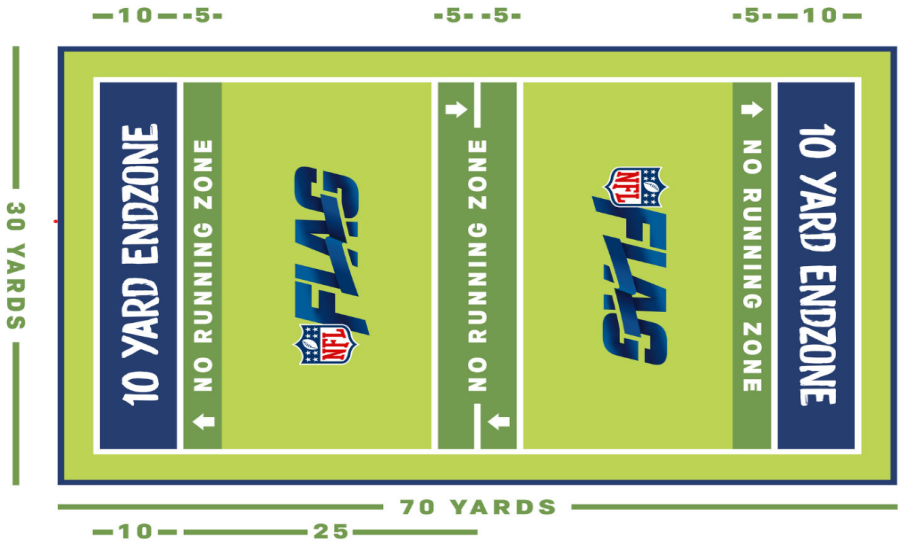
Game 7- on- 7 flag football on a 70 yd L x 30yd W field



1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross the midfield (25-yard line). Once a team crosses the 25-yard line, it has (4) downs to score a touchdown. The ball will be placed by the closest Hashmark. Once the ball is set the referee will blow the whistle to start the play clock.

    a. If the offensive team fails to cross the 25-yard line or the end zone, on 3 downs, and elect to “punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross the yard to gain, the opposing team will start its possession from the spot.

    b. Offensive Teams MUST declare 4th down intent; “Play or Punt”, when asked by the referee and prior to the ‘Ready for Play’.

    c. If the declaration is “Punt” the ball changes possession and will be placed at the opposing team’s 5-yard line, 1st down, with NO option to change the declaration

4. Teams change sides after the first half. Possession changes to the team that started the game on defense.

I. Terminology

Boundary Lines The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.

Line of Scrimmage (LOS) an imaginary line running through the point of the football and across the width of the field.

Line-to-Gain The line the offense must pass to get a first down or score.

No run zone: located five yards before each goal line and the midfield. If the ball is spotted within a no run zone, the offensive team must use a pass play to earn a first down or touchdown.

Rush Line An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.

Offense The team with possession of the ball.

Defense The team opposing the offense to prevent it from advancing the ball.

Passer The offensive player that throws the ball and may or may not be the quarterback.

Rusher The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.

Live Ball Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.

Dead Ball Refers to the period of time immediately before or after a play.

Whistle Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.

Inadvertent Whistle Official's whistle that is performed in error.

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.

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 with a hand, arm or ball.

Shovel Pass A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.

Lateral A backward or sideway toss of the ball by the ball-carrier. (Does not count as a forward pass)

Unsportsmanlike Conduct A rude, confrontational or offensive behavior or language.

II. Equipment

YMCA will provide FLAG belts. Athlete will supply his or her own mouth guards to the field.
All players must wear YMCA issued FLAG belts and flags for all games and they must be left at the field for the next team to use. Flag color and jersey colors being the same does not matter. However, player's shorts are not allowed to be the same color of any flags used in game.
All players MUST wear mouth guards at all times, while on the field. Game balls should be age specific. Game balls: K-2 will use a Pee-Wee size football, 3/ 4 & 5-7 will use a Junior size ball.

1. FLAG footballs will be provided.

2. Players must wear Cleats (Plastic tips).

3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.

4. Players must remove all jewelry and hard billed hats. Winter beanies are allowed.

5. Players' jerseys must be tucked into shorts or pants during game play. No exceptions.

6. Players must wear shorts/pants with no pockets

7. Players should wear black or gray shorts/pants. – Players shorts/pants and flags can NOT be the same color. (Jersey Top color and flag color being the same are fine.)

III. Field

1. Flag football league will be played on a 70yd L X 30yd W Field

2. Both teams will have a midfield line to gain.

3. Teams are not allowed to run in the 'NO RUN ZONES' - (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD). All plays must be pass plays, even with a handoff.

4. Stepping on the boundary line is considered out of bounds.

5. Coaches on field:
    a. K-2 – 1 coach on field to get players set must be out of the way before play starts
    b. 3 /4 & 5-7: No coaches on field, must remain on sidelines

6. Teams will have a designated area on the sidelines Spectators will have a designated area to watch games they should not interfere with players or coaches during the game.

7. Rushing
    a. The Ref should identify which player is rushing by that player raising their hand
    b. K-2 is allowed to have 1 Rusher each play.
    c. 3/4 and 5-7 is allowed to have 2 Rushers each play.

IV. Timing and Overtime

1. Regular Season Games are played on a 48-minute continuous clock with two 24-minute halves, unless one team gains a 35-point advantage which will end the game unless teams agree to continue without changing the score.

2. The clock stops for halftime, injuries and the Officials' discretion.

3. Halftime is 2 minutes.

4. Each time the ball is spotted, a team has 40 seconds to snap the ball. Refs will give a 10 sec countdown warning

5. Each team has one 60-sec, & one 30sec timeout per half. They do not carry over.

6. Officials can stop the clock at their discretion.

7. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

8. If the score is tied at the end of regulation play, the score remains a tie unless it is during playoffs.

9. **OVERTIME (Tournament Play Only)**

    a. Home team calls the toss to determine the team that chooses to be on offense or defense first.
        i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime.
            - This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime. The referee will determine which end of the field the overtime will take place on.

    b. 1st OVERTIME: Each team will get one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Each team has the choice to go for 1 or 2 points in the first OVERTIME PERIOD ONLY.

        i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.

        ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the game is over.

    c. Starting with the 2nd overtime, both teams must attempt a 2-point conversion from the 10-yard line

d. Starting with the 3rd overtime, ball will be put at the 10yd line 1 point for a run, and 2 points pass. This will continue until there is a clear winner. Final Score will be recorded to include all points scored for each team.

e. All regulation period rules and penalties are in effect.

f. There are no timeouts.

g. Interceptions returned for a score in the overtime period; the game is over.

V. Scoring

1. **Touchdown:** 6 points

2. **PAT** (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
   a. A 1-point extra point is a pass only
   b. 2-point extra point can be a run or pass.

3. Interceptions returned for scores during a regulation scrimmage down are worth 6 points. 1 and 2 pt. extra point conversions or overtime interceptions returned are worth 2 points.

4. **Safety:** 2 points

   a. In flag football, a safety is worth 2 points and occurs when the ball carrier is down in their own endzone. This can happen when:
      i. The ball carrier's flag is pulled by a defensive player
      ii. The ball carrier's flag falls out
      iii. The ball carrier's knee or arm touches the ground
      iv. A snapped ball lands in the endzone
      v. There is intentional rounding in the endzone
      vi. There is a fumble in the endzone

   b. After a safety, the team that scored the safety takes possession of the ball on their own 5-yard line.

5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.

6. After one team is winning by 35 points or more, the game is over. TEAMS may elect to continue but no additional points scored will be added.

7. Forfeits are scored 35-0 for the winning team. TOURNAMENT PLAY 28-0

8. The coaches, officials and scorekeeper must verify the score sheet. If a coach does not verify the score sheet before leaving the field, the scorekeeper will note on that score sheet and the score will be FINAL.

VI. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

2. A player who gains possession of the ball in the air is considered in bounds as long as the first foot or another body part contacts the ground in the field of play with possession.

3. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.

4. Substitutions may be made on any dead ball.

5. Any official can whistle the play dead.

    a. Play is ruled "dead" when:
        i. The ball hits the ground.
        ii. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
        iii. The ball-carrier's flag is pulled.
        iv. The ball-carrier steps out of bounds.
        v. A touchdown, PAT or safety is scored. The ball-carrier's knee or arm hits the ground.
        vi. The ball-carrier's flag falls out.
        vii. The receiver catches the ball while in possession of one or no flag(s). A caught ball is considered down at the spot of the reception.
        viii. Inadvertent whistle

NOTE: There are no fumbles; ground contact does not have to be made. If the ball is fumbled forwards then it will be spotted where the ball carrier lost possession. Loss of possession is a DEAD BALL.

6. If an inadvertent whistle occurs the (Ref can decide to continue play or "reset")

    a. If the reset is decided, the offense has two options:
        i. take the ball where the whistle blew and the down is consumed.
        ii. replay the down from the original line of scrimmage.

    b. If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

7. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced.
    a. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

8. Officials should all agree in order to change a call on the field that is in dispute

VII. Running

1. The ball is spotted where the ball is when the flag is pulled.

2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.

3. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage.

    a. "Center sneak" play is NOT allowed. The QB may NOT handoff, pitch or lateral the ball first to the center.
    b. Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.
    c. Once the ball has been handed off, in front, behind or to the side of the quarterback, or a back ward pass, pitch or lateral has occurred, the 7-second passing clock is eliminated and all defensive players are eligible to rush

4. Definition of a "Legal Handoff" - Total loss of possession directly from 1 offensive play to another.

5. Teams are not allowed to run in the 'NO RUN ZONES' - (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).

6. Runners are not permitted to dive while advancing the ball.

7. Ball Carriers may leave their feet and the play will continue for spinning, jump cuts, QB's passing progression or if there is a clear indication that he/she has done so to avoid a collision with another player and the play will continue without stoppage. However, if while leaving the ground, contact is made unnecessary roughness penalty may be enforced by the official.

8. No blocking or "screening" is allowed at any time.

9. Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.

10. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

VIII. Passing

1. All forward passes must be thrown from behind the line of scrimmage, thrown forward and ball out of hand prior to breaching the line of scrimmage.
    a. There is no intentional grounding. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
    b. All passes that do not cross the line of scrimmage are NOT counted as a completed pass play while in the no run zones, unless the ball is touched by a defender before the ball is received.
    c. There can be unlimited backward passes behind the line of scrimmage

2. Shovel passes are allowed but must be received beyond the line of scrimmage to be counted as a completed pass play.

3. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

4. Only one player is allowed in motion at a time. No player is allowed to cross the line of scrimmage.

5. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.

6. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

7. Interceptions are returnable. If returned for a score during regular game play, the score will be worth 6 points, 2 points if returned during conversions and/or overtime.

8. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

IX. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

2. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.

3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

4. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions and/or overtime.

X. Rushing the Passer

1. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
    a. K – 2: Only 1 player can rush.
    b. 3/4 and 5-7 Up to two (2) players can rush the quarterback.
    c. Rushers MUST identify themselves by raising their hand before the snap. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted.
    d. Players not rushing the quarterback can defend the line of scrimmage.

2. Once the ball is handed off, pitched or lateraled backwards behind the line of scrimmage, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

3. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

    a. A legal rush is:
        i. Any rush from a point 7-yards from the defensive line of scrimmage.
        ii. A rush from anywhere on the field AFTER the ball has been handed off, pitched or thrown backwards behind the line of scrimmage, by the player receiving the snap.
    b. A penalty may be called if:
        i. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff, pitch, lateral or pass – **Illegal rush (5-yards from the line of scrimmage and first down**).
        ii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed, pitched, lateraled or handed off – **Illegal rush (5-yards from the line of scrimmage and first down).**
        iii. If the offense draws the identified rusher(s) across the 7 yard marker prior to the snap of the ball, the rusher(s) CANNOT legally rush. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to a handoff, pitch, lateral or forward pass.
        iv. Teams are not required to rush the quarterback.

4. Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.

5. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage.
    a. The ball will be spotted where possession of the ball is once the flag is pulled.
    b. A 2-point safety is awarded if the sack takes place in the offensive team's end zone.

6. If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.

XI. Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.

2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.

3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.

4. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.

5. If a player who has one or no flags on their belt takes possession of the ball, the play is dead at that spot on the field. (Example: Player with 1 or no flags intercepts the ball. Play will end and possession of the ball will be awarded to the defense.)

6. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

7. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, ball, arm or shoulder or intentionally covering the flags with the football jersey.

    a. Where the flag guarding occurred is where the ball is spotted. The 5 yard penalty will take place from the spot of the foul. A loss of down will also take place. If the player crossed the 1st Down Mark (25-yard line) it will now be 2nd down for the team. If the player failed to cross the 1st Down Mark (25-yard line) and it was 3rd down, the team loses a down and it will now be turnover of the ball to the defense.

XII. Formations

1. Offenses must have a minimum of 2 players on the line of scrimmage (the center and any wide receivers). The quarterback must be off the line of scrimmage.

2. Movement simulating the snap, by a player who is set, is considered a false start.

3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

4. Only one player is allowed in motion when the ball is snapped.
    a. The player MUST be in motion, off the line of scrimmage.
    b. All motion must be parallel or backwards to the line of scrimmage when the ball is snapped.
    c. Players may shift positions on offense at any time, all players must still reset for 1 second, prior to the snap.

XIII. Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

    a. **The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!**

2. Offensive or confrontational language is NOT allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the officials will determine if a warning or immediate ejection is warranted.

3. Players, coaches or fans may not physically or verbally abuse any opponent, coach or official.

4. Ball-carriers MUST make an effort to avoid defenders with an established position.

5. Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags. **ROUGH PLAY WILL NOT BE TOLERATED**

6. Fans must also adhere to good sportsmanship as well:
    a. Yell to cheer on your players, not to harass officials or other teams.
    b. Keep comments clean and profanity free.
    c. Compliment ALL players, not just one child or team.
7. If parents or other fans are getting out of hand or trying to coach from the sidelines, coaches need to let the Ref know and the officials will determine if that person is given a warning or an immediate ejection is warranted. Potential suspension may exist.

8. Fans are required to keep fields safe, kids friendly and adhere to league requirements for seating:
    a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
    b. Dispose of ALL trash in designated trash cans.

Unsportsmanlike conduct penalties:

- Defense + 10 yards from line of scrimmage and automatic first down
- Offense - 10 yards from line of scrimmage and loss of down

Coaches are expected to adhere to YMCA FLAG code of conduct.
Coaches, this is your responsibility to keep your fans, and any other team associated members in the designated areas.

XIV. Penalties

1. The referee will call all penalties.

2. Referees determine incidental contact that may result from normal run of play.

3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.

5. Games or halves may not end on a defensive penalty unless the offense declines it.

6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.

7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

8. Spot fouls in end zone: Defensive (Ball on one-yard line, first down)/Offensive (Safety).

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

iii. Offensive spot fouls

Screening or blocking	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Holding/Illegal Contact	-5 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside / illegal substitution	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+10 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start / illegal substitution	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down
Taunting	-10 yards from line of scrimmage and loss of down

Suggestions for younger ages

8U / 2nd & 3rd Grade

• ‘No Run’ zones are eliminated. Teams may run anywhere on the field.
• Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield (REGULAR SEASON LEAGUE PLAY ONLY)

7U & 6U / 1st Grade and Below

• 'No Run' zones are eliminated. Teams may run the ball anywhere on the field.
• Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
• If the ball falls to, or touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per down. On a second consecutive occurrence, the down is consumed.
• Defenders MUST line up at least five yards from the line of scrimmage prior to the snap. If the ball is spotted on or inside the 5-yard line, the distance is reduced to three (3) yards