



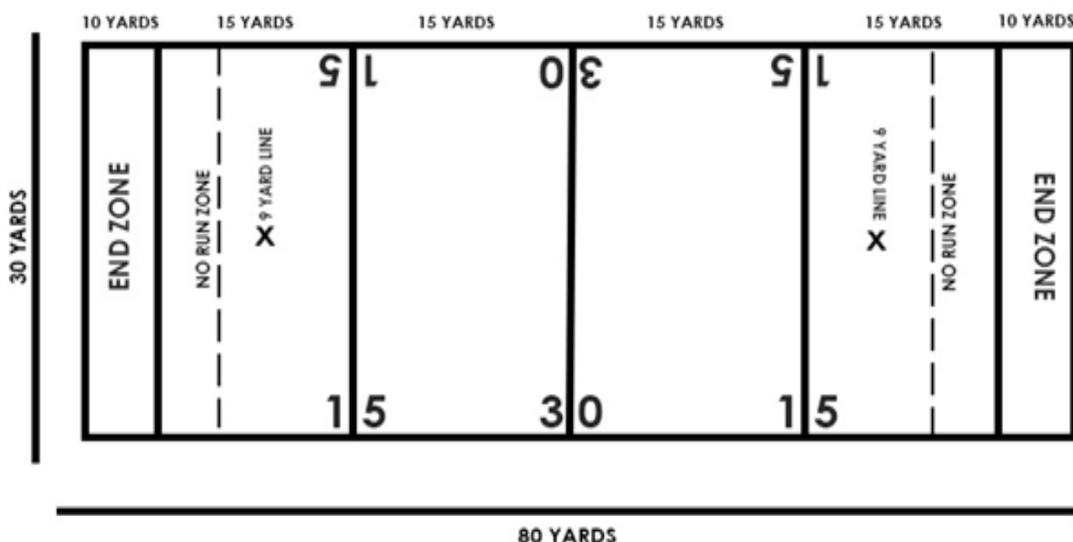
Youth 7-on-7 Flag Football Rules and Regulations (9+ Divisions)

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, 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 80 yards long by 30 yards wide and consist of (2) 10 yard end zones.
 - b. There will be (4) 15 yards zones.
 - c. "No running zones" are located 5 yards from each end zone.
Penalty –Illegal Procedure, 5 yard.
4. The size of ball will be:
 - a. 9 & 10 Division – Junior
 - b. 11 & 12 Division - Intermediate

FIELD DIAGRAM



Rule 2: Uniforms, Equipment and Flags

1. Mouthpieces are **Mandatory** and must be worn 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 anyway is prohibited and will result in a **Penalty** – Unsportsmanlike conduct, 15 yard.
 - b. After scoring plays, the scorer must report to nearest official for flag inspection.
7. The official game ball will be decided by the official and coaches prior to the start of the game. The ball shall be pebble-grained leather or rubber covered and meet the recommended size requirements for the appropriate age division. Teams are allowed to use a legal ball of their choice during their offensive series. It is the sole responsibility of the team to maintain the ball throughout the game. The size of ball will be:
 - a. 9 & 10 Division – Junior
 - b. 11 & 12 Division - Intermediate

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.
2. All players must have equal amounts of playtime.
3. A quarterback can play the equivalent of one-half at the position. (2 or more quarterbacks can alternate throughout the game at that position)
4. Each team will have 2 time outs per half, lasting 30-seconds per time out. Time outs do not transfer to each half.

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.
2. The line of scrimmage must contain 4 players.

Rule 5: Running

1. 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.
2. A player who takes a handoff/lateral/backwards pass can throw a forward pass from behind the line of scrimmage.
3. Once the ball is snapped, all defensive players are eligible to rush.
 - a. When the defensive players rush the quarterback has the option to run the ball.

3. 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.
5. Obstruction of the runner, a defensive player cannot hold, grasp or stop the forward progress of a runner.
Penalty – Illegal Contact, 10 yards.
6. “No running zones” are located 5 yards from each end zone.
7. Quarterbacks are able to run in the No Run Zones if rushed.

Rule 6: Receiving

1. All players are eligible to receive passes (including the quarterback).
2. Only 1 player is allowed in motion at a time
 - a. If 2 players are in motion, both players must be set for 1-second prior to the snap, if multiple players in motion.
Penalty - Illegal Shift, 5 yards
3. A player must first establish contact in-bounds when making a reception.
4. An eligible receiver who leaves the field of play (steps out of bounds of their own accord) loses his/her eligibility, but may regain it after the ball has been touched by another player after returning to the field of play.
5. 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 or the quarterback is rushed, 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 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 passers 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.

Rule 9: Punting

1. Prior to marking the ball ready for play on 4th down, the referee must ask the offensive captain/coach if he/she wants to punt. The referee must announce this decision to all players and officials. Once the announcement is made, the offensive team must punt. The team may declare a punt on any down. After such announcement, the ball will be placed at the opposing team's 9 yard line where they will assume offensive possession of the football, 1st down and 15 yard line to gain.
 - a. In the event a coach wants to change the play after a referee has announced the decision, they must use a time out to reverse the play.

Rule 10: Scoring

1. The offense has 25-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 3 yard line, (must be a pass).
 - b. 2 points - played from the 9 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 9 yard line.

Rule 11: Miscellaneous

1. Substitutions may be made on any dead ball.
2. 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 carriers 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.
3. No diving on the ball.
4. Blocking, as in regulation tackle football, is **prohibited!**

5. This is a non-contact league; any player who initiates contact with an opponent will be flagged for an illegal contact penalty.

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.