



SOUTH MIAMI FLAG FOOTBALL FLAG FOOTBALL

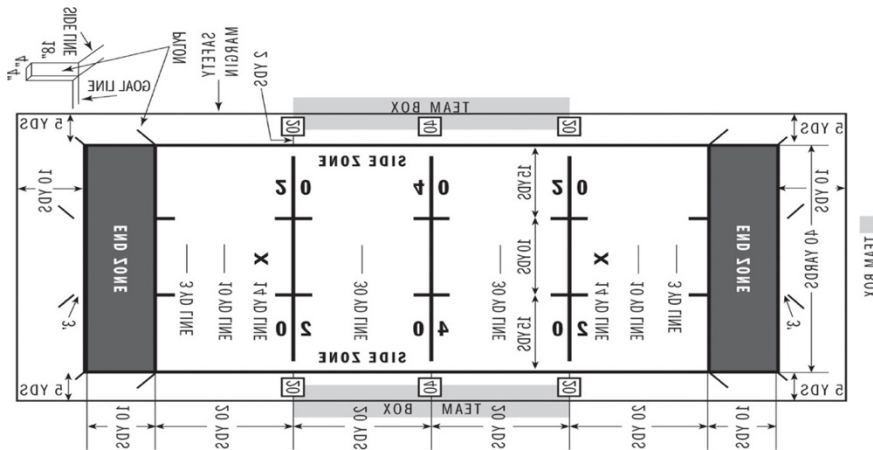
7v7 Rules

GENERAL RULES

1. The game should be played between 2 teams of 7 players each. 6 players are required to avoid a forfeit (Teams cannot run 7 male player formats. It should minimum be 1 girl on field at all times.
2. The game shall be played under the supervision of 2 refs if available.
3. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials, when asking for score or time left in any half, this must be asked from captain to referees, please avoid having all players asking the referees the same questions to preserve time and organization.
4. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

THE FIELD

1. The field should be an 80 x 40-yard field, with 3 first down lines marked on the field, every 20 yards.
2. The starting spot of the offense after coin toss or any touchdown scored by the opposing team will be the 14-yd line. Please use this diagram for reference:



GAME AND PLAYER EQUIPMENT

1. Football - The official sized ball shall be leather, or rubber covered and shall meet the recommendations of size and shape for a regulation football. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.

2. Spot discs - Two ball spotters (rubber disks). One, which shall mark the offensive scrimmage line. The second will mark the defensive scrimmage line, **1 yard away from the offensive line of scrimmage.** Neither team can cross these cones prior to the beginning of a play.

1. Jerseys - Players of opposing teams must wear contrasting-colored jerseys, which have been provided by the league. If a player forgets their jersey for their game, they can play with a shirt of the same color as their team's designated jersey color, however repeat consecutive offenses could result in player suspension for a designated time, per league review.

The penalty for wearing illegal equipment is Unsportsmanlike Conduct, with a loss of 10 yards.

3. Pants / Shorts - Each player must wear pants or shorts without any pockets, belt(s), belt loop(s), or exposed drawstrings.



4. Flag belt - Flags on the side Penalty: Dead Ball Foul - **Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.**
5. Gloves - Players may wear gloves which must consist of a soft, pliable, and nonabrasive material
6. Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted.

PERIODS, TIME FACTORS, SUBSTITUTIONS

1. If a team is late (after the 10-minute grace period) and does not have enough players to begin a game, the game will be cancelled. Exceptions will be if field setup took longer than expected and was not ready by game time
 1. *A TEAM NEEDS A MINIMUM OF 6 PLAYERS TO PARTICIPATE IN A GAME. UNLESS MADE AWARE TO LEAGUE DIRECTOR OR OTHER ADMINISTRATORS AHEAD OF TIME. IF A TEAM MAKES ANY ADMINISTRATOR FORMALLY AWARE OF MISSING PLAYERS WITH AN ADVANCE OF 48 HOURS PRIOR TO GAME, PLAYOFF ELIGIBILITY FOR TEAMS WILL REMAIN UNAFFECTED UNLESS IT IS A REPEAT OCCURRENCE, WHICH WILL BE REVIEWED CASE BY CASE THROUGH LEAGUE COMMISSIONERS.*
 2. *TEAMS ARE **NOT** ALLOWED TO BRING PLAYERS FROM OUTSIDE THE LEAGUE OR OTHER TEAMS IN ORDER TO HAVE ENOUGH PLAYERS TO PARTICIPATE. VIOLATION OF THIS RULE COULD RESULT IN TEAM REMOVAL FROM LEAGUE.*
 3. *THESE RULES ARE ON A **NO EXCEPTION** BASIS, HOWEVER AS A BEST PRACTICE OR ANY DOUBTS, REACH OUT TO ANY OF THE AUTHORIZED LEAGUE ADMINISTRATORS WITH ANY QUESTIONS.*
2. Coin Toss:
 - a. The beginning of the game will be started with a traditional coin toss between the officials and both captains of each team.



- b. The winner of the coin toss shall choose if they would like to start on defense or offense. Whichever team chooses to start on offense or defense, the other team chooses the direction.
 - c. At start of 2nd half both sides will switch and the team that deferred will receive ball to start.
3. Length of game - Playing Time shall be 40 minutes TOTAL, divided into two halves of 20 minutes each. The intermission between halves shall be 5 minutes. When overtime occurs, there will be a 2-minute intermission.
 - a. Overtime rules:
 - i. OT1: 1 PT Attempt
 - ii. OT2: 2 PT Attempt
 - iii. OT3: Longest play
4. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
 - a. If there was a foul by either team or the penalty is accepted.
 - b. If there was a double foul.
 - c. If there was an inadvertent whistle and the down is to be replayed.
 - d. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.
5. Continuous Clock (1st and 2nd half)
 - a. In the first half, **there is no PRO clock**, this means that for the entire 20 minutes, the clock is running. Teams will have 2 timeouts per half.
 - i. The clock will only be stopped by the referee at the 1-minute warning, after 19 minutes of the half has been played.
 - b. In the second half, PRO Clock at will only be applied if the game is within reach, meaning that it has to be a 9-point game or less.



6. Pro Clock - During the final minute of second half the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
 - a. Incomplete Pass
 - b. Out-of-Bounds
 - c. Score (touchdown or safety)
 - d. Team time-out
 - e. Fair Catch
 - f. Penalty and administration
 - g. Referee's Time-out - starts at his/her discretion
 - h. Touchback
 - i. Change of Possession
 - i. Game has to be within 9-point reach, otherwise clock will not stop.
7. Timing Errors - The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.
8. Mercy Rule: If the point deficit is greater than 20 points with 3 minutes or less remaining the game is over.

Passing and receiving

1. There is **no diving** while running with the ball. A receiver may dive to catch a ball. A defensive player may not dive to try & remove a flag.
2. A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the last team in possession unless lost on downs.
3. A backward pass or fumble that goes out-of -bounds between the goal lines belongs to the team last in possession at the out-of -bounds spot. If out-of bounds behind a goal line, it is a touchback or safety.



4. If an offensive player fumbles the ball prior to reaching the end zone and the ball lands in the end zone, the offensive team shall lose possession and a 2 pt safety will be applied.
5. All players are eligible to catch a pass.
6. A forward pass is illegal IF:
 - a. If the passer's foot is beyond the line of scrimmage (ANY PART OF THE FOOT)
 - b. If intentionally thrown to the ground or out-of-bounds to save loss of yardage (receiver must be in the area)
 - c. *If there is more than one forward pass per down.*
7. The line of scrimmage remains throughout the play. A team may not advance the ball across the line of scrimmage by laterals or runs, and then lateral the ball behind the line for a forward pass attempt
8. **After 7 seconds, the ball can no longer be passed forward and the play is dead.**
9. If a player attempts a catch or intercept while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds, unless an opponent's contact causes him/her to first touch out-of- bounds.
 - a. If one foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception
10. A player may, while jumping in the air to attempt a catch, may pass (tip) the ball forward provided he/she has not touched the ground yet.



South Miami Flag Football League – Updated Running Rules

Effective immediately, the following rule changes will be implemented regarding run plays and laterals. This will be the final adjustment to these rules for the foreseeable future.

1. Run Plays Are Now Allowed – Teams may now design and execute run plays.

2. Backward Laterals Behind the Line of Scrimmage – A player may lateral the ball backward behind the line of scrimmage at any time.

3. Restrictions on Throwing After an Exchange – Once the ball has been exchanged in any way—either via a backward lateral or a handoff—the ball may no longer be thrown forward. The play must proceed as a run or additional laterals.

4. Backward Lateral Restrictions After an Exchange – Once the ball has been exchanged (either by handoff or backward lateral), no player may receive another backward lateral unless the ball has first been advanced beyond the line of scrimmage.

The throw clock will be remaining at 7 seconds.

Running and Flag Belt Removal

1. Flag Belt Removal - When the flag belt is clearly taken from the runner in possession of the ball, the down shall end, and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.



- a. Players must have possession of the ball before they can legally be deflagged.
 - b. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), the play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees. If a player starts a play without both flags on, this is a 5-yard penalty for illegal equipment.
 - c. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
 - d. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
 - e. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
 - f. Forward progress is marked at the ball carriers' hips
 - g. A player must attempt to pull the flag, not intentionally push a player out of bounds, or to the ground.
 - h. Flags used must be the league provided ones.
2. Contact - In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck, or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
 - a. The referee will not be required to count the 7 seconds **out loud.**



PUNTING

1. THERE IS NO PUNTING

- a. If it is a 4th down, and a team elects to “punt the ball”, the ball will be automatically placed on the opposing team’s 14-yard line as if it were a brand-new possession.
- b. If a team elects to go for it on 4th down and does not get to the line of gain, it is a turnover on downs.

SCORING PLAYS AND TOUCHBACKS

Touchdown

1. All touchdowns are 6 points
2. A touchdown shall be scored when a legal forward pass is completed, or a fumble or backward pass is caught behind the opponent's goal line or when a player is legally in possession of the ball and penetrates the vertical plane of the opponent's goal line

Extra Point Try = 1, or 2, or 3 points

1. An opportunity to score **1 point from the 5-yard line or 2 points from the 10-yard line or 3 points from the 15-yard line** (these are marked on the field). Once the scoring team makes the choice, he/she may change the decision only by taking a charged team timeout.
2. If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offense penalty carries a loss of down, the try has ended and will not be repeated.

Safety = 2 points

1. It is a safety when a runner carries the ball from the field of play to or across his/her own goal line and gets their flag removed within the endzone.
2. A safety is also when an offensive player commits a foul for which the penalty is accepted, and the measurement is from the spot of the foul that is in the end



zone.

3. When a safety is scored, the ball belongs to the defending team, and they shall put the ball in play from the 14-yard line.

CONDUCT OF PLAYERS AND OTHERS

Unsportsmanlike Conduct

1. No player shall commit non-contact acts during a period or intermission.

Examples include, but are not limited to:

A. Any acts of unfair play.

B. Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements.

C. Intentionally kicking at any opposing player.

D. Intentionally swinging an arm, hand, or fist at any opposing player.

2. Dead Ball Player Fouls

A. Intentionally kicking the ball.

B. Spike the ball into the ground.

C. Throw the ball high into the air.

3. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the Rules. Examples include, but are not limited to:

A. Attempting to influence a decision by an official.

B. Disrespectfully addressing an official.

C. Indicating objections to an official's decision.

D. Holding an unauthorized conference or being on the field illegally.

E. Using profanity, insulting or vulgar language or gestures.

F. Intentionally contacting a game official physically during the game by persons subject to the rules.

Personal Fouls

1. No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder, or any other act of unnecessary roughness is a personal foul. No player shall:



- A. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- B. Trip an opponent.
- C. Contact an opponent who is on the ground.
- D. Throw the runner to the ground.
- E. Hurdle any other player.
- F. Contact an opponent either before or after the ball is declared dead.
- G. Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
- H. Deliberately drive or run into a defensive player.
- I. Clip an opponent.
- J. Tackling the runner.

ENFORCEMENT OF PENALTIES

1. Captain's Choice - The offended captain will have the choice to take the live-play result, or penalty, unless it is a pre-snap penalty. The offended captain will choose which penalty they want assessed if there are multiple.
2. Simultaneous Fouls- all simultaneous fouls are cancelled out, a 5-yard defensive penalty on a play, and a 15-yard offensive penalty on a play result in a replay down.
3. Distance is assessed where the penalty occurred, not end of resulting play.
4. Any offensive penalty committed in the offenders own endzone results in a safety.

Penalties:

Any movement pre snap offensively or defensively, play WILL be killed.

- a) **Offensive Penalties**



i) 5-yard ***dead ball*** penalties

- **Offsides** – Lined up beyond the line of scrimmage at the time of the snap. Dead ball foul. Ref should throw flag and blow the whistle to stop play. **Move the ball 5 yards back and replay the down.** Cannot be declined.
- **False start** - Moving in such a way as to simulate the start of a play or making a sudden movement toward the line of scrimmage (does not have to cross the line). Dead ball foul. Ref should throw flag and blow the whistle to stop play. **Move the ball 5 yards back and replay the down.** Cannot be declined.
- **Illegal motion** - simultaneous movement of two or more players after they are set in their formation or not setting for 1 second after moving forward. Dead ball foul. Ref should throw flag and blow the whistle to stop play. **Move the ball 5 yards back and replay the down.** Cannot be declined.
- **Delay of game** - taking more than the allowed time to snap the ball after the ball is placed by the referee and gives the signal to start the clock (a whistle). **The referee needs to give 10 second warning and count down prior to assessing this penalty** (unless there is a visible 30 second clock on the field). Dead ball foul. Ref should throw flag and blow the whistle to stop play. **Move the ball 5 yards back and replay the down.** Cannot be declined.
- **Illegal snap** - snapping the ball prior to the referee giving the start whistle. Dead ball foul. Ref should throw flag and blow the whistle to stop play. **Move the ball 5 yards back and replay the down.** Cannot be declined.

ii) 5-yard ***live ball*** penalties

- **Illegal run** – Any player running past the line of scrimmage with the ball. **Move the ball 5 yards back and replay the down.**
- **Helping the runner:** A player shall not grasp, pull, push, or aid any teammate runner.
Penalty: Helping the Runner, 5 yards from spot of the penalty.
- **Unnecessary roughness:** the runner MUST avoid contact, no ducking the head, or lowering shoulders is allowed



Penalty: 5 yards from the spot of the penalty

- **Illegal forward pass** - throwing a pass once a player steps beyond the line of scrimmage or two forward passes/forward lateral/pitch/hand-off. **Move the ball 5 yards back and loss of the down** (incomplete pass or interception).

iii) 10-yard penalties

- **Blocking/Illegal contact** - making significant physical contact with a defensive player. Includes blocking, pick plays, pushing off, tripping, impeding the rusher, etc. Whether the call is offensive or defensive illegal contact depends on who initiated the contact. **Move the ball 10 yards back and replay the down unless the defense declines.**
- **Screen blocking** - running between a ball carrier and a defender AND preventing the defense from getting to the flag of the ball carrier. Contact does NOT have to occur, but the defender has to be significantly impeded. Includes a player moving into the way of the rusher (but does not make contact). **Move the ball 10 yards back and replay the down unless the defense declines.**
- **Flag guarding** - any physical attempt of the ball carrier (including using the ball) whether intentional or unintentional to prevent the defensive player from grabbing the flag. Contact has to occur. Charging (which is defined as trying to run/jump through a stationary defensive player) is considered flag guarding. Diving headfirst to avoid a tackle is considered flag guarding (defensive player has to be in position to make the flag pull). Includes **jersey covering flag**. **Move the ball 10 yards back and replay the down unless the defense declines.**
- **Intentional grounding** - throwing the ball away to avoid a sack (the ball has to pass the line of scrimmage to avoid a penalty.) **Move the ball 10 yards back and loss of down (turnover if it occurs on 4th down).**
- **Offensive pass interference** - making significant physical contact with a defensive player while trying to make a catch. **Move the ball 10 yards back and loss of down (turnover if it occurs on 4th down).**



- **Unnecessary roughness or unsportsmanlike conduct** (including rough play, offensive language, poor behavior, or excessive celebration) - Player or coach may be ejected by the referee or league administrator if excessive or repeated. **Move the ball 10 yards back and loss of down (turnover if it occurs on 4th down).** **FOUL PLAY WILL NOT BE TOLERATED.**

- b. If a player commits a personal foul, they will be ejected from the game if they commit another after the initial penalty is assessed

b) Defensive Penalties

i) 5-yard penalties

- **Off-sides** - crossing the line of scrimmage before the snap. Getting back does NOT negate the penalty. **Move the ball 5 yards and replay the down unless the offense declines.**
- **Illegal rush** - crossing the line of scrimmage when the 1 rush per set of downs has already been used. (hand-off, pitch, lateral or pass). Getting back behind the line of scrimmage does NOT negate the penalty. **Move the ball 5 yards and replay the down unless the offense declines.**

ii) 10-yard penalties

- **Illegal contact** - making significant contact with the offensive player who is not involved with catching a pass, running into a stationary player, or attempting to knock ball out (stripping), etc. **Move the ball 10 yards and replay the down unless the offense declines.**
- **Defensive pass interference** - making significant contact with the offensive player who is attempting to catch a pass. **Spot of foul plus 10 yards unless the offense declines. Place ball at 1-yard line if PI occurs in the end zone.**
- **Holding** - holding on to jersey or shorts to significantly impede the offensive player. **Spot of foul plus 10 yards unless the offense declines.**
- **Tackling or Pushing runner out of bounds** - Intent is NOT necessary to call this penalty. **Spot of foul plus 10 yards unless the offense declines.**



- **Roughing the passer** - making significant contact with the passer (includes hitting the ball when it's still in the QBs hand). **Move the ball 10 yards. Automatic first down for the offense.**
- **Unnecessary roughness or unsportsmanlike conduct** (including rough play, offensive language, poor behavior, or excessive celebration) - Player or coach may be ejected by the referee or league administrator if excessive or repeated. **Move the ball 10 yards. Automatic first down for the offense.**
FOUL PLAY WILL NOT BE TOLERATED.

All rules are subject to change for player safety and gameplay. Captains and Refs will make the final call.

The sole intent of this league is to provide an opportunity and space to anyone who desires, the ability to play, learn, and experience the beauty of the sport of football. The SMFFL will not tolerate misbehavior, verbal, or physical abuse, repeated unnecessary roughness, or any behavior that can be considered detrimental to the brand of the SMFFL or the enjoyment of others, please bear this in mind at all times while participating.

THE SMFFL TAKES NO RESPONSIBILITY OF ANY INJURIES THAT OCCUR TO ANY PLAYER OR PARTICIPANT, APART FROM THIS RULE BOOK, EACH PLAYER IS REQUIRED TO SIGN A RELEASE OF LIABILITY WAIVER, WHICH ACKNOWLEDGES EACH PLAYER UNDERSTAND THE RISK OF PARTICIPATING IN THE LEAGUE, AS WELL AS ANY NEGLIGENCE ON BEHALF OF THE LEAGUE.

