



## SECTION 1 — THE GAME (BASIC RULES OF 7 SCREEN):

### ARTICLE 1 — COIN TOSS:

A. A coin toss shall begin each game. The captain winning the toss shall choose one of the following Options:

1. Offense
2. Defense
3. Defer choice to the second half.

B. Loser of the coin toss shall make a choice of the remaining options.

C. Before the start of the second half, the Captain who did not choose 1<sup>st</sup> will choose from the original options.

D. If you mess up your selection of choices, the referee will not assist you nor interpret your intended meaning. .

### ARTICLE 2 — POSSESSIONS:

**A. KICKOFFS** — Kick Off will start each half, after that the Game will begin with offensive team starting at the 14 yard line. Touchbacks and Safeties will also be placed at the 14 yard line.

**B. FIRST DOWNS** are achieved by crossing a ZONE-LINE-TO-GAIN located at the 20 and 40 yard lines. A team shall have 4 downs to advance to the next Zone-Line-to-Gain.

**C.** All players must start with their flag belts on. If a player starts without her flag belt properly secured with all flags attached, her team will be assessed a 5 yard penalty.

**D. INTERCEPTIONS** - On interceptions, the team will take possession of the ball where the defender's flag was pulled. Penalties on interceptions will be assessed where the penalty occurred.

**ARTICLE 3 — SNAPS:** Ball must be snapped between the legs. Direct snaps are legal. The snap must be received at least 1 yard behind the line of scrimmage.

**ARTICLE 4 — HUDDLE CLOCK:** 25 second clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.

### ARTICLE 5 — SCREEN BLOCKING:

A. Screen blocking is legally obstructing an opponent without intentionally contacting them with any part of the screen blocker's body. The offensive screen block shall take place without contact. The screen blocker shall have her hands and arms at her side or behind her back. Any use of the arms, elbows

or a leg to initiate contact during an offensive player's screen block is illegal. A blocker may use their hand or arm to break a fall or to retain her balance. A player must be on their feet before, during and after screen blocking.

**B. Screen Blocking Fundamentals — A player who screens shall not:**

1. When they are behind a stationary opponent, take a position closer than a normal step from the opponent.
2. Assumes a position at the side or in front of a stationary opponent, or make contact the opponent. .
3. Take a position so close to a moving opponent that their opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take her stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent.
4. After assuming their legal screening position, move to maintain it, unless she moves in the same direction and path as her opponent. If the screener violates any of these provisions and contact results, she has committed a personal foul.

**C. Blocking and Interlocked Interference** — Teammates of a runner or passer may interfere by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

**D. Use of Hands or Arms by the Defense** — Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the Official. A blocker may use their arms or hands to break a fall or retain her balance.

**PENALTY: Personal Foul (S38)**

**ARTICLE 6 — INTERCEPTION:** Interceptions may be returned.

**ARTICLE 7 — DIVISIONS OF PLAY:** There shall be 1 division of play offered in the 7 MEN SCREEN Format. Open

**ARTICLE 8 — AGE CALSSIFICATIONS:** The age classification in the 7 MEN SCREEN Program shall be: 18 & Up.

**ARTICLE 9 — ELIGIBLE PLAYERS:** All players are eligible in 7 MEN SCREEN.

**ARTICLE 10 - ZERO TOLERANCE POLICY:** 5 Star Sports will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any player, team or family member that jeopardizes that environment may be asked to leave. 5 Star Sports operates under a ZERO TOLERANCE POLICY.

**SECTION 2 — THE FIELD (FIELD SIZE):**

(Page 29 diagram: Title "ABBREVIATED Field", see M.C. on minor field diagram changes.)

**ARTICLE 1 — FIELD DIMENSIONS:**

Abbreviated Field:

- A. Field Size — 80 yards in length; 40 yards in width

B. End Zones - (2) 10 yard end zones

**ARTICLE 2 — OUT-OF-BOUNDS:** Stepping on the boundary line is considered out-of-bounds.

**ARTICLE 3 — TEAM AREA:** Team areas are located between the 20 yard lines.

### **SECTION 3 — THE PLAYERS:**

#### **ARTICLE 1 - ROSTER SIZE:**

A. Teams consist of a total of 16 players on the roster.

B. A player may only appear on 1 roster. NO EXCEPTIONS, even if the other team approves it. If a player is found playing on a team illegally, the team will forfeit the game in which the illegal player participated.

**ARTICLE 2 — NUMBER OF PLAYERS ON FIELD:** 7 players on the field at a time.

**ARTICLE 3 — FORFEITS:** To avoid a forfeit, you must have at least 5 players to begin the game. Game time is forfeit time.

**ARTICLE 4 — PROTEST PROCEDURE:** League or Tournament Director is contacted DURING THE GAME with a **\$50 Non-Refundable Protest Fee**. NO PROTESTS WILL BE ALLOWED AFTER THE GAME IS OVER! You may not protest a judgment call by an Official.

### **SECTION 4 — EQUIPMENT:**

**ARTICLE 1 — THE BALL:** An Officially Licensed Football by 5 Star Sports must be used and it must be a regulation size ball.

**ARTICLE 2 — THE FLAGS:** All flags used in the 7 MEN'S SCREEN Program shall be an Officially Licensed Flag of 5 Star Sports (Triple Threat)

**ARTICLE 3 — SHOES:** Cleats are allowed but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed if the screw is part of the cleat. Inspections will be made. . Tennis shoes are permitted.

**ARTICLE 4 - JERSEYS:** All jerseys shall be tucked in the pants or shorts. No shimmed length, waist length or half jerseys allowed. All jerseys must be the same color with a name or number on the back. \*JERSEY NAME/NUMBER MUST MATCH ROSTER SHEET INFO\*

**ARTICLE 5 — MOUTHPIECE:** Mouthpieces are highly suggested but optional.

**ARTICLE 6 — OPTIONAL PROTECTIVE WEAR:** Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed and must be taped.

**ARTICLE 7 — JEWELRY:** Players must remove all watches, earrings or any other jewelry that Officials deem hazardous.

**ARTICLE 8 — PANTS:** Pants or shorts with belt loops or pockets must be taped. Pants or shorts must be different color than flags.

### **SECTION 5 — TIMING & OVERTIME:**

#### **ARTICLE 1 — GAME LENGTH:**

A. Regulation Time - 40 minute game length - (2) 20 minute halves with a running clock. The

clock stops only for timeouts!

B. 2nd Half Two Minute Warning — When there are 2 minutes left in the 2nd half, the game clock shall stop for incomplete passes, out-of-bounds, time outs and scores (clock starts on snap), and change of possessions, penalties and first downs (clock starts on the ready for play whistle).

**ARTICLE 2 — HALFTIME:** Halftime is 2 Minutes long.

**ARTICLE 3 — HUDDLE CLOCK:** 25 seconds long. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive a 10 second warning and a 5 second countdown before a delay of game penalty is enforced.

**ARTICLE 4 — TIME OUTS:**

- A. Each team has (2) 30 second time outs per half.
- B. Each team has (1) 30 second time out per overtime period.
- C. Officials can stop the clock at their discretion.
- D. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

**ARTICLE 5 — OVERTIME:**

**THERE IS NO OVERTIME IN POOL PLAY GAMES.**

- A. ELIMINATION GAMES THAT GO INTO OVERTIME WILL USE THE COLLEGE FORMAT. 4 DOWNS FROM THE 20, IF AFTER 2 OVERTIMES THE GAMES ARE STILL TIED, THE TEAMS WILL ALTERNATE GOING FOR EXTRA POINTS FROM THE 10 YARD LINE UNTIL A WINNER IS DECIDED.
- B. Overtime starts with: Coin Flip just as start of regulation.
- C. Interceptions returned in Overtime will end the overtime. Extra Points Interceptions can only be returned in the values is 2 points or more
- D. Penalties are administered as in regular game.

**SECTION 6 — SCORING:**

**ARTICLE 1 -SCORING VALUES:**

- A. Touchdown = 6 points
- B. Field Goals = 3 points
- C. Extra point = 1 point (3 yard line — run, pass or kick) 2 points (10 yard line — run, pass, or kick)  
NOTE: A team that scores a touchdown must declare whether it wishes to attempt a 1, 2 point conversion. Any change, once a decision is made to try for the extra point, requires a charged time out. Decisions cannot be changed after a penalty.
- D. Interceptions on returned extra points are worth the value of the attempted extra point (2 or 3 points).
- E. Extra point attempts - If the attempting team throws an interception and commits an infraction after the interception, the opposing team takes offensive possession of the ball. They will get an additional 5 yards from the line of scrimmage. If a flagrant foul or intentional foul occurs on the extra point play, the penalty will still be assessed from the line of scrimmage.
- F. Safety = 2 points
- G. Forfeited game = 28 points (game time is forfeit time)

## **ARTICLE 2 — MERCY RULE:**

- A. Two Minute Warning - If a team is ahead by 19 points or more when the Referee announces the Two Minute Warning for the second half, the game shall be over.
- B. After the Two Minute Warning — If a team scores during the last two minutes of the second half and the score creates a point differential of 19 or more, the game shall end at that point.
- C. NO Mercy Rule in Pool Play, as points determine seeding.

## **SECTION 7 — LIVE BALL & DEAD BALL:**

### **ARTICLE 1 — LIVE BALL:**

- A. The ball is live at the snap and remains live until the Official whistles the ball dead.
- B. One Foot Inbounds for Legal Catch - A player who gains possession in the air is considered inbounds as long as one foot comes down in the field-of-play.
- C. Imitating Offensive Signals — The defense may not imitate the offensive team's signals by trying to confuse the offensive players while the Quarterback is Calling out signals to start the play. This will result in an unsportsmanlike conduct penalty (S27).

### **ARTICLE 2 — DEAD BALL:**

- A. The ball is ruled dead when:
    - 1. A snap to a Quarterback hits the ground.
    - 2. A fumble hits the ground (no fumble recoveries allowed).
    - 3. A ball carrier's knee touches the ground.
    - 4. A ball carrier steps out-of-bounds.
    - 5. A ball carrier's flags are legally removed.

NOTE: If a ball carrier's flags fall off inadvertently, play shall revert to a 1 hand touch between the shoulders and knees.

    - 6. If no flags are worn at the time of the snap, play reverts to a 1 hand touch. Penalty - failure to wear proper equipment (S23).
    - 7. A touchdown, point after touchdown or safety is scored.
    - 8. Any Official can whistle the play dead.
    - 9. Substitutions may be made on any dead ball.
  - B. The Official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on offense or defense enters the neutral zone. In regards to the neutral zone, the Official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- NOTE:
- 1. There are no fumbles. The ball is spotted where the ball hit the ground.
  - 2. The ball will be spotted wherever the ball was at the time of a flag pull.

### **ARTICLE 3 — INADVERTENT WHISTLE:** In the case of an inadvertent whistle, the offense has three options:

- A. The ball is in player possession — the team in possession may elect to put the ball in play where declared dead or replay the down.
- B. The ball is loose from a fumble, backward pass or illegal forward pass — the team in possession may elect to put the ball in play where possession was lost or replay the down.

C. During a legal forward pass the ball is returned to the previous spot and the down is replayed.  
NOTE: If a foul occurs during an inadvertent whistle, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle.  
If a referee blows an inadvertent whistle on a scoring play the team the team WILL NOT be awarded the score. The ball will be placed at the spot of the blown whistle and awarded the appropriate down and yardage to first down. For example if its 1st and 20 and whistle is blown 5 yards after from line of scrimmage the team will have 2nd and 15 from the yard marker. If the play is 2nd and 15 and a whistle is blown after a 16 yard play the team will be awarded 1st and 19 from the yard marker and so on.

## **SECTION 8 — RUNNING:**

### **RUNNING PLAYS:**

- A. The ball will be spotted wherever the ball was at the time of a flag pull.
- B. The Quarterback MAY run with the ball at any time.
- C. The offense may use multiple handoffs.
  - 1. "Center Sneak" play — The ball must completely leave the center's hands on the snap and he must step backwards off the line of scrimmage in order to receive a direct handoff from the Quarterback before advancing the ball.
- D. Laterals and pitches ARE allowed anywhere on the field.
- E. All defensive players are eligible to rush at the snap.
- F. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- G. Spinning is allowed but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball, while attempting to avoid a flag pull, is not allowed. Lateral moves to the left or right are permitted.
- H. Runners may leave their feet if there is a clear indication that they have done so to avoid collision with another player without a flag guarding penalty enforced.
- I. NO CONTACT - SCREEN BLOCKING ONLY IS ALLOWED.
- J. Downfield Blocking - Screen blocking for the ball carrier is allowed downfield but must be a set block.
- K. Flag Obstruction — All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

## **SECTION 9 — PASSING:**

### **PASSING PLAYS:**

- A. Backward passes and laterals ARE allowed.
- B. Only 1 forward pass per down.
- C. If a passer crosses the line of scrimmage and comes back behind the line of scrimmage and throws a pass, it is an illegal forward pass.
- D. Interceptions change the possession of the ball at the point of interception. Interceptions may be returned.
- E. If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the foul.
- F. If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

## **SECTION 10 — RECEIVING:**

### **RECEIVING PLAYS:**

- A. All players are eligible to receive passes.

- B. No contact allowed on the Center or Receivers on offense.
- C. Only 1 player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
- D. A player must have at least 1 foot inbounds to make a legal reception.
- E. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- F. Interceptions change the possession of the ball at the point of interception.
- G. Interceptions are returnable on extra point plays and the points awarded will be the same as the extra point attempt.

## SECTION 11 — KICKING (The Kicking Game):

### ARTICLE 1 — KICKOFF (FREE KICK):

A. Kickoffs ONLY happen at the beginning of each half. – afterwards the ball is placed on the 14 yard line after a touchdown or field goal.

B. SAFETY — Place ball on 16 yard line.

### ARTICLE 2 — PUNT (SCRIMMAGE KICK):

A. Protected Punt — The Referee asks Team Captain if they want a protected punt.

B. Teams may ask for a protected punt on any down.

C. In order to change the decision of a protected punt, a team must call timeout.

D. If a protected scrimmage kick has been announced and the kicking team purposely runs an offensive play, other than the punt, the penalty shall be a dead ball foul Unsportsmanlike Conduct penalty, 10 yards and loss of down (S7, S27 & SQ).

E. At least 4 players on the Line of Scrimmage at the time of a punt.

F. Defense may raise their arms or jump to try to block the punt but cannot cross the Line of Scrimmage.

G. If punter drops the snap, the ball is dead at the spot.

H. Punter must be at least 5 yards behind the center when receiving the snap.

I. Punter must punt the ball immediately and in a continuous motion. The penalty for not punting the ball immediately shall be a 5 yard Illegal Procedure penalty (S19).

PENALTY: Delay of game — 5 yards (S21)

NOTE: If repeated, it is an Unsportsmanlike Conduct penalty, 10 yards and loss of down (S27 & S9)

J. Non-Protected Punt — Some teams may wish to punt with no protection or no announcement.

When using no protection, rough contact with the kicker results in a penalty.

K. If the punting team or the punt return team touches a punt and it hits the ground, the ball is dead at the spot.

L. Muffs and fumbled punts are dead at the spot.

M. Punt in the End Zone — Place the ball on the 14 yard line if not returned.

N. Punt Out-of-Bounds — Play ball on spot.

O. Punts that hit the ground may be advanced by the punt return team or downed by the punting team.

P. A fair catch of a declared Punt — The receiving team may request a free kick for 3 points (field goal) and the defense may not rush the kicker. A kicking tee or block may be used.

Q. If the clock has been stopped for some reason and there is a request for a protected Punt, the clock will start at the snap.

R. Fair Catch — Any punt returner may signal for a Fair Catch while any punt is in flight and is beyond the punter's line of scrimmage.

S. Fair Catch Interference — No member of the punting team may interfere with the punt returner after making a Fair Catch signal — Fair Catch Interference, 10 yards (S33).

T. Touchback — If a punt returner catches a punt in the End Zone and kneels down, it is a Touchback and the ball is brought out to the 14 yard line, first down, Zone-Line-to-Gain. If a punt goes through the End Zone, the ball is brought out to the 14 yard line — first down, Zone-Line-to Gain.

### **ARTICLE 3 — EXTRA POINTS (TRY-FOR-POINT):**

- A. 1 point = 3 yard line - run, pass or kick
- 2 points = 10 yard line — run, pass or kick
- B. Change Extra Point choice - You may only change your Extra Point choice by calling a timeout.
- C. Next Play — After an Extra Point, the next play shall be FROM 14 YARD LINE.
- D. Penalty During an Extra Point Attempt — If a penalty occurs during an Extra Point attempt, assess the penalty but the Extra Point value remains the same.
- E. The Center/Receivers — No contact allowed on the Center or Receivers.
- F. Minimum Number of Players on Line of Scrimmage — 4 players
- G. Rushing On Extra Points — There shall be no rushing on an Extra Point kick attempt.
- H. Fake Extra Points — There shall be no fake Extra Points because there is no rush allowed.
- I. Blocking an Extra Point— Defensive players may raise their hands and jump to block an extra point but may not cross the line of scrimmage.
- J. Stances — There shall be no 3 or 4 stances on any kick attempt, including Extra Point kick attempts.
- K. Kicking Block — A 2 inch kicking block may be used to kick an extra point.
- L. Roughing the Kicker, Holder or Center (Extra Point Kick Attempts) — Any roughing of the kicker, holder or center is (S30 & S8):
  - 1. Automatic 10 yard penalty on the kickoff, whether the Extra Point was good or not.
  - 2. Choice of 1 or 2 points from the 1 yard line.
  - 3. You may run, pass or kick from the 1 yard line for 1 or 2 points depending on what was declared.
  - 4. If a choice for 1 or 2 points has been declared, the only way to change that choice is by requesting a timeout.
  - 5. If the kicker, holder or center is roughed after a kick attempt has been blocked, it is considered a personal foul and will be awarded the option of declining the penalty or a rekick — Roughing the Kicker, Center or Holder (S30 & S8).

### **ARTICLE 4 — FIELD GOAL:**

- A. Field goals are worth 3 points and can be attempted on any down.
- B. Next Play — After a Field Goal, the next play shall be FROM 14 YARD LINE.
- C. Penalty During a Field Goal Attempt — Assess penalty as in a regular play.
- D. The Center/Receiver - No contact allowed on the Center or Receivers.
- E. Minimum Number of Plays on Line of Scrimmage — 4 players
- F. Rushing on Field Goals - There shall be no rushing on a Field Goal.
- G. Fake Field Goals — There shall be no fake Field Goals because there is no rush allowed.
- H. Blocking a Field Goal— Defensive players may raise their hands and jump to block a Field Goal but may not cross the line of scrimmage.
- I. Stances — There shall be no 3 or 4 stances on any kick attempt, including Field Goal attempts.
- J. Kicking Block — A 2 inch kicking block may be used to kick a Field Goal.
- K. Roughing the Kicker, Holder or Center (Field Goal Attempt) — Any roughing of the kicker, holder or center is an automatic first down and a 10 yard penalty (S30 & S8).
- L. When a Field Goal is Missed or Blocked:
  - A. Missed Field Goals:
    - 1. Field goals that are missed inside the 20 yard line shall be brought out to the 20 yard line.
    - 2. Field goals that are missed outside the 20 yard line shall be placed at the original scrimmage line.
    - 3. The receiving team may return a missed field goal attempt from the End Zone of the field-of-play.
    - 4. If the receiving team fumbles or muffs an attempted return of a missed field goal



attempt, the ball is dead at the spot where it hits the ground.

**B. Blocked Field Goals:**

1. If an attempted field goal is blocked and hits the ground, the ball is dead.
2. Field goals that are blocked inside the 20 yard line shall be brought out to the 20 yard line.
3. Field goals that are blocked outside the 20 yard line shall be placed at the Original line of scrimmage.
4. The kicking team may advance a blocked field goal attempt that is legally caught behind or beyond the line of scrimmage, as long as the ball has not yet touched the ground.
5. The receiving team may advance a blocked field goal attempt that is legally caught behind or beyond the line of scrimmage, as long as the ball has not yet touched the ground.
6. If the receiving team fumbles or muffs an attempted return of a blocked field goal attempt, the ball is dead at the spot where it hits the ground.

**K. Field Goal Attempts on 1st, 2nd or 3rd Down** — A field goal attempt on 1st, 2nd or 3rd down that is blocked by the receiving team behind the line of scrimmage and is caught by the kicking team shall be counted as a scrimmage play, and the kicking team shall receive the next succeeding down.

**ARTICLE 5 — THE ONSIDE KICK- IN THE 2ND HALF ONLY** the LOSING TEAM can attempt an onside kick. The Losing team must run 1 play from their own 15 yard line. They must reach their own 40 (25 yard play) yard line in order to retain possession and have a successful onside kick. The play must minimum reach their own 40 yard line. In the event of a successful onside the kicking team will be granted possession of the football at the 50 yard line (midfield). If the result of an onside kick is a score the ball will still be placed at the 50 yard line. IF the onside kick is unsuccessful the receiving team will get possession of the football on their own 20 yard line.

**SECTION 12 — RUSHING THE PASSER: RUSHING PLAYS:**

- A. Restraining Line (Rush)** - Defensive players who rush the passer may line up on the restraining line, located 1 yard off the line of scrimmage, when the ball is snapped. Any number of players can rush the Quarterback at the snap.
- B. A Ball Spotter** shall be used to mark the line of scrimmage.
- C. Players rushing the Quarterback** may attempt to block a pass, however, NO contact can be made with the Quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty. Players must go for the Quarterback's flag.
- D. A sack** occurs if the Quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the ball is at when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone.

**SECTION 13 — FLAG PULLING:**

**DE-FLAGGING:** De-flagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. Offensive players are not permitted to protect or guard their flags.

- A.** A legal flag pull takes place when the ball carrier is in full possession of the ball.
- B.** Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags.
- C.** It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- D.** If a player's flag inadvertently falls off during the play, the de-flagging reverts to a 1 hand touch of the runner between the shoulder and the knees.
- E.** If a flag is removed illegally, play should continue with the option of the penalty or the play.

F. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.

G. Tampering with the flag in any way to gain an advantage including, tying the flag, cutting the flag, using foreign materials or other such acts are illegal.

H. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

#### **SECTION 14 — FORMATIONS:**

ARTICLE 1 — MINIMUM PLAYERS ON LINE: Offense must have a minimum of 4 players on the line of scrimmage and up to 7 players on the line of scrimmage. The Quarterback must be off the line of scrimmage.

#### **ARTICLE 2 — MOTION:**

A. Offensive players must come to a complete stop for 1 second before the ball is snapped unless she is the only player in motion.

1. 1 player at a time may go in motion 1 yard behind and parallel to the line of scrimmage.

2. No motion is allowed towards the line of scrimmage.

B. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

C. The center must snap the ball with a rapid and continuous motion between her legs or from the side to a player in the backfield (not on the line of scrimmage) and the ball must completely leave her hands.

#### **SECTION 15 — UNSPORTSMANLIKE CONDUCT:**

A. If the Referee witnesses any acts of intentional tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the Referee's discretion. No appeals will be considered.

**FOUL PLAY WILL NOT BE TOLERATED!**

B. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the Referee will give one warning. If it continues, the player or players will be ejected from the game.

C. Players may not physically or verbally abuse any opponent, coach or Official.

D. Ball carriers MUST make an effort to avoid defenders with an established position.

E. Defenders are not allowed to run through the ball carrier when pulling flags.

F. Fans must also adhere to good sportsmanship as well.

1. Yell to cheer on your players, not to harass Officials or other teams.

2. Keep comments clean and profanity free.

3. Compliment ALL players, not just one player or team.

G. Fans are required to keep field's safe and kid friendly.

1. Keep younger kids and equipment such as coolers, chairs and tents to a minimum of 10 yards off the field.

H. Teams/Players leaving the bench area during a fight:

1. If either team leaves the bench during a fight, the game will immediately be forfeited.

2. Any player that comes off the sideline during a fight will be EJECTED AND DISQUALIFIED FROM GAME OR TOURNAMENT.

3. FIGHTING IN THE U.F.F.L WILL NOT BE TOLERATED. ZERO TOLERANCE POLICY. U.F.F.L DIRECTORS AND NATIONAL STAFF WILL DETERMINE PUNISHMENT IN THE EVENT OF A FIGHT.

#### **SECTION 16 — PENALTIES:**

#### **ARTICLE 1 — GENERAL:**

A. The Referee will call all penalties.

- B. All penalties will be assessed from the line of scrimmage except as noted (spot fouls).
- C. Only the team captain or head coach may ask the Referee questions about rule clarification and interpretations. Players may not question judgment calls.
- D. Games may not end on a defensive penalty unless the offense declines it.
- E. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before a play is considered complete.
- F. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- G. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a \$50 re-instatement fee.

ARTICLE 2 — SPOT FOULS:

(Insert chart)

ARTICLE 3 — DEFENSIVE PENALTIES:

(Insert chart)

ARTICLE 4 — OFFENSIVE PENALTIES:

(Insert chart)

ARTICLE 5 — ALL-BUT-ONE ENFORCEMENT PHILOSOPHY: Enforcement philosophy is based on the fact that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give us this aid is a foul by the offense behind the basic spot.

Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot, unless it occurs behind the line of scrimmage. Then it is assessed from the line of scrimmage.

EXCEPTION: Any foul that occurs by the offense in their own end zone shall be ruled a safety. (Insert chart)

SECTION 17 — PLAYING RULES CAN BE MODIFIED: Any rule found in this book may be altered to suit the needs of the Local 7 MEN SCREEN Program. U.F.F.L recommends using the Official Rule Book as closely as possible for the following reasons:

- A. For a better understanding of all the rules of 7 MEN SCREEN flag football.
- B. For uniformity in playing rules so that different areas of the United States can compete against one another in a safe and fair manner.

END