



Youth 7 on 7 Flag Football Rules and Regulations (8 & Under Divisions)

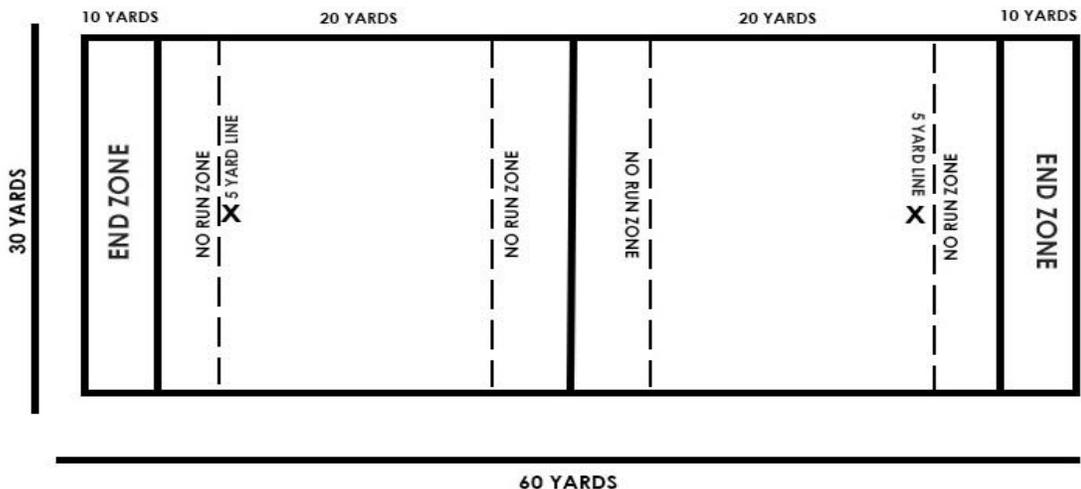
The Flag Football program is designed to educate youth about football while emphasizing development in teamwork, participation and sportsmanship in a safe environment. The flag football rules covered in this manual may not address all rules/situations that may occur in a flag football game, any rules not listed or in question will be referred back to the 2017-18 NIRSA Flag Football Rules Book. The city reserves the right to change, add, or remove any rules or regulations whenever due cause warrants a change. In the event of a rule change, all coaches will be notified. For questions or additional information on the Flag Football program please contact us at sports@goodyearaz.gov.

Rule 1: The Game & Field

1. A coin toss prior to the game will take place and the winner of the toss shall choose to receive, defend or defer their choice to the second half. The loser of the toss makes the remaining decision.
2. Teams may field 7 players on offense and defense.
 - a. Teams must field a minimum of 5 players at all times.
3. Field size:
 - a. Field size will be 60 yards long by 30 yards wide
 - b. There are (2) 10 yard end zones.
 - c. There will be (2) 20 yard zones.
4. “No running zones” are 5 yards from each end zone, and 5 yards on each side of midfield.

Penalty –Illegal Procedure, 5 yard.
5. The size of ball will be:
 - a. 5 & 6 Division – Mini
 - b. 7 & 8 Division – Pee Wee

FIELD DIAGRAM



Rule 2: Uniforms, Equipment and Flags

1. Mouthpieces are **Mandatory** and must be worn at all times while on the field (distributed by City of Goodyear).
2. Official uniforms must be worn and tucked in during game play (distributed by City of Goodyear).
3. Due to safety concerns, shorts/pants with pockets are not allowed. (Taping of pockets is not allowed).
4. Shoes/Cleats are allowed (No metal spikes, no detachable spikes, and no jewelry).
 - a. The officials will make inspections pre-game.
5. Players with a hard cast cannot participate in practice or games.
6. Flag belts must be clipped around the waist, with 1-flag on each side, and 1-flag in the rear.
 - a. Tying, tucking-in, or altering flag belts in any way is prohibited.
Penalty - Illegal Equipment, 5 yard.
 - b. After scoring plays, the scorer must report to nearest official for flag inspection.

Rule 3: Time and Time-Outs

1. Games are 40 minutes with a running clock (2) 20-minute halves.
 - a. There will be a 5-minute rest period between halves.
 - b. Each team has (1) 60-second time out per half. (TO's do not carry over).
2. All players must have equal amounts of playing time on both offense and defense.
3. No player can sit out more than 2 consecutive offensive series.
4. A quarterback can play no more than the equivalent of one half at the position (2 or more quarterbacks can alternate throughout the game at that position).

Rule 4: Formation

1. The ball must be snapped between the legs.
 - a. When going between the legs, both shotgun and under center snaps are allowed.

Rule 5: Running

1. The quarterback cannot cross the line of scrimmage with the ball. However, a forward pass may be thrown to the QB beyond the line of scrimmage
2. Offense may use multiple handoffs, laterals tosses and backward passes. Laterals, tosses and backward passes that hit the ground will be blown dead and the ball will be spotted at that point.
3. "No running zones" are located 5 yards from each end zone, and 5 yards on either side of midfield.
Penalty -Illegal Procedure, 5 yard.
4. A player who takes a handoff/lateral/backwards pass can throw the ball from behind the line of scrimmage.
5. Once the ball has been handed off, all defensive players are eligible to rush.
6. Spinning is allowed, as long as the action does not initiate contact with a defensive player.
Penalty - Illegal Contact, 10 yards from the spot of the foul.
7. Obstruction of the runner, a defensive player cannot hold, grasp or stop the forward progress of a runner.
Penalty - Illegal Contact, 10 yards.

Rule 6: Receiving

1. All players are eligible to receive passes (including the quarterback if he/she has passed the line of scrimmage).
2. Only 1 player is allowed in motion at one time.
 - a. If 2 players are in motion, both players must be set for 1-second prior to the snap.
Penalty - Illegal Shift, 5 yards.
3. A player must first establish at least 1 foot in-bounds when making a reception.
4. During a down in which a legal forward pass is in flight, contact which interferes with an eligible receiver will result in:
Penalty - Defensive pass interference, 10 yards, automatic first down.
Penalty - Offensive pass interference 10 yards, loss of down.

Rule 7: Passing

1. The offensive team is allowed 1 forward pass from anywhere behind the line of scrimmage.
 - a. No forward pass can be made beyond the line of scrimmage.
 - b. Backwards passing is legal.
2. The quarterback has a 7-second pass clock. If the pass is not thrown within the 7-second window, the play will be blown dead.
 - a. Once the ball is handed off, the 7-second rule does not apply.
3. Interceptions change possession and can be returned.
4. Any forward moving ball, thrown overhand, underhand, or shovel-style, is considered a forward pass.
5. When a legal forward pass touches the ground it becomes dead and is ruled as an incomplete pass.
6. All players of the offensive team are eligible pass receivers, including the quarterback after a handoff behind the line of scrimmage.
7. The lines markers of the sidelines and back of the end zone are considered out of bounds.
8. A player that intentionally throws the ball out of bounds to avoid having his/her flag pulled, will be penalized for intentional grounding.
Penalty - Intentional Grounding 5 yards, loss of down.

Rule 8: Rushing the Quarterback

1. All players who rush the passer, or intend to penetrate the backfield before a handoff, must be a minimum of 7 yards from the line from the line of scrimmage when the ball is snapped.
2. Any number of players can rush the passer.
3. Teams are not required to rush the passer.
4. Once the ball is handed off, the 7 yard rule no longer applies.
5. The referee will designate 7 yards from the line of scrimmage.
6. Players rushing the quarterback may attempt to block a pass; however, the quarterback has a 1 yard zone around them where **NO** contact can be made with the quarterback in anyway (whether or not he/she touches the ball). A ball in the quarterback's hands is considered an extension of the quarterback, batting a ball in the hands of the quarterback is illegal.
Penalty - Roughing the passer, 10 yards, automatic 1st down and penalty yards added to the completed pass.
7. A sack occurs if the quarterback's flag is pulled behind the line of scrimmage and the ball will be placed where the quarterback flag is pulled.

- a. If the passer's arm is in motion, the ball is in his/her hand, and a flag is pulled, it will be considered a sack/down.
- b. A safety is awarded if the sack takes place in the offensive team's end zone.
 - i. After a safety, the team scoring the safety shall put the ball in play on their own 5 yard line.

Rule 9: Punting

1. There will be no punting, all drives begin at the offensive team's own 5-yard line.

Rule 10: Scoring

1. The offense has 30-seconds to run a play after the ball has been spotted.
2. Touchdown = 6 points
3. PAT (point after touchdown)
 - a. 1 point - played from the 5 yard line, (must be a pass).
 - b. 2 points - played from the 10 yard line, (can be a run or a pass).
4. Safety = 2 points
 - a. After a safety, the team scoring the safety shall put the ball in play on their own 5 yard line.

Rule 11: Miscellaneous

1. The offensive team takes possession at its own 5 yard line.
2. The offensive team has 4 downs to reach mid-field, then has 4 downs to score a touchdown.
3. All possession changes, except interceptions (interceptions may be returned) start on the offense's 5 yard line.
4. Substitutions may be made on any dead ball.
5. The play is ruled dead when:
 - a. Ball carrier's flag is pulled.
 - b. Ball carrier steps out of bounds.
 - c. Touchdown or safety is scored.
 - d. Any of the ball carrier's body touches the ground besides hands or feet.
 - e. Ball carrier's flag falls off.
 - f. Fumbles, laterals and dropped snaps will be spotted where the ball hits the ground.

Rule 12: Sportsmanship

1. Sportsmanship is our highest priority.
2. If the field supervisor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking.

Penalty - Unsportsmanlike conduct, 15 yards.
3. Offensive language or acts of any kind will not be tolerated by players, coaches, and/or spectators.
 - a. Officials and site supervisors have the right to address and remove any party deemed to have offensive behavior toward another individual.

Penalty - Unsportsmanlike conduct, 15 yards.
4. No baiting or taunting opponents.

Penalty - Unsportsmanlike conduct, 15 yards.
5. If a player receives 2 unsportsmanlike conduct penalties, the player will be removed from the game.
6. If a team receives 3 unsportsmanlike conduct penalties, the team's game will be forfeited.

Rule 13: Penalties

1. Procedural Penalties: Loss of 5 yards
 - Delay of game
 - False start
 - Illegal equipment
 - Illegal formation
 - Illegal motion/shift
 - Illegal player on the field
 - Illegal snap
 - Illegal touching
 - Illegal forward pass (Loss of down)
 - Intentional grounding (Loss of down)
 - Putting the ball in play before being declared ready by the officials

2. Contact Penalties: Loss of 10 yards
 - Flag guarding
 - Illegal contact
 - Offensive pass interference (Loss of down)
 - Defensive pass interference (Automatic 1 down)
 - Roughing the passer (Automatic 1st down and penalty yards added to the completed pass)

3. Unsportsmanlike Conduct - Loss of 15 Yards
 - Striking, kicking, or kneeling an opponent

4. Penalty Enforcement

A foul is a rule infraction for which a penalty is prescribed. Types of fouls are listed above and shall be enforced in the following manner:

 - a. **Foul during a dead-ball period (in-between plays):** Shall be enforced from the line of scrimmage (where the ball will be snapped on the next play).
 - b. **Foul during a running play:** Shall be enforced from the spot of the foul.
 - c. **Foul during a loose-ball play (including all run(s) preceding a loose ball play):** Shall be enforced from the line of scrimmage (where the ball was snapped on the previous play).
 - d. There is one exception to this enforcement: A foul by the offense, behind the line of scrimmage during a loose-ball play shall be enforced from the spot of the foul.