmage and first down).

- If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff, pitch, lateral or passed ball.
- Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
- **Blocking downfield: Downfield offensive player must be stationary and give defensive player enough time and space to be able to recognize the downfield block.**

FORMATIONS

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage.
- The quarterback must be off the line of scrimmage.
 - a. Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped.
 - One player at a time may go in motion at least 1 yard behind the line of scrimmage.
 - Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands

PENALTIES

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
- Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

iii. Offensive spot fouls

Screening or blocking	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Holding/Illegal Contact	-5 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside / illegal substitution	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start / illegal substitution	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down
Taunting	-5 yards from line of scrimmage and loss of down

UNSPORTSMANLIKE CONDUCT

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeal! FOUL PLAY WILL NOT BE TOLERATED.
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the players will be ejected from the game.
- Players may not physically or verbally abuse any opponent or official.
- Ball carriers MUST try to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.
- Fans must also adhere to good sportsmanship: yell to cheer on your players, not to harass officials or other teams; Keep comments clean and profanity free. Keep younger kids and equipment such as coolers, chairs and tents at least 3 feet away from the sidelines; Fans are allowed on sidelines but leave adequate room for play.