

McDermont 7 on 7 Flag Football Rules

General Provision

- A. Seven players are allowed on the field or play at one time. A team may play with less than seven, but must start with five
- B. The referee will call the managers together five minutes prior to start of the game to determine home and away. Home will start offense and away defense.
- C. If a game ends in a tie, a sudden death tie breaker will be in effect. Each team will get the ball on the 10 yd line (alternating possessions) and has four down to score. If the both teams score the team that scores in the fewest number of downs will be declared the winner

Blocking

- A. No blocking above the neck, or below the waist. Hands inside of the frame of body
- B. Blockers must maintain contact with the ground while blocking

Passing

- A. A pass is completed if the receiver has one foot inbounds
- B. All players are eligible receivers

Punting

- A. NO PUNTING , 4 to score, or 1st downs

Running

- A. QB is allowed to run.
- B. Running backs may receive handoffs to gain yardage

Downing an Opponent

- A. The player carrying the ball is considered down when one or both of his flags are removed
- B. No holding an opponent while trying to remove their flag
- C. Tacklers may not leave their feet to remove a flag
- D. There will be a 15 yd penalty for anyone deliberate wrapping their flag around their belt to prevent removal

Playing Time

- A. Games are limited to a maximum of 40 minutes, divided into 2 halves of 20 minutes each, unless overtime is needed. There will be 5 minute break between each half. One minute between regulation play and an overtime period
- B. Time will run continuously through the 1st half only. The clock will be stopped during the last 2 mins of the 2nd half for: incomplete passes, first downs, out of bounds plays, etc. The clock will be stopped in the 1st half for requested time outs or injuries ONLY.
- C. If playing time expires during a down in which a defensive team fouls, the game will be extended until a down free of such a foul is completed. If the offensive team fouls or both teams do, the period or game is over
- D. Games will start on time. If a team does not have a least 5 players ready to play when the referee are, the game will be declared a forfeit.
- E. Teams will be entitled to one- one minute time out each half

- F. If the offensive team does not score or advance with a 1st down, the defensive team will start their procession @ midfield.
- G. No substitution shall enter the game during a down. During between downs any number of substitutions may replace players provided the number on the field does not exceed seven
- H. PLAYERS WILL BE REMOVED FROM THE GAME FOR: unsportsmanlike conduct and/ or flagrant fouling. The referee will not be subject to abusive language. They will penalize any team 15 yards for such behaviors.

SCORING:

TOUCHDOWN= 6 POINTS

POINT AFTER TRY = 2 PTS FROM THE 5 YARD LINE, 1 PT FROM THE 2YRD LINE

PENALTIES

5 YRD PENALTIES= OFFSIDE ILLEGAL MOTION, INTENTIONAL GROUNDING, FORWARD LATERAL

10 YARD PENALTIES = OFFENSIVE AND DEFENSIVE INTERFERENCE, OFFENSIVE AND DEFENSIVE HOLDING, DELAY OF GAME

15 YARD PENALTIES= TACKLING, ROUGHING, CLIPPING, ABUSIVE LANGUAGE REFEREES, TO ANY PLAYERS ON THE FIELD, AND ATTEMPT TO SECURE FLAGS FROM DETACHMENT