

FVFLAG SEASON RULES - PENALTIES

Games or halves may not end on a defensive penalty unless the offense declines it.

****ROUGH PLAY/ UNSPORTSMANKLIKE CONDUCT WILL NOT BE TOLERATED****

LOS = Line of Scrimmage

Games: 45-minute running clock with two 20-minute halves. 5 min Halftime The clock stops for injuries and the Officials' discretion. 35 point mercy rule in 2nd half is in effect. **Each team has 1 60-sec timeout** per half. No carry over.

Offense may play with the **same Quarterback** throughout game. **Player substitutions** may be made between plays.

NO RUN ZONES: All plays must be pass plays, even with a handoff. **7U Division- 'No Run' zones are NOT in effect**

OFFENSE takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once team crosses midfield, it has three (3) downs to score a touchdown. If offense fails to score, after crossing midfield ball changes possession, opponent starts at 5-yard line. - **7 Second Pass clock is not in effect until further notice**

CENTER must snap the ball between his/her legs and the ball must completely leave his/her hands.

QUARTERBACK cannot directly run with the ball. Pitches and laterals are allowed behind the line of scrimmage. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage Shovel passes are allowed but must be received beyond the line of scrimmage.

PUNT - Offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, opposition starts its drive from its own 5-yard line. If offense goes for it on 4th down and fails, the opposing team will start its possession from the spot.

Handoffs may be in front, behind or to the side of player but must be behind the LOS. **Multiple handoffs** permitted. Player that receives a handoff can throw the ball from behind LOS **Once ball has been handed off all defensive players are eligible to rush.**

Ball carriers may leave their feet for spinning, jump cuts, QB's passing or if a player has done so to avoid a collision with another player. However, if contact is made an unnecessary roughness penalty may be enforced.

Offensive players cannot run with the ball carrier or in close proximity once the ball has crossed LOS.

Player must have at least one foot/ other body part in bounds, contacting ground first with possession.

If a **player's flag inadvertently falls off** during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.

OVERTIME - If the score is tied at the end of regulation, an overtime period will be used to determine a winner. **1st OT** Each team will take turns getting one **(1) play** from the defense's 5-yard line for **one point** or the defense's 10-yard line for **two points**. Offensive team makes the choice to go for 1 or 2 pts. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a play of their own. If needed **2nd OT**, both teams **must "go for two"** from the 10-yard line. Still if needed, **3rd OT**, each team will get 1 play from the 5 yard line **going out from the endzone**. Team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score. **Interceptions are returnable in OT, and worth 2 points**

2 point SAFETY occurs when ball-carrier is down in own end zone. Runners are down when flags are pulled by a defensive player, flag falls out, step out of bounds, knee/ arm touches ground, fumble or snapped ball lands in or past the end zone

Play is ruled "dead" when: ball-carrier's knee / arm hits the ground, Ball-carrier's flag falls out. Receiver catches the ball without flag(s). Inadvertent whistle, Ball-carrier leaves feet diving or to hurdle a player

SACK occurs if the quarterback's flags are pulled behind the LOS. Ball is spotted at spot of where flag is pulled

INTERCEPTIONS are returnable. 6 Pts if returned for a score in regular play. 2 pts during conversions and/or overtime.

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Any number of players can RUSH QUARTERBACK. Must be min 7 yards from LOS when the ball is snapped
If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not an OFFSIDE penalty until rusher crosses LOS prior to the handoff or passed ball.

FLAG OBSTRUCTION – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding
No **blocking** or **"screening"** is allowed at any time.

Defenders can dive to pull flags but **cannot tackle, hold or run through the ball-carrier when pulling flags**

Ball-carriers MUST try to **avoid defenders** with an established position. **Defenders must give free releases off the line of scrimmage** to offensive players and are **not allowed to run through the ball-carrier when pulling flags.**

UNSPORTSMANLIKE CONDUCT penalties: **intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act,** game will be stopped and the player may be ejected from the game. At the referee's discretion.

OFFENSIVE / CONFRONTATIONAL LANGUAGE / TAUNTING is NOT allowed. Officials have the right to determine offensive language. The officials will determine if a warning or immediate ejection is warranted.

DEFENSIVE SPOT FOULS

Defensive pass interference Automatic first down

Holding +5 yards and automatic first down

Stripping +5 yards and automatic first down

OFFENSIVE SPOT FOULS

Screening or blocking -5 yards and loss of down

Charging -5 yards and loss of down

Flag guarding -5 yards and loss of down

DEFENSIVE PENALTIES

Any defensive player crosses the LOS before the ball is snapped – **OFFSIDE** (5-yards from LOS and first down).

Players rushing the quarterback may attempt to block a pass; however, **contact to the QB**, unless ruled incidental by the official, would result in a **roughing the passer** penalty.

Defensive unnecessary roughness +10 yards and automatic first down

Defensive unsportsmanlike conduct +10 yards and automatic first down

Offside / illegal substitution +5 yards from LOS and automatic first down

Illegal rush (Starting rush inside 7-yard marker) +5 yards from LOS and automatic first down

Illegal flag pull (Before receiver has the ball) +5 yards from LOS and automatic first down

Roughing the passer +5 yards from LOS and automatic first down

Offensive unnecessary roughness -10 yards and loss of down

Offensive unsportsmanlike conduct -10 yards and loss of down

Offside / false start / illegal substitution Illegal forward pass (Pass received/ lands behind the line of scrimmage or throwing pass after crossing the line) -5 yards from line of scrimmage and loss of down **Offensive pass interference** -5 yards from line of scrimmage and loss of down

Illegal motion (More than one person moving) -5 yards from line of scrimmage and loss of down

Delay of game -5 yards from line of scrimmage and loss of down

Impeding the rusher -5 yards from line of scrimmage and loss of down

Illegal Procedure -5 yards from line of scrimmage and loss of down