

OUTDOOR FLAG FOOTBALL RULES 7 v 7**I. Eligibility**

- a. Individuals must be 18 years of age or older and out of High School to participate.
- b. Each team must submit a roster of not more than fourteen (14) individuals. Rosters must be turned in prior to your first game.
- c. Once the season starts, three (3) players may be added to your roster. If you have reached the maximum of fourteen (14) players then for every player you add you must drop a player. This must be done prior to 5:00 p.m. on Friday before your game.
- d. Players may only play for one team within a division. Teams may have up to two players from an upper or lower division on their roster.
- e. During playoff/tournament, roster will freeze at the conclusion of last regular season game.

II. Protests

- a. Protesting a player's eligibility on another team will cost \$10.00. If your protest is founded then your money will be refunded. All protest must be documented on the official score sheet before the end of the game in question. The game will be forfeited if a team plays with an ineligible player.

III. League Requirements

- a. Fees for the season will be indicated on an invoice. Invoices will be sent to the captains and must be paid prior to the date stated on your invoice.
- b. Shoes: Metal cleats are not allowed.
- c. All jerseys must be similar in style and color. If a player is detected during the game wearing a jersey different from the team, that player will be ejected from the game and a 10-yard penalty will be assessed. All team jerseys must be tucked into the shorts or pants if they reach below the waistline.
- d. Each team is required to supply a sideline official for the games indicated on your schedule. If your team does not supply an official, then your team will forfeit its next scheduled game. Sideline officials are responsible for the down marker, rush count, off side calls, and will be asked on occasion to make a judgment call on certain plays. Sideline officials can not overrule a field judge.

IV. Sportsmanship

- a. Intentionally kicking, swinging an arm, hand, or fist at an opposing player is not tolerated.
- b. Excessive verbal abuse directed towards officials or opposing players or any behavior flagrant in nature will be considered unsportsmanlike conduct. Any player penalized for unsportsmanlike behavior will be ejected from that game and suspended for the next game.
- c. Any player penalized twice for unsportsmanlike conduct during a season will automatically be prohibited from participating in the league for the rest of that season and the next season.

V. General Playing Rules

- a. Games will consist of two (2) 20-minute halves with a 5-minute half time. (Depending on the time restraint)
- b. The clock will stop only for the following reasons during the first 18-minutes of each half: team time-out or referee's time-out. The clock will stop for the following reasons during the final 2-minutes of each half: Incomplete pass, out-of-bounds, score, first down, fair catch, penalty, touchback, and change of possession.
- c. During the final two 2- minutes of the game the mercy rule is in effect. If a team reaches a score of 17 points more than their opponent then the game will conclude at that point.
- d. Each team will be allowed two (2) time-outs per half. One (1) time-out will be allowed per team during each overtime period.
- e. Game time will be five minutes after the preceding game or the scheduled game time which ever comes first. Game time is forfeit time. The officials will keep the official time. A team must have five (5) players to start.
- f. Each participant must wear the supplied flagged belt with their shirts tucked into the shorts or pants if they reach below the waistline.

- g. Any fumble is considered a dead ball with the ball staying with the team in last possession.
- h. Jewelry and billed caps are not allowed.
- i. Only screen blocking is permitted. Extension of arms may not exceed 45 degrees when blocking.
- j. After the ball is set by the official the offensive team has 25-seconds to start the play.
- k. Flag guarding is not allowed. Ball carriers may not jump over a defensive player, may not dive to advance the ball, and no strait arm tactics.
- l. No bull rushing. (Offensive player bent over in aggressive manner not avoiding the defense.)
- m. The ball may not be stripped from an offensive player.

VI. Kicking

- a. Kick Off – There are no kick offs
 - 1. Teams will start on the 20 yard line after opposing touchdown or at the beginning of each half.
- b. Punting
 - 1. The kicking team must clarify to the official and opposing team their intentions to punt the ball away.
 - 2. The punt is a free kick that can not be blocked.

VII. Alignment

- 1. The offensive team must have at least four players on but not over the line of scrimmage.
- 2. At the snap, only one player may be in motion. The player in motion must be moving parallel or away from the line of scrimmage.
- 3. The center may not hike the ball directly to the quarterback. The distance from the center to the quarter back must be at least two feet.

VIII. Passing/Receiving

- a. All players are eligible receivers.
- b. Passing in front of the line of scrimmage must be backwards (lateral). Only two (2) laterals are permitted during any given play.
- c. The “rush” is not allowed until the rush-count is complete or the quarterback moves his position. Quarterback has a 2 yard halo where he can move his feet.
- d. Receivers must have one foot in bounds and control of the ball to be considered a legal completion unless the player is pushed out of bounds during the catch. If receiver catches the ball and would land in bounds without a push from the defender this will be considered a complete pass. Pushing receiver is a penalty (unnecessary roughing).
- e. Roughing the passer: It shall be a foul to make contact with the quarterback in any way except for pulling his flag. Roughing the passer includes making contact with the ball while it is in the quarterbacks hand.
- f. All receivers must line up 3 yards from the sideline.
- g. Receivers must have one-foot in-bounds and control of the ball to be considered a legal completion.
- h. There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver. Both offense and defense are limited to screening an opponent.

IX. Extra Points

- 1. Following a touchdown the scoring team may elect to attempt one (1) extra point by running one play from the 3-yard line.
- 2. The scoring team may elect to attempt two (2) extra points by running one play from the 10-yard line.

X. Overtime

- a. Overtime periods will begin with a coin flip to decide first possession and goal to defend.
- b. The ball will be spotted on the 10-yardline going into the end zone. Each team will receive a series of downs to attempt a score.
- c. There will be NO overtime games in regular season play, only permitted in tournament play.

Rules that are not here will be covered in the NIRSA Flag Football Rulebook.

5 YARD PENALTIES

1. Infraction of free kick formation
2. Encroachment of free kick lines
3. Free kick out of bounds
4. Infraction of protected scrimmage kick formation-line players & kicker
5. Encroachment
6. False Start
7. Illegal snap
8. Infraction of scrimmage formation
9. Player out of bounds when ball is snapped
10. Offensive player illegally in motion
11. Player receiving snap w/in 2 yards of the scrimmage line
12. Illegal shift

10 YARD PENALTIES

13. Intentionally throwing or fumbling the ball out of bounds
14. Helping the runner
15. Delay start of either half
16. Quick kick
17. Fair catch interference
18. Unsportsmanlike conduct by player, coaches, or fans
19. Spiking, kicking, throwing or not returning the ball to official during dead ball
20. Steal, strike or attempt to steal ball
21. Trip an opponent
22. Contact with opponent on ground
23. Hurdle any player
24. Contact before or after ball is dead
25. Unnecessary contact of any nature
26. Drive or run into player
27. Clipping
28. Tackle runner
29. Illegal offensive screen blocking
30. Interlock interference
31. Defensive use of hands
32. Stiff arm
33. Obstruction of the runner
34. Batting a free ball
35. Illegal kick
36. Illegal participation
37. Illegal substitution
38. Illegal flag removal
39. Required equipment worn illegally
40. Delay of game
41. Unfair tactics
42. Invalid or illegal fair catch signal

10 YARDS + LOSS OF DOWN

1. Illegally handing the ball forward
2. Intentional grounding
3. Illegal forward pass
4. Offensive pass interference
5. Illegally secured belt
6. Flag guarding (spot foul)

10 YARDS + AUTOMATIC FIRST DOWN

1. Roughing the passer
2. Defensive pass interference

10 YARDS + DISQUALIFICATIONS

1. Flagrant unsportsmanlike conduct