

7-on-7 Flag Football Rules Summary

Overview

- This is 7-on-7, minimal-contact, non-blocking, legal-screening, free-release flag football.
- The most general rule of the game is to avoid significant, noteworthy, dynamic, or forceful contact.
- Players cannot make contact that is viewed as unnecessary, intentional or provokes roughness.
- Player's waist-worn flag belt must meet specifications, be legally worn and capturable.
- Players with uncapturable, incomplete, missing, obscured or improperly worn flag belt will be called down upon possession or where the obstruction occurred.
- Fields are 35 yards wide and a minimum of 50 yards long (plus end zones).
- Fields have two lines-to-gain and "pass only zones" five yards from each goal line (see diagram).
- Teams will have four downs to gain a first down.
- Once across a line-to-gain teams are awarded a new set of downs, teams will have four downs to achieve the next line-to-gain or score unless awarded an automatic-first-down by penalty.
- Pass-only zone: Offenses must execute a forward pass play that breaks scrimmage.
- All players are eligible receivers.
- Officials will mark the ball where the ball was at the time it became dead.
- An "onside play" is available in the final two minutes of the game.

Clock Operations

Length of Game	Periods	Halftime	Time outs	"stop clock" or "pro clock"
40 minutes	Two 20-minute halves	Two minutes	Three per game (30 seconds)	In the last two minutes of second half

Offense

- The play clock is 25 seconds from the time the covering official blows the ready to play whistle.
- Snaps must be made between the center's legs (shotgun or under center).
- An audible 7-second "play clock" is used, beginning when the ball leaves the ground at the Snap.
- The Passer must pass or hand the ball off before the play clock expires or the play is a sack.
- Physical-contact blocking is not allowed.
- Legal screen blocking is allowed only behind the line of scrimmage.
- The player taking the snap (Passer) cannot run the ball through scrimmage unless the ball clearly left and returned to their possession.
- Any player other than the player taking the snap may run the ball through scrimmage.
- On fourth down Coaches must decide if they want to "Punt or Play".
- If they "Play" and fail, the opposing team takes the ball from the succeeding spot.
- If they declare "Punt" the ball will move the ball to the opponent's 5-yard line, change of possession.
- No physical kicking is allowed. The official will simply move the ball to the 5-yard line.
- Ball carriers may use any number of backward passes and legal pitches anywhere on the field.
- Fumbles, backward passes, muffs (including snaps) are dead when they hit the ground.
- Receivers must have control with one foot inbound with possession to be a legal catch.
- Ball carriers can leave their feet, jump, and spin if they don't put other players' safety at risk.
- Ball carriers may not dive, lunge, hurdle. They may extend the ball in front of them.
- Ball carriers may not physically deny defenders the opportunity to capture their flag (flag guarding).

Defense

- Defenders must make all reasonable efforts to minimize contact while capturing an opponent's flag.
- This is a "free release" league. Defenders cannot "chuck", "jam", "bump", "press", etc., a receiver.
- Before a legal snap a Rush / Blitz Line will be set 7-yards from the line-of-scrimmage.
- Players behind the Rush / Blitz Line at the snap may enter the back field any time at will.
- There are no limit to players that may line up behind the Rush / Blitz Line.
- Players not behind the Rush / Blitz Line at the snap may enter the back field after the ball has touched another player other than the player that took the snap or the ball is passed.
- Stripping or attempting to strip the ball from a player in possession of the ball is illegal.
- Defenders may safely dive to capture an opponent's flag but must avoid excessive contact.
- Defenders may not use their hands, arms, etc. to displace a screen blocker (i.e., push out of the way, clear a path, shoot a gap in the offensive line). Defenders must work around a screening opponent.

Scoring

Touchdown	<ul style="list-style-type: none">• 6 points
Point After Touchdown (PAT) Attempts	1 point from the 5-yard line, pass play only 2 points from the 10-yard line, run or pass 3 points from the 17-yard line, run or pass
Safety	2 points will be awarded to the defense and possession of the ball at the 5-yard line (going out)
Interceptions	<ul style="list-style-type: none">• Interceptions are live balls and may be returned for a score. This may result in a defensive touchdown and follow-on PAT attempt.• Interceptions returned to the opponent's end zone during PAT attempts are worth two points regardless of the value of the PAT attempted.• Interceptions in overtime periods are dead ball, no possibility of scoring.
Forfeits	1. Recorded as 30-0
Mercy Rule	2. The mercy rule will be invoked if the score differential is 30 or more points in the second half.

Overtime

If regulation time ends in a tie, teams will conduct ONE three-consecutive-play PAT try series.