

2024 FIYA FLAG FB CONDENSED RULES FOR 7 V 7

PREGAME

- Home team is Responsible Scorekeeper/Scoreboard, Away team is Responsible 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 2nd half only if the score margin is 8 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.
- 2 TOs per half per team, but 1 TO can carryover to 2nd half. No new TOs for OT.

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

- Ball placed in center of field (blue line) after each play.
- All players eligible to receive/run; no minimum number of offensive players needed on LOS. Multiple lateral/backward passes allowed; only 1 forward pass behind 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 ball carrier forward.
- Ball carrier's foot (not the ball) is what determines placement/score.
- Running Up the Middle (1 yd to each side of 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 own and then player receives the ball, 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 center.
- Any ball that hits 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 offense's own 20-yard line.
- NO PUNTS: On 4th down, if the ball is ON or PAST the 40 yard line (in defense team zone of field), then the offense MUST GO for it on 4th down. IF the ball is before the 40 yard line (in offense team zone of field), then offense MAY go for it OR forfeit the ball with a 20 yard walk off toward 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
 - 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 penalty occurs after first down is gained, 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 shirts and/or shorts. If holding occurs behind line of scrimmage, 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