MEN'S 7x7 FLAG FOOTBALL RULES
Except as designated below, NCAA rules will apply.

PART I - PLAYING PROCEDURES

Sec-1 TEAM SIZE
A team consists of 7 men playing at one time. There shall be a limit of 16 eligible players on the roster. Teams must have at least 6 players present and ready to play WITHIN 5 MINUTES of scheduled game time.

Sec-2 EQUIPMENT
No metal spikes or cleats are allowed. Rubber molded cleats or rubber screw-in cleats (no metal) will be permitted. No HARD protective casts or pads shall be worn. Officials will provide all necessary equipment for the game.

Sec-3 FIELD DIMENSIONS
The field will be divided into four 20 yard sections. The two end zones will be 10 yards deep. The side and end lines are considered out of bounds.

Sec-4 GAME TIME
There will be two 20 minute halves with running time. The LAST MINUTE of each half will be stop time. The clock will stop on all scores, penalties, incomplete passes, out of bounds plays, changes in possession, and first downs. After a first down, the clock will be restarted when the ball is readied for play. In all other cases, the clock will be restarted on the center snap. In addition, the clock will not run on extra point plays (last minute). The clock will NOT STOP if the previous play ended on a fumble.

Sec-5 TIME OUTS
Each team will be allowed 3 time-outs PER GAME. Time-outs may be used at any time during the game. In addition, the clock will also be stopped for injuries and official time-outs.

Sec-6 SCORING
A touchdown will be worth 6 points. After a touchdown, the offensive team will have the option of attempting either a 1 or 2 point conversion. A successful play from 3 yards out will be worth 1 point. A play from 10 yards out will be worth two points. A safety will be worth two points.

Sec-7 COIN TOSSED
The winner of the coin toss at the beginning of the game shall choose whether to start on offense or defense, or which goal to defend. In the second half, the teams will change sides and the team that started the first half on defense will be given the ball.
Sec-8 SUBSTITUTIONS
There will be unlimited substitutions between plays. Entering offensive substitutes must pass within ten yards of the ball.

Sec-9 BALL PLACEMENT
At the start of each half, and after a touchdown or a safety, the ball will be placed at the offensive team's 10 yard line. After a touchback, the ball will be put on the 10 yard line.

Sec-10 LINE OF SCRIMMAGE & BACKFIELD PLAYER POSITIONING
At least one player (center) must be positioned on the line of scrimmage. At least one player (quarterback) must be positioned in the offensive backfield. All offensive players, except for the back in motion, must be set for one second prior to the snap of the ball. Offensive players must line up at least five yards from the sidelines.

Sec-11 MAN-IN-MOTION
Only one member of the offensive backfield may be in motion at any one time. A man in motion must be aligned in the backfield position. In order to be eligible to go in motion, a wide receiver must be lined-up off the line of scrimmage.

Sec-12 ELIGIBLE PASS RECEIVERS/LEGAL FORWARD PASS
All offensive players with the exception of the forward passer are eligible to receive a forward pass. The forward passer can catch his own pass only if the ball is first deflected. Only one forward pass may be attempted per play. Once the ball has crossed the line of scrimmage on a given play, no forward passes may be attempted.

Sec-13 FIRST DOWNS
Four downs are granted to make a first down. A first down will be awarded for advancing the ball across any section line. If the section line had been previously crossed during the same series, a first down will not be awarded. Exception: If a team is awarded a first down because of a penalty, they must only cross the next section line, whether or not it had been previously crossed, in order to get another first down.

Sec-14 DOWNFIELD BLOCKING
Downfield blocking is permitted on all running plays and on pass plays ONLY AFTER THE PASS HAS BEEN COMPLETED. No down-field blocking is allowed while the ball is in the air or before a pass is thrown. Violations of this rule will be penalized the same as offensive pass interference. Defensive players are allowed one block on potential receivers WITHIN FIVE YARDS of the line of scrimmage. Violations of this rule will be penalized the same as defensive holding.

Sec-15 PUTTING THE BALL IN PLAY
To put the ball in play (except on punts), the center must pass the ball to the quarterback in a single continuous motion. Prior to putting the ball in play, the center may adjust the ball ONE TIME ONLY. After such an adjustment, further movement before the snap will be considered illegal procedure.
Sec-16 RUNS FROM SCRIMMAGE
Runs from scrimmage must be preceded by a lateral or hand off before the runner crosses the line of scrimmage. NO DIRECT RUNS

Sec-17 DOWNED BALL CARRIER
A ball carrier is considered down when any defensive player removes his flag belt. In cases of unintentional flag loss, the player may be downed by a defensive player touching the ball carrier anywhere below the shoulders with one hand. Defensive players are advised to keep playing until they hear the whistle. A ball carrier will also be considered down if he contacts the ground with any part of his body other than his feet or hands. A passer will be considered down if his flag is pulled before he releases the ball.

Sec-18 LEGAL CATCH
A pass receiver must have at least one foot (first foot) in bounds after gaining possession of the ball for the catch to be legal. This is providing that his other foot is not already out of bounds at the time of the catch.

Sec-19 DEAD BALL
A live ball becomes dead when: a) a score is made, b) the ball goes out of bounds, c) an errant snap from center or a lateral touches the ground, d) a pass falls incomplete, e) a punt is dropped, or f) an official blows his whistle, even though inadvertently. In this case, the team in possession will be given the option of taking the ball at the spot of the whistle or taking the entire play over. Exception: If there is a penalty against the team in possession, the penalty will be enforced.

Sec-20 LOOSE BALL
All loose balls are dead upon touching the ground. In the case of a fumbled lateral, the ball will be spotted at either the point of contact with the ground or at the point the ball was last controlled, whichever creates the greatest disadvantage for the team in possession.

Sec-21 PUNTS
A team wishing to punt must announce it intentions to the officials and the opposing team before the ball is declared ready for play. On all punts neither team may cross the line of scrimmage until the ball has been kicked. No center snap is required on punts; the punter may put the ball in play directly. A blocked or partially blocked punt is not a free ball and may not be advanced by the kicking team under any circumstances. The receiving team may only advance a blocked punt if it is fielded before it hits the ground. Otherwise the receiving team will be given possession where the ball hit the ground. On all punts the defensive team must have four players on the line of scrimmage until the ball is kicked.

Sec-22 PUNT RETURNS
A punt may not be returned if the ball is not fielded cleanly by the punt returner. Any punt that is fielded and then dropped is considered a dead ball and may not be advanced.
The ball shall be spotted according to sec-21. A ball that bounces before being touched can be picked up and advanced by the receiving team.

**PART II - PENALTIES**

**Sec-1  ILLEGAL PROCEDURE**
The following violations shall constitute illegal procedure and a penalty of 5 yards will be assessed the violating team. All illegal procedure penalties will be enforced from the line of scrimmage.

**A - Illegal Snap from Center (except on punts)**
1. Further movement of the ball by the center after initial adjustment.
2. Advancement of the ball by the center.

**B - Illegal Execution of Punts**
1. Failure to announce punt to officials (no quick kicks).
2. Forward movement by either team before the kick.
3. Failure to have 4 defensive players on the line.

**C - Illegal Motion**
1. Failure of all offensive players except the man in motion to come set for one second prior to the snap of the ball.
2. Movement towards the line by the man in motion.
3. Movement within 5 yards of the sideline by the man in motion.
4. Having two or more players in motion simultaneously at the snap.

**D - Illegal Delay of the Game**
Failure by the offensive team to snap the ball within 30 seconds of the time that the referee has placed the ball ready for play. Delay of game violations committed by a team that is leading or tied in the last three minutes of the game shall automatically stop the clock.

**E - Illegal Ball Carrier**
Any ball carrier who advances the ball past the line without first receiving a forward pass, lateral pass, or hand-off (No direct runs).

**F - Illegal Substitutions**
1. Failure of all entering offensive substitutes to pass within 10 yards of the ball.
2. Having more than 7 players on the field while the ball is in play.

**G - Offsides**
1. Failure of any player to remain behind the line of scrimmage before the ball is snapped.
2. Defensive players can legally jump back onsides before the ball is snapped provided no contact is made.
3. In cases of contact or of offensive movement before the snap, the play will be blown dead and the penalty will be assessed.

**Sec-2  PERSONAL FOULS**

**A - Illegal Block**
1. A blocker may not leave his feet to make contact with an opponent.
2. Contact can not be made with the fists or elbows.
3. Contact may not be initiated below the waist.
4. Any contact above the shoulder even if unintentional is strictly prohibited.

PENALTY ENFORCEMENT - 15 yards from the spot of the foul.

**B - Clipping**
1. Contact on a block must be made within the blocked player's field of vision.
   The position of the blocker's head at the time the block is delivered will be used to
determine the block's legality.
2. If a player about to be blocked turns his back to the blocker within 5 yards of
   contact, no penalty will be called.

PENALTY ENFORCEMENT - 15 yards from the spot of the foul.

**C - Holding**
1. Offensive players may use their hands to block, but may not hold or hook an
   opponent.
2. Defensive players can use their hands to push or move blockers out of the way
   but may not tackle or hold any potential ball carrier or receiver.

PENALTY ENFORCEMENT - Offensive Holding: 10 yards from the line of scrimmage.
Defensive Holding: 5 yards from the line of scrimmage and an automatic first down.

**D - Unnecessary Roughness**
1. Any action which in the opinion of an official may cause injury to another
   player (even if unintentional).
2. Ball carriers must make an effort to avoid potential flag pullers and may not
   run over, straight arm, or in any way ward off these defenders.
3. Defensive players must go for the ball carrier's flags. They may not tackle, hold, block, or shove a ball carrier out of bounds. IN ADDITION,
   DEFENSIVE PLAYERS MAY NOT ATTEMPT TO STEAL OR BAT A
   BALL AWAY THE BALL FROM A PLAYER WHO HAS CLEAR
   POSSESSION.
4. Intentionally "canning" the center.

PENALTY ENFORCEMENT - 15 yards from either the end of the play (dead ball) or the
spot of the foul (live ball).

**E - Roughing the Passer**
1. Any time a defensive player who does not deflect a quarterback's pass makes
   contact with the quarterback, roughing the passer will be called.
2. A defensive player who does make contact with the pass must still make an
   effort to avoid contact.
3. Any defensive player who is blocked into the quarterback will not be guilty of
   roughing.

PENALTY ENFORCEMENT - 15 yards from the line of scrimmage.

Sec-3 MAJOR PASS - RUN PROCEDURE PENALTIES

**A. Flag Guarding**
A ball carrier may not use his hands to prevent a defender from pulling his flags. All ball carriers must with arms and hands above the waist while in the immediate vicinity of defensive players. Spinning will be considered legal if it conforms to the above rules.

**B. Hurdling**

A ball carrier may not leave his feet to avoid a potential flag puller.

PENALTY ENFORCEMENT (3A and 3B) - 10 yards from the spot of the violation and loss of down.

**C. Illegal Forward Pass/Lateral**

1. More than one forward pass in one down.
2. Throwing a forward pass while past the line.
3. Passer catching his own pass unless deflected first by a defender.

PENALTY ENFORCEMENT - 5 yards from the spot of the violation and loss of down.

**D. Pass Interference**

1. Making contact with an opposing player which hinders him from catching the ball.
2. Waving hands in the receiver's face.
3. Incidental contact occurring when neither player has an obvious advantage will not be considered a violation.

PENALTY ENFORCEMENT - When committed by the offense: 15 yards from the line of scrimmage and loss of down. When committed by the defense: Automatic first down at the spot of the infraction. Defensive pass interference committed behind its own goal line will result in the offense being given a first and goal at the one yard line.

**Sec-4 UNSPORTSMANLIKE CONDUCT**

Good sportsmanship is essential to the running of a quality intramural program. To meet this need, poor sportsmanship will be severely punished. Any player who is ejected from a game will be forced to sit out his team's next game as well. If the ejection was for flagrant misconduct or fighting, then the ejected player must meet with the IM Director before he will be allowed to participate in another game. It is the responsibility of the player to set up this meeting.

Any player who throws a punch at an official will be banned from further intramural competition for life.

**PART III - OVERTIME**

Overtime will be used only in the playoffs. During the regular season, any game ending in a tie will remain a tie.

Overtime will be sudden death. The first team to score will be declared the winner. Overtime will start with a coin toss. The team that wins the toss will be given the ball on their own thirty (30) yard line. Teams will defend the same goals which they defended the second half.
Overtime will be played in twenty minute halves which will be running time except for the last minute which will be stop time. If a second half of overtime is needed, the team which lost the coin flip to start the overtime will be given the ball. Teams will change ends of the field.

Each team will be allotted two timeouts per half in overtime.