7v7 GIRLS FLAG RULES

Game Length

1. 22-25-minute running game
2. No halftime; 1 timeout per game per team
3. A coin toss determines first choice to receive or defend

Field

1. Width: 35–40 yards
2. Length: 35-40 yards + one (1) end zone (10 yards)
3. Team Area: 2 yards from each sideline and between the 20-yard markers

Players

1. Teams consist of at least 8 players
2. Must have 7 players to start a game
3. Minimum of 5 players required to continue a game

Equipment

- Jerseys must always be tucked in
- Sweats (including hoods), if worn, must be worn under the uniform
- No torn shorts or sweatpants
- Pants or shorts must be a contrasting color from the flags
- No pockets

Flags

- One flag on each side (2 total)
- Flag size must be at least 1.5 inches wide x 14 inches long
- Flags may be removable from the belt
- Flags may not be altered in width or length and may not have tape on them

Size of Football

- 12U/5th/6th Grade: Junior Size
- 14U/7th/8th Grade: Junior Size
- High School: Youth/Intermediate Size

Additional Equipment

- Mouthpieces are mandatory for all players
- Officials may prohibit participation if any equipment or apparel is deemed unsafe, confusing, or inappropriate

Game Play Rules

- No excessive contact will be allowed

Offense

Passing

- Only one forward pass allowed per play
- Unlimited backward passes/laterals allowed
- No player may throw a forward pass beyond the line of scrimmage
- QB may intentionally ground the ball to avoid a sack
    - Backward/lateral grounding = **fumble** (ball spotted where it hits ground or goes out of bounds)
    - Forward grounding = **incomplete pass** (ball returned to previous spot)

Snapping

- Ball must be snapped from the ground
- Snap does not need to be between the legs

Rushing

- All players are eligible to run with the ball
- No stiff-arming or flag guarding

Receiving

A catch is complete when:

- The receiver controls the ball before it hits the ground, and
- A body part contacts the field of play after possession

Jumping

- Players may jump to avoid a flag pull
- No hurdling over a player

Fumbles

- Dead when the ball hits the ground
- Spotted where the ball hits the ground or crosses out of bounds
- Fumbles caught in the air are live and may be advanced

Defense

Rushing / Blitzing

- Defensive players may rush from any position if **one yard** from the line of scrimmage
- Team can rush as many players as they want (7)
- Rushers must avoid offensive players
- No contact with the QB's arm, including follow-through
- Unlimited blitz attempts per game

Pass Defense

- Receivers have a free release (no bump-and-run coverage)
- Defenders may not play through the receiver
- Interceptions may be returned for a touchdown (past 35-yard line)

De-Flagging

- Ball carrier is down when the flag is removed, not when it falls
- If a flag falls, it is one-hand touch
- Ball is spotted at forward progress of the ball at de-flagging
- If the ball is extended forward, that point determines the spot

Kicking / Punting

- No kickoffs
- No punts

Penalties

Offense

- Illegal Contact – 10 yards
- False Start – 5 yards
- Offensive Pass Interference – 10 yards
- Illegal Forward Pass – 5 yards from spot (loss of down)
- Illegal Run – 5 yards, loss of down
- Illegal Shift / Motion – 5 yards
- Flag Guarding – 10 yards from spot, loss of down
- Illegal Formation – 5 yards
- Hurdling / Diving – 10 yards

Defense

- Illegal Rush – 5 yards
- Illegal Contact – 10 yards
- Illegal Flag Pull – 10 yards, automatic first down
- Roughing the Passer – 10 yards, automatic first down
- Defensive Pass Interference – 10 yards
- Defensive Holding – 10 yards
- Encroachment – 5 yards
- Tackling – 10 yards

Scoring

- Touchdown – 6 points
- PAT – 1 point (3-yard line)
- 2-Point Conversion – From the 10-yard line
- Defensive Stop – 1 point
- Interception – 3 points (Pick-6 counts as TD)
- Safety - 2 points

Series of Downs

- All Series start on the 35-yard line
- If the flag is pulled behind the 40-yard line, safety.
- Three (3) downs to reach the first down line-to-gain (20-yard line)
- Four (4) downs to reach the endzone
- New series awarded upon reaching next line-to-gain (20-yard line)

Play Clock

- 25-second play clock
- Delay of game enforced after 25 seconds

Coaching & Conduct

- Unsportsmanlike conduct penalties apply
- Second unsportsmanlike penalty results in disqualification
- Defensive Coaches must remain in designated team box
- One (1) Offensive Coach may be in the huddle

Overtime

- No overtime in pool play
- Single-elimination games will use overtime
- Two plays from the 10-yard line
- Must attempt 2-point conversion after a TD
- Teams alternate possessions

