



7v7 Coed Flag Football Rules - Colorado Springs Sport and Social



Game Overview

Team Composition

- **Players on Field:** 7 (5 Men / 2 Women)
- **Minimum Players:** 5 (At least 2 Women; Max 5 Men)
- **Maximum Men on Field:** 5

Game Duration

- **Halves:** Two 20-minute halves (45-minute total)
- **Half-Time:** 1 minute
- **Clock:** Running clock except for the final 2 minutes of the second half
- **Clock Stops:** in the final two minutes when:
 - Incomplete pass
 - Player goes out of bounds with the ball
 - Scoring play
 - Change of possession
 - Penalty
 - Time out is used

Scoring

- **Touchdowns:** 6 points
- **Extra Points:** Teams Choice
 - 1 Point: 3 paces/yards
 - 2 Points: 10 paces/yards
- **2-Point Conversion Attempts:** Can be intercepted and returned for 2 points; 1-point conversions cannot be returned

Game Start

- **Coin Flip:** Determines first choice of Ball/Defense for the first half.
- **Starting Spot:** 10 paces/yards line
- **No Kick-Offs**

Rush/Blitz Count

- **Referee's Call:** "1-MISSISSIPPI, 2-MISSISSIPPI, 3-MISSISSIPPI, 4-MISSISSIPPI, 5-MISSISSIPPI, GO!!"
- The Referee saying GO will be when you can cross the line of scrimmage

Quarterback Rules

- Cannot snap the ball to themselves
- Must be in a stationary position to receive the snap
- Can run the ball at any time

Offensive Line Rules

- Hands must be behind their back while protecting the quarterback
- No contact allowed at or behind the line of scrimmage (can set up similar to a pick in basketball with hands behind the back on feet set)

Receivers

- Need only one foot in bounds for a catch

Substitutions and Forfeits

- **Substitutions:** Must be made from the same sideline/bench
- **Minimum Players:** 5 (at least 2 women)
- **Forfeits:** Teams not meeting minimum players by the ten minute mark may forfeit, or play a legal game with opposing team's consent.

Penalties and Infractions

Common Penalties

- **Illegal Contact at or Behind Line of Scrimmage (Cannot initiate contact):** 5 paces/yard penalty; possible 15 paces/yard for excessive contact
- **Offsides/Illegal Rush (Early rush before the official says GO):** 5 paces/yards penalty; free play if on the defense
- **Illegal Motion (Cannot be in motion, toward the line of scrimmage, when the ball is snapped):** 5 paces/yard penalty
- **Offensive Picking/Interference (Cannot set screens or blocks past the line of scrimmage):** 5 paces/yard penalty

Unnecessary Roughness

- **Offense:** 10 paces/yard penalty and loss of down, possible ejection for extreme cases
- **Defense:** 10 paces/yard penalty, automatic first down, possible ejection for extreme cases

Defensive Pass Interference (Cannot initiate contact at or after the line of scrimmage)

- Spot foul at the point of infraction; automatic first down
- If in end zone, ball spotted at the 1 pace/yard line

Intentional Grounding

- Loss of down and ball spotted at point of infraction, where the ball left the Quarterbacks hands

Fighting

- Fighting under no circumstances will be allowed or tolerated. All parties involved will be ejected from the game and subject to ejection from the league.

Flag Football Specifics

- **Flag Guarding (Swiping or blocking an attempted flag pull):** 5 paces/yard penalty; loss of down if on fourth down
- **Shirts and Flags:** Must be securely attached and tucked in; no flag guarding
- **Diving and Spinning:** Allowed; must not initiate contact
- **Belt Grabbing (After the play for time wasting):** 5 paces/yard penalty from end of play

Turnovers and Downs

- **Fumbles:** Ball is dead at the point of fumble; possession retained
- **Lateral Passes:** Can be intercepted and returned
- **Forfeit of Possession/Punt:** Ball given to opposing team at 10-yard line

Coed Rules

- **No Maximum limit to the number of females on the field**

- **Must use one Female play on offense every 4 downs (Doesn't reset on first down):** Loss of downs in not used
 - **Intended Receiver**
 - **Runs the ball**
 - **QB on a passing play**
 - **Extra points do not count toward the 4 plays (Anyone can be targeted)**

Game Time and Clock Management

- **Halves:** Two 20-minute halves with a 1-minute halftime.
- **Direction Change:** Teams switch sides at halftime.
- **Time-Outs:** Each team has 2 time-outs per game. The clock stops during time-outs and serious injuries.
- **Running Clock:** The clock runs continuously except for the final 2 minutes of the second half.
- **Final 2 Minutes:**
 - Stops for incomplete passes, going out of bounds, scoring plays, change of possession, certain penalties, and time-outs.
 - The clock does not stop for first downs or fumbles.
 - If a team leads by 17+ points, the clock runs continuously in the final 2 minutes.
- **30-Second Play Clock:** Teams have 30 seconds to snap the ball after it's spotted. Failure to do so results in a 5-yard penalty.

Scoring

- **Touchdowns:** 6 points.
- **Extra Points:**
 - 1 point from 3 yards,
 - 2 points from 10 yards.
 - 2-point conversions can be returned by the defense for 2 points.

First Downs

- **4 Downs:** Teams have 4 downs to score or earn a first down.
- **Downs System:** If a team doesn't score or gain a first down, possession changes at the spot of the line of scrimmage.
- **Forfeit of Possession/Punt:**
 - Teams can opt to forfeit possession on 4th down.
 - Ball placement:
 - Placed at the 10-yard line of the opposing team.

Turnovers

- **Turnovers:** Only on interceptions of forward passes or laterals. Fumbles do not count as turnovers; play is dead at the fumble spot.
- **Lateral Passes:** Can be intercepted. If a lateral is picked off, it results in a change of possession and can be returned for a touchdown.

Play Continuance

- Play continues until:
 - A flag is pulled.
 - The ball-carrier goes out of bounds.
 - The ball-carrier scores.
 - The ball touches the ground (fumble or incomplete pass).
 - The ball-carrier's knee touches the ground.

Overtime (Playoffs Only)

Playoff Rules

- **Seeding:** Based on winning percentage
- **Overtime:** Four-downs-from-10-yards format; mandatory female play within the first three plays or on 1st and 4th downs
- **Non-Roster Players:** Not allowed in playoffs

Game Equipment

- **Ball Specifications:**
 - Length: 10 $\frac{7}{8}$ inches to 11 $\frac{7}{16}$ inches
 - Circumference: 20 $\frac{3}{4}$ inches to 21 $\frac{1}{4}$ inches
 - Weight: 14 to 15 ounces
 - Inflation Pressure: 12 $\frac{1}{2}$ to 13 $\frac{1}{2}$ pounds per square inch

Clock Rules

- **First 38 Minutes:** Running clock with exceptions for time-outs and injuries
- **Final 2 Minutes:** Clock stops for incomplete passes, going out of bounds, scoring, change of possession, and time-outs
- **Running Clock:** If a team leads by 17 or more points in the last 2 minutes

This summary should help in understanding the fundamental rules and regulations for your league's games. If you have specific scenarios or questions, feel free to ask!

