



2017 NMYAFL 7-on-7 Flag Rules

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General Guidelines

- Five players are required to avoid forfeit (at any time).
 - Two (2) game officials required.
 - Team representatives (i.e. players, coaches, trainers, and other persons affiliated with the team) shall adhere to game rules and conduct outlined by NMYAFL and NFHS.
 - Game official(s) decisions are final.
 - Head coach must select a speaking captain during pre-game to make team decisions and only one to address official(s).
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Player Equipment

- Opposing teams must wear contrasting colored jerseys and/or pinnies.
 - Pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. The pants or shorts must be a different color than the flags.
 - One-piece belt at the waistline with two flags permanently or pull snap attached (one flag on each side of waist.)
 - Mouthpiece (orthodontic or pre-molded w/o attachment strip) must be worn entire time the ball is in play.
 - Gloves must meet NOCSAE or SFIA standards. Seal must be visible and appear legibly on the exterior wrist opening of glove.
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Player Equipment

- Approved headgear: knit stocking caps, elastic headbands and hats with no bills. **Bandanas and any headgear containing any hard, unyielding, or stiff material are illegal.**
 - Cleats must be made of soft pliable plastic or rubber. **Metal/ceramic cleats are illegal.**
 - Game referee has final say when determining any equipment is deemed potentially dangerous or confusing. (Referees, please use your crew chiefs)
 - All coats/jackets/pull-overs must be worn under the jersey. Hoods must remain tucked in at all times. No exposed hoods during play.
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Player Equipment

- No jewelry.
 - No hard/rigid pads or braces worn above the waist.
 - Leg/knee braces made of hard, unyielding material must be covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
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Field Dimensions / Clock

- **Field Dimensions:**

- Games will be played on NFHS-regulation 100yd fields.
- Two games per field. Playing field is from midfield line to the end line (back of the end zone).
- Midfield (50yd) line will serve as the offense end line.
- Field shall be marked by cones at the 40, 25, & 10 yard lines.

- **Time:**

- 20 minute halves (running clock).
- 5 minute halftime.
- Each team allowed one charged time out (1 min) in the 2nd half only.
- Official time-outs for incidences involving excessive time, injury, hazardous conditions, equipment repair, etc...



Game Mechanics

- **Game Ball:**
 - 6U and 8U Divisions: Mighty Mite
 - 10U Division: Pee Wee
 - 12U Division: Junior
 - 14U Division: Youth ball
 - Each team may use own ball during offensive possessions.
 - Each offensive team is responsible for recovering ball after each play and return it to the line of scrimmage.
 - **No Coin-toss:**
 - Visiting team has first possession in 1st half.
 - Home team has first possession in 2nd half.
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Game Mechanics

- One offensive coach is allowed on the field during play.
 - All levels
 - Coach is responsible for avoiding interference with players or the officiating during play.
 - Restricted from coaching or manipulating players during plays.



Game Mechanics

- All possession series will begin at the 40yd line.
 - No kicks or punts
 - Line-to-Gain (1st down): 25 & 10 yard lines.
 - The Referee will mark the line of scrimmage (LOS) with a white bean bag. Offense is responsible for returning the ball to the LOS/QB-tee.
 - Player receiving the snap must be 2yds behind LOS.
 - When used, the QB-tee shall be 2yds (min) behind LOS.
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Offensive Formation

- Three (3) offensive players must be on the line of scrimmage (LOS) at the time of snap.
 - All offensive players must be within 15 yards of the ball at the time of snap.
 - One offensive play may be in motion at time of snap, but not in motion towards the opponents goal line.
 - In a snap preceding by a huddle or shift, all offensive players must come to a complete stop/motionless for a least one full second.
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Offensive Play

- Play begins when center snaps the ball or when QB removes the ball from the QB-tee.
 - Center protected:
 - Defense must avoid contact with the center.
 - May not block.
 - Is NOT pass eligible.
 - Center can not move from spot of snap.
 - If using QB-Tee, center must take a knee next to the tee.
 - QB shall not use the center/QB tee as a shield from defenders. After the snap, the QB immediately must remain 2yds away from the center/QB tee. (Illegal block)
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Offensive Play

- Offense has 6 seconds from the *end of snap* to pass the ball or run beyond the line of scrimmage.
 - The passer must release the ball before the timer sounds. Violation will result in a dead-ball spot.
- No blocking!
 - Creating a screen or wall for the ball carrier is an illegal block.
 - Runner *intentionally* using teammate as screen is an illegal block.



Offensive Play

- The offense can attempt one run play per series of downs.
 - **Exception:** Can not use run play within 5 yards of first down or TD. The ball become dead at the line of scrimmage and the play will be counted.
- Direct handoffs...
 - Only behind the line of scrimmage (LOS) are permitted.
 - Initiates run play. Defense may rush without counting against their rush play.
 - May pass the ball only behind LOS.
- Backward passes behind the LOS initiates run play.



Offensive Play

- Runner may not:
 - “Stiff arm” to ward off an opponent.
 - Flag guarding
 - Intentionally use teammates to shield themselves during run.
 - Dive / jump / or hurdle
- Receiver/Ball carrier is down when:
 - One flag is removed (pulled/falls) from their belt.
 - Flag belt is accidentally falls off runner.
 - Any part of runner, other than feet or hand, contacts the ground IAW NFHS rule.
- Receivers may dive only in attempt to catch a ball. It is the receivers responsibility to avoid excessive contact with opponents.



Defensive Formation / Play

- Defense must be three yards off the line of scrimmage.
- Defense can rush once per series.
 - The defense can only rush if lined up on the line of scrimmage prior to snap.
 - Begins once any defensive player crosses the line of scrimmage while the ball is clearly behind LOS.
 - The offense may run the ball during a defense rush without going against their run play count.
 - The 6 second timer is off once rush is initiated.
- Defenders may dive in attempt to grab flag; however, it's the defenders responsibility to avoid excessive contact.
- Defensive pass interference will be a spot foul and automatic first down, penalties that occur in the end zone result in first down on the 1 yard line.



Fumbles / Interceptions

- Fumbles (ball contacts the ground) are considered dead ball at the point of fumble.
 - **Exception:** A muffed snap or fumble off the QB-tee is not considered a fumble; however the 6 second timer will begin.
- Interceptions will NOT be returned and the play is whistled dead immediately. An interception results in a change of possession and the ball is placed on the 40-yard line.



Fouls / Penalties

- All live-ball offensive fouls when the previous spot is the 40-yard line will result in loss of down.
 - Any offensive penalty resulting in yardage behind the 40 yard line will be placed at the 40yd line.
 - Opposing team may accept/decline penalty.
 - Any dead ball foul on the defense occurring after a change in possession will result in a loss of down starting their offensive series.
 - i.e. offense will start their series 2nd down at the 40yd line.
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Personal Fouls

- **Illegal contact** – It is the responsibility of the defense to avoid contact. There will be no chucking, or deliberate bumping or grabbing.
- **Excessive contact** by any player by intentionally shoving, pushing, tackling, striking, running, or diving into any opponent or any action deemed excessive of unnecessary by the official is illegal.



NMYAFL Flag Rules

**All other enforcements not previously will refer to
2017 NFHS Football Rules.**



Fouls & Penalties

- 5yd penalties:
 - Delay of game
 - Failure to wear proper equipment (Dead ball).
 - False start / encroachment / snap infraction
 - Illegal substitution
 - Illegal formation
 - Illegal motion/shift
 - Illegal handoff / handing the ball forward
 - Illegal forward pass (also loss of down)
 - Intentional grounding (also loss of down)
 - Exceeding number of rush plays (defense)
 - On-field coach / sideline warning (2nd offense)



Fouls & Penalties

- 10yd penalties:
 - Blocking
 - Runner using teammate or tee to shield from defenders
 - Flag guarding
 - On-field coach / sideline warning (2nd offense)



Fouls & Penalties

- 15yd penalties:
 - Illegal / Excessive contact
 - Unsportsmanlike conduct (incl. 3rd sideline warning / UC on head coach)
 - Wearing metal/ceramic cleats (2nd offense results in a forfeit)
 - Sideline Interference
 - Non-player illegally on field
 - Illegal Participation
 - Unfair acts



Fouls & Penalties

- Disqualification associated with certain 15yd penalties:
 - Fighting
 - Intentional contacting a game official
 - Striking, kicking or kneeling
 - Any act if unduly rough or flagrant
 - 2nd Unsportsmanlike conduct by player
 - Any team player/coach leaving team box during fight.



Scoring

- Touchdown: 6 points (8 points if scored by female)
 - Try:
 - 1 point @ 5yd line (2 if scored by female)
 - 2 points @ 10yd line (3 for female)
 - 3 points @ 15yd line (4 for female)
 - The official score will be announce by referee before each offensive possession begins.
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Overtime

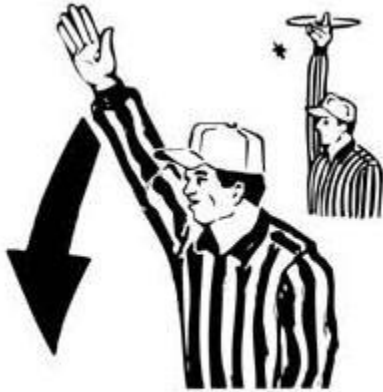
- Each team will be given one offensive series (four downs) starting at the 10yd line.
 - Regulation playing rules in effect.
 - The visiting team will have first possession.
 - No time-out are given or carried over from regulation.
 - The team with the most points at the end of cycle is declared winner.
 - If there is no winner, the cycle is repeated. Home team will have first possession starting 2nd cycle.
 - Sequential cycles will alternate first possession.
-



Signals



1



Ball ready for play
***Untimed down**

2



Start clock

3



Time-out
Discretionary or injury time-out
(follow by tapping hands on chest)

5



Touchdown
Field goal
Point(s) after touchdown

7



Ball dead

8



First down



Signals



9



Loss of down

10



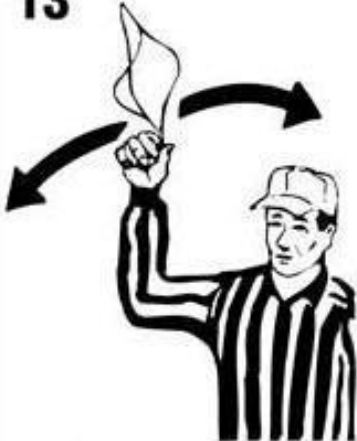
**Incomplete forward pass
Penalty declined,
No play, No score,
Toss option delayed**

12



**Inadvertent whistle
(Face Press Box)**

13



Disregard flag

18



**Encroachment (NFHS)
Exceeding # of Rush Plays (Defense)**

19



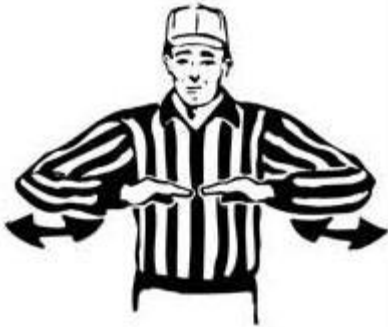
**Illegal procedure
(NFHS)
False start
Illegal formation**



Signals



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Illegal shift - 2 hands
Illegal motion - 1 hand

21



Delay of game

22



Substitution infraction

23



**Failure to wear
required equipment**

24



Flag Guarding

27



Unsportsmanlike conduct
Noncontact foul



Signals



28



Illegal participation

29



Sideline interference

33



Forward pass interference

35



Illegal pass/forward handing

36



Intentional grounding

38



**Personal foul
Illegal / Excessive Contact**



Signals



43



Illegal block

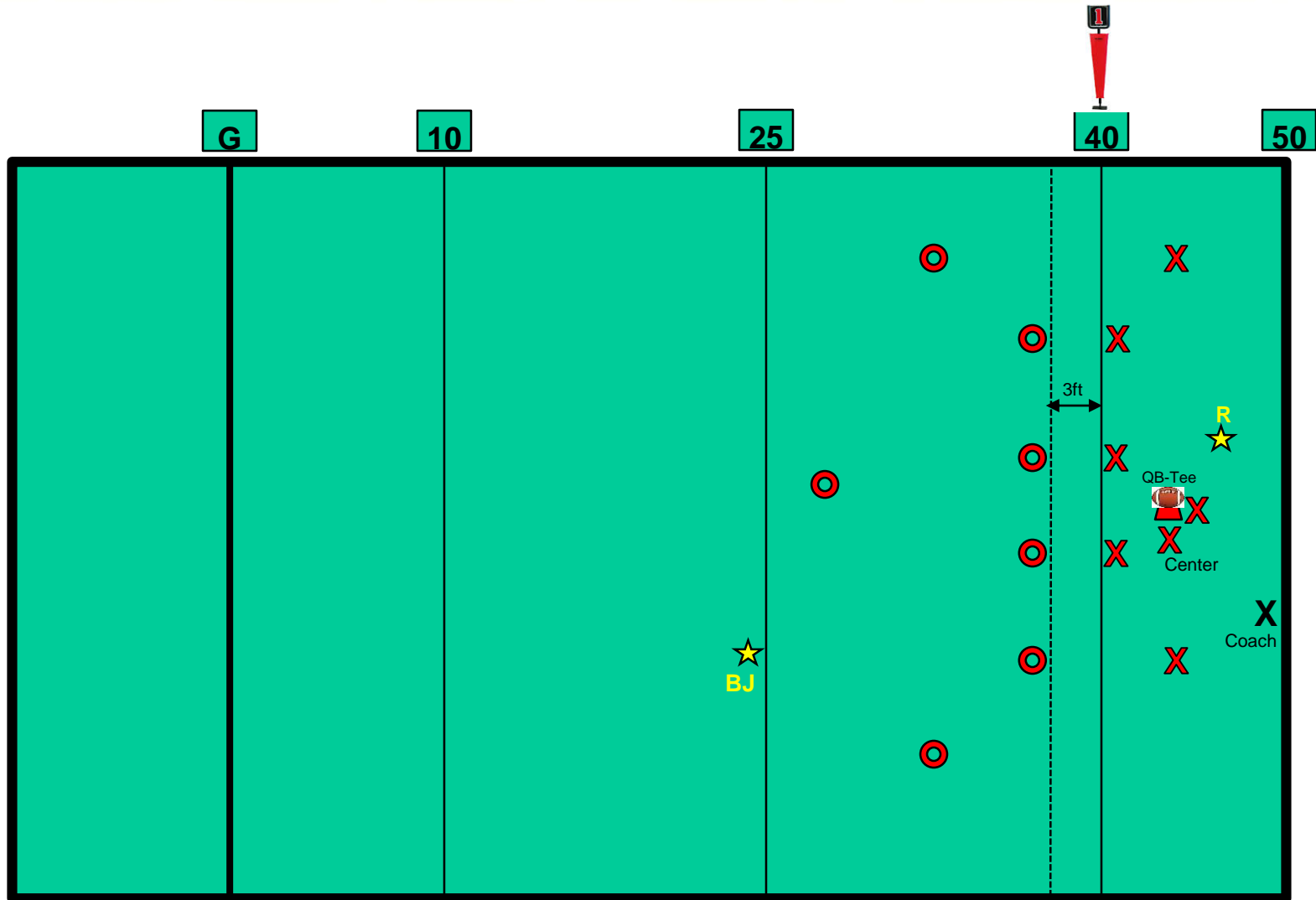
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Player disqualification



Field Mechanics





Questions?
