

# Park Ridge Flag Football Rules and Guidelines

For Complete Rules see:

<https://assets.usafootball.com/documents/rookietackle/resources/ADM-7on7-Flag-Rulebook.pdf>

## **RULES — Exceptions to the USA Football Link Above.**

1. All teams **3<sup>rd</sup> grade and older**, may designate **ONE RUSHER PER PLAY WHO MUST START AT 10 YARDS OFF THE LINE OF SCRIMMAGE**. This rusher may not leave until the ball is snapped. A team may choose to not to rush the QB. **THERE IS NO RUSHER FOR TEAMS 2<sup>nd</sup> GRADE AND YOUNGER**, instead there is a 7 second pass clock to prevent stalling, if the pass is not thrown by the time the official counts to seven, the play will be whistled dead, and treated as an incomplete pass.
2. There is no pass clock.
3. **Center is eligible**. A center may receive a pass or take a handoff after fully releasing the ball to the QB.
4. **There is not a “NO RUN ZONE”** — Teams can run or pass any time, even on 5-yard extra point attempts or 10 yard 2-point Conversions.
5. **INTERCEPTIONS CAN ALWAYS BE ADVANCED IN ALL AGE GROUPS EXCEPT ON EXTRA POINT ATTEMPTS**. If the ball is returned to the DEF endzone, it is defensive touchdown. If the returner is downed short of the DEF goal, mark the yardage and count that off from the OFF goal line. It is first down for the Intercepting Team.
6. QBs are eligible to run after handing the ball off and receiving a second hand-off.
7. **THERE ARE NO LATERALS, TOSSES, OR PASSES THAT DO NOT CROSS THE LINE OF SCRIMMAGE**. The play is dead and considered incomplete passes.
8. **THERE MUST BE A RECEIVER ON THE LINE ON EACH SIDE OF THE CENTER**. These players may be any distance from the center.
9. **THERE IS NO BLOCKING, SCREENING, OR PICKS**. If an offensive player is not attempting to get open, and they interfere with the defense’s ability to get to the ball-carrier, it is a holding penalty.
10. The ball is spotted at the nose of the ball when the flag is pulled. **IF THE BALL BREAKS THE PLANE, IT IS A TOUCHDOWN**. There is one exception, ball carriers leaving their feet for any reason, are considered down at the spot their feet left the ground.

## **GUIDELINES — These are things that should be emphasized in officiating.**

1. **There is no warning for unnecessary roughness**. If you see it, call it and penalize it (10 yards and an automatic 1<sup>st</sup>.)
2. Once a team takes a 28 point lead, inform both sides — **the team with the lead has won, the score is final**, but both teams should continue play until the end of regulation. The winning team cannot rush the passer & must substitute their starters at QB and RB.
3. The Offense has **30-seconds to huddle up**. At 30 seconds, step into the huddle and tell the coach to get the players on the line. The first time is a warning, the second time is a delay of game (5 yard penalty and loss of down).
4. Each team receives one 30-second timeout per half.
5. **Flag Guarding is an offensive spot foul**. Call it if you see it (Spot foul, 10 yards, loss of down)