

## 7 on 7 Flag Football Rules

### **Team:**

A team consists of 7 players. A team must have 5 players to start the game. If a team does not have 5 players by 5 minutes after the clock has started, that team will forfeit the contest.

Teams must be in the same color. In the event, both teams are the same color, the home team has to change.

All teams must have flags that separate from the belt.

A player's flags can be different colors, as long as the flags contrasts with their shorts color.

A team's roster may not consist of more than 14 players.

### **Forfeit Time:**

5 minutes after the clock has started for the game to begin.

### **Eligibility:**

Must be at least 18 years old for the adult league. See your facility manager for youth age brackets.

Every player must have a current Shreveport Indoor Soccer membership.

You may play for only 1 team per division.

Pants or shorts with pockets will not be allowed. No turning inside out or taping of pockets will be allowed.

Violation of any of the above may result in forfeiture of the game and/or season.

### **Rules:**

1. Shirts and jerseys MUST be tucked in so they do not interfere with a player's flags.
2. No metal spikes or jewelry.
3. The game will consist of two 20 minute halves (running clock) with a 1 minute halftime break. The last 2 minutes of the game the clock will stop after an incompletion only and will run unless a timeout is called by a team or referee.
4. Each team is permitted 2 timeouts per half. Timeouts are only 30 seconds in length.

5. There will be no kickoffs. All play starts from the top of the circle.

6. Coin toss winner picks “receive” or defer to the 2nd half. The other team then picks the goal they wish to defend.

7. Dead balls:

1. The ball carrier falls to ground.
2. The ball carrier loses a flag.
3. Incomplete pass.
4. A fumble is a dead ball. The opponent cannot recover a fumble.
5. Snap hits the ground.
6. A snap hitting the ground in the end zone is a safety.
7. Ball hits any part of the net on the sides or ceiling.

8. Scoring:   Touchdown           6 points  
                  Extra Point (5 yd line)    1 point  
                  Extra Point (10 yd line)  2 points  
                  Safety                           2 points

The extra point try can be run back by the defense for 2 points.

9. Offense:  15 seconds to put the ball in play after referee’s whistle.

No 3 or 4 point stances by either team.

The ball must be centered between legs.

At least 4 players must be on the line of scrimmage.

All players are eligible for a pass.

Only 1 forward pass per play.

No diving or sliding, but jumping sideways to avoid a defender is ok.

Jumping forward is not allowed.

21 point mercy rule with 2 minutes remaining in the 2nd half.

10. Punts must be announced. There are no fake punts. No offensive player may go downfield until the ball is kicked. Defense must have 5 players on the line until the ball is kicked.

11. Blocking: Offense must have hands behind back while blocking a defender. Defense must go around defender. If there is use of hands/arms or shoulders/knees to block or avoid a block, a penalty will be called.

12. Overtime: The winner of the coin toss will have the choice to go 1st or 2nd. Each team has 4 plays to score from midfield. After a score, an extra point will be attempted. Beginning with the 2nd overtime, teams must go for 2 points.

Penalties: 5 yard penalties  
Flag guarding or stiff arm  
Delay of game

10 yard penalties  
Bull rush  
Illegal blocking  
Tackling or tripping the ball carrier (even if unintentional)  
Pass interference