

## SONO FIELD HOUSE 7 on 7 FLAG FOOTBALL LEAGUE

- Each team must designate one captain before game starts
  1. ONLY team captain may confer with game officials
  2. Excessive protesting can result in game ejection or delay of game penalty (10 yards)
- Fighting is not tolerated
  1. Taunting results in ejection from game and 15 yard penalty
  2. Excessive taunting/fighting results in team termination from league and NO refund
- Games will consist of two halves of 22 minutes.
- During the first half, the clock will run at all times with the exception of ONE time-out per team.
- During the second half, the first 20 minutes will be running clock with the exception of ONE time-out per team and a two minute warning.
- The remaining 2 minutes of the second half will see the clock stopped in all dead ball situations.
  1. Out of bounds
  2. Penalty
  3. Sack
  4. First Down
- A half may not end with a defensive penalty
- If a team cannot field a 5 man team within five minutes of scheduled start time they must forfeit the game.
- All players on the field must have a complete flag belt with 3 full-length flags. Any player caught with their flag belts tied, hidden, or deliberately shortened will be penalized for unsportsmanlike Conduct (15 yards) and may be ejected.
- You must wear an opposite color flag than your shorts to identify the flag.
- Scoring: touchdown = 6 points; PAT (5 yard line) = 1 point; two point conversion (10 yard line) = 2 points
- NO direct snaps: quarterback must be designated before play by calling out a cadence and lined up in shotgun at least 3 yards directly behind the snapper
- At least 3 players must be on line of scrimmage each play.
- All players are eligible receivers except for snapper at start of play who must wait a five second count administered by an official before releasing as an eligible receiver

- Blocking:
  1. Blockers may not leave feet for any reason
  2. Blockers must keep their hands inside the shoulders of the opponent and may not use their hands to hold or grab the opponent
  3. NO blocking below the waist. Any player guilty of this rule will be ejected.
  4. Use of the shoulder(s) to block will result in a warning and then immediate ejection. (No BULL RUSHING)
  5. Any violation of a blocking rule results in 10 yard penalty.
  
- Arms may NEVER be extended for any reason other than to make a play on the football, attempt to pull a flag, or hand off the football.
  - Illegal attempts to extend arms: advance the football; stiff arm; jam a receiver; rush the passer; or block an opponent
  
- Punts must be declared prior to the play and there will be no rushing from the Defense.
- Returns are allowed but the ball will be dead when touched by the receiving team and hits the ground.
  - Touchbacks will be placed at 10 yard line
  - If punt goes out of bounds ball is placed at point in which it first went out of bounds.

### RUSHING

Ball must first be snapped to the quarterback, no direct snaps.

Then the ball can be handed off or pitched to the back, but if the ball hits the ground the ball will be dead.

Once the ball is pitched or handed to a running back, the defensive rushers can cross the line.

### QB Sneaks

Only when the rusher crosses the line after 5 Mississippi's

### **PENALTIES**

**\*\* All 5-yard penalties will be marked from the line of scrimmage\*\***

#### Loss of 5 yards

Delay of Game

Offside

False Start / Illegal Motion / Illegal Shift

Illegal Forward Pass (Includes loss of down)

Illegal snap or handoff

Too many players on the field

Less than 3 players on the line of scrimmage

**\*\* All 10-yard penalties will be marked from the spot of the foul\*\***

Loss of 10 yards

Pass interference: Defensive - auto first down, if in the end zone the ball is placed on the 3-yard line. Offensive - loss of down

Tackling, Tripping, Charging - loss of down or auto first down

Runner leaving their feet to gain yardage or cross the goal line – DEAD BALL at the spot of the FOUL.

Roughing the passer - auto first down

Flag guarding

Blocking Penalties

Holding/Block in the back/Clipping

Blocking below the waist or leaving their feet to block

Use of the shoulder or other part of their body, other than their open hands inside the shoulders of their opponent, to block

Major Penalties: 15 yards & auto ejection:

Unsportsmanlike conduct - includes loss of down or auto first down.

BLOCKING DOWN FIELD

You can set a pick with your feet set not moving in to a player.

**Creative celebrations are welcomed.**

**Awards will be given out to:**

- One team MVP
- Best Wide Receiver
- Best Defensive Player
- Best Offensive Player
- Comeback Player of the Year
- Referees: Trevor Kline - Zach Ruther - Danny Marin