



# **THE SHOWDOWN SERIES TOURNAMENT 7v7 GIRLS FLAG RULES**

## **Game Length:**

1. 25-minute running game.
2. There will be no halftime.
3. Each team will have 1-time out per game
4. A coin toss determines first choice of options to receive or defend.

## **Field:**

1. Width: 30 yards minimum to 40 yards
2. Length: 40 yards + 1end zones (10 yards)
3. No-Run Zones are located 5 yards from each End Zone and 5 yards from each line-to gain.
4. Team Area: 2 yards from each sideline and between the 20-yard markers.

## **Players:**

1. Team consists of at least 7 players.
2. Must have at least 7 players to start a game.
3. Minimum of 5 players to play a game.

## **Equipment:**

- Jerseys must be always tucked in.
- Sweats (including hoods) must be worn under the uniform, if worn.
- No torn shorts or sweatpants.
- The pants or shorts must be a contrasting color than the flags.

## **Flags:**

- One flag on each side (2 total)
- Flag size is at least 1.5" wide by 14" length. Flags may be removable from the belt.
- Flags may not be altered in width or length and may have no tape on them.



### **Size of Football:**

5/6th grade: Junior size, 7/8th: Junior Size, HS: Youth/Intermediate Size

### **Additional Equipment:**

- It is MANDATORY that all players wear a Mouthpiece and recommended soft-shell helmet.
- The officials shall not permit any team member to participate while wearing apparel or equipment if in his/her judgment any item is dangerous or confusing to other players, is not appropriate, or constitutes a safety concern.

### **GAME PLAY RULES:**

- No Blocking or Moving Screens allowed at any time
- NO EXCESSIVE CONTACT will be allowed.

### **OFFENSE**

#### **Passing:**

- The offensive team may NOT throw more than one forward pass per play.
- The offensive team may throw an unlimited number of backward passes
- No player may throw the ball forward if that player is beyond the line of scrimmage.
- The QB MAY intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out of bounds or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.

#### **Snapping:**

- The ball must be snapped from the ground but does not have to be snapped between the legs.
- The person who receives the snap is considered the quarterback for that play.

#### **Rushing:**



- ALL players are eligible rushers except the center.
- No stiff arming or QB sneaks

#### **No Run Zone:**

- No-Run Zones are located 5 yards from each end zone and 5 yards from each line-to gain.
- QB runs are not allowed in these No Run Zones unless the defense blitzes.
- A blitz is considered 2 defenders rushing the QB on the same play
- Direct hand-offs, including a direct hand-off following a forward or backward pass, are not allowed in these No Run Zones.

#### **Receiving:**

- A reception is deemed made if:
  - The receiver possesses the ball before the ball contacts the ground and
  - The receiver has a body part down in the field of play after possessing the ball.

#### **Jumping:**

- A player may leave her feet to avoid a flag from being pulled.

*NO HURDLING OVER A PLAYER*

#### **Fumbles:**

- Fumbles are dead as soon as they hit the ground.
- Forward or backward fumbles will be placed at the spot where the ball crossed the out of bounds demarcation or hit the ground.
- A fumble caught in the air by either team is a live ball and may be advanced.

#### **DEFENSE**

##### **Rushing/Blitzing:**

- Any defensive players can rush from any position on the field if they are 7 yards behind the line of



scrimmage.

- Teams may only rush up to two (2) players at a time.
- Rushers must attempt to avoid any offensive players.
- Rusher must avoid hitting the QB's arm, even on the follow through motion.
- NO limit on the number of rushing attempts (BLITZS) by a team.

#### **Pass Defense:**

- Receivers are allowed a free release from the line of scrimmage. NO Bump and Run coverage.
- Defenders are not allowed to play through the receiver to make a play on the ball.
- If the defense intercepts a pass, they can return the ball for a touchdown. Wherever the flag is pulled is where the new offense will start their first series of downs.

#### **De-Flagging/Tackling:**

- When de-flagging the ball carrier:
  - The ball carrier is down at the point when the flag is removed NOT when it falls off or is dropped.
  - The ball will be spotted using forward progress where the ball is at when the flag comes unclipped, not where the flag may fall.
  - Forward progress is the forward-most point of the ball when de-flagged, if a player is holding the ball out in front of her body, then that's the dead-ball spot where the ball will next be put into play.

#### **Kicking:**

- There will be NO kick-offs.

#### **Punting:**

- There will be NO punts.

#### **PENALTIES**

Offense:

- Illegal Contact:- 10-yard penalty



- False Start:- 5-yard penalty
  - Offensive Pass Interference:- 10-yard penalty
  - Illegal Forward Pass:- 5-yard penalty from the spot of the infraction (loss of down, if by offense).
  - Illegal Run:- 5-yard penalty, loss of down
  - Illegal Shift/Illegal Motion: - 5-yard penalty
    - When an offensive player in motion moves towards the line of scrimmage before the ball is snapped.
    - A maximum of one (1) player off the line of scrimmage is allowed to be moving laterally/backward at the snap of the ball.
  - Flag Guarding: - 10-yard penalty from the spot of the infraction, loss of down.
    - When a player, either intentionally or accidentally, inhibits a player from de flagging them using their hands, arms, etc. (including stiff arming).
  - Illegal Formation: - 5-yard penalty
    - When the offensive team has more than 3 players lined up behind or off the line of scrimmage at the snap.
  - Hurdling/Spinning/Diving: - 10-yard penalty
    - A player may not attempt to hurdle over an opponent.
    - A player may spin to avoid a flag from being pulled.
    - A player may NOT leave their feet and dive in any direction to advance the football.
- Defense:**
- Illegal Rush: 5-yard penalty
    - When a defensive player rushes the QB after being less than 7 yards behind the line of scrimmage at the snap.
    - When more than two (2) players rush at a time.
  - Illegal Contact: 10-yard penalty



- Illegal Flag Pulling: 10-yard penalty, automatic first down from spot of foul
- A defensive player may not intentionally pull the flags off a player who has not Received/touched the ball.
- Roughing the Passer: - 10-yard penalty, automatic first down.
- Defensive Pass Interference: - 10-yard penalty
- Defensive Holding: - 10-yard penalty
- Encroachment: - 5-yard penalty
- Tackling: - 10-yard penalty
- A player cannot tackle the ball carrier.

#### **SCORING**

- Touchdowns count as 6 points
- Automatic 1 point for PAT conversion, unless a team elects to go for a 2-point conversion from the 10-yard line
- During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field.
- Defensive Stop: 1 point
- Interception 3 points, a pick 6 counts as a touchdown
- Once a team declares their choice for a 2-point conversion and the ball is declared ready for play by the officials, the team CAN'T change their decision.
- Point After Touchdown plays will be an untimed down at 2:00 or less in each half.

Additionally, when a touchdown is scored and the 2-point conversion has not been played when any half reaches 0:00, the period shall be extended for the 2-point conversion on the same end of the field that the touchdown was scored.

#### **Flag Check:**

- After all scores the player must go to the nearest official for flag check.



#### Removing a Flag:

Player removing their own flag prior to a flag check will result in no score, loss of down and a warning.

#### Tampering with a Flag:

- If a player is determined to have tampered with their flag it will result in a loss of down and a warning.

#### Series of Downs:

- A team in possession of the ball shall have four consecutive downs to advance the ball to the first down line.
- Officials will be responsible for determining the spot of the ball and the down markings.
- A new series of downs will be awarded when a team moves the ball to the next line to gain.
- On fourth down the offensive team must declare whether they are punting or going for the first down prior to the expiration of the play clock.
- If the offense declares a punt the defense will take possession of the football on their 10-yard line.
- If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.

#### **Play-Clock:**

- The 25 second play clock begins once the ball is placed on the ground and the whistle is blown by the referee.
- Delay of game: If a team exceeds the 25 seconds.

#### **Ball Placement:**

- Any request to place the ball on the left or right hash-mark is ignored. The ball should always be placed in the center of the field. This includes Point After Touchdown.

#### COACHING YOUR TEAM

- Coaches and/or players who disrespectfully object to a game official's call may be assessed an Unsportsmanlike Conduct penalty. Tournament Director will not overturn an official's call.
- Unsportsmanlike Conduct penalty enforcement will be treated the same as a dead ball foul



with the penalty being enforced from the spot of the ball at the end of the play. A second Unsportsmanlike Conduct foul will result in the coach or player being disqualified for the remainder of the game.

- The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line. The team box is the area immediately outside the restricted area between the 10-yard lines on each side of the field. With limited exceptions, nonplayers are not permitted in the restricted area at any time during the game. Nonplayers include coaches, team personnel, spectators, game administrators and members of the media.
- During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.
- Coaches are encouraged to instruct team personnel of the parameters and boundaries of the team box, and to effectively communicate the requirements to always stay in the team box. Coaches are also required to remain outside the restricted area when the ball is live, and no more than three coaches are in the coaches' area when the ball is dead.
- Coaches are not allowed on the field to call plays.

#### **OVERTIME**

- No overtime in pool play
- Single-Elimination playoffs will have overtime. Higher seed gets choice of Offense or Defense.
- Each team will have at least one possession during each overtime. If team A scores first, team B will be given a series of down from their 10-yard line.
- Two plays from the 10-yard line
- Must go for 2-point conversion if Offense scores.
- Teams will alternate possessions, starting at the 10-yard line. The line to gain is always the goal line regardless of whether a penalty enforcement places the ball





more than 10 yards from the goal line to start a new series of downs