



Updated 4/21/26

My7on7 5v5 Flag Football League Rules

Game Rules

- **Team & Roster:** 5-on-5 format.
- **Game Duration:** 22-minute games with a running clock.
- **Field Setup:** The first down is at the 20-yard line.
- **Scoring System:**
 - 6 points per touchdown.
 - No points for interceptions
 - 6 points for an interception returned for a touchdown
 - Extra points will be mandatory, teams will have the choice of going for 1 pt from the 5 yard line and 2 points from the 10 yard line after a touchdown.
 - Turnovers on PATs are dead balls.
 - Safety's are 2 points.
- **Possession Rules:**
 - The ball is dead when it hits the ground past the line of scrimmage, the ball-carrier steps out of bounds, the player's flag is pulled off the body, or their body (excluding hands or feet) touches the ground.
 - No blocking, kicking, or fumbles past the line scrimmage allowed.
 - A missing flag at the start of a play results in the player being deemed down upon possession of the ball. If a flag falls off inadvertently while a player is running, the defender must tag the player with one hand and the ball carrier is down.
 - 4 downs for a first down, then 3 downs for a touchdown
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Player Equipment

- **Jersey:** Jerseys must be tucked in with flags without obstruction before play begins.
- **Helmets:** Soft shell helmets are mandatory and must be worn at all times during play.

- Helmets must be fully fastened during play and mouthpieces in, or the player can be removed from the field until he/she is in compliance. Non-Compliance can result in loss of down or play.
 - **Mouthguards:** Mouthguards are mandatory and must be worn at all times during play.
 - **Flags:**
 - Flags must be a minimum of 14 inches in length.
 - Popper flags only
 - 2 flags on each side
 - Flags must be free from obstruction and properly positioned on the player's hips.
 - Any attempt to tamper with flags (e.g., adhesives, knots) will result in game disqualification and a man-down penalty.
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Coaches

Maximum of 3 coaches allowed on the sideline during the game.

- One offensive coach is allowed on the field and in the huddle with players, but must be a minimum of 5 yards behind the quarterback before the ball is snapped so there is no interference with game play or Referee.
 - 1 Defensive coach is allowed on the field at the beginning of the play to make a play call. However, coaches must move out of the way prior to the snap of the ball.
 - Coaches are responsible for knowing all rules and educating their players on the rules and conduct.
 - Official scores will be kept by officials (coaches are encouraged to confirm and sign their initials on the final scorecard at the conclusion of the game).
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Officials

- Each game will have up to two officials. In addition, a Field Manager will be on the field to answer questions and resolve any on the field issues.
- Referees will keep the 6-second clock, 25-second play clock, and score.
- Officials will be strictly enforcing 6-second clock and 25-second clock.
- A Site Coordinator will be on-site to assist parents in the stands, while the Field Managers will assist with player, coach, and referees on the field.
- If during a game a coach or player disagrees with an official's judgment call, they **MAY NOT** dispute that call with the official at that time. All disputes will go directly to the Field Manager.

- To dispute a game the head coach must report all game play ruling discrepancies immediately after the affected game to the Field Manager or League Director in order to be considered.
- Any reversal or game-changing decisions will be made at the discretion of the Field Manager or Field Director. Coaches of both teams involved in the disputed game will be made aware of any changes.

Officials and the Field Managers will ensure the games start on time and rules are being enforced.

Gameplay Mechanics

Post-Snap Rules

- All Blitzers must be a minimum of **seven** yards behind the line of scrimmage when the ball is snapped and must declare themselves by raising their hand.
- The quarterback must release the ball within 6 seconds.
- The quarterback **cannot run**.
- All players are eligible to receive a pass downfield.
- One player may be in motion at any time, provided they do not move toward the line of scrimmage at the snap.
- Handoffs are allowed on any down but are not permitted in the red zone (5-yard mark and in).
- One lateral per play is allowed beyond the line of scrimmage.
- A forward pass is permitted after a lateral or handoff, as long as the passer has not crossed the line of scrimmage.

Line of Scrimmage Rules

- The offense may line up in any formation.
- Offensive backs must line up at least **two (2) yards** behind the line of scrimmage.
- The ball must be snapped between the center's legs.

Defensive Rules

- **Blitzers** may rush the quarterback immediately when the ball is snapped. Must line up at least 7 yards off the line of scrimmage
- Blitzers must declare by raising a hand.
- If a blitzer crosses the line before the ball is snapped, they are not allowed to blitz
- Max 2 blitzers per play
- The blitzer must align clear of the center.
- Unlimited blitz per game

- Defensive players cannot intercept the snap.
- The defense can only cross the line of scrimmage by:
 - Executing a blitz.
 - Reacting to a running play or lateral pass.
- Defensive players who dive to pull flags or intercept passes are permitted, but offensive players may not dive to gain forward progress.
- Players are not allowed to block or interfere with the blitzer.

Penalties & Infractions

- **All penalties result in either an extra down, a free play, or a loss of a down. No yardage penalties apply.**
 - **Ex.:** Defensive penalties post-snap will result in a free play for the offense.
- **Encroachment:** If the defense crosses the line of scrimmage before the three (7) -second rush timer expires and has no remaining blitzes, the offense may accept the play result or replay the down.
- **False Start:** If an offensive player crosses the line of scrimmage before the snap, it results in a loss of down.
- **Illegal Flag Pull:** If a defensive player pulls a flag before possession is gained, the offense may choose to replay the down or take the result of the play.
- **Blocking & Holding:**
 - Blocking (using hands, arms, shoulders, or head to impede a defender) is illegal and results in a loss of down from the spot of the block infraction.
 - Holding a player's jersey or body to impede movement is illegal and results in a loss of down.
- **Charging:** If a ball carrier makes significant physical contact with a stationary defender, it is a charging penalty resulting in a loss of down from the spot of infraction.
- **Defensive Pass Interference (DPI):**
 - DPI results in an automatic first down at the next first down marker (25, 10 yard lines) or half the distance to the goal inside the 10 yard line.
 - If DPI occurs in the end zone, the offense is awarded possession at the opposing 2-yard line or previous line of scrimmage, whichever is closer.
 - If a defender forces a receiver out of bounds before a pass is thrown, it is also considered DPI.
 - If the pass is deemed uncatchable, no penalty is called.
- **Roughing the Passer:** Any contact with the throwing arm or shoulder results in an automatic first down and a possible free down if a first down was already gained.
- **Tackling:**

- Intentional tackling results in a warning for the first offense along with an unsportsmanlike conduct penalty, a second offense will result in an immediate ejection.
- The opposing team is awarded a touchdown if the tackled player was a free runner.
- No flagging guarding
- **Unsportsmanlike Conduct:** Includes taunting, fighting, verbal abuse of officials, and pretending a penalty occurred.
 - First offense: Player is sent off the field for **two plays**.
 - Second offense: Player is ejected.
 - Officials may eject a player on the first offense at their discretion.

Additional Rules

- **Delay of Game:** If the offense does not start a new play before the play clock expires, they lose the down.
- **Too Many Players on the Field:**
 - If the offense starts a play with more than five players, they lose the down.
 - If the defense starts with too many players, the offense gets a free play.
- **Flag Delay:** Defenders must drop the flag immediately after pulling it; throwing it away results in an unsportsmanlike conduct penalty.
- **Un-Tucked Ball Carrier:** If a referee warns a player about untucked jerseys or misaligned flags and the player does not comply, they will be ruled down by one-hand touch.

For further clarifications, consult My7on7 league officials or visit my7on7.com/rules.

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