



FLAG FOOTBALL 7 VS 7

PURPOSE

The purpose of the 7 vs 7 flag football within the JFLOCI is to provide an introduction to football that does not include full contact tackle, in addition to providing a non-contact season outside of the traditional JFLOCI tackle season.

7 VS 7 PLAYING RULES

GENERAL RULES

General rules are those rules common to all levels. Any age specific rules are listed within the age level.

Any rule not covered in this set of rules shall revert back to the general rules as listed in the JFLOCI playing rules. Rules not covered in the JFLOCI playing rules shall revert to the NFHS on 7 vs 7 flag football competition.

All rules and penalties regarding conduct and sportsmanship of coaches, players, and fans shall apply.

PLAYING LEVELS

The same playing levels used for tackle will also be used for flag 7 vs 7 competition. (5/6, 6/7, 8Y, 9U, 10U, 11U, 12U, & 14U) All rules and waiver options pertaining to these levels shall apply.

PLAY CLOCK

Games are played on a 40-minute continuous clock with two 20-minute halves. The clock only stops for change of possession and

timeouts, though officials can stop the clock at their discretion for injury, intentional team delaying, or other unsportsmanlike conduct. Half time shall be 10 mins. (7min+3min warmup)

Each team will have 1, 60 second time out per half. (No carry over)

At 2 mins left in the game, if either team is ahead by greater than 14 points, the clock shall continue to run. If a team margin is 14 points or less the clock will stop as it does for tackle. If at any time the margin becomes more than 14 the clock shall run continuously.

OVERTIME

Levels 8Y, 9U, 10U & 11U there is NO OVERTIME- A tie is a tie. 12U & 14U overtime rules shall be one possession each starting at the 20yd line. If the game is still tied after this single round of overtime, the game is over and ruled a tie.

PLAYING FIELD

The playing field shall be a standard football field utilizing of half of the field or 50 yards. Any field outside this dimension used for play must be approved by the JFLOCI prior to use.

7 VS 7 GAME RULES

To start the game, the offensive team takes possession at the 45 yd. line or a location designated on modified fields. The offense has four (4) plays to cross the 20 yard line (or field designated first down location if using an approved, modified field.) Once a team crosses the first down location and achieves a first down, it has four plays to score a touchdown.

Only 1 first down is awarded per possession unless granted by

penalty.

If the offense fails to score, the ball changes possession and the new offensive team starts on the 45 yard line (or field designated location if using an approved, modified field.)

In the event of an interception, the ball is immediately dead. The defensive team receives 3 points and then possession at the 45 yard line.

There is no kicking game.

In the event of a dropped ball or “fumble”, the ball is IMMEDIATELY DEAD and retained by the offensive team.

THERE ARE NO FUMBLES.

SCORING

Each touchdown = 6 points

Interception = 3 points

Extra points from 5 yard line = 1 point (no kicking)

Extra point from 10 yard line = 2 points (no kicking)

Offense

1. The seven (7) players on offense consist of a center, a quarterback and five (5) eligible receivers. Two (2) of those receivers must be on the line of scrimmage at the snap – each positioned on opposite sides of the center.
 - a. Center. This player’s sole responsibility is to snap the ball to begin the play, a critical skill at all levels of football. The center is the only ineligible player on the field. Once the center has delivered the football to the quarterback – either directly or from a pistol or shotgun formation, he is no longer allowed to participate in the play. Following the center/QB exchange (snap), the center shall take a

knee to alert everyone that he is not involved in the play.

- b. **Quarterback.** This player receives the snap from the center and initiates the play either through a handoff or pass. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.
- c. **Receiver/back.** Any player who does not initiate the snap or receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass. Two receivers must be on the line of scrimmage at the snap – on opposite sides of the center – while the other three are at least one yard behind the line of scrimmage in either a slot or running back position. No player other than the quarterback may line up within three yards of the center.

Defense

All players on defense are eligible to rush the quarterback or drop back into coverage.

1. **Rusher.** Any player who rushes the quarterback must be a minimum of **10/TEN** yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this TEN-yard zone before every play.
 - a. Following a legal handoff, pass, or lateral any member of the defense can cross the line of scrimmage.

PLAYING VIOLATIONS

The following is a list of violations for 7 vs 7 flag competition.

CHARGING

An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.

PENALTY: The play is immediately dead. Assess an unsportsmanlike conduct penalty directly to the player & a 10 yard penalty from spot of foul. Replay the down. *Note: 2 unsportsmanlike conduct penalties of any kind by the same player in a single game will result in an automatic ejection. All ejection rules from the JFLOCI tackle playing rules apply and suspensions may carry over into the tackle season.*

FLAG GUARDING

An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head, or by blocking access to the runner's flags or intentionally moving flags with a hand or arm.

PENALTY: The play is immediately dead at the spot of the foul. The down will not be repeated and no loss of yardage will be recorded.

RUSH LINE VIOLATION

Rushing the QB from closer than the 10 yd designated location.

PENALTY: The play WILL continue. Once the play is over, the offense will have the option to accept the result of the play without replaying the down OR accept a 5 yard penalty from the original line of scrimmage and replay the down.

ROUGHING/TACKLING

An illegal act by any player that involves intentional pushing, tripping, or force used against a player of the opposite team.

PENALTY: Same as Charging.

EQUIPMENT

1. Each player must wear uniform tops & flag belts with 3 flags attached.
2. At the start of each play, there shall be 1 flag on each side of the participant and 1 in the center of their back for a total of 3 flags.
3. Teams will use the approved JFLOCI footballs for each age division.
4. Flag belts may not be the same color as the shorts or pants.
5. Each flag belt will consist of 3 flags at least 12 inches in length.
6. Cleats with exposed metal are not allowed and must be removed.
7. Players may tape their forearms, hands, and fingers.
8. Players may wear gloves.
9. Braces with exposed metal are not allowed.
10. Players are required to wear mouth pieces during practices and games.
11. Players must remove all jewelry, hats, and do-rags. Winter beanies are allowed.
12. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.

13. We recommend players wear football pants or shorts that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
14. Other than a mouthpiece, NO padding of any kind may be worn.

AGES 5 - 7 FLAG RULES

5 - 7 year old teams shall use the same rules that are used during the fall season.