

QUINCY YOUTH FOOTBALL AND CHEER

FLAG FOOTBALL RULES

- 7v7
- 4 quarters
- Each team gets the ball for 7 minutes of offense per quarter (Quarter is 14 minutes).
- It is a 7-minute running clock. The goal is to get in as many plays as possible during that time. The clock only stops for an injury.
- There is a brief break between quarters and a 5-minute break at the half.
- Offense starts at the 40-yard line.
- Offense keeps running plays until time is up. If there is a turnover offense returns to the 40 yard line.
- Fumbles are immediately called dead for safety reasons.
- Interceptions can be returned to the 40 yard line/opponents end zone for a defensive TD. If there is an interception, regardless of whether it is returned for a touchdown, the offense returns to the 40 yard line to continue their 7 minutes of play.
- Teams typically run a 3 player front but this is not required. (Center, Right Guard, Left Guard)
- There does need to be a center to snap the ball.
- No score is kept except during the yearend jamboree.
- We do not call penalties. This is a learning experience, so we will remind players when they break the rules. Repeat offenders may be pulled from the game for a period of time.
- Hurry up offense is not allowed. Teams must huddle before each play.
- No blocking
- No flag guard/blocking
- No tackling
- No pass rush
- QB cannot run with the ball.
- There are no flags or penalties. Players that need to be repeatedly warned should be removed from the game if necessary.

- Players are considered down where the flag was pulled or if their knee hits the ground.
- One coach for each team on the field at any time. Coaches can call plays and set players, but must remove themselves from the play prior to the snap.
- The defense coach will maintain the 7 minute clock if not being managed in the booth and on the scoreboard.
- We do not keep score other than during the season end jamboree.
- All players are expected to get equal playing time during practices and games. The exception is the QB, which runs the offense and will generally have more field time. Throughout the season, kids will get an opportunity to try all of the positions. Again, QB may be the lone exception on game days.
- The program is meant to teach fundamentals and to have fun. Coaches are not allowed to use foul language towards players, coaches, staff nor parents. Yelling should be used only as needed due to distance and background noise. Coaches found to be overly aggressive may be asked to leave the program.

