

FLAG / 7V7

RULEBOOK



Spring Flag / 7v7 Rules & Guidelines

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1. Definitions

BOUNDARY LINES	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
LINE OF SCRIMMAGE	(LOS) an imaginary line running through the point of the football and across the width of the field.
LINE-TO-GAIN	The line the offense must pass to get a first down or score.
RUSH LINE	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
OFFENSE	The team with possession of the ball.
DEFENSE	The team opposing the offense to prevent it from advancing the ball.
PASSER	The offensive player that throws the ball and may or may not be the quarterback.
BLITZER	The Identified Defensive Player that is at least 7 yards from the line of scrimmage assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
RUSHER	Any player who legally crosses the line of scrimmage.
DOWNS	(1-2-3-4) The offensive team has four attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
LIVE BALL	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
DEAD BALL	Refers to the period of time immediately before or after a play.
WHISTLE	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for reporting a penalty, a timeout, halftime or the end of the game.
INADVERTENT WHISTLE	Official's whistle that is performed in error.
CHARGING	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
FLAG GUARDING	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm or ball.
SHOVEL PASS	A legal pitch attempted behind the line of scrimmage.
UNSPORTSMANLIKE CONDUCT	A rude, confrontational, physical or offensive behavior or language.
RIGHT OF PLACE (ROP)	Right of place is given to any stationary player who maintains normal player posture and makes no movements in any horizontal direction to change their position. A purely vertical movement, including a lift from the ground, in order to throw or catch a pass does not mean that a previously established right of place has been lost. Right of place supersedes right of way when determining who is guilty of a foul.
RIGHT OF WAY	Right of way is given to a player according to rule who has established a direction of movement in a regular manner and does not alter that direction. A player with right of way has a higher privilege when determining who is guilty of a foul than all other players except those with right of place.

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2. Game

2.1. General

2.1.1. FAIR PLAY AND EQUAL PLAYING TIME:

- We are here to teach the game of football. Every child should be given the opportunity to play on offense and defense. Constant rotation throughout the course of the game with equal playing time and sitting out time should be the standard.

2.1.2. GENERAL INFO:

- Flag football is intramural, 7 on 7
- Games will be held at the fields of participating programs.
- The intent is to provide introduction to organized football to participants.

2.2. Eligibility

2.2.1. DATE OF DETERMINED AGE:

- Kids must meet age requirements and play on team for whatever age they HAVE TURNED by 9/1 of that year

2.2.2. DIVISIONS:

- Coed
 - Grades K-1
 - Grades 2-3
 - Grades 4-5
 - Grades 6-7
 - Grade 8
- Girls Only
 - Grades K-2
 - Grades 3-5
 - Grades 6-8

2.3. Equipment

2.3.1. BALL

	Coed					Girls		
	K-1	2-3	4-5	6-7	8	K-2	3-5	6-8
Pee-Wee	X	X				X		
TDJ			X	X			X	
TDY					X			X

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2.3.2. FLAGS

- Flag belts must be outside of game jersey
- 2 flags (one on each hip, stationary).
- If 2 flags aren't an option, 3 are okay .

2.3.3. ATTIRE

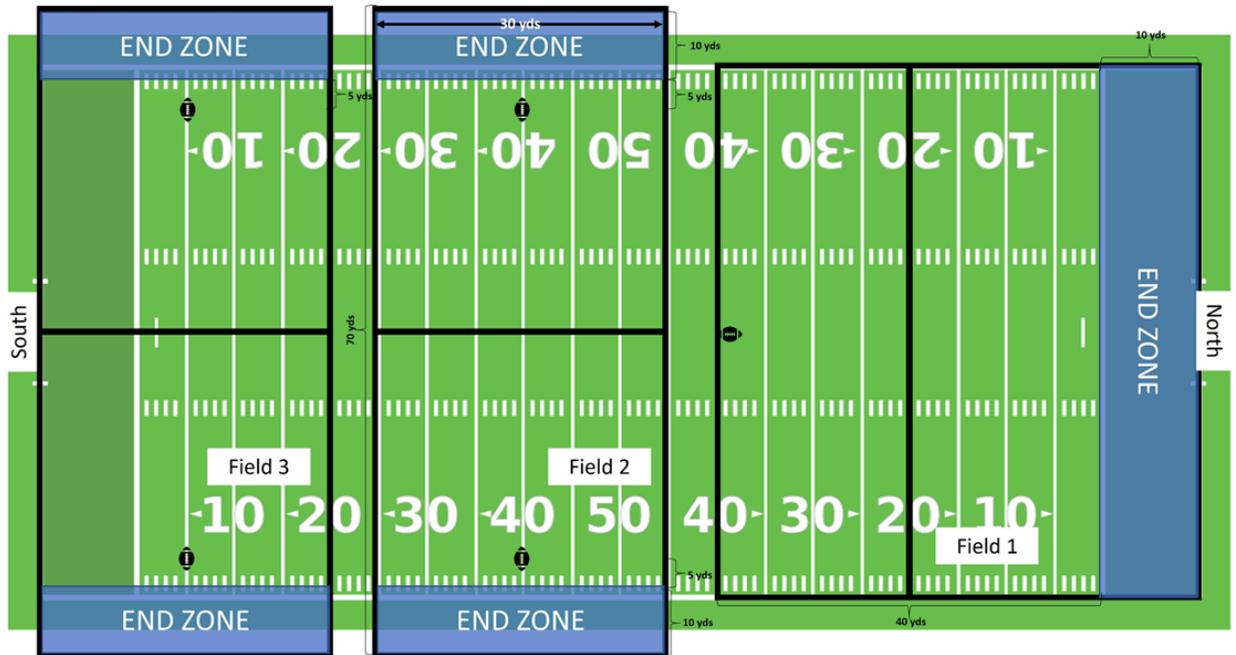
- Players are to be wearing an issued game jersey in order to participate in said game.
- Mouth guards are HIGHLY recommended but requirement at the discretion of each organization for their players
- Football or soccer or baseball (plastic) cleats are allowed. Metal cleats are not allowed.
- All division, both Coed and Girls, will wear flags
- Casts are permitted as long as they are padded:
 - Casts are allowed for players with injuries, under the condition that they are sufficiently padded to prevent injury to both the wearer and other players. The padding must be soft and thick enough to absorb impacts effectively. The entire cast must be covered with no less than 1/2 inch (approximately 1.25 cm) of closed-cell, slow-recovery foam padding or an equivalent material that offers similar protection. This requirement is to ensure that the hardness of the cast does not pose a risk during physical contact. All edges of the cast must be rounded and covered, with no exposed hard surfaces or sharp edges. Before participation, the padded cast must be inspected and approved by the game official or a designated safety officer to confirm it meets these safety standards. Players with casts that do not comply with these guidelines, or those deemed unsafe by officials, will not be allowed to participate in the game. This policy is intended to balance the inclusion of players recovering from injuries with the overall safety of all participants

2.3.4. ILLEGAL EQUIPMENT

- An official timeout shall be declared to permit prompt remediation of equipment which becomes illegal or defective through use.
- Illegal equipment consist of:
 - Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
 - Pads or braces worn above the waist that are not for medical purposes.
 - Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped with a soft material.
 - Any slippery or sticky foreign substance on any equipment or exposed part of the body.
 - Exposed metal on clothes or person.
 - Towels attached at the player's waist.

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2.4. Field



2.4.1. Coed Grade K to 3, Girls K to 5

- The playing field is 53 yards in length with end zones 5 yards in from the end line and 30 yards wide. There will be end zones at both ends of the field. The game will be played in both directions. Field dimensions may vary according to available space and field conditions.

2.4.2. Coed 4 to 8, Girls 6 - 8

- The playing field will be 50 yards in length which includes a 40 yard playing area and a 10 yard end zone and 53 yards wide. There will only be 1 end zone and games will always be played from the 40 yard line heading into the end zone.

2.5. Coaches

- Teams may have up to four designated coaches who are able to coach on the field or sidelines.
- A maximum of 2 (Coed K-3, Girls K-5) coaches and 1 coach (Coed 4-8, Girls 6-8) per team are allowed on the field during play.

2.6. Referee

- A field host may provide high school players as referees. If a dedicated referee is not available, the game should be managed by the coaches according to the rules.
- All coaches are responsible for the enforcement of said rules (referee) during play, if one is not provided, and shall be allowed use of a whistle and game clock (stopwatch) for such. Coaches of both teams are expected to work together to ensure the safety of the players, fair play, and an environment respectful of the game, players and families.
- Coaches and referees should provide positive guidance to players with the intent to teach.
- If a team does not have 7 players at the start of, or any point during the game they have several options for play:
 - Borrow players from their own organization of the same age.
 - Play with less players, example 5v5 or 6v6
 - Borrow players from another team/organization of the same age

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- It is highly recommended that coaches have a printed version of the Flag Football Rules available at the game for reference if needed.

2.7. Practice

- Practice is based on team and program.

2.8. Cancellations

- Game cancellations, rescheduling of practices or games, and forfeits of games are determined by each organization. Notification of any changes in game schedules will be communicated by the host site to the designated representative of each organization who will then be responsible for communicating to their teams.

3. Game Play

3.1. General

3.1.1. CLOCK

- Game duration is a “running clock” consisting of two halves at 25 minutes each, with a 5 minute halftime.
- Teams are encouraged to snap the ball in a timely manner (45 seconds after ball is spotted); however, only excessive and repeated delays of game are to be penalized with a loss of down. The objective is player development NOT running out the clock.
- Teams are not allowed any time-outs.
- The referee shall declare an official penalty after one warning when a team is illegally consuming time.

3.1.2. START OF GAME / START OF HALF

- 7v7 game play will start with the visiting team having possession of the ball.
- Coed K-3, Girls K-5
 - The offense will start with the ball on their goal line for 6U and 8U.
 - Home team will have a choice of which end zone to defend.
 - Home team shall start the second half with possession of the ball
 - 2nd half results in a change of field direction.
- Coed 4-8, Girls 6-8
 - The offense will start with the ball on the 40 yard line.
 - Home team shall start the second half with possession of the ball.

3.2. Offense

3.2.1. GENERAL

- Any offensive formations are allowed.
- QB must take snap from the center
- All offensive players are eligible for a pass or handoff.
- Teams have 4 downs to cross midfield (Coed K-3, Girls K-5) or the 20 yard line (Coed 4-8, Girls 6-8) for a first down, and another 4 downs to score. Turnover on downs results in the ball spotted at the goal line (Coed K-3, Girls K-5) or 40 yard line (Coed 4-8, Girls 6-8) of the team gaining possession.
- If a flag belt falls off without being pulled play will continue. The ball carrier will be considered down in this case with one hand touch.
- The same offensive player may not advance the ball past the line of scrimmage two (2) consecutive plays in a row if both of those plays are running plays. An offensive player may possess and advance the ball past the line of scrimmage for up to (2) consecutive plays in a row if those 2 plays consist of a running play and a receiving play (catching a pass from the QB).

3.2.2. SCORING

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- Flag football is intended to be a developmental experience. You may keep score at the field but no official records will be kept for any purpose after games end.
- Each touchdown is 1 point or a “score”. No “extra points” will be attempted.

3.2.3. RUNNING

- Anyone running with the ball is allowed to spin, NO stiff arms, or guarding of flags is allowed. Said infractions will result in the ball carrier being called down at the spot of infraction.
- Quarterback cannot run the ball beyond the line of scrimmage unless a previous ball exchange, not counting the center snap, has taken place.
- No limits on running the ball, meaning a team can run the ball as much as they choose during a game (Coed K-4, Girls K-5).
- Coed 4-8 are not allowed to run the ball. Passing only
- Girls 6-8 can run EXCEPT within 5 yards of the end zone and 5 yards of the 1st down

3.2.4. PASSING

- The center may snap the ball either between the legs or offset to one side of the ball. Shotgun snaps are also allowed. A missed snap (shotgun included) is still a live ball until/unless the referee blows the whistle.
- The Quarterback must take possession of the ball from the center. No center sneaks.
- Multiple handoffs, pitches, laterals, etc. are allowed, provided they occur behind the line of scrimmage.
- No running past line of scrimmage by Quarterback (loss of down) unless a legal pass or handoff to another player has occurred first. Passes are allowed to be behind the line of scrimmage (i.e. screen pass).
- An incomplete pass is any pass attempt not caught by any player, regardless of the pass being forward, or lateral.
- If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds.
- If possession of the ball is lost simultaneously when the player hits the ground, it is not a catch.
- If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.
- No limits on passing the ball, meaning a team can pass the ball as much as they choose during a game.
- QB has the following to release the ball:
 - Coed K-1, Girls K-2 – 8 seconds
 - Coed 2-3, Girls 3-5 – 6 seconds
 - Coed 4-8, Girls 6-8 – 5 seconds

3.2.5. BLOCKING

- Blocking is defined as: no offensive player extends any part of his or her body as an attempt to impede a defender’s progress.
- Repeated offenses of the defender extending part of their body may result in a penalty. See 3.4.3

3.2.6. FUMBLE

- The ball is fumbled. No turnovers shall result from a fumble, and line of scrimmage is where the ball hits the ground. In the event the ball is advanced due to a fumble the line of scrimmage is where the ball carrier last had possession

3.2.7. DEAD BALL

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- The flag(s)/belt is pulled. The ball shall be spotted where the ball carrier's feet are when a flag(s)/belt was pulled.
- Ball carrier goes out of bounds
- When a knee touches the ground.

3.3. Defense

3.3.1. Formations

- Any defense formation and scheme is allowed.

3.3.2. Blitzing/Rushing

- Blitzing is not allowed.
- Defense may not cross the line of scrimmage until the ball is handed off on a run play or the Quarterback throws the ball on a passing play.
- Once a Quarterback gets rid of the ball behind the line of scrimmage and another player possesses the ball, rushing past the line of scrimmage to attempt to pull a ball carrier's flag is allowed.

3.3.3. Flag Pulling

- If the ball carrier's flag is pulled behind the line of scrimmage, the ball should be spotted at the same spot of the previous snap so there is no loss of yardage.
- In circumstances where a flag belt is removed illegally, the ball carrier shall be allowed to advance the ball and is not considered down until a defender gets one hand on the ball carrier (one hand touch). Continued offenses may result in a penalty, See section 3.4.3

3.3.4. Interception

- Interceptions will result in a turnover and the intercepting team will start on offense at the 40 yard line (10U, 12U, 14U & ALL GIRLS) or goal line (6U & 8U)

3.4. Penalties

3.4.1. General

- All infractions against the penalties below will be given a warning before imposing a loss of down or yardage penalty

3.4.2. Offense

- Any offensive player intentionally guarding their flags from being pulled is illegal. 5 yard penalty from spot of foul will be assessed.
- Any offensive player blocking a defensive player is illegal. 5 yard penalty from spot of foul will be assessed.

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3.4.3. Defense

- Any defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, and repeated infractions will result in unsportsmanlike conduct penalty. (10 yards)
- Pass Interference
 - Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless it occurs when two or more eligible players make a simultaneous attempt to reach, catch, or deflect a pass. Hindering an opponent's vision without making an attempt to catch, intercept or deflect the ball is pass interference, even though no contact was made.
 - Should a receiver be illegally de-flagged prior to a catch, said receiver shall be allowed to advance the ball and not be considered down until another flag is removed and/or a defender gets one hand on the receiver.
 - Defensive pass interference results in a 10 yard automatic 1st down. Offensive pass interference results in loss of down.
 - These penalties may be declined by the opposing team with respect to the result of the play.

3.4.4. Personal Fouls

- Any act listed below or any other act of unnecessary roughness is a personal foul. Players shall not:
 - Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
 - Trip an opponent.
 - Contact an opponent who is on the ground.
 - Throw the runner to the ground.
 - Contact an opponent either before the ball is put in play or after the ball is declared dead.
 - Make any contact with an opponent that is deemed unnecessary.
 - Deliberately drive or run into another player.
 - Deliberately and aggressively, tackle the runner.
 - Intentionally delay the game.
 - Interfere with the spotting of the ball by the referee.
- Roughness and foul play from players and coaches will NOT be tolerated. This includes, but not limited to tackling, elbowing, "cheap shots", trash talk, arguing with referees, etc.
- It is the referee's discretion to penalize with an automatic first down after first warning to the offending team, and 10 yards with automatic first down thereafter.

3.5. **Sportsmanship**

3.5.1. GENERAL

- A team ahead by 3 scores shall forfeit possession of the ball to the opposing team until said deficit is less than 3 scores.
- Offense shall start at midfield, and have 4 downs to score.
- In lieu of turnover on downs, the ball is re-spotted at midfield, and a new set of downs is awarded.

4. Participating Organizations

4.1. **Contact Information**

- 4.1.1. Antioch Vikings
- 4.1.2. Grayslake Colts
- 4.1.3. Grayslake North Knights
- 4.1.4. Johnsburg Jr Skyhawks
- 4.1.5. Lake County Stallions
- 4.1.6. Lake Villa Football

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- 4.1.7. Mchenry Warriors
- 4.1.8. Round Lake Spartans
- 4.1.9. Stateline Comets
- 4.1.10. Westosha Falcons