S.R.V.U.S.D. 7 on 7 Flag Football Passing League Rules

 **Field Dimensions:**

1. Field Length--45 yards long
2. Field Width—50 yards
3. End Zone--10 yards deep

 **Starting the game:**

1. The central time-keeper will be the home team coach. All games will begin and end on this persons instructions. He  will also announce the time remaining at the 10, 5, and 2 minute mark.
2. The visiting team will start the first half with possession of the ball. The home team will start the second half with possession of the ball first.
3. Players are permitted to wear standard rubber cleats. No metal spikes!
4. A standard middle school size football will be used

 **Moving the ball.**

1. No kicking/punting.
2. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
3. Possession always begins at the 45 yard line.
4. Offenses always move in the same direction- **THERE IS ONLY 1 END ZONE!!**
5. ALL PLAYS MUST BE FORWARD PASSES PAST THE LINE OF SCRIMMAGE!!
6. **Possession always begins at the 45 yard. NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45 YD. LINE. LOSS OF DOWN WILL BE ASSESSED INSTEAD.**

**• EXAMPLE**:  
 First down – incomplete pass and offensive penalty results in the next down being 3rd down.

Second down – incomplete pass and offensive penalty results in the ball going over to the defensive team.   
NOTE: THIS APPLIES ONLY IF THE BALL IS ON THE 45 YARD LINE. If the ball has been advanced, and a major penalty must be enforced, the offensive team is penalized half the distance to the goalline (45 yard line).

1. ONCE A FORWARD PASS HAS BEEN THROWN, A BACKWARD PASS (lateral) IS ALLOWED.

 **Special Rules**

1. No blocking.
2. Receiver/Ball carrier is legally down when their flag is pulled off or falls off. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
3. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 5.0 second count remains in effect on snaps.
4. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be loss of down plus 5 yards.
5. The QB is allowed 5.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
   1. If release is under 5.0 seconds, the play goes on.
   2. If the timekeeper sees that the clock has exceeded 5.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (**The timekeeper will be the HOME COACH**) *The only infractions possible when a 5 second count is called are: defensive holding, personal fouls, and unsportsmanlike acts. There CAN'T BE: an interception, offensive touchdown, or pass interference offensive or defensive.*
6. Defensive Pass Interference will be a spot foul (1st down at the spot).
7. Responsibility to avoid contact is with the defense. Deliberate bumping or grabbing will result in a tack on penalty at the end of the play (5 yard penalty)
8. Offensive pass interference is the same as NCAA rules.
9. Interceptions are a dead ball and an automatic turnover. The intercepting team will start over at the 45 yard line.
10. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE TIME-KEEPER will result in a delay of game and will be a 5 yard penalty from the succeeding spot.
11. The offensive center is an eligible receiver (teams must have a center).
12. No taunting or trash talking. (5 yard penalty & expulsion if flagrant).
13. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15 yard line cone (third quadrant).
14. Two delay of game penalties on the same possession results in a turnover. The opposing team will then put the ball in play on the 45 yard line.

 **Scoring:**

6 points for TD, 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT  is dead ball). **Official score is kept by VISITING COACH**.

 **Tie Breaker:**

After coin flip to determine first possession, teams will alternate 4 down series from the 15 yard line. A winner is determined when one team scores during its possession and the other does not. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

 **Time:**

1. 2-25 minute halves (continuous clock for each half--see: .starting the game.).
2. No time outs. (EXCEPTION: Injuries. Both games on the Field will halt until player (s) can be removed as soon as safety dictates).
3. 5 minute half-time