

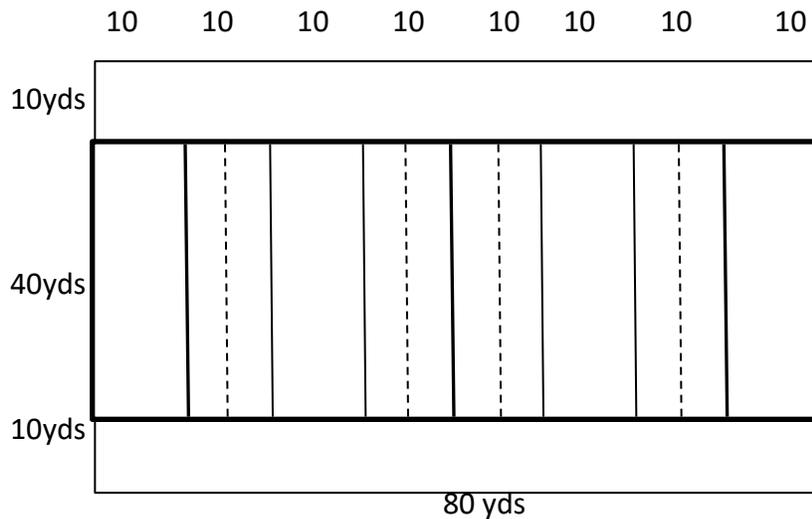


McKinney Sports Connection

7 on 7 Flag Football

Grades: Kindergarten, 1st and 2nd Grade

1. **Game Day Rules:** (UIL rules will govern play, with the following league modifications)
2. **Field Dimensions:** 40 yards wide by 80 yards length. A preferred coaches/players box of or between 5 and 10 yards on each sideline.
 - a. Fields will be marked off in 10 yard increments either by cones or painted lines.
 - b. In addition, 5 yard pass only zones.



3. Players/Game Schedules

- a. Teams must attempt to field a minimum of (7) player if they have more than seven on their official roster. Teams may start 6 players due to conflicts or injury. All players must play at least $\frac{1}{2}$ the game. All players must play either all of the defensive plays for their team or all of the offensive plays for their team. Players could also play all the offensive plays in the first half and all defensive plays in the second half. Injuries are the only exception for not playing at least half the game.

4. Coin Toss/Captains Meeting

- a. The winner of the coin toss may choose to go on offense or defense. The loser of the coin toss chooses the direction. In the second half, the direction will change as well as possession.

5. Timing

- a. Games are played to 40 minutes; (2) twenty minute halves with a 5-minute half time. (No overtime games will be played in regular season)
- b. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- d. Each team has (3) thirty-second timeouts per game.
- e. Officials can stop the clock at their own discretion.

6. Start of Game/Game Play

- a. The offensive team takes possession of the ball at its 10-yard line and has (3) downs to get to the next 10 yard marker. Teams may have multiple first downs to get to mid field and beyond. If the offense fails to get a first down on their first 3 possessions, then the ball changes possession and the new offensive team takes over on its 10-yard line.
- b. If an offensive team gets to the 10-yard line, 1st and goal, then they will receive 4 downs to score.
- c. There is a pass only rule from 5 yards at mid field and from 5 yards from goal.
- d. Possession changes occur on a 3 and out on the first set of downs, or any 3 and out during offensive possession. If a 3rd down takes place in the pass only zone, then team must pass. Interceptions are live and will be spotted where flag is pulled or at the spot which a player's flag falls off if applicable.
- e. **Offense formations should have a minimum of 3 players on the line of scrimmage.**

7. Scoring

- a. Touchdown: 6 points
- b. Extra Point: 2 point from 5-yard line pass only or 1 points from 10-yard line run/pass
- c. Safety: 2 points (Defensive team receives ball at own 15-yard line)
- d. An interception returned on a PAT is good for the 1 or 2 points determined after offensive touchdown.

8. Running

- a. It is highly encouraged in kindergarten to let every player run the ball at least once before they may run a second time. An attempted pass reception is considered a carry.
- b. All plays must start with a center snap (The snap does not have to be between the legs but is strongly encouraged).
- c. The quarterback cannot run the ball.
- d. Hand-offs behind the line of scrimmage are permitted. Offense may use multiple hand-offs.
- e. One (1) lateral or pitch will be permitted per play.
- f. The player who takes a hand-off can throw the ball from behind the line of scrimmage.
- g. Once the ball has been handed off, all defensive players are eligible to rush.
- h. Once the ball is handed off, offensive players must stop running to avoid any kind of blocking.
- i. An offensive player must avoid making contact to a defensive player during route running or double cuts.
- j. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). Flag guarding will be called.
- k. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- l. A handoff to the center is allowed, but there must be a complete snap exchange before putting the ball back in the hands of the center.

9. Receiving

- a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- b. Only one player is allowed in motion at a time.
- c. Player must have at least one foot inbound when making a catch.

10. PASSING

- a. All passes must be forward beyond the line of scrimmage.
- b. A pass can be made laterally like a toss and then that players can then run or pass.
- c. Intentional ground will NOT be called at any point in the game.

11. BLOCKING

- a. Blocking is not allowed down field. A penalty of 10 yards will be assessed.

b. Offensive teams may have blockers behind the line of scrimmage and may move from side to side or backwards as long as they DO NOT Contact a defensive player. Their hands must be behind their backs to indicate that they are in the act of blocking to protect the quarterback from a blitz. The blocker cannot for any circumstance move forward and engage contact. A blocking penalty will be enforced. At the same time a defender cannot run through a blocker or a defensive penalty will be enforced.

12. DEAD BALLS: Play is ruled “dead” when:

- a. If the exchange from center to the quarterback fails (ball touches the ground and/or dropped)
- b. Ball carrier’s flag is pulled.
- c. Ball carrier steps out of bounds
- d. Touchdown or safety is scored
- e. Ball carrier’s knee hits the ground
- f. Ball carrier’s flag falls out
- g. There are no fumbles. The ball is spotted where the ball hits the ground.
- h. Ball is spotted where the feet are and not the ball. If an athlete’s flag is pulled with feet at the 1yard line, but ball is crossing the plain, then it is not a touchdown.
- i. Athletes cannot dive or leave their feet with possession of the ball. Defensive players may dive to retrieve flag, but cannot tackle the offensive player.

13. RUSHING THE QUARTERBACK

- a. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
- b. Any number of players can rush the quarterback.
- c. Players not rushing the quarterback may defend on the line of scrimmage.
- d. Once the ball is handed off, the 7-yard rule is no longer in effect and all defenders may cross the line of scrimmage.
- e. A special marker, or the referee, will designate 7 yards from the line of scrimmage. (The player does not have to stand on this marker, but must not pass the yardage where the marker is placed).

14. SPORTSMANSHIP/ROUGHING

- a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!**
- b. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators). If trash talking occurs, the referee will give one warning. If it continues, the player will be ejected from the game.
- c. **UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED AT ANY TIME!**

Two official options:

REMOVAL: The referee has the right to remove a coach or player from the game for minor infractions (REFEREE’S DISCRETION), but the coach or player does not have to leave the facility/park. There is no team penalty, and the coach or player is not suspended for a game. However, if the coach or player does not comply with the referee’s decision, the action IS SUBJECT TO EJECTION AND SUSPENSION (see next option).

EJECTION: Any player, coach, team manager or fan who displays any unsportsmanlike conduct, such as profane language or abusive language while playing, sitting in the stands, or coaching will be dealt with in the following manner:

- a) Any player, coach, team manager or fan ejected from a regular or post season scheduled game due to verbal abuse toward any assigned game official, player, or fan will draw a minimum of one – (1) game

suspension. **PLAYER, COACH, OR FAN MUST LEAVE THE PARK!** A second ejection from a regularly scheduled league game will result in a minimum one – (1) year suspension.

15. COACHING

- a. Kindergarten only: 2 coach on field for offense and 2 on field for defense
- b. 1st: 2 coaches on offense and 2 on defense
- c. 2nd Grade: Only 1 Coach on the field for Offense and Defense.
- d. BALL SIZE: Pee Wee or K2

16. PENALTIES: The referee will call all penalties.

a. Defense:

Offsides – 5 yards.

Interference/illegal flag pull – 10 yards and automatic 1st down.

Illegal contact (holding, blocking etc.) – 10 yards.

Illegal rushing (starting rush from inside 7-yard marker) – 10 yards

Mouthpiece – 5 yards.

b. Offense:

Illegal motion (more than 1 person moving, false start, etc.) – 5 yards

Offensive pass interference (illegal pick play, pushing off/away defender) – 10 yds.

Flag guarding- 10 yards (from infraction) and loss of down

Delay of game – clock stops, 10 yards, and loss of down

Mouthpiece – 5 yards

c. Referees determine incidental contact, which may result from normal run of play.

d. Only the team coach may ask the referee questions about rule clarification and interpretations.

Players/coaches cannot question judgment calls.

e. Games cannot end of a defensive penalty, unless the offense declines the penalty.

f. PASS ONLY ZONE PENALTY. When the offense is in the pass only zone and is penalized and is moved out of the zone, then pass only rule does NOT take effect.

17. END OF SEASON TOURNAMENT

- a. Tournament games may NOT end in a tie. Tie breaking rules are as follows:

Tie Breaker

a. After coin flip to determine first possession, teams will alternate 4 down series from the 20-yard line to get to the 10 yard line. A first down is possible and from there they will have 4 downs to score.

b. A winner is determined when one team scores during its possession and the other does not. (Federation rules).

c. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.