

Central Iowa Recreation League 7 v 7 Flag Football Rule Modifications

The Field and Equipment

The game is played on a field that is 30 by 65 yards, with a 50-yard field of play with 5-yard hashes and 10-yard line markers. There are 5-yard "No-run zones," just before each end zone.

Official Ball Size for Game Play:

- 1-2 Grade Pee Wee Sized Ball
- 3-4 Grade Pee Wee Sized Ball
- 5-6 Junior Sized Ball

Uniforms: Uniform jerseys **MUST** be tucked in with the player's flags at the sides. Flag belts must not fall off easily or be too difficult to pull. It is the responsibility of your community's league coordinator to determine if flags are acceptable/fair for game play.

Equipment: Provided equipment, including jerseys and mouthpieces **MUST** be worn during game play. Rubber-soled or rubber cleated shoes must be worn. Jerseys shall be tucked in with flags worn at the player's sides. Flag belts must be a contrasting color to the jersey and be pop style flag belts.

Game Flow

A game consists of two 25-minute halves. The clock runs continuously and only stops for timeouts or injuries. Halftime is 5 minutes long.

The visiting team calls a coin toss at the start of the game to determine who gets possession first.

The team on offense begins their drive on their own 5-yard line and has four downs to cross midfield. After crossing midfield, they get another set of downs. If a team fails to cross midfield or score, possession changes, and the other team starts its drive from its own 5-yard line. The only exception is an interception, where the intercepting player can run the ball back until they are down or go out of bounds.

Offensive and Defensive Rules

Offensive Play

- A team has 30 seconds to snap the ball after it's spotted.
- The offense consists of a center, a quarterback, and five receivers.
- Centers must snap the ball between their legs.
- The quarterback can run with the ball once every set of downs. Otherwise, the QB cannot run with the ball across the line of scrimmage unless it's been handed off to another player first.
- Only direct handoffs and backward passes are allowed behind the line of scrimmage. Once a handoff occurs, any defensive player can cross the line of scrimmage.
- All players are eligible to catch a pass, and a legal reception requires at least one foot to be inbounds.
- There's a 7-second clock for the quarterback to pass the ball. If the clock expires before a pass or handoff, the play is dead and a down is lost. P.17 USA RULEBOOK
- "Flag guarding" is illegal. This happens when a ball-carrier obstructs a defender's access to their flags by stiff-arming, lowering their head, or covering their flags with their jersey. Diving, leaping, or jumping to avoid a flag pull is also considered flag guarding.
- No blocking or "screening" is allowed at any time.

Defensive Play

- A maximum of 2 designated defensive blitzers may legally rush the quarterback. All designated rushers must identify themselves, with their hand raised until the snap, to legally rush from the 7-yard rush line. Designated rushers are not obligated to rush, but if they do, they must rush immediately upon the ball being snapped.
 - A blitzer gets a "right of way" to rush the quarterback, and the offense cannot impede their path.
 - Defenders can dive to pull flags, but cannot tackle, hold, or run through the ball-carrier.
 - It's illegal to intentionally pull the flags off a player who doesn't have the ball. If a player's flag falls off on its own, they are down as soon as they get possession of the ball.
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Penalties

All penalties are assessed from the line of scrimmage unless they are a spot foul.

Offensive Penalties

- -5 yards and loss of down: Offsides/false start, delay of game, illegal motion, impeding the blitzer, backwards pass, or flag guarding.
- -10 yards and loss of down: Charging, screening, blocking, running with the ball, unnecessary roughness, or unsportsmanlike conduct.

Defensive Penalties

- +5 yards and automatic first down: Offsides, illegal rush (starting from inside the 7-yard marker), or roughing the passer.
 - +10 yards and automatic first down: Pass interference, unnecessary roughness, unsportsmanlike conduct, holding, or stripping.
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Other Misc. Rules

- All players must play at least 2 positions in each game on both offense and defense. All players must have similar or equal playing time. No player will play more than one position for more than 50% of the game.
 - There will be no kicking.
 - There will be no extra point conversion attempts.
 - Scores and league standings will not be kept.
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1-2 Grade Modifications

- Plays with a coach quarterback.
 - Does not have on the field no run zones.
 - No Blitzing.
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Rule Emphasis'

Rule 3, Section 2, Article one: Dead Ball

- As a result of a bad snap the ball is then placed where the ball hits the ground.

Rule 4, Section 1, Article 3

- If a safety occurs, ball is awarded to the defensive team.

Rule 4, Section 2, Article 2: Legal running plays

- Only direct hand offs and backward passes behind the line of scrimmage are permitted. We will leave the QB can run with the ball once every 4 downs, unless it becomes an issue.

Rule 4, Section 3, Article 1: Forward Passing

- A pass is considered a forward pass if the ball first touches anything beyond the spot where the ball is released. A quarter back may throw the ball away to avoid a sack but must go beyond the line of scrimmage and be near a teammate. Any player receiving a legal handoff can throw the ball forward if they are still behind line of scrimmage.

Rule 4, Section 3, Article 2: Shovel Pass.

- Shovel passes are allowed but must be received beyond the line of scrimmage.

Rule 4, Section 3 Article 3: Seven Second Clock

Rule 4, Section 2, Article 2: Legal Running Plays

Rule 4, Section 4, Article 4: Impeding the Blitz