



APPLETON PARKS AND RECREATION

2018 Official Rules for 7 v 7 Adult Flag Football

Updated 8/31/15

The following rules and regulations have been established to allow participants to compete in a safe and fair environment. Participants and coaches are to be familiar with these directives. These rules may be subject to change if during the season a team gains an unfair advantage over other teams due to a given rule in the league. All players will be notified of any rule changes made during the season.

A. Players, Equipment, and Clothing

1. The field shall be a 60-yard football field (not including the end zone).
2. No equipment, which in the opinion of the referee could endanger others, shall be used.
3. Helmets, hats, or pads will not be allowed. (Stocking caps are allowed)
4. Participants will not be allowed to participate when wearing jewelry, watches or any other potentially dangerous items.
5. Metal spikes or cleats will not be allowed.
6. A referee may remove a player at any time for dangerous equipment.
7. Teams must have a minimum of five (5) players to begin the game or a forfeit will be declared.
8. Four offensive players must be on or within one yard of the line of scrimmage before a play is started. A maximum of 7 players per team will be allowed on the field when the ball is in play.
9. Appleton Parks and Recreation will provide footballs and flags. If a team wishes to play with their own NFHS, NCAA, or NFL approved football (jr. balls or youth league balls ARE NOT considered regulation) and both teams agree on the ball, it will be allowed.
10. Players must be on the current roster and have played at least 1 game to be eligible for the playoffs. Players can't switch teams within their own division. Final roster are due prior to the last regular season game. Rosters will be checked to verify eligibility of players prior to the start of playoffs.

B. Time

1. The game will consist of two 20-minute halves. The clock will run at all times except for:
 - Time-outs
 - 1 minute warning of both halves
 - Dead balls the last one (1) minute of both halves
 - Delay of game the last one (1) minute of both halves
 - Injuries
 - Official time-outs
 - Fumbles in the last one minute of each half does not stop the clock
2. There will be a five-minute break between halves.
3. Play clock is set for 30 seconds each play. Clock begins when ball is placed on the ground.
4. In the event of a tie at the end of regulation there will be a maximum of two overtimes played. If the game remains tied, it will be recorded in the standings as a tie. Overtime consists of four (4) plays from your opponent's ten (10) yard line. Extra points are attempted after scores.

C. Time-outs

1. Each team will be allowed two 1-minute time-outs per half. Time outs do not carry over. No time-outs during overtime will be allowed.
2. It is a five yard penalty and a loss of down to request additional time-outs. Teams may not "buy" additional time-outs for a penalty.

D. Scoring

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|-----|---|----------------------------|
| (A) | Touchdown | 6 points |
| (B) | Extra Point | 1 point from (3) yard line |
| (C) | Extra Point | 2 points |
| | Teams may run or pass for the points from (10) yard line. Note: No buffer | |
| (D) | Safety | 2 points |
- Notes:** Teams must notify officials if attempting a 2-point play.
Extra points may be scored via the pass or run.
Defense cannot return extra point

E. Home Team/Away Team Designation

1. The schedule will designate the home team for each game.
2. Tournament games will have the team with the best regular season record serve as the home team.
3. The home team will receive the ball to start the game and the away team will choose what goal to defend. The away team will then receive the ball to start the 2nd half and teams will switch goals they defend.

F. Kick Off

1. There will be NO KICKOFFS. Games will begin with the offensive possession at their own 10 yd line.
2. After a PAT (point after touchdown) or a safety, the “receiving” team will take possession at their own 10 yd line.

G. Line of Scrimmage/Downs

1. Four offensive players must be on or within one yard of the line of scrimmage before a play is started.
2. The center cannot retain the snap, the ball must be exchanged to a player in the backfield.
3. A first down will be awarded to the offense when they cross either 20-yard line. No other 1st downs will be awarded unless a penalty awards another 1st down.
4. If the offense loses yardage, which crosses back over the 20-yard line, they must still cross the other 20-yard line to gain a first down.

H. Flags

1. Flags may not be wrapped or tied and will be checked after every score.
2. All players must wear flags while on the field.
3. The spot on the field where the flag belt is pulled from the ball carrier is where the down ends, and the ball is next put in play.
4. If a player’s flags are inadvertently lost, they are still eligible to handle the ball and will be down immediately after touching the ball.
5. All flags must be worn over the shirt and shirts must be tucked in.
6. A player may not hold or guard their flags from a defensive player. Stiff arming or leaving your feet to avoid being deflagged are prohibited. The penalty is that the ball is blown dead at point of infraction.
7. Defensive players who purposely pull opponents flags prior to them receiving the ball will receive a 10 yard penalty OR player can decline the penalty and retain the ball at the spot of the catch.
8. If the Quarterbacks Flags inadvertently fall off, the play will be blown dead and the down will be re-played.

I. Blocking

1. **New blocking rule in 2015. Offensive linemen cannot place hands on defensive rushers nor use their shoulders to impede their progress or it will be called a penalty. Defensive rushers cannot place hands on or rush through offensive linemen or it will be called a penalty. Contact must be avoided at all costs. Also, offensive players cannot "bull rush" through defenders or else play will be blown dead.**
2. No blocking/contact downfield (use of hands will result in a foul being called).

J. Passing

1. All players are eligible to receive a pass.
2. Only one forward pass allowed per down.
3. If opposing players catch a pass simultaneously, the ball shall be blown dead and awarded to the offensive team.
4. The clock will not stop after an incomplete pass, except during the last one minute of both halves.

K. Fumble/Dead Ball

1. All fumbles are dead when it hits the ground, including the center / qb exchange, and ball goes back to the team that had possession of the ball at the point of the fumble, except on the 4th down.
2. The ball may not be fumbled forward.
3. A live ball becomes dead when:
 - an official blows the whistle and declares it dead
 - the ball goes out of bounds
 - any part of the ball carrier’s, other than the hand or foot, touches the ground
 - a forward pass strikes the ground
 - a ball carrier’s flag is removed
 - an inadvertent whistle occurs
4. A fumble in the last one minute does not stop the clock.

L. Defensive Restriction

1. Defensive players may not use their hands on blockers. They must attempt to avoid blockers. (No swim move will be permitted)
2. Defensive players may not impede the forward progress of the ball carrier. No tackling is permitted.
3. Defense must line up three yards off the ball, with an immediate rush allowed. Inside the opponents 10-yard line, the 3 yard buffer will be removed.
4. While playing defense, defenders must go for the flag and not the ball. Rushers may put their hands in the air while approaching the QB, but must go for the flag when they are within reach.

M. Substitutions

1. Substitutions can be made at any time and the player may re-enter the game as often as they wish when the ball is dead. All substitutions must be made within 30 seconds.

N. Punting

1. The defense may not rush a declared punt. Any other play will be illegal once the team has declared they will punt.
2. The offensive team may not cross the line of scrimmage on a declared punt until the ball has been kicked.
3. Teams may quick (undeclared) punt, however, the defense may rush the punt.
4. The snap can be dropped and still kicked on a declared punt play. However, the defense still may not rush.
5. Declared or undeclared punts are eligible for returns. In the event of a touchback, the ball shall be placed on the 10 yd line for the returning team.

O. Penalties

15-Yard Penalties (from line of scrimmage)

1. Unnecessary roughness (loss of down)
2. Unsportsmanlike Conduct (disqualification of coach and/or player involved)

10-Yard Penalties (from line of scrimmage)

1. Tackling ball carrier
2. Impeding the runner
3. Tripping
4. Defensive pass interference (10 yards from line of scrimmage & automatic first down)
5. Offensive pass interference (10 yards from line of scrimmage & loss of down)
6. Illegal use of hands, arms or flailing elbows
7. Holding
8. Clipping
9. Roughing kicker or passer
10. Blocker leaving his feet
11. Purposely pulling offensive player's flags prior to possession

5-Yard Penalties (from line of scrimmage)

1. Delay of game – clock must stop (Officials have the discretion to add an un-sportsmanlike penalty if they feel that the delay of game was intentional)
2. Too many players on the field – Play blown dead
3. Less than 4 offensive players on the line of scrimmage – Play blown dead
4. Offsides / false start – Offsides, play continues (may take result of play or replay down with 5 yd. penalty), false start is a dead ball with 5 yd. penalty.
5. Too many timeouts requested (includes loss of down).
6. Illegal motion – Play blown dead
7. Illegal forward pass (5 yards from line of scrimmage & loss of down)

P. Special Rules/Helpful Hints

1. Official football rules (not in conflict with above rules) will govern all other play. The league follows high school rules, not NFL or college. Please remember that if a ball carrier's knee is down, the play is over and blown dead. Also, a receiver needs only one foot inbounds for a legal catch.
2. Tiebreaker Rule - In the event of a tie, the following tiebreaker rules will be used:
 - a. Head to Head
 - b. Points allowed
 - c. Points scored
3. Center may side snap or snap between the legs.
4. Motion is legal.
5. **Player Ejections** – Any player or manager who is ejected from a game is automatically ineligible for that team's next game. Any player or coach who is ejected from at least two games shall be suspended from league competition unless reinstated by the Program Supervisor. Any player or manager who, in the opinion of the Program Supervisor, is detrimental to the function of the league shall be barred from the league. **Any player ejected for any reason may be suspended or ejected out of the league. This includes any incident before, during or after games. The end of a game will not protect players or managers from discipline and penalties.**