



AFFA

7v7 Rule Book





OVERVIEW

- The game is 7v7 youth flag football.
- **This is a pass only league. There is NO running allowed at ANY time, with the exception of the quarterback in the 7/8 grade division.**
- The quarterback in the 7/8 grade division can run ONLY when the legal rusher has crossed the line of scrimmage.
- First possession is determined by a coin toss at mid-field.
- All players are eligible receivers, except the center.
- No kicking in this format of play.
- 3 point and 4 point stances are not permitted.
- The ball will be placed in the middle of the field at the start of each possession and where the last play became dead.
- Player rushing the quarterback must start from behind the 5-yard rush line marked by the official.
- There is a 30 point mercy rule. The enforcement will be at the 10 minute mark of the 2nd half. The game will be over.



- Fumbles are dead when they hit the ground.
- Interceptions cannot be returned. Defense awarded 2 points for interceptions.

GAME PLAY

- A coin toss at mid-field determines initial possession.
- The center must snap the ball between the legs, unless being snapped by a coach.
- A team must field a minimum of 5 players to play a recorded game.
- In the event that there are only 7 players on a team, a coach may play center, but cannot shuffle or block.
- Teams will always go in the same direction.
- The offense starts possession at the 40 yard line going in.
- The offense will have 3 plays to get to or cross the 25-yard line for a first down.
- Once across the 25-yard line, the offense will have 3 more plays to get to or cross the 10 yard line.
- Once across the 10-yard line, the offense will have 4 plays to score.
- Failure to gain a 1st down will result in change of possession only. Failure to score a touchdown once inside the 10-yard line will result in 2 points for the defense.
- The team who started the game on defense will start the 2nd half on offense.
- Any form of blocking/shielding is not allowed, with the exception of the center. He/she can shield/block the rusher ONLY. Center can have hands in front of his/ her body with elbows tucked at the ribs.
- **There is a 30 point mercy rule.** This rule will be invoked with 10 minutes left in the 2nd half and the point differential is 30 or more points. The game will be declared over.



- Forfeits are recorded as 21-0.

EQUIPMENT

- Mouthpieces **MUST** be worn at all times on the field of play.
- If a player does not have a mouthpiece, they cannot play until they have one.
- If a player has not received their jersey prior to game time:
 1. They must check in with the referee and give his/her full name. **Failure to do so will result in a forfeit for the players team.**
 2. The player must wear a shirt that closely resembles the color of their team jersey.
- Jersey's must remain tucked in and flags on the hips.
- In the event a player wears a towel and an opposing player pulls it in an attempt to pull the flag, the play will be blown dead at that spot.
- Cleats cannot have metal or screw in spikes.
- Hats must be worn with the brim facing backwards.
- Helmets recommended, but not required.

Bringing **FUN** Back to Youth Football

TIMING

- Games are 40 minutes long, consisting of 2-20 minute halves.
- Each team gets 2 time-out per half.
- Time-outs are 1 minute.
- Time-outs do not carry over if they are not used.



- 5 minute half time break.
- 30 second play clock. The center must be ready to snap before the 30 second play clock expires. Delay of game penalties will be:
 1. 1st delay of game- Warning
 2. 2nd delay of game- 5 yard penalty
 3. 3rd delay of game- 5 yard penalty and loss of down.
 4. Any delay of game after the 3rd delay of game will carry the same penalty has the 3rd delay of game.
- The game clock will be stopped in the final two minutes of the 2nd half in a one score game. (6 points)
- **Game clock will stop for the following:**
 - Change of possession
 - Injury
 - Time-Outs
 - Touchdown
 - Safety
 - Ball carrier out of bounds
 - Incomplete Pass
 - Penalties unless declined

OVERTIME

- Overtime will only be played in the post season.
- First possession is determined by a coin toss at midfield.
- Teams will go in the same direction on the field.



- Both teams will get an opportunity to possess the ball.
- Teams will have one play from the 10-yard line to gain 2 points.
- Interceptions in overtime will be blown dead and no points will be awarded.
- This process will continue until one team wins.

OFFENSE

- There is a 5-second pass clock.
- This will be counted aloud by the official.
- The official will stop the count of the 5-second pass clock once a legal rusher has crossed the line of scrimmage.
- The quarterback must get rid of the ball before the 5-second pass clock expires as long as he is not rushed by a defensive player.
- One player may be in motion at a time, but must come to a complete stop before the ball is snapped.
- For it to be a legal forward pass, half of the quarterbacks body must be behind the line of scrimmage.
- The ball must be snapped between the legs, unless being snapped by the coach.
- The offense starts the possession at the 40 yard line going in.
- The offense will have 3 plays to get to or cross the 25-yard line for a first down.
- Once across the 25-yard line, the offense will have 3 more plays to get to or cross the 10 yard line.
- Once across the 10-yard line, the offense will have 4 plays to score.



- Failure to gain a 1st down will result in change of possession only. Failure to score a touchdown once inside the 10-yard line will result in 2 points for the defense.
- The play will be blown dead if any part of the body touches the ground, apart from the hands or feet.
- The quarterback may not run with the football across the line of scrimmage, unless the rusher crosses the line of scrimmage.
- The quarterback may be rushed on any down, but only once per series.
- In this event, the center may shield the rusher.(Shielding- Palms open and elbows at ribs so the center can protect his or her face.)
- It is the rusher's responsibility to avoid contact with the center.
- The ball must cross the line of scrimmage through the air to be deemed a legal forward pass.
- Only legal forward passes are allowed.
- **Laterals and pitches** can be behind the line of scrimmage. The player receiving either must now pass the ball. The player receiving the ball may not run unless there is a legal rush by the defense.
- **Shovel Passes** must cross the line of scrimmage to be deemed a legal forward pass.
- Center sneaks are NOT ALLOWED.
- The player who received the initial snap from the center is the quarterback.
- Slightly leaving your feet, jumping, spinning, jump cutting is allowed. The ball carrier can't jump over or jump to split defenders.
- The offensive player may not dive to advance the football.
- The ball will be spotted where the ball is when the play was blown dead. The ball will be placed in the middle of the field. Therefore offensive players may extend there are to reach out the football for extra yardage.



- Offensive players, other than the center, must avoid contact with the defensive players.
- The player must have possession of the ball and one foot in bounds for it to be deemed a catch.

SCORING CHART

- Touchdown- 6 Points.
- Interception (During Regulation)- 2 points for the defense.
- Stop inside the 10-yard line- 2 points for the defense.

DEFENSE

- Defender wanting to rush the quarterback must start behind the 5-yard rush line.
- Quarterback may be rushed on any down, but once per series.
- If the defender leaves the rush line early and **crosses the line of scrimmage**, or if they have already rushed during the series and rush the quarterback, they will be flagged for illegal rushing.
- The official will stop counting the 5 second pass clock once the defender has crossed the line of scrimmage.
- The center may shield the rusher, but it is the rushers responsibility to avoid contact.
- Stripping is not allowed
- Interceptions in regulation gains the defense 2 points.
- Defenders may dive to pull a flag but must complete this action in a safe manner.



- Defenders must be at least 1-yard off the line of scrimmage.
- Defenders may chuck, bump, hand fight, etc., a receiver within 5 yards of the line of scrimmage.

FUMBLES

- **Forward Fumble**-The ball will be placed where the ball carrier's feet were when he/she lost control of the ball.
- **Backward Fumble**- The ball will be placed where the ball hit the ground.
- **Fumbled Snaps**- The play is blown dead, the offense loses a down and the ball is returned to the line of scrimmage.

PENALTY CHART

DEFENSIVE PENALTIES

- **Encroachment**- Player is beyond the line of scrimmage- **5 yards, repeat down**
- **Illegal Contact**- Pushing player out of bounds- **5 yards, repeat down**
- **Illegal Flag Pull**- Flag is pulled before the receiver has the ball- **5 yards, repeat down**
- **Unsportsmanlike Conduct**- Cussing, Shoving, Excessive Taunting- **10 yards from the spot, Automatic 1st down/ Possible ejection**
- **Tackling**- Knocking a player to the ground with no initial attempt to pull the flag- **10 yards, Automatic 1st down**
- **Holding**- Holding any part of the offensive player (Jersey, shorts, arm, etc.)- **5 yards from the spot of the foul, repeat down**
- **Stripping**- Attempting to pry away the ball from an opposing player- **5 yards from the spot of the foul, repeat down**
- **Pass Interference**- Obstructing a player's attempt to make a fair catch in any way- **5 yards, repeat down.**



Bringing **FUN** Back to Youth Football

- **Illegal Rushing-** Leaving the rush line early and crosses the line of scrimmage or rushing from any area that is under the 5-yard rush line or rushing after already using your one rush during a series- **5 yards, repeat down**

OFFENSIVE PENALTIES

- **Illegal Motion-** Multiple players in motion at one time- **5 yards, repeat down**
- **Illegal Forward Pass-** Forward pass that has been thrown beyond the line of scrimmage- **5 yards, repeat down**
- **Offensive Pass Interference-** Pick plays, pushing off of a defender- **5 yards, loss of down**
- **Flag Guarding-** Denying a defender the opportunity to pull the flag by stiffing arming or physical blocking the flag, etc.- **5 yards from the spot of the foul, loss of down**
- **Delay of Game-** Not snapping the ball before the play clock has run out.
 - 1st Delay of Game Penalty- Warning**
 - 2nd Delay of Game Penalty- 5 yards and repeat down**
 - 3rd Delay of Game Penalty- 5 yards and loss of down**
 - 4th Delay of Game Penalty- 5 yards and loss of down**
- **Unsportsmanlike Conduct-** Cussing, shoving, excessive taunting, 10 yards from the line of scrimmage, loss of down, possible ejection
- **Pass Clock-** Not getting rid of the ball before the 5 second clock has expired- **Loss of down**
- **Charging-** Not making an attempt to avoid the defender/ making contact- **5 yards from the spot of the foul, loss of down**
- **False Start-** Movement prior to the snap after everyone is set- **5 yards, repeat down**
- **Illegal Contact-** Blocking and Shielding- **5 yards, repeat down**
- **Illegal QB Run-** If the QB runs the ball before the rusher crosses the line of scrimmage- **5 yard penalty, loss of down**



Bringing **FUN** Back to Youth Football



Bringing **FUN** Back to Youth Football