

FSG TOURNAMENT SERIES FLAG RULES





FSG 7v7 FLAG FOOTBALL RULES

TABLE OF CONTENTS

1. Introduction
2. Terminology
3. Positions
4. General Rules
5. Equipment
6. Playing Field
7. Timing and Overtime
8. Scoring
9. Coaches
10. Live Ball / Dead Ball
11. Running
12. Passing
13. Receiving
14. Rushing the Passer
15. Flag Pulling
16. Punting
17. Penalties

1. INTRODUCTION

FSG 7v7 Flag Football is a non-contact, competitive flag football format designed to develop athletes while maintaining safety, sportsmanship, and integrity of the game.

2. TERMINOLOGY

Boundary Lines – The outer perimeter of the field including sidelines and end lines.

Charging – An illegal movement by the ball-carrier directly at a defender who has established position, including lowering the head or initiating contact with the shoulder, forearm, or chest.

Dead Ball – The period immediately before or after a play.

[Type here]



Defense – The team opposing the offense.

Downs – The offense has four downs to advance the ball past the line-to-gain or score.

Flag Guarding – Any action by the ball-carrier to prevent a defender from pulling flags, including stiff-arming, lowering the head or elbow, or covering the flags.

Inadvertent Whistle – An official's whistle blown in error.

Line of Scrimmage (LOS) – An imaginary line through the point of the football across the width of the field.

Line-to-Gain – The point the offense must reach to earn a first down.

Live Ball – The period when a play is active.

Passer – The player who throws the ball.

Rush Line – A line two (2) yards from the LOS on the defensive side of the field.

Rusher – A defensive player attempting to sack or disrupt the passer.

Shovel Pass – A legal forward pass thrown from behind the LOS.

Unsportsmanlike Conduct – Rude, abusive, or confrontational behavior.

3. POSITIONS

Offense

Seven players: one center, one quarterback, and five receivers.

All players are eligible receivers.

Two receivers must line up on the LOS on opposite sides of the center.

Center

Snaps the ball and **IS** an eligible receiver.

Quarterback

Receives the snap and initiates the play. The quarterback may run the ball at any time.

[Type here]



Receivers/Backs

Eligible to receive handoffs or passes.

Defense

All defensive players are eligible to rush the quarterback or drop into coverage.

Rusher

Must start at least **two yards behind the LOS** at the snap.

4. GENERAL RULES

1. Games are played on an **80-yard field, 40 yards wide** unless otherwise designated by tournament officials.
 2. First down lines are at the **20-yard and midfield (40-yard) lines**.
 3. Games are **non-contact**. Tackling, blocking, screening, or intentional contact is prohibited.
 4. At the start of each game, captains meet at midfield for a **coin toss**. The visiting team calls the toss.
 5. The winner of the coin toss chooses **offense or defense**. The loser chooses direction.
 6. The team that starts the game on defense receives possession to start the **second half**.
 7. Offensive possessions begin at the team's **own 14-yard line**.
 8. The offense has **four downs** to cross the line-to-gain or score.
 9. After a touchdown, the opposing team takes possession at its **own 14-yard line**.
 10. **Interceptions are returnable** until the runner is downed, out of bounds, or their flag is pulled.
 11. Teams change sides at halftime.
 12. Officials may stop play for **safety, delay, or unsportsmanlike conduct**.
-

5. EQUIPMENT

1. Official **one-piece quick-release flag belts** with three permanently attached flags are required.
 2. Flags may not match the color of the player's shorts or pants.
 3. **Metal cleats are prohibited**.
 4. **No jewelry, hats, or do-rags** (winter beanies allowed).
 5. Jerseys must be **tucked in** at all times.
 6. Shorts or pants **may not have exposed pockets**.
-

6. PLAYING FIELD

[Type here]



- **80 yards long**
- **40 yards wide**
- Clearly marked sidelines, end zones, and midfield.

7. TIMING AND OVERTIME

1. Games consist of **two 18-minute halves** with a running clock.
2. The **last minute of each half is regulation clock.**
3. The clock stops only for:
 - Timeouts
 - Injuries
 - Official discretion
4. Halftime is **5 minutes.**
5. Each team receives **one 30-second timeout per half.**
6. Teams have **25 seconds** to snap the ball once it is spotted. One warning is given before a delay-of-game penalty.
7. For injuries, the clock stops and resumes when play is ready.

Overtime (Playoffs Only)

1. A coin toss determines possession.
2. **1st Overtime:** Ball at the **10-yard line.**
3. **2nd Overtime:** Ball at the **5-yard line.**
4. **3rd Overtime and beyond:** Alternating possessions from the **PAT line chosen by the offense.**
5. No timeouts are allowed.
6. Interceptions are **dead immediately.**
7. All regulation rules apply.

8. SCORING

Touchdown – **6 points**

PAT

- From 5-yard line – **1 point**
- From 10-yard line – **2 points**

Safety – **2 points**

Mercy Rule

[Type here]



Game ends if a team leads by **28 points**.

9. COACHES

No coaches are allowed **on the field of play**.

10. LIVE BALL / DEAD BALL

1. The ball becomes **live at the snap** and remains live until an official whistles the play dead.
2. The **neutral zone** is established at the LOS. Encroachment results in a dead ball foul.
3. The defense may not **mimic offensive signals**.
4. A player is considered inbounds with **one foot in the field of play**.
5. Substitutions may occur on any **dead ball**.
6. Any official may whistle a play dead.

A Play Is Dead When

- The ball hits the ground
- The runner's flag is pulled
- The runner steps out of bounds
- Any body part other than hands or feet touches the ground
- A touchdown, PAT, or safety occurs
- An inadvertent whistle occurs

Inadvertent Whistle

The offense may:

- Accept the play at the spot with the down consumed, or
 - Replay the down.
-

11. RUNNING

1. The ball is spotted where the **runner's front foot** is when the flag is pulled.
2. The **quarterback may run at any time**.
3. Direct handoffs behind the LOS are allowed.
4. **Multiple handoffs are permitted**.

[Type here]



5. Centers **may not receive handoffs or passes.**
 6. **Laterals, pitches, and throwbacks are not allowed.**
 7. Any player receiving a handoff may throw a **forward pass from behind the LOS.**
 8. Runners may **not dive, leap, or jump** to advance the ball.
 9. Spinning is allowed if **both feet remain on the ground.**
 10. No blocking, screening, or escorting the ball carrier.
 11. Untucked jerseys or obstruction of flags constitutes **flag guarding.**
-

12. PASSING

1. All passes must originate **behind the LOS.**
 2. The pass must **cross the LOS.**
 3. **Shovel passes are legal.**
-

13. RECEIVING

1. **One foot inbounds** is required for a catch.
 2. Simultaneous possession goes to the **offense.**
 3. **Interceptions are returnable.**
-

14. RUSHING THE PASSER

1. Rushers must start **two yards off the LOS.**
 2. No contact with the passer.
 3. Impeding the rusher is a penalty.
-

15. FLAG PULLING

1. A legal flag pull occurs only when the ball carrier has possession.
2. Defenders may **dive to pull flags** but may not tackle or hold the runner.
3. **Stripping the ball is illegal.**
4. If a player's flag falls off, the player is ruled down **when touched** by a defender.
5. Pulling the flag of a player **without the ball is illegal.**



16. PUNTING

1. Teams must **declare punts**. A timeout is required to change the decision.
2. The defense **may not rush the punter**.
3. No players on the kicking team may cross the LOS until the ball is kicked.
4. **Muffed punts are dead at the spot.**

17. PENALTIES

General

1. Officials call all penalties.
2. Only captains may request rule clarification.
3. Games may not end on a **defensive penalty unless declined**.
4. Half-the-distance enforcement applies when necessary.
5. Repeated unsportsmanlike conduct may result in **ejection**.

Defensive Spot Fouls

Pass Interference – Automatic First Down

Holding – Automatic First Down

Stripping – +10 yards, Automatic First Down

Offensive Spot Fouls

Flag Guarding – –10 yards, Loss of Down

Charging – –10 yards, Loss of Down

Blocking/Screening – –10 yards, Loss of Down

Defensive Penalties

Unnecessary Roughness – +10 yards, Automatic First Down

Unsportsmanlike Conduct – +10 yards, Automatic First Down

[Type here]



Offside / Illegal Rush – +5 yards, Automatic First Down

Illegal Flag Pull – +5 yards, Automatic First Down

Roughing the Passer – +5 yards, Automatic First Down

Offensive Penalties

Unnecessary Roughness – –10 yards, Loss of Down

Unsportsmanlike Conduct – –10 yards, Loss of Down

False Start – –5 yards, Loss of Down

Illegal Forward Pass – –5 yards, Loss of Down

Offensive Pass Interference – –5 yards, Loss of Down

Illegal Motion – –5 yards, Loss of Down

Delay of Game – –5 yards, Loss of Down

Impeding the Rusher – –5 yards, Loss of Down

Officials' decisions are **final**.

Zero tolerance for fighting or abusive behavior.