

TBFFA (7 on 7 Flag Football Rules)



Team:

A team consists of **(7)** players. A team must have **(6)** players to start the game. If a team does not have **(5)** players by 5 minutes after the scheduled starting time, you can pick up one to make **(1)** player from another team to make your **(6)** but only having **(4)** players will result in a forfeit. Loss of 17-0. NO PICK-UPS FOR PLAY-OFFS!

Forfeit time:

5 minutes after scheduled game time

Eligibility:

Please refer to eligibility roster

You may play for only 1 team

Violation of any of the above will result in forfeiture of the game and/or Season **Rules:**

- Shirts and jerseys with a number MUST be tucked in so they do not interfere with the flag
- No metal spikes or outside jersey jewelry (wedding ring excluded)
- The game will consist of two 20 minute halves (running time) with a 3 minute halftime break
- The clock will stop the last 1 minutes of each half and run like a PRO CLOCK(2 times outs per ½)
- All play starts from the **14 yard line** to start the 1st and 2nd half and after score (line to gain is every marker- 20, 40, 20, goal)

Scoring:

- Touchdown 6 points
- Extra point (5 yd line) 1 point
- Extra point (10 yd line) 2 points
- Extra point (20 yd line) 3 points
- Safety 2 points

- The extra point try can be run back by the defense for all tries for 2 points

Offense:

- 25 seconds to put the ball in play
- No 3 or 4 point stances by either team
- The ball must be centered between legs
- Direct snaps are allowed but the person (other than QB or the one calling the cadence) must be 2 yards from line of scrimmage.
- All players are eligible for a pass
- Unlimited passes behind line of scrimmage
- One foot down in bounds = completion
- No diving (referee judgment)
- Ball and Hips must be past each marker to be counted for line to gain, otherwise player will be marked by where their hips are
- Punts must be announced, there are no fake punts, No offensive player may go downfield until the ball is kicked
- NO BLOCKING
- Center must delay when 1st down is shorter than 5 yards
- WR/CENTER must give right of way to rusher

Defense:

- Must line up **5 yards** from line of scrimmage unless 1st down is shorter than (half the distance)
- No bump and run allowed
- Off-Sides by defense is a free play for offense
- RUSHER must give right of way to WR/CENTER (unless WR/Center does not take a direct line)
- No Hindering (holding of the shorts, pants, shirt/jersey)
- No pass interference
- If WR has possession of ball and makes contact with the ground, it can be stripped away

Penalties: 5 yard penalties

- Delay of game
- Offside – (Free Play)
- False start
- Illegal participation
- Illegal forward pass (plus loss of down)
- Breaking the huddle with 8 or more players

10 yard penalties

- Illegal contact
- Tackling or tripping the ball carrier (even if unintentional)
- Pass interference (10 yards from LOS)
- Flag guarding or stiff arm
- Hindering
- Stripping the ball
- Diving

Other:

- Mercy rule 19 point within last minute of 2nd half, game will be called by officials
- Mercy Rule (cont.) 35 points with 5 minutes left in 2nd half, game will be called by officials
- Players must have league shirt or same color shirt as YOUR team
- Shorts/pants with NO pockets
- **Overtime:** Winner has choice to go 1st or 2nd. Each team has 4 plays to score from the 20 yard line. After a score, an extra point will be attempted. Beginning with the second overtime, teams must go for 2 Points, until a winner
- Profanity will not be allowed
- Fighting will result in suspension
- Threats toward player/official will not be tolerated
- Teams are responsible for your fans, if they threaten, engage or conflict in any way they must leave the complex or team faces multiple penalties
- All other rules will be applied by State Rule standards