



Conference - All rosters will be finalized a week before the season. NO Exceptions. No players can be added to your roster after that date. A G7FFL roster can be no more than 15 players.

Please email any comments or concerns to **League Commissioner**.

Regular Season Games – All rosters/waivers must be signed before your first game.

Player Certification

All players in the G7FFL must be certified a week before the season. The age control date for G7FFL is July 1st.

Weather Inclement

In case of bad weather, the only official to cancel a game is a G7FFL Official. Just because one game in the day was cancelled, that doesn't mean that all games of that day is cancelled. Please contact a G7FFL official or check the league website for updates of the schedule.

Field Size:

Field of Play for 5-U, 6-U, 7-U & 8U
The end zones will be 10 yards long.

Each team will start on the 5 yd. line. There will be 2 first down areas on the field.

The playing field will be 30 yards wide, 60 yards long.

5 Players is required to start a game. Less than 4 results in a forfeit.

Game Time

Playing time shall be 40 minutes, divided into two halves of 20 minutes each.

The clock will start when the ball is legally snapped. It will run continuously for the first 18 minutes unless it is stopped for a:

- a) clock will stop "after" extra point attempt and start with the next legal snap.
- b) Timeout
- c) There is a 1 hour Limit for ALL GAMES.**

SCORING

Touchdown (6 points)

Safety (2 points)

Extra Points (1 point from the 3 yard line)

(2 points from the 10 yard line)

(3 points from the 20 yard line)

Teams can run, or pass for the value of the extra point.

The Captain or Quarterback must tell the referee which extra point option is desired. Once declared, it costs a timeout to change this choice. You may not change the choice after a penalty.

Defense **can** return an interception on the extra point for 1, 2 or 3 points depending upon what choice the offense was going for.

Unsportsmanlike Conduct

- ✓ Spiking and aggressively throwing the flag after removal will constitute an unsportsmanlike foul
- ✓ Spiking, spinning or throwing the ball, other gestures to taunt opponents or to draw attention to oneself will be an unsportsmanlike foul.
- ✓ Players are not allowed to wear jewelry. In each game the first player will be penalized for unsportsman like conduct. Other players on that team violating this

rule during the game or overtime(s) will be ejected and the team penalized for unsportman like conduct.

PERSONAL FOULS

Any act list below or any other act unnecessarily rough is a personal foul.

PLAYERS SHALL NOT:

- ✓ Punch, strike, strip, steal, or attempt to steal the ball from a player possession.
- ✓ Trip an opponent.
- ✓ Contact an opponent who is on the ground.
- ✓ Throw the runner to the ground.
- ✓ Hurdle another player.
- ✓ Contact an opponent either before or after the ball is declared dead. ✓
- Make any contact with an opponent which is deemed unnecessary. ✓
- Deliberately drive or run into a defensive player.
- ✓ Clip an opponent.
- ✓ Position themselves on the shoulders of a teammate or opponent gain an advantage.
- ✓ Tackle the runner. (Warrants ejection)

Ejection:

Player is not allowed to play balance of game and will be suspended one or more games based on the foul that occurred.

Penalties That Result In Loss Of Down

Illegal secured flag belt (also ejection of player)

Illegal forward pass in all cases, except a change of possession.

Illegal forward handing.

Backward pass that goes out of bounds to stop the clock.

Illegal backwards pass.

Fouls That Create Automatic First Downs

- ✓ Defensive Pass Interference
 - ✓ Roughing the passer
 - ✓ An illegal secured flag belt

Rule decisions are final after ball is next legally snapped.

Inadvertent Whistle

Replay down if ball is loose on pass or kick

Replay down or take player results option to team whose player is in possession at time of whistle.

Tie Game & Overtime Period

Tie games are decided by the KC Tie Breaker rules with Penetrations. Each team gets 4 downs from the 10 yard line. Defense may return the ball for a touchdown. Extra Points are attempted. There will only be 1 O.T. period, if both teams have not scored, then the official will use the penetration rule to determine the winner. If the game is still tied at the end of overtime, then the game will end in a tie. One overtime, if necessary will be used in regular season play. During the playoffs, if

both teams are tied after the 1st overtime, the overtimes will continue until a winner is decided.

If the O.T. if after the 1 hour limit on each game, then the game will result in a tie.

SAFETY

If a player carries the ball across the goal line they are defending and the ball becomes dead while in their teams possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. A team recording a safety will receive 2 points, and the ball at their 5 yard line. **Exception-Momentum Rule-** When a player intercepts a forward pass between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

OBSTRUCTING THE RUNNER

A defensive player shall not hold, grasp, or obstruct the forward process of the runner when attempting to remove the flag belt.

LINE OF SCRIMMAGE: The offensive team must have a minimum of 4 players on the line of scrimmage. 1 of the 4 can go in a motion before the snap, leaving 3 players on the line of scrimmage at the snap. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. Following the ready for play whistle and until a legal snap, no defensive player may encroach, touch the ball, stand in, or in any way interfere with the offensive team. Penalty - Dead ball foul, encroachment, 5 yards from succeeding spot.

The Game

- ✓ The game shall be played between two teams of seven players each. Five players are required to avoid a forfeit.
- ✓ A designated captain will be the only player to confer with the referee. Team will identify this player before the game
- ✓ Winner of the coin toss can choose when to exercise their options (first or second half)
 - A. Overtime coin toss – winner has choice of ball, defense or goal to defend
 - B. In additional overtime periods, a choice is made alternately by both teams.

Forfeits

There will be a \$25 no show fee that will be charged to the team that forfeits a game. The fee must be paid before that team next game (Ex. If the team forfeits their 10am game, a fee must be paid before their next game on that day).

COACHES ON THE FIELD: There can be 1 coach on the offensive side of the field to help players get organized. On defense, only 1 coach is allowed on the field.

BACKWARD PASSES AND INTERCEPTIONS: Once a ball has touched the ground the ball is considered dead, so there are no fumbles. A backward pass or dropped ball may be caught or intercepted by any player inbounds and maybe advanced. A player may not intentionally throw a backward pass out of bounds to avoid being downed. This will be penalized as an Illegal pass: loss of 5 yards, and loss of down.

FORWARD PASSES AND INTERCEPTIONS: If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent cause the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is NOT a catch. If a forward pass is caught simultaneously by members of the opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

PASS INTERFERENCE: Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when 2 eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards.

THE FLAG BELT: All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player lose their flag belt legally or illegally during a down and that player gains possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees including the hand and arm) is made. When a player scores they must immediately raise their hands and allow an official to remove their flag belt; this is done to insure that the flag belt has not been illegally secured. If the belt has been illegally secured the score is disallowed, the player ejected and a 10 yard un-sportsmanship like conduct penalty will be administered from the previous spot. Players must have possession of the ball before they can legally be deflagged. It is illegal for a defensive to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play (Penalty: Personal foul, 10 yards).

GUARDING THE FLAG BELT: Runners shall not flag guard by using any part

of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is no limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- Lowering the shoulders in such a manner which flag is guarded.

The Field, Players, and Equipment

- ✓ Two Ball Spotters will be used. The orange ball spotter will mark the forward most point of the football. The yellow ball spotter will mark the defensive scrimmage line. **The ball spotters will always be 3 yard apart.**

- ✓ Jerseys must be long enough so they remain tucked in the pants during the entire down or short enough so there is a minimum of 4" from the bottom of the jersey to the players waistline.

- ✓ Each player must wear pants which do not have belt loops, pockets, belts or exposed drawstrings. The pants must be a different color than the flags. Players of opposing teams must wear contrasting colored jerseys without pockets.

- ✓ Game Flags must be the NFL Style Popper Flags.

- ✓ Penalty for improper dress – the player cannot play.

- ✓ 5-U, 6-U, 7-U & 8-U division will be allowed to play with the ball required by the TACKLE league they are affiliated with. Usually 5-7 year olds play with the PeeWee ball and 8U plays with TDJ.

✓ **Mouthpieces are MANDATORY**

Kicks/Punts

- ✓ There will be "NO" kickoffs to begin each half. Each half will begin with the offensive team starting from the 5-yard line.

- ✓ **PUNTING:** All punts are illegal. On the fourth down the referee will ask the Offensive team if they want to punt. Once the offense has declared their choice, the Referee will inform the Defense of the offense's choice. If the Offense chooses to punt, the ball will be placed at the defenses' opposing end on the 5 yard line. Once the offensive team has crossed mid-field, they are not eligible to ask for a punt. They must go for it.

Snap

- ✓ One Continuous motion to a back under center or in shotgun, which is at least 2 yards behind line of scrimmage line. There CAN be a hand-to-hand center exchange on the snap (Between the center legs).

Deflagging /Tagging

Runners must not guard the flags with ball, hands or shoulders.

Flags must not be attached to runner in any way that one pull will not deflag the runner. (Flag tampering results in a 10-yard penalty and disqualification)

If a runner loses his/her flag belt, a one-hand tag by the opposing team between knee and shoulder will end the run. Touching the head or below the knee will not stop the play.

Runner scoring a touchdown must raise hands so nearest official can deflag the scorer.

Intentional deflagging of an offensive by a defensive player results in a ten-yard penalty.

Deflagger may leave feet to deflag runner

Screen Blocking & Arms across the chest Blocking

Screen blocking is legally obstructing an opponent with little contact him/her with any part of the screen blocker's body

Blocker cannot use arms or elbows. Hands must be behind the back.

Blocker must get in moving rusher's direction of movement quick enough for a change of direction to be made prior to possible contact.

Screen block must be short of contact in defensive players visual field and one step away in defensive players blind area (directly behind player being blocked)

Teams can use Arms across the chest blocking, but with the same rules as screen blocking. Once the players elbow are pointing out, then that a violation and a 10 yard penalty.

STIFF ARMING: Stiff arming is **NOT** allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct ejection will result.

Game Time

Playing Time shall be 40 minutes, divided into two halves of eighteen (20) minutes each. The intermission between halves shall be five (5) minutes. When overtime is used there will be a three (3) minute intermission. **All Games will be 1 hour long.**

The clock will start when the ball is legally snapped or the kickoff is legally touched. It will run continuously for the first eighteen (18) minutes unless it is stopped for a:

- A. Score (touchdown or safety) – starts with snap (5)yard line if no penalty is enforced.
- B. Team time out – starts on the snap
- C. Referee’s Time-out – starts based upon referee’s play.

Approximately two minutes (2) before end of each half the referee shall stop the clock and inform both captains of the playing time remaining in the half. Whether the clock starts depends on the previous play. The back judge will announced the remaining time to both team captains after each play in the last two (2) minutes.

During the final two (2) minutes of each half, the clock will stop for a: A.

Incomplete Pass – starts on snap

B. Out-of-bounds – starts on snap

C. Score (touchdown or safety) – starts when the kickoff is legally touched. D.

Team time-out – starts on snap.

E. First down – dependent on previous play

F. Penalty and administration – dependent on the previous play.

(Exception: delay of game – starts on the snap)

G. Referee's time-out – starts at his/her discretion H. Touchback – starts on the snap

I. Change of possession – dependent on the previous play

J. Team attempting to conserve time illegally –

K. Injured player

NEW RULES!!!!

Protest Rule

\$25 must be paid to G7FFL at the time of the protest in order for the league to follow through with the protest. No Pay, No Protest..

Certification Book

Each team need to have their certification book with a G7FFL Stamp or Signature at the time of their games. No Book, No Play.

Player Stance

NO three or four Points stance allowed for any age group.

All Age Divisions: On 1st, 2nd down, and 3rd down defense can only rush(Mandatory rush) 1 player. The only exception to this rule is if the offense throws a lateral pass, then the defense can rush more than 1 player. **The Lateral and Toss plays are permitted. Double passes is permitted. HB pass is permitted**

On 4th down, defense can rush as many as they want.

All Age Divisions: The offense must attempt a passing play on either 1st, 2nd or 3rd down. (Ex: QB handing off to another player).

On 4th down, the offense has the option to run any play(Pass, Run or Punt)

All Age Divisions: The QB can run only on 4th downs.

The QB must take 1 full step back before running past the line of scrimmage if taking the snap under center.

The center is an eligible receiver on all downs in all age groups!!!

All Offensive plays must be beyond the line of scrimmage within 5 seconds. The clock will start at the snap of the ball.

If the QB doesn't throw the ball forward within 5 seconds, the offensive play is dead (Forward Pass – Pass must be beyond the line of scrimmage).

*****ALL COACHES NEED TO HAVE A COPY OF THE RULES IN THEIR CERTIFICATION BOOLS DURING THE GAMES*****

MERCY RULE: If a team is 18 points or more ahead when the Referee announces the twominute warning for the second half, the game shall be over. If a team scores during the last two minutes of the second half and that score creates a point differential of 18 or more points, the game will end at that point.

Regional Championship

No playoffs or tournaments for the 4-U division. All teams are champions in that age group.

Top 4 teams per division will participate in the playoffs(If there is 2 division). Top 8 teams will make the playoffs if there is a North, South, East, and West division. Division winners will be placed in top 4 seeds determining the best records. The play-offs will be a 1 game elimination, until a champion is crowned. All wins and losses will be recorded by the league.

If there is a tie in the standings during the regular season, we will refer to the G7FFL Tie Breaker rules:

1. Head to Head.
2. Best record.
3. Points Against.

If it's still a tie, then we will allow the teams to play in a Kansas City Tie-Breaker format.

(In the event there is not enough teams to put in 4 divisions, G7FFL will use either 2 divisions where the top 4 teams will make the post season, or just 1 division where the top 4 teams will make the post season. If there is not enough teams for single age groups, G7 will move divisions to double age groups..(ex:6-U, 8-U..etc..etc..))

G7 State Championship

The champion and runner-up teams from each age division region will participate in the State Championship Tournament. The tournament will be single elimination until a G7 State Champion is crowned(Rule may change to double elimination if more field space).

No playoffs or tournaments for the 4-U division. All teams are champions in that age group.

OFFICIAL'S AUTHORITY: An official assumes authority 15 minutes prior to the scheduled game time, and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is FINAL, unless ruled otherwise by the supervisor on duty. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.

Flag Football rules will be conducted under the G7FFL laws of the game. If you would like to obtain a personal copy G7FFL Rules, or have any questions, please ask the G7FFL Commissioner.