

Pocatello Parks and Recreation Team Sports

Adult Flag Football 7 on 7 Rules – 9-4-20

Rules governed by NFHS Football rules with the following amendments:

(Additional rules may be added as needed)

Rule 1 – Players

- The team fee covers 10 players. Additional players may be added above 10 at \$30.00/player.
- Each team may have a maximum of seven players on the field at one time. A team may begin a game with a minimum of six players.
- If injuries or ejections cause a team to drop below five players and the officials feel they still have a chance to win the game may continue.

Rule 2 – Play

Field

- The field is 100 yards long (80 yard playing field with two, 10 yard end zones) by 160 feet wide.

Starting the Game

- Before the game begins, the coin toss winner will have the choice of taking the ball, defense or deferring the choice to the second half. The team who lost the coin toss will decide which goal they will defend first.
- Games consist of four quarters, 10:00 minutes each. The clock stops the last two minutes of the fourth quarter, otherwise, the clock will run continuously except after touchdowns, injuries and timeouts. 3:00 minute half time.
- Each team is permitted two time outs per half and one additional time out during an overtime period. Time outs do not carry over.
- Overtime will be one period only. If tied at the end of the first overtime the game will be declared a tie. We will use the Kansas City play off for the overtime period. Each team will get four downs from the 10 yard line to score. A coin flip before overtime will decide who gets the ball first and which goal will be defended.
- Teams should have matching uniforms or similar colored shirts.

Ball in Play

- Ball must be snapped within 40 seconds or 25 seconds in accordance with current NFHS Football timing rules.

Ball is dead when

- A backward pass or fumble by a player strikes the ground at the spot it hits the ground.
- A runner has flag belt legally removed by a defender.
- A runner has flag belt fall off. (Exception: In the officials' judgment when runner is clearly past all defenders and the flag falls off the rule will be ignored)
- A runner's knee or elbow touches the ground.

Ball is dead when (cont.)

- A snap hits the ground.
- A protected scrimmage kick hits the ground, is caught or comes to rest.

Downs

- Teams get four downs to reach each designated first down line. The designated first down lines are both 20 yard lines and the 40 yard line. If the offensive team doesn't get a first down in four downs the ball is turned over to the other team at the downed spot. On fourth down a team may elect to punt the ball.

Punts

- A punt must be declared to the officials before the start of the desired punt play. A punt is a protected scrimmage kick meaning that the receiving team can't rush or return the punt and the kicking team can't down the punt. No fake punts. The ball is down where it comes to rest or where controlled by receiving team. Any punt into the end zone will be a touchback and put in play at the receivers' 20 yard line.

Snap

- All plays will start with a snap from the center. The snap does not need to be between the center's legs.
- Snaps will take place by using the QB-Tee snap timing device. No under center snaps.
- Player receiving snap must be at least two yards behind the line of scrimmage.
- At least three offensive players must be on the line of scrimmage to begin a play.
- The **initial ball handler** on each offensive snap has 6 seconds to throw or run the ball past the line of scrimmage. If the **initial ball handler** ball doesn't make it past the line of scrimmage within the 6 second interval, the ball becomes dead at that spot. A pass, lateral or pitch to another player ends the count, whether or not they have crossed the line of scrimmage.

Rushing The Passer

- The pass rusher must start at least five yards back from the line of scrimmage. If the rusher jumps the snap count, he must go back behind the rush mark before continuing to rush the quarterback (but the player may still rush). The rusher must go for the quarterback's flags.
- Any player may rush as long as they start five yards from the line of scrimmage. In the event of a throwback (double-pass) anyone may rush the ball carrier.
- Any player may rush beyond the line of scrimmage once the ball has been released by the Quarterback via a pass, direct handoff, lateral or pitch.
- Pass rushers may only be blocked during the 6 second interval while the initial snap receiver has the ball in the pocket area (See Blocking Rules). Receivers may stay back and block the pass rusher as long as the receiver(s) engage the rusher(s) behind the line of scrimmage while the ball is in the pocket.

Blocking

- **Due to Covid-19 restrictions, no contact blocking is allowed this year.** Blockers are only allowed to “shadow block” opponents by establishing/maintaining a position between the ball carrier and a defender.
- Only “shadow blocking” is allowed while the ball is in the pocket. Pocket is decided by the officials. No blocking below waist or above shoulders. Defenders are not allowed to use hands to ward off blockers. Defenders can only move to go around blockers or stand in an established position to make the blocker or runner avoid them.
- Once the ball has left the pocket players may not use their hands to block an opponent. They must employ “shadow blocking” techniques to impede a defender.
- Defenders may not use stiff arms or lowering of shoulders.
- No bull rushing.
- Ball carriers shall not guard their flags by blocking with arms, hands, legs or use of stiff arm block preventing defender the opportunity to remove flag belt. Players shall not tamper with the flag belt in any way to gain an advantage including tying, using foreign materials or other such acts.

Scoring

- Touchdown – 6 points
- Safety – 2 points
- Point after touchdown (PAT) – 3 yard line - 1 point, 10 yard line 2 points
- PAT- Once the scoring team declares their intent for a 1 or 2 point PAT they choice can't be changed
- PAT-If on the PAT a pass is intercepted or ball is fumbled in the air, the play is dead.
- Mercy Rule – If a team is ahead by 25 points with five minutes left in the fourth quarter or 19 points with two minutes to play, the game will end. If a team scores reaching the mercy rule, the game will end.

Equipment

- Jewelry is not permitted except for medical or religious purposes as dictated by NFHS rules.
- A guard, cast or brace made of hard or unyielding leather, plastic, plaster, pliable plastic, metal or any hard substance, even though covered with foam padding is not permitted on the finger, hand, wrist, forearm or elbow.
- Supports or braces are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½ inch foam rubber or ¼ inch closed cell, slow recovery foam rubber.
- Metal or metal tipped cleats are prohibited. Cleats must have rubber or plastic bottoms only.
- Baseball caps may be worn but only if worn backwards.

Safety

- Diving on the ball or diving to pull a flag is not allowed.
- Tackling is not allowed. Tackling as judged by the officials is unsportsmanlike.
- Stripping or attempting to knock the ball out of the hands of a passer or ball carrier is not allowed. Players must attempt to pull flags.

- Mouth guards are encouraged but not required.

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Penalties

- 5 yards – All minor penalties
- 10 yards – All major penalties
- 15 yards – Any unsportsmanlike or unsporting fouls. May be coupled with disqualification if deemed flagrant.