

High School Flag Football 7 on 7 League

We will use UHSAA Football rules for any rules that are not specifically listed in this document.

GENERAL RULES

- Girls and boys are encouraged to participate in the league. No requirement of how many boys and girls on each team or on the field at any given time.
- A player can only be on one team/roster for the league.
- Each team must have at least one coach age 21 years or older present at all games acting as a coach.
- It is the responsibility of each coach to practice good sportsmanship and enforce it with his own players.
- All players not in the game must be on the sideline. The offensive team may have one coach age 21 or older in the huddle. No coaches are allowed in the defensive secondary.

CLOCK & TIMEOUTS

- A team has 2 timeouts per half. Timeouts from the first half will not carry over to the second half.
- A game will consist of two 20 min halves. The clock will not stop unless it is within 2 min of the 2nd half. Within 2 min of the 2nd half the clock will stop on any dead ball situation according to UHSAA Football rules.

SCORING

- Touchdown = 6 points
- Extra Point from the 5 yard line = 1 point
- Extra Point from the 10 yard line = 2 points
- Interception = 3 points (no points awarded for an interception on an extra point attempt)

GAMEPLAY

1. Each team will have 7 players on the field at a time. The offense must have a center snap the ball. 6 players are required to play the game without a forfeit.
2. Only 5 players are allowed to go out for a pass. Center is ineligible. If the team is forced to play with 6 players only then the center will be eligible for a pass.
3. No RUNNING PLAYS ALLOWED.
4. A double pass is allowed. One overhand pass must be thrown each play. After one overhand pass has been thrown whether forwards or backwards laterals will be allowed.
5. There is no blitzing. All seven defenders must drop into coverage. If a double pass/backwards pass is attempted then the ball is live and can be rushed.



6. The offense has 4 seconds to pass the ball. If a pass is not attempted within 4 seconds then the result of the play will be a sack. A sack will be the same as an incomplete pass. The 4 second sack count does not apply to a double pass and the count will stop after the first pass. Time for the sack clock is managed by a stopwatch held by the official.

7. The game will be played with flags provided by Spanish Fork Parks & Recreation. A player is down wherever their flag is pulled and the ball is spotted.

8. Fumbles will be considered a dead ball and will be downed where the fumble occurs, with the offense retaining possession. A team can not fumble the ball forward to gain a first down or Touchdown, if this happens the ball will be placed at the spot of the ball carrier where the fumble occurred.

9. Players may stretch the ball forward to achieve a first down or touchdown, but NO DIVING is permitted by an offensive player at any point in the game. Diving will result in a 10 yard penalty from the spot of the foul.

10. The offense will start every possession at their own 10 yard line. We will have no kickoffs or punts in the league. (this is included on interceptions and turnovers on downs)

11. Each time a pass is completed the ball is moved to the spot where the ball carrier is downed.

12. The offense can earn a first down by getting past the next possible 20 yard line marker. 20 yard line markers will be placed equally throughout the 80yrd playing field.

13. Contact with receivers will be allowed up to 5 yards downfield.

14. There will be no re-routing, knocking off crossing routes, etc.. If this occurs it will be a 10 yard penalty from the spot of the foul and potential ejection from the game for egregious and/or repeated violations.

15. There is no blocking down the field by the offense. This will result in a 10 yard penalty from the spot of the foul.

16. When an interception occurs it will be 3 points awarded to the intercepting team, and it will be an immediate dead ball change of possession. The team will take possession of the ball at their own 20 yard line.

17. Flag Guarding: The ball carrier cannot protect his flags by blocking, guarding, hacking, or holding flags with arms or hands so his opponent cannot pull or remove his flag. Flag Guarding will result in a penalty of 15 yards from the spot of the foul.

18. Rules of the ball carrier: The ball carrier must use agility and not power to avoid their flag being pulled. There is no trucking, hurdling, stiff arms, or lowering the shoulder by the ball carrier. This will result in a 10 yard penalty from the spot of the foul.

OVERTIME

- Overtime will start with a coin toss for teams to decide if they would like to start on offense or defense.
- Each team will start at the 5-yard line and have 1 play to score. Teams will have alternating possessions and repeat the process until we have a winner.
- An Interception will end the game.

Other UHSSA penalties to review (This does not include all penalties that may be called, but highlights some of the most commonly called penalties.)

- Illegal Formation, 5 yard penalty
- Offsides, 5 yard penalty
- False Start, 5 yard penalty
- Delay of game, 5 yard penalty
- Holding, 10 yard penalty
- Defensive Holding, 10 yard penalty
- Pass interference Defensive/Offensive, 15 yard penalty
- Unsportsmanlike conduct, 15 yard penalty