



## Play Sports Hawaii 7 on 7 Flag Football Rules

Updated: 4/24/19

### Field Dimensions:

Field Length will be 50 yards. 40 yard playing field with a 10 yard end zone.

### Starting Each Game:

1. Coin Toss. The toss of coin will take place within two minutes of scheduled start time of game. The toss will be called by the team captain before the coin is flipped. Winning team will begin possession of the ball on the +40 yard line with their choice of hash.
2. A whistle will begin each game.
3. Each game consists of two 20 minute halves, with running clock and 5 minutes half time.
4. Official will declare when the clock is under 2 minutes.
5. The clock never stops. (Each team will get 1 timeout per half)
6. A whistle will end each game.
7. The referees will keep the official score and time on the field for each game.
8. Mouthpieces **MUST** be worn at all times. A player will not be eligible to play if they do not have a mouthpiece. Soft Helmets are not mandatory but we highly recommend players use the Soft Helmets.
9. Players shorts **CANNOT** have pockets. They will not be permitted in the game if they have shorts with pockets.

### Moving the Ball:

1. Offense always starts on +40 yard line with their choice of the hash, after any change of possession.

2. All snaps at the +40 yard line must be off the QB-TEE (No Shotgun). Upon gaining a yard or more, QB may take a shotgun off QB-TEE.
3. Offense has three (3) downs to gain a first down. First down markers will be at the 25 and 10 yard lines.
4. Once inside the 10 yard line, the offense has 3 downs to score a touchdown.
5. The first person to control the football off of the QB-TEE is the QB. The QB is never eligible to run.
6. The offense may run the ball as many times as they want on any down during the game. The QB is allowed to make one exchange (ex. Pass, handoff or toss). No toss passes, reverses or hook and ladder.
7. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB. If they do, that is considered a blitz.
8. Quarterback can NEVER run the ball.
9. A conversion after a touchdown, the offense can choose to go for 2 points. If the offense chooses not to go for the extra 2 point conversion, the touchdown is scored 7 points. If the offense chooses to go for the 2 point conversion, the touchdown is scored 6 points.
10. 2 point conversion is from the 10 yard line. Offense chooses hash for ball placement.
11. The defense can jam the offensive players one to five yards off the LOS.

### **Coaching your Team:**

1. There will be one offensive coach allowed on the field at any time.
2. The coach must be positioned behind the offensive huddle.
3. Coaches are not allowed to challenge any official ruling.
4. Remaining team coaches can work from the sidelines.
5. NO defensive coaches allowed on the field.

6. Coaches will be given 1 sideline warning during play. Second warning will result in a 10 yard penalty or half the distance to the goal. Third warning will result in coaches ejection.

**Special Rules:**

1. NO blocking.
2. Face Guarding is allowed
3. Blocking will result in a loss of down, return to previous spot.
4. Ball carrier is legally down when touched below the neck with 1 hand. A defender may leave his feet to make the tag.
5. Fumbles (including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
6. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
7. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
8. Defensive pass interference or defensive holding will result in a first down at the spot of the foul.
9. Offensive pass interference will result in a return to the previous spot plus a loss of down.
10. QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed. Only when the defense blitzes, the 4.0 second clock is in play meaning the QB can avoid the rush for as many seconds as needed but he is still not allowed to run past the line of scrimmage.
11. The defense is allowed one (1) blitz in the entire game (including overtime). If you don't blitz during the game, it carries over to overtime but if you used your blitz in the game, you do not have a blitz for overtime.
12. An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 40 yard line.
13. A game cannot end on a defensive penalty. If this occurs, the offense will have a untimed down if time has expired.

14. **Fighting will not be tolerated.** If a player throws a punch, he is ejected immediately and CANNOT return to the game. If players are involved in pushing or shoving, they will be ejected immediately from the game and CANNOT return. If a team's bench clears, resulting in a fight, both teams will be ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game. The PSH Staff has the right in extreme cases to throw players and teams out of the league and they will have to leave the park immediately. A referee can also give a 15 yard unsportsmanlike penalty.

15. Each team is allowed one (1) blitz per game. After the team uses their 1 blitz, the referee will kick over the sideline cone. If a team blitz's more than one time in a game, they will receive a 15 yards unsportsmanlike penalty.

#### **Tie Breaker:**

1. Any game that ends in a tie, will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense.
2. Each team will have 1 snap from the 40 yard line, choice of hash.
3. The team with the deepest completion will be declared the winner of the tiebreaker and will add 1 point to the final score.
4. If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
5. This format will be repeated until a clear winner is declared.
6. This tiebreaker format will ONLY be used during the Playoffs.

#### **Point Values:**

1. Offensive touchdown = 7 points (6 points if going for 2 point extra conversion)
2. Extra point from the +10 yard line = 2 points
3. Tiebreaker victory = 1 point

## **Penalties:**

### Offensive Penalties Assessed Result:

- False start/Illegal motion Line of Scrimmage Loss of Down
- Delay of Game Line of Scrimmage Loss of Down
- Blocking Line of Scrimmage Loss of Down
- Fumbles Dead Ball (offense retains possession at the spot)
- Pass Interference Line of Scrimmage Loss of Down
- Unnecessary Roughness 15 yards – LOS Loss of Down
- Illegal Play 5 yards Loss of Down
- Unsportsmanlike 15 yards Loss of Down

### Defense Penalties Assessed Result:

- Encroachment/Neutral Zone 5 yards Repeat Down
- Holding Offense Spot Foul & 1<sup>st</sup> Down
- Pass Interference Offense Spot Foul & 1<sup>st</sup> Down
- Unnecessary Roughness 15 yards Line of Scrimmage
- Illegal Play 5 yards First Down
- Unsportsmanlike 15 yards First Down