



7v7 FLAG FOOTBALL RULES

GAME FORMAT

1. Each game consists of **two 20-minute halves** with a **2-minute halftime**.
 2. **Two timeouts per half per team**, 30 seconds in length. **Timeouts do NOT carry over.**
 3. The game clock runs continuously except under 2 minutes of the second half, when it stops for out of bounds, dead balls, change of possession, penalties, and incomplete passes.
 4. A coin toss determines first possession. The home team calls heads or tails.
 5. Games must start on time. Teams have a **5-minute grace period**. After that, the game is a forfeit if the team does not have at least 4 players.
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ROSTERS

1. Teams may carry a maximum of **10 players**. Games are played 7v7.
 2. All players must be on the official SSA tournament roster submitted online. No walk-ons.
 3. Players must wear matching jerseys or color shirts and have **flags properly secured**.
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FIELD & EQUIPMENT

1. Games are played on a field smaller than a full size football field. Field size varies by venue.
 2. All players must wear **flag-a-tag, shroomz flag or similar "popper style" flags**. No hidden or tucked flags.
 3. **No metal cleats**. Turf shoes or molded cleats are recommended.
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GENERAL RULES

1. **Possession begins at a team's own 5-yard line.**
2. **Four downs to cross midfield**, and then four more to score.
3. **No-run zones** are enforced **within 5 yards of each end zone**. Pass plays only.
4. **25 seconds** to snap the ball.
5. The offense has **5 seconds to throw a forward pass**. The 5-second clock starts at the snap and stops for hand off or lateral. If no forward pass is thrown within that time, the play is dead at the spot. Players may not run the ball to bypass the pass clock unless the quarterback is blitzed.
6. The ball must be snapped between the legs. Shotgun and under-center snaps allowed.

7. **No center sneaks** allowed.
 8. **Quarterbacks cannot run.**
 9. A handoff behind the line of scrimmage allows the defense to rush immediately.
 10. **All players are eligible receivers.** Forward passes only. Laterals allowed behind the line of scrimmage.
 11. Interceptions are live and may be returned.
 12. A dropped snap or handoff is dead at the spot.
 13. **Jumping is legal. Diving to avoid a flag pull or to score is illegal.**
 14. **Flag guarding**, stiff arms, or covering flags with clothing/hands is illegal.
 15. **No downfield blocking or screens** allowed.
 16. **No bumping or contact at the line.** This is a limited-contact tournament.
 17. A play is dead when:
 - The 7-second play clock expires without a forward pass.
 - The ball carrier's flag is pulled.
 - The ball carrier steps out of bounds.
 - The ball carrier's knee or body touches the ground.
 - A fumble or incomplete pass occurs.
 - A touchdown is scored.
 18. If a flag falls off or is pulled early, the play continues until the ball carrier is tagged.
 19. Spot of the ball is at the **ball carrier's feet**, not where the ball is.
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SCORING

- **Touchdown:** 6 points
 - **Extra Points:**
 - 1 point: Pass from 5-yard line
 - 2 points: Run or pass from 12-yard line
 - * Interception returned on extra point: 2 points
 - **Safety:** 2 points + possession
 - **18-Point Rule:** If a team trails by 18 or more at halftime, they start with the ball in the second half.
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MERCY RULE

1. If a team leads by **19 points or more** at the **2-minute mark of the second half**, the game will end immediately.
 2. If a team leads by **29 points or more** at the **5-minute mark of the second half**, the game will end immediately.
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OFFENSE

1. No required formation.
 2. Only one player may be in motion (not forward) at the snap.
 3. Crossing routes allowed. Picks and moving screens are **not** allowed.
 4. **No obstructing the rusher.** Rusher needs to have straight shot @ QB
 5. **No downfield blocking.** Incidental contact is subject to penalty.
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DEFENSE

1. No required formation.
 2. Any number of players may rush, but must line up **7 yards off the line of scrimmage** and signal to the ref.
 3. Once the ball is handed off, any defender may cross the line regardless of alignment.
 4. **No contact with receivers at or beyond the line.**
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PENALTIES

Penalty	Yards	Result
Illegal Motion	5 yards	Replay down
Illegal Pass	5 yards	Loss of down
Illegal Run	5 yards	Loss of down
Obstruction of Rusher	-	Loss of down
Flag Guarding	7 yards	Loss of down
Leaving Feet (Dive)	7 yards	Loss of down
Offensive Pass Interference	7 yards	Loss of down
Defensive Pass Interference	Spot Foul	Automatic first down
Offside	5 yards	Replay down
False Start	5 yards	Replay down
Illegal Rush	5 yards	Replay down
Illegal Contact (any type)	7 yards	First down or Loss of Down

CONDUCT

- This is a **non-contact**, fun-first competition. SSA enforces a **zero-tolerance policy** on fighting or aggressive behavior.
 - Officials have final say. Disrespect toward refs or opposing teams may result in **ejection** or **tournament disqualification**.
 - All players are expected to show **good sportsmanship, respect teammates and opponents**, and keep it fun.
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For questions, visit the Flag Football tournament home page or email SSA support