



3rd & 4th Grade Divisions

7 on 7 tourney

FIELD SETUP:

- Start on 30-yard line. 3 downs to reach the 1st down at 15-yard line and 3 downs to score
- Failure to obtain a first down or a touchdown results in turnover on downs.
- The 5-yard line and in is a “no run zone.” Passing plays only inside the 5 yd. line

FORMAT:

1. **Flag football format. Playbooks will be provided.**
2. Pee wee game ball will be provided. **Play clock from spot is 30 seconds.**
3. 25-minute running clock. Clock only stops for timeout and injuries.
4. Each team is awarded one time out per game. (30 seconds)
5. The center must snap the ball either directly or shotgun and then can go out for a pass. No center runs.
6. One receiver must be on LOS on each side of the center, but at least 2 yards from the center.
7. The quarterback cannot run the ball and all other legal runs must be handed off behind the line of scrimmage.
8. Quarterbacks **have 7 seconds** to pass/hand off the ball before being blown dead.
-- Once blown dead, the ball returns to the spot where the play started.
9. After each play, the offense is responsible for getting the ball back to the LOS.

FLAG RULES:

1. No yellow or red shorts as that's the flag colors. Jersey must be tucked in.
2. Ball is spotted where runner's front foot is when the flag is pulled, not the position of the ball.
3. A player who receives a legal handoff behind the LOS can throw the ball.
4. No blocking or screening of any kind is allowed. No running with ball carrier
5. Shovel passes, laterals, throwbacks, and pitches are not allowed.
6. There is no rush on the quarterback, but after a legal handoff, any defensive player can cross the line of scrimmage.
7. Flags must be free of obstruction and cannot be “guarded” by the offense with a stiff arm, or drop of head, hand or arm to obstruct the flag.
8. Defenders cannot hold or run through a ball carrier when pulling flags.
9. No stripping. If a ball is fumbled, the ball is down where it hits the ground.
10. If QB-center exchange is fumbled, the QB can pick it up and continue with the play.

SCORING:

TOUCHDOWN	6 POINTS	
POINT AFTER TOUCHDOWN	1 POINT	FROM 5 YARD LINE (No RUNS)
TWO POINT CONVERSION	2 POINTS	FROM 10 YARD LINE
INTERCEPTION FOR TD	6 POINTS	IF NO TD, BALL ON 15 YD LN

*Penalty on PAT will result in being successful if on D, and not successful if on O

*Overtime is a coin toss possession with choice of 5 (1 point) or 10 (2 point) yard line. If first team scores, the other MUST go for two. If both teams score 2, the offense and defense flip for another possession.

COACHES:

One (1) coach can be on the field for each the offense and the defense.

PENALTIES:

- Officials will call all penalties and incidental contact. NO ARGUING.
- Games cannot end on penalty unless opposing team declines the penalty.
- Penalties assessed half the distance to the goal when more than LOS.

Spot Fouls:

- | | |
|--|----------------------------|
| • Defensive pass interference | Automatic First Down |
| • Defensive holding | Automatic First Down |
| • Stripping | +10 yds. and first down |
| • Screening/blocking/running with the ball | - 10 yds. and loss of down |
| • Charging/flag guarding | - 10 yds. and loss of down |

Defensive Penalties:

- | | |
|---|------------------------------|
| • Unnecessary Roughness/Unsportsmanlike | +10 yds. and auto first down |
| • Offside (use discretion) | +5 yds. and auto first down |
| • Blitzing | +5 yds. and auto first down |
| • Illegal flag pull | +5 yds. and auto first down |

Offensive Penalties:

- | | |
|--|------------------------------|
| • Unnecessary Roughness/Unsportsmanlike | -10 yds. and loss of down |
| • Offensive pass interference | -5 yds. and loss of down |
| • Offside (use discretion) & false start | -5 yds. and repeat down |
| • Illegal motion | -5 yds. from LOS/repeat down |
| • Delay of game | -5 yds. from LOS/repeat down |