



# 2019 CQL Spring 7x7 Flag Football



## Age Groups & Cost:

- 7U, 9U, 11U and 14U – Age as of 7/31/2019. Age groups match fall age groups. No play-downs.
- \$25.00 per player – Includes t-shirt and registration fee.

## Practice & Game Schedule:

- Practice can begin Monday, 03/13/2019 – Each team sets their practice schedule.
- 6-Game Season – Saturdays – 04/13, 04/20, 05/04, 05/11, 05/18
- Tournament: Saturday, June 01, 2019 – Location: TBD

## Game Rules

### Equipment & Field Setup

- Flags must be contrasting color to team colors, be at least 12 inches long and attach to belt with Velcro strips.
- Mouth guards are required.
- Football sizes: 7U/9U: K2, 11U: TDJ, 14U TDY – Home team to provide game ball.
- The 7x7 game will be played on a 40 yard field (100 yard field split in half) with two-20 minute halves (running clock).
- There is a 25-second play clock in between plays.

### Offense

- All possessions will start on the 40 yard line and the offensive team can achieve only one first down when they reach the 20 yard line.
- The offense must have a center to snap the ball to the quarterback (under center or shotgun).
- Only pass plays are allowed and the quarterback only has four seconds to pass the ball.
- Double passes are allowed as long as the first pass is within four seconds and the second pass must be a forward pass.
- The center is eligible to receive a pass.
- A fumble is considered a dead ball. No blocking or contact is allowed.
- Offensive receivers not catching the ball must stop when the ball is caught.

### Scoring

- Touchdown – 6 points
- Extra point from 10 yard line – 1 point
- Extra point from 15 yard line – 2 points
- Interceptions – Dead ball at the point of interception. Intercepting team gets ball at 20 yard line.
- Overtime – Each team has a chance to score in each overtime from the 20 yard line until a winner is declared. Maximum of 3 overtimes.

### Defense

- **Tackling or other contact is not allowed.**
- The defensive player must make an effort to pull the flag of the offensive player.
- The defense can't rush the QB.

### Penalties

- Offensive penalties include: blocking, pass interference, unnecessary roughness, false start. Penalties will result in a 10 yard loss and loss of down.
- Defensive penalties include: pass interference and unnecessary roughness. Penalties result in a 10 yard gain for the offense and an automatic first down.