

## **2023 FIYA FLAG FB CONDENSED RULES FOR 7 V 7**

### **PREGAME**

- Home team (listed 1st on schedule) is responsible for Scorekeeper/Scoreboard, Away team (listed 2nd on schedule) is responsible for Down Marker & Pre-game Pledge at Midfield with both teams.
- 7 v 7, a team can start the game and play with a minimum of 6 players.
- NO pads, gloves, metal and/or screw on cleats, NO pockets or belt loops on shorts.
- Teams must use FIYA issued flag belts and D1 youth size 7 Ball; D2 junior size 6 Ball.

### **TIME/TIMEOUTS**

- 22-minute halves; 30 second play clock; 3 minute halftime.
- The game clock is running time the whole game except for (A) timeouts and (B) in the last 2 minutes of the 2<sup>nd</sup> half only if the score margin is 16 points or less, then the clock stops for the following: Incomplete passes, running out of bounds, penalties, change of possession, and scores. After stopped time, the game clock resumes on the center snap.
- 3 TOs per half per team, no carryover. No new TOs for OT but can use any left from 2<sup>nd</sup> H.

### **SCORES/MERCY/OVERTIME**

- TDs: 6 pts. PATS: 2 pts from 5 yard line; 1 pt from 2 yard line; Defense cannot score on PATS. DEFENSE SAFETY: 2 pts and get the ball on own 20 yard line following safety.
- Mercy: 25 point lead with 10 min or less left in the game; if all agree, a regular season game may finish with no score kept and subs in.
- OT: Coin flip winner chooses offense or defense and goes for 1 or 2 pt. conversion; teams switch and repeat; game ends when one team leads after equal number of tries; teams alternate who is offense first for each OT; maximum 3 OTs in regular season.

### **OFFENSE**

- All players eligible to receive/run; no minimum number of offensive players needed on LOS.
- Ball carrier IS ALLOWED TO spin/jump/hurdle as long as not charging into a defender. Ball carrier CANNOT dive. No offensive player can push the ball carrier forward.
- Running Up the Middle (1 yd to each side of the ball) is not allowed IMMEDIATELY AFTER THE SNAP; Ball carrier can run up the Middle after a 2-3 second delay after the snap.
- If a player's flag belt falls off on its own and then the player receives the ball, the player is down at the spot of reception. Running with arms below the waist can be deemed flag guarding.

### **DEFENSE**

- Defense CAN rush up the Middle as long as no immediate contact with the center.
- Any ball that hits the ground is dead; no fumbles and no causing fumbles.
- No tackling or holding the ball carrier and no roughing QB during/after a pass.

### **KICKS/PUNTS**

- NO KICKOFFS: Each starting drive starts at the offense's own 20-yard line.
- NO PUNTS: On 4<sup>th</sup> down, if the ball is ON or PAST the 40 yard line (in the defense team zone of field), then the offense MUST GO for it on 4<sup>th</sup> down. IF the ball is before the 40 yard line (in the offense team zone of the field), then offense MAY go for it OR forfeit the ball with a 10 yard walk off toward the defensive team.

## **A. OFFENSIVE PENALTIES**

- **5 YARDS FROM LINE OF SCRIMMAGE AND REPEAT DOWN**
  - Delay of Game
  - Offsides
  - Too Many Players in Motion at the Snap or Too Many Players on the Field
- **5 YARDS FROM SPOT AND LOSS OF DOWN**
  - Flag guarding
  - Running up the middle (from line of scrimmage for this penalty but loss of down)
  - Charging into a defensive player
  - An illegal forward pass
  - Intentional grounding
- **10 YDS AND REPEAT DOWN**
  - Holding/Clipping at the Line of Scrimmage OR in the Back Field, then the penalty is enforced from the Line of Scrimmage.
  - Holding/Clipping occurs Down Field, then the penalty is enforced from the Spot. If a penalty occurs after the first down is gained, the first down stands.
- **10 YDS AND LOSS OF DOWN**
  - Pass Interference enforced from the Line of Scrimmage
  - Pushing the Ball Carrier enforced from Spot
  - Unsportsmanlike, Unnecessary Roughness and Flag Altering enforced from Spot

## **B. DEFENSIVE PENALTIES**

- **5 YARDS FROM LINE OF SCRIMMAGE AND REPEAT DOWN**
  - Offsides
  - Too Many Players on the Field
- **10 YARDS FROM SPOT AND REPEAT DOWN**
  - Holding the Ball Carrier including by the shirt and/or shorts. If holding occurs behind the line of scrimmage, the penalty is enforced from the line of scrimmage.
- **10 YARDS FROM LINE OF SCRIMMAGE AND AUTOMATIC FIRST DOWN**
  - Pass Interference
  - Roughing the Passer
  - Illegal Contact of the Center
  - Stripping the ball from the Ball Carrier
  - Unsportsmanlike and Unnecessary Roughness enforced from Spot