
7v7 GIRLS FLAG RULES

Official Format & Scoring Standards

I. GAME LENGTH

- **Duration:** 22–25 minute running game.
 - **Halftime:** No halftime.
 - **Possession:** A coin toss determines the first choice to receive or defend.
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II. FIELD & PLAYER REQUIREMENTS

- **Dimensions:** Width: 30–40 yards | Length: 35–40 yards + one (1) 10-yard end zone.
 - **Team Area:** 2 yards from each sideline and between the 20-yard markers.
 - **Roster:**
 - Teams consist of at least **7 players**.
 - Must have **7 players to start** a game.
 - Minimum of **5 players** required to continue a game.
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III. EQUIPMENT & FLAGS

- **Uniform:** Jerseys must always be tucked in. No pockets allowed.
 - **Sweats:** If worn, must be worn under the uniform (including hoods).
 - **Shorts/Pants:** No torn shorts or sweatpants. Must be a contrasting color from the flags.
 - **Flags:**
 - Two total (one on each side).
 - Size: At least 1.5 inches wide x 14 inches long.
 - Flags may be removable from the belt.
 - **Prohibited:** No altering width/length; no tape on flags.
 - **Ball Size:**
 - **5th/6th Grade:** Junior Size
 - **7th/8th Grade:** Junior Size
 - **High School:** Youth/Intermediate Size
 - **Safety:** Mouthpieces are **mandatory** for all players. Officials may prohibit any equipment deemed unsafe or inappropriate.
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IV. OFFENSIVE GAMEPLAY

General: No excessive contact will be allowed.

PASSING

- **Limits:** Only one forward pass allowed per play. Unlimited backward passes.

- **Line of Scrimmage:** No player may throw a forward pass beyond the LOS.
- **Grounding:** QB may intentionally ground the ball to avoid a sack.
 - *Backward/Lateral Grounding:* Fumble (spotted where it hits ground/goes out of bounds).
 - *Forward Grounding:* Incomplete pass (ball returned to previous spot).

SNAPPING & RUSHING

- **The Snap:** Ball must be snapped from the ground. It does **not** need to be between the legs.
- **Rushing:** All players are eligible rushers except the center.
- **Restrictions:** No stiff-arming or flag guarding.

RECEIVING & CATCHING

- **Complete Catch:** Receiver must control the ball before it hits the ground AND a body part must contact the field of play after possession.
- **Jumping:** Players may jump to avoid a flag pull, but **no hurdling** over a player.

FUMBLES

- **Dead Ball:** Dead when the ball hits the ground. Spotted where it hits ground or crosses out of bounds.
- **Airborne:** Fumbles caught in the air are live and may be advanced.

V. DEFENSE

RUSHING / BLITZING

- **Position:** Defensive players may rush from any position if one yard from the LOS.
- **Limit:** Maximum of two (2) rushers per play.
- **Contact:** Rushers must avoid offensive players. **No contact** with the QB's arm (including follow-through).
- **Attempts:** Unlimited blitz attempts per game.

PASS DEFENSE & DE-FLAGGING

- **Coverage:** Receivers have a free release (no bump-and-run). Defenders may not play through the receiver.
- **Interceptions:** May be returned for a TD (past the 35-yard line).
- **De-Flagging:** Ball carrier is down when the flag is **removed**, not when it falls.
- **Spotting:** Ball is spotted at forward progress at the time of de-flagging. If the ball is extended forward, that point determines the spot.

KICKING / PUNTING

- No kickoffs. No punts.
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VI. SERIES OF DOWNS & SCORING

SCORING EVENT	POINTS
Touchdown	6 Points
PAT (1-Point)	Automatic (unless going for 2)
2-Point Conversion	From the 10-yard line
Defensive Stop	1 Point
Interception	3 Points (Pick-6 counts as TD)
Safety	2 Points

THE SERIES:

- **Start:** All series start on the 35-yard line.
- **Safety:** If the flag is pulled behind the 35-yard line, it is a safety.
- **Downs:** * Three (3) downs to reach the first down line-to-gain (20-yard line).
 - Four (4) downs to reach the end zone.
 - New series awarded upon reaching the 20-yard line.

VII. PENALTIES

OFFENSE:

- **Illegal Contact / Pass Interference:** 10 Yards
- **False Start / Shift / Motion / Formation:** 5 Yards
- **Illegal Forward Pass / Run:** 5 Yards (Loss of Down)
- **Flag Guarding:** 10 Yards from spot (Loss of Down)
- **Hurdling / Diving:** 10 Yards

DEFENSE:

- **Illegal Rush / Encroachment:** 5 Yards
 - **Illegal Contact / Pass Interference / Holding / Tackling:** 10 Yards
 - **Illegal Flag Pull:** 10 Yards (Automatic First Down)
 - **Roughing the Passer:** 10 Yards (Automatic First Down)
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👑 VIII. CONDUCT & OVERTIME

- **Conduct:** Second unsportsmanlike penalty results in disqualification.
- **Coaching:** One (1) Offensive Coach may be in the huddle. Defensive Coaches must remain in the team box.
- **Play Clock:** 25 seconds. Delay of game enforced thereafter.

OVERTIME:

- **Pool Play:** No overtime.
- **Single-Elimination:** Two plays from the 10-yard line.
- **Requirements:** Teams must attempt a 2-point conversion after a TD. Teams alternate possession.

