

Quantum 7 on 7 Flag Football Rules

1. General Team Rules

Referee staff will have the final say on all rules and their application as well as anything not specifically covered in the rules.

Teams shall be composed of no more than 12 players on a roster and 7 players should be on the field at all times. A team may not begin with fewer than 5 players. If for any reason a team is reduced to fewer than 5 players, the game shall be forfeited.

2. Equipment

Each team must have like-colored jerseys.

The use of a mouthpiece is strongly recommended, as there is potential for injuries.

No street shoes, boots or studs may be by any players. No Cleats! Any other type of sneaker or soccer turf shoes may be worn. No one may play barefoot. Anyone playing with illegal shoes will be ejected from the game.

No article of clothing may cover any portion of a player's flags. Jerseys must remain tucked in the pants/shorts during the entire down. Any hood on a coat, sweatshirt, or shirt that does not remain tucked-in is illegal.

The use of headgear of any nature (hats), jewelry, shoulder pads, body pads, anything with knots, or any unyielding or dangerous equipment is prohibited.

Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal.

3. Substitutions

Teams may substitute any number of eligible players between downs. They must be in the team huddle before the next play begins. They must be completed before the ball becomes alive. Any substitution during live play will result in a penalty; either automatic first down or a loss of down depending on whether the offense or defense was called for the penalty.

Each substitute must be in uniform, ready for play, with flags in position.

4. Length of Game and Forfeits

The game is 25 minutes each half.

After touchdown and try, starting a new half, or if a safety occurs, the ball will be placed on the 20 yard line.

Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the Referee.

The game may be extended only if a penalty on the defense is accepted by the offense. If there are penalties on both offense and defense, the penalties offset and half/game is over. If a touchdown is scored on the last down during the first half or second half, then the extra point must be attempted unless it would not affect the outcome of the game or playoff seeding.

Games will begin at the time listed on the schedule. To get a forfeit victory, a team must be in place and ready to play with the opposing team unable to field enough players within 5 minutes of the scheduled start time.

5. Overtime

There will be a one minute intermission before the overtime starts.

All overtime periods are played toward the same goal line.

Each team will be given 4 downs from the 20-yard line going into the endzone. The object will be to score a touchdown. If the first team which is awarded the ball scores, the second team will still have 4 downs to attempt to win the game.

If the defense intercepts the ball and returns it for a touchdown, they will win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10-yard line to begin their series of four downs.

Each team must go for two on the extra point try.

Round robin games can end in a tie.

6. Time-outs

Each team is entitled to one charged time-outs during each half without penalty. A time-out requested by any player shall not exceed one minute. Unused time-outs do not carryover to succeeding periods. No time-outs are allowed in the overtime period.

No player from any team shall ever protest a referee's call. Referee's will have the authority to take a time-out from a team or ultimately excuse players/teams from a game if this should happen.

7. Delay of Game

Teams will have 20 sec. between each play to get another play off. If this does not happen promptly delay of game will be called and will result in a loss of down. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. Delay of game will be considered a judgement call by the referee and will result in a loss of down.

8. Playing Rules

If a player attempts to illegally secure his/her flags, they will be ejected from the game. If more than one player for a single team illegally secure their flags the team will be forced to forfeit the game.

Roughing the Passer. Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back.

The offensive team must have at least 4 players on their scrimmage line at the snap. A player in motion or that is moving is considered to be off the line of scrimmage.

First Downs will be awarded for gaining 10 yards. Field markers will be used to determine the 10 yards. No players should ever touch these field markers. One will mark the line of scrimmage. Another will mark the 7 yard rush line. The other will mark the first down.

There are NO fumbles. The Offense will keep possession on a fumble. The ball will be spotted where it hit the ground.

If a ball carrier hits the ground with a knee, shoulder, back, butt, head, elbow, they will be down and the spot will be where they touched. A player can only touch a hand to the ground in order to maintain balance while gaining yardage.

If the ball hits the netting, walls or ceiling it is deemed out of play and a dead ball.

9. Defensive Rush

Players may rush the quarterback at anytime during the game. The rusher must start 7 yards off the line of scrimmage. Any number of players may rush at a single time but all must start 7 yards off the line of scrimmage. Once rushed, a quarterback is then free to run down field. However, if a quarterback is not rushed, he cannot cross the line of scrimmage.

10. Blocking – 5 yard Penalty

An offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain balance.

A player who screens shall not be moving. A screen block is only allowed if a player is positioned to be in the way of the defense. No deliberate moving blocks will be tolerated.

Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.

Defensive players must go around the offensive player's screen block. A blocker may use his/her arms or hands to break a fall or retain his/her balance.

11. Running

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

- a) Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging. 5 yard penalty
- b) Placing the ball in possession over the flag belt to prevent an opponent from de-flagging. 5 yard penalty
- c) Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from de-flagging. 5 yard penalty, may be construed as a personal foul and 15 yard penalty if they hit someone hard.

The runner shall be prohibited from contacting an opponent with extended hand or arm; no stiff arms.

The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

The defensive player shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt.

If forward progress is stopped for any reason, normal football possession rules will apply. If a defender grabs or tackles a runner in order to stop forward progress, an automatic

first down will result and the spot will be where the call was made. There is a 10 yard penalty for tackling.

12. Batting and Kicking

Players shall not bat a loose ball other than a pass or fumble in flight. The passing team shall not bat a backward pass in flight forward. A ball in a player's possession shall not be batted forward by a player of the team in possession.

No player shall intentionally kick a ball other than a punt.

There will be no kickoffs, or field goals, only punts. A team may punt at any time during their possession. A punt will be marked where it stops rolling. If it rolls out of bounds it will be spotted where it went out. If a punt rolls into the endzone, the ball will be spotted on the 20 yard line.

No quick punts are allowed. A team must inform the referee if they intend to punt on fourth down. If a team fails to inform the referee of a punt, the down will be replayed and the team must punt.

A punt is live until the team drops the ball or the kicking team touches the ball.

12. Flag Belt Removal

Players must have possession of the ball before they can be legally de-flagged.

When a runner loses his/her flag belt either accidentally, inadvertently, or on purpose, play stops and the ball will be spotted where the flag was removed.

In circumstances where a flag belt is removed illegally, a penalty should be called resulting in the replay of the down.

Defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal.

Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal, and will result in immediate EJECTION from the game.

13. Pennalties

All pennalties will result in automatic first downs, replay of the down, or loss of down. No pennalties will result in yardage spots.

*Pass interference-Defense-Automatic first down from the spot of the foul.

*Pass interference-Offense-Loss of down from the orginal spot.

*Roughing the Passer-Automatic First Down from the Original spot or decline for gained yardage.

*Illegal Formation-Not enough men on the line/too many men in motion-Loss of down.

*Illegal Substitution-Loss of down or Automatic first down.

*Flag Guarding-Will result in the runner being down at the spot of the foul. Contact may be called, resulting in a loss of down. 5 yard penalty

*Illegal Rush-Will result in a replay of the down if accepted or can be declined for the result of yardage. 5 yard penalty

*Contact-May be called on Offense or Defense and will result in an automatic first down, loss of down, or removal of a player from the game. 5 yard penalty.

*Delay of Game-Will result in an automatic first down or a loss of down.

*Unsporting Conduct – ie foul language, taunting, rough play – 15 yard penalty. 2nd personal foul called on a player is automatic ejection from game.

14. Scoring

The following methods shall be used in scoring a game:

- a) Touchdown 6 points
 - b) Safety 2 points
 - c) Successful Extra Point Attempts:
 - 1. By running or passing from 10 yards 1 points
 - 2. By running or passing from 20 yards 2 points
- *The defensive team may return a conversion attempt for 2 points

A team is given one choice on extra point attempt, which cannot be changed even if a penalty should occur. If a double foul occurs during the down, the down shall be replayed.

15. Seeding after round robin play

1. 6pts for a win
2. 3 pts for a tie
3. 0 pts for a loss
4. If tied the following tie breakers will be in place.
 - a. Head to head winner
 - b. Point differential
 - c. Total points scored
 - d. Total points scored against
 - e. Coin flip