

TEAM FORMAT

7 vs 7
Coed Teams
(6 field players
+ 1 rusher)

GAME LENGTH

Two 25-minute
halves
Running Clock

HALFTIME

2-minute
break

PASS RUSHER

Defensive pass rushers
must start 7 yards
behind the line of
scrimmage.

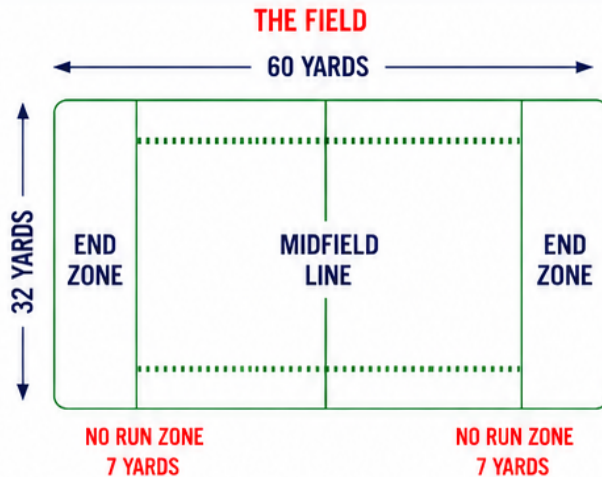
NO CONTACT

No tackling.
Pull the flag
to stop the
play.

GAME BALL

Official NFL
FLAG football

NO TIME OUTS IN THE LAST 5 MINUTES OF EACH HALF.



- Field size: 60 yards long x 32 yards wide (including end zones).
- No running in the no-run zones (7 yards deep on each side of midfield and in each end zone).
- No running beyond the 7-yard line (no run zone).
- Cones mark the field and end zones.

RUNNING THE BALL

- Running plays are allowed except in designated no-run zones.
- The player who receives the snap (QB) cannot run across the line of scrimmage.
- Handoffs and pitches are allowed behind the line of scrimmage.

HOW TO SCORE

- A touchdown (TD) is worth 6 points.
- After a touchdown, teams may choose:
 - 1-point conversion from the 7-yard line.
 - 2-point conversion from the 12-yard line.
- There are no extra points after a safety.
- A safety is worth 2 points.

GAME FLOW

- Each play starts at your own 7-yard line.
 - Offense has 4 plays (downs) to cross midfield.
 - Once midfield is crossed, offense has 4 plays to score.
 - Turnover on downs: the ball changes possession.
 - Interceptions can be returned. The ball is spotted where the flag is pulled.
 - No rushing the passer. Defensive pass rushers must start 7 yards behind the line of scrimmage.
- All plays must be forward passes.
 - Center/or snapper can go out for a pass.



PLAY CLOCK

A 20-SECOND PLAY CLOCK will be used to start the next play after the ball is spotted ready for play.

START OF GAME

- Home team calls the coin toss.
- The winner chooses:
 - Offense, defense or which end zone to defend.
- The other team makes the remaining choice.

SUBSTITUTIONS

- Substitutions can be made anytime between plays.
- Players must come off the field before new players enter.

NO CONTACT

- No tackling, blocking, holding, or pushing.
- Pull the flag from the opponent's belt (one flag) to stop the play.
- Excessive force, tripping, or diving is not allowed.

EQUIPMENT

- Mouthguard is mandatory.**
- Turf shoes or sneakers recommended.
- No jewelry.
- NFL FLAG belt and jersey provided by NFL FLAG.**

DEAD BALL

- Incomplete pass (including out of bounds).
- Flag pull.
- Ball hits the ground (forward pass).
- Rusher crosses the line of scrimmage.

SPORTSMANSHIP

- Be respectful to teammates, coaches, spectators and officials.
- No taunting, trash talk or unsportsmanlike conduct.
- Celebrate the game—the right way.

PENALTIES

- Offside: 5-yard penalty and replay the down.
- False start: 5-yard penalty and replay the down.
- Unsportsmanlike conduct: 10-yard penalty.
- All penalties are enforced from the line of scrimmage.

OVERTIME

- Regular season games may end in a tie.
- Playoffs: One 5-minute sudden-death overtime period.
- First team to score wins.

COACHES

- Coaches must remain on the sideline.
- Coaches are responsible for their players and spectators.
- Only coaches may speak to officials.

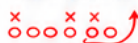
OFFICIALS

- Officials' decisions are final.
- Only team captains may ask questions during the game.

GRADE DIVISIONS

Grades:
3-4 • 5-6 • 7-8

Divisions may be adjusted based on enrollment.



TEAM & REGISTRATION INFO

- Minimum Team Roster: 12 players
- Maximum Team Roster: 18 players
- Registration Fee: Posted on website
- Games played on Sundays
- NFL FLAG belts and jerseys provided by NFL FLAG.**
- Rosters are due prior to the start of the season.

REFEREE SIGNALS (QUICK REFERENCE)

Touchdown
Safety
First Down
Incomplete Pass
Flag Pull
Offside
False Start
Unsportsmanlike Conduct
Time Out

Both arms raised
Two arms raised
Arm extended forward
Arms crossed
Hands on hips
Arm across chest
Hands on knees
Hands on above head
T-shape with hands