



My7on7 Passing League will use the rules of the AFFL (American Flag Football League) as the foundation for My7on7 Flag Football games. Slight rule modifications may be made for My7on7 games/events. Any changes will be communicated to coaches/players by My7on7. See the rule summary below.

## K-2 Flag Football Game Rules

- 5-on-5, twelve-person roster
- 22-minute games
- Running clock
- Field divided into four, 1st downs at the 25yrd, 10yrd marks
- No blocking, kicking, or fumbles
- 2 laterals behind the line of scrimmage, only one downfield

## Post-Snap

- Once the ball is snapped, the defense must wait three seconds to rush, and the quarterback will have a total of six seconds to release the ball or cross the line of scrimmage
- The quarterback cannot run unless rushed
- The defense can blitz two times per game
- All players are eligible downfield
- Handoffs are allowed on any down - until within the redzone (10 yard mark and in)

## Scoring

- 7 pts per TD
- 2 Points for PAT from 10-yard line if the team elects to go for two-point conversion. (Allotted 6 points if try is unsuccessful. Successful attempts result in 8 points.
- 3 Points for interception
- 6 Points for Interception Return For TD
  - 3 points for interception are **not** added to the 6 if returned for score
- 0 Points for turnover on a PAT – it is dead ball
- Extra point automatic, unless team chooses to go for 2 points from the 10yrd mark

## Penalties

- All penalties will not award yardage but rather an extra play, free play or loss of a play
- Ball will always go into play at the spot of the foul or the previous spot

For the full AFFL Game Rules - [CLICK HERE](#).

*Updated 12/28/22*