



Good Call Sports 7v7 Flag Football Rule Book

Table of Contents

Introduction

Terminology

Positions

General Rules

Equipment

Playing Field

Timing & Over Time

Scoring

Coaches/Captains

Live Ball/Dead Ball

Running

Passing

Receiving

Rushing the Passer

Flag Pulling

Penalties



Table of Contents

Flag football is a sport that people of all ages can enjoy, from youth through adulthood. The 7-on-7 format is a popular choice for both recreational players and those looking for off-season practice, with millions of participants across the U.S. each year. This rulebook outlines the procedures for playing 7-on-7 flag football under USA Football's American Development Model. These guidelines are designed to support local leagues, allowing for full implementation or adaptation based on their specific needs. For any rules that do not follow Good Call Sports in house rules, please refer to the NCAA rulebooks.



Terminology

- ❖ **BOUNDARY LINES** The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
- ❖ **CHARGING** An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
- ❖ **DEAD BALL** Refers to the period of time immediately before or after a play.
- ❖ **DEFENSE** The team opposing the offense to prevent it from advancing the ball.
- ❖ **DOWNS** The offensive team has four attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
- ❖ **FLAG GUARDING** An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
- ❖ **INADVERTENT WHISTLE** Official’s whistle that is performed in error.
- ❖ **LATERAL** A backward or sideway toss of the ball by the ball-carrier. There are no legal laterals or pitches allowed in USA Football 7-on-7 Flag.
- ❖ **LINE OF SCRIMMAGE (LOS)** An imaginary line running through the point of the football and across the width of the field.
- ❖ **LINE-TO-GAIN** The line the offense must pass to get a first down or score. In USA Football 7-on-7 flag, this is the midfield point.
- ❖ **LIVE BALL** Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- ❖ **OFFENSE** The team with possession of the ball.
- ❖ **5 PASS CLOCK** Offensive teams have seven seconds to throw a pass or make a handoff once the snap is made. If the quarterback still has the ball after an official counts off seven seconds, the play is dead and the ball returns to the line of scrimmage as if an incomplete pass occurred.
- ❖ **PASSER** The offensive player who throws the ball and may or may not be the quarterback.
- ❖ **RUSH LINE** An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.



- ❖ **RUSHER** The defensive player(s) assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
- ❖ **SHOVEL PASS** A legal forward pitch attempted from behind the line of scrimmage traveling beyond the line of scrimmage.
- ❖ **UNSPORTSMANLIKE CONDUCT** A rude, confrontational or offensive behavior or language.
- ❖ **WHISTLE** Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.



Positions

Offense

1. The seven players on offense consist of a center, a quarterback and five eligible receivers. Two of those receivers must be on the line of scrimmage at the snap – each positioned on opposite sides of the center.

a. **Center-** This player's sole responsibility is to snap the ball to begin the play, a critical skill at all levels of football. The center is the only ineligible player on the field. Once the center has delivered the football to the quarterback – either directly or from a pistol or shotgun formation – the center must remain in position except in the case of a turnover, when he or she is then eligible to pull the ball-carrier's flag.

b. **Quarterback-** This player receives the snap from the center and initiates the play either through a handoff or pass. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.

c. **Receiver/back-** Any player who does not initiate the snap nor receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass. Two receivers must be on the line of scrimmage at the snap – on opposite sides of the center – while the other three are at least one yard behind the line of scrimmage in either a slot or running back position. No player other than the quarterback may line up within three yards of the center

Defense

All players on defense are eligible to rush the quarterback or drop back into coverage.

1. **Rusher-** Any player who rushes the quarterback must be a minimum of seven yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this seven-yard zone before every play.

a. Following a legal handoff, any member of the defense can cross the line of scrimmage.



Equipment

1. Short/Pants must not have any pockets
 1. Shorts/pants that have pockets must be flipped inside out
2. If shorts/pants are inside out and an opposing player pulls the pockets that stick out attempting to grab a flag a holding penalty will not be called
3. If shorts/pants are inside out and the opposing player rips out pocket it does not count as a flag being pulled
4. All players must wear closed toe shoes (no crocs, slides etc)
 1. All non metal cleats or turf shoes are permitted (no metal)
5. Flags will be provided by Good Call Sports, these flags must be used and returned immediately after use
6. Jersey are not permitted for the 2024-2025 season but are highly encouraged
 1. Shirts must be tucked into shorts
 2. Shorts/pants must not be the same color of the flag
7. Game ball: Good Call Sports will provide a game ball for each game
8. Teams may provide an additional game ball to speed up game play but must follow rule 3.9
9. Footballs must be NCAA approved
10. Flags may not be tampered with
 1. Any attempt to illegally secure flag belt will result in loss of downs and a 10 yard penalty
 2. Tampering with the flags could result in an immediate ejection
 1. Tampering includes
 1. Folding
 2. Twisting
 3. Taping
 4. Gluing
 3. Officials/referees have the right to inspect flags at any point during the game



Regulations

1. Each team coach/manager must submit a complete and signed team roster (waiver) with all the required information. No player may play with any team until he/she has filled out the team roster (waiver) and it has been filed with Good Call Sports Staff.

Upon the request

of the league staff, a player's ID MUST BE PROVIDED or that player in question will be disqualified and additional

discipline may be applied. All players must be eighteen (18) years of age or older to participate and be on the field. NO PERSON UNDER THE AGE OF 18 ALLOWED ON THE FIELD/BENCH

4. Good Call Sports reserves the right to place players on teams, in leagues or divisions where there will be equalizations of competition and/or allow teams opportunity to play.

Captains/Coaches Duties:

1. Make sure you have a full team and a reserve for every game
2. Each team will responsible to designate a team captain for the game. Team Captain will be determined by who you select to conduct captains meeting with the referee prior to the game
3. You as the manager is responsible for your team and any disputes that may arise. Up to and including the team's spectator's conduct. Abusive language, drinking, drugs and other irresponsible acts will not be tolerated.
4. The Captain will be selected to speak on behalf of their team to the referee & officials
5. Captains/Coaches are expected to address league officials and referees with professionalism and respectful.
 1. League officials and Referees are also held to this expectation
6. Any schedule information, changes in league information will be sent to you to distribute to your team.
7. Know the rules and express to your team for games to run smoothly.
8. Mandatory captains meeting
 1. In the event the captain cannot attend the mandatory meeting, they will be responsible for assigning a member of their team to attend.
 2. If no representative from team attends meeting a 5 run penalty will be enforced for first game

League rules

1. **Registration & Roster**



1. All players must be registered and paid the league registration fee prior to the start of the season through WEBTRAC (City of St Cloud account)
2. By registering and signing off on the official team roster form, players agree that they are at least 18 years of age, have health insurance and will not hold Good Call Sports LLC or the City of St Cloud responsible for any injuries that occurs during any program that is conducted and players/spectators are attending.
3. Players may only be on one official team roster
 1. Roster will be registered/signed by Week 4 and will be sent to the team captain

2. Team Size

3. A single team (men's division) should have a minimum of 5 members with a maximum of 12 members .
 1. All rosters will be finalized by Week 3, only team members that played in at least ONE regular season game and have signed off on the mandatory waiver form will be permitted to play in playoffs.

4. Shorthanded teams

1. Teams may officially start a game with 3 players on the field in order to avoid a forfeit.

Picking up players from other rosters

1. If a shorthanded team has on 3 players available, they may pick up two (2) players from another team in the league in order to field a full team for that game
2. If you have a full team available (5) you may not pick up any other players from another team (stacking the deck)
3. If the shorthanded team picked up an additional player from another team and one of the shorthanded original players arrives, the non roster players must exit the game immediately
4. Only your team roster players will be allowed to participate in playoff games (no adding players from other teams in the league)
 1. Any team that is found to be using illegal players knowingly or unknowingly will forfeit the game. The player in question must be able to prove they are said player on roster; example IDI; answering questions on roster

5. All rostered players must participate in at least 1 game throughout the season to be eligible for playoffs.

4. Officials/Referees

1. Good Call Sports will have one referee per game for the 2025-26 season
2. Referees will be responsible for play clock, downs and calls on the field
3. Good Call Sports Director will be responsible for time and official game score

5. Games

1. Prior to the start of the game, team captains and referee will meet at mid field to discuss introductions, ground rules, sportsmanship, first ball and answer questions
2. Rock, paper, scissors
 - a. The beginning of the game will start with both captains doing a best of 1 rock, paper, scissors
 - b. Winning captain will choose from two options
 - i. First ball
 - ii. Side of field (direction)



- c. Teams will flip direction of field at the start of the second half
- d. Team who started on defense in the first half will receive the ball for the start of the second half

Possession

- 3. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. Crossing midfield is the only opportunity for an offense to gain a first down within a single possession.
 - a. if the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
 - b. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
 - c. if the defense intercepts the ball, a defensive player can attempt to return it until down, out of bounds or possession of the ball is lost.
 - d. All possession changes, except interceptions, start on the offense's 5-yard line
 - e. teams change sides after the first half. Possession changes to the team that started the game on defense.



Timing & Overtime

1. Games are played on a 40-minute continuous clock with two 20-minute halves. The clock stops for timeouts or injuries only, though officials can stop the clock at their discretion for injury, to stop a team from delaying or other unsportsmanlike conduct.
2. Halftime is five minutes.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has two 30-second timeout per half (no timeouts in overtime)
5. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play and both teams are lined up ready to restart the play.

Overtime

6. If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. The overtime format is as follows

Sportsmanship

1. Profanity and personal berating of opponents by players or spectators will not be permitted. The umpire or organization representative shall eject anyone for violating this rule. The spectator or player has two minutes to leave the premises. If a player or spectator does not leave, the game will be an automatic forfeit and the opposing team will win.
2. Any incident of the described nature above must be reported by the umpire and team manager. They will be required to submit a written description of the event to the league director for possible disciplinary action
 1. Additional game suspensions or other penalties may be issued at the discretion of the Program Supervisor (rainout or postponed games do not count towards game suspensions)
3. Good Call Sports will only notify the captain of any suspensions that may occur.
 1. All penalties are minimum and if deemed necessary, the league official will impose a great penalty.
 2. If a player commits an infraction of rules while on probation, he/she will be placed on suspension for the appropriate length of time.

Penalties

a. Major Violation

1. Committing physical assault against an official, umpire, scorekeeper, volunteer, or county employee.
 - a. Consequence: Imposition of a minimum 2-year suspension and 2-year probation.
2. Engaging in a deliberate act resulting in bodily harm to another player, manager, or property (e.g., instigating a fight or physically attacking an individual).
 - a. Consequence: Imposition of a minimum 1-year suspension and 1-year probation.
3. Making threats of physical harm towards an official, umpire, scorekeeper, player, or park employee.
 - a. Consequence: Imposition of a minimum 1-year suspension and 1-year probation.



4. Engaging in continuous verbal abuse directed at an umpire, scorekeeper, volunteer, player(s) or employee or fans, disrupting the game's progress.
 - a. Consequence: Immediate ejection, potential game forfeiture, and a 1-year probation.
5. Receiving three or more ejections in a single season per player.
 - a. Consequence: Imposition of a minimum 1-year suspension and 1-year probation.

B. Minor Violations

6. Committing an act of fraud (e.g., playing a player under a false name).
 - a. Consequence: Imposition of a minimum 1-year suspension and 1-year probation for both the illegal player and the manager.
7. Using profane language or throwing equipment, whether by a player or manager.
 - a. Consequence: Imposition of a minimum 1-game suspension.
8. Displaying unsportsmanlike conduct, such as a manager or player failing to control their emotions.
 - a. Consequence: Imposition of a minimum 1-game suspension.
9. A manager playing an ineligible player.
 - a. Consequence: Imposition of a minimum 1-game suspension of manager and ineligible player

Violations Revoke Suspension:

- Players who are suspended may request one of the following ways to revoke suspension (Must be approved by Good Call Sports and completed prior to the next game)
 - \$50 donation to a charity of your choice (\$50 is only for a one game suspension)
 - Good Call Sports recommends
 - The Graham J. Cowan Foundation
 - Covenant House of Florida
 - Minimum of 1 Volunteer hour at charity of your choice

Scoring

1. Touchdown: Six points
2. PAT (point after touchdown)
 1. one point from the 5-yard line
 2. two points from the 10-yard
 3. three points from the 15- yard line
3. a. Because of the no-run zone, a one point PAT is pass only; two or three point PAT can be run or pass.



4. A team that scores a touchdown must declare prior to the snap whether it wishes to attempt a one- or two-point conversion. Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
5. Safety: Two points a. A safety occurs when the ball-carrier is declared down in his or her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, a knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

Coaches

- Coaches must be on the sideline calling plays, or adjusting cadences
- No coach is permitted to be on the field unless they are playing

Live Dead/Ball

1. The ball is live at the snap and remains live until an official's whistle blows the ball dead.

2. The official will indicate the neutral zone and line of scrimmage by spotting the ball before each play and signaling ready for play with a short whistle.

a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, an official may give both teams a "courtesy" neutral zone notification prior to the snap to allow their players to move back behind the line of scrimmage.

3. The defense may not mimic the offensive team's signals by trying to confuse the offensive players while the quarterback is calling signals to start the play. This will result in an unsportsmanlike conduct penalty.

4. A player who gains possession of the ball is considered inbounds as long as one foot comes down in the field of play.

5. Substitutions may be made on any dead ball.

6. Any official can whistle the play dead.

7. Play is ruled "dead" when:

a. The ball hits the ground

b. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground

c. The ball-carrier's flag is pulled

d. The ball-carrier steps out of bounds

e. A touchdown, PAT or safety is scored



- f. Any part of the body other than feet or hands touches the ground
 - g. The ball-carrier's flag falls out An inadvertent whistle
 - h. The receiver catches the ball while in possession of one or no flag(s)
8. In the case of an inadvertent whistle, the offense has two options:
- a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage.
9. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team is charged a timeout. If the rule is interpreted incorrectly, the timeout is not charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.
10. A team with no time out remaining cannot challenge a rule interpretation, though officials can come together independently and reverse a call by unanimous decision.

Running

- 1. The ball is spotted where the runner's front foot is when the flag is pulled, not the position of the ball.
- 2. The quarterback cannot directly run with the ball.
- 3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must take place behind the line of scrimmage. The offense may use multiple handoffs.
 - a. The "center sneak" play is not allowed as centers are ineligible to receive handoffs or catch passes
- 4. No-Run Zones are located five yards before the end zone and five yards before midfield in the direction the offense is headed. They are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones.
- 5. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 6. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 7. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- 8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
- 9. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.



10. No blocking or “screening” is allowed at any time.
11. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. There is no running with the ball-carrier.
12. 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.
13. 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.

Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - b. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage and be in the vicinity of a receiver per NFHS rules.
 - c. Quarterbacks cannot spike the ball dead unless the ball travels beyond the line of scrimmage and is in the vicinity of a teammate.
2. A seven-second pass clock begins upon the snap and continues until there is a handoff or pass. If the seven-second clock expires while the quarterback still has the ball, the play is blown dead, a down is lost and the ball is returned to the line of scrimmage as if an incomplete pass occurred.
3. Shovel passes are allowed but must be received beyond the line of scrimmage.
4. Any player who has received a legal handoff can throw the ball forward.

Receiving

1. All players – excluding the center – are eligible to receive passes.
2. A player must have at least one foot inbounds to make a legal reception.
3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
4. Interceptions change possession at the point of the catch. Interceptions are returnable and are the only changes of possession that do not result with starting on the 5-yard line.



5. The play is blown dead immediately if an interception is made on an extra-point try. There are no returns on that play.

Rushing the passer

1. All players who rush the passer must be a minimum of seven yards behind the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.

2. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.

3. A marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

4. A rusher who leaves the rush line early (breaks the seven yard area) may return to the rush line, reset and then legally rush the quarterback.

5. Teams are not required to rush the quarterback.

6. Teams are not required to identify their rusher before the play.

7. 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 still results in a roughing the passer penalty.

8. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where he or she lines up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

9. A sack occurs if the quarterback's flag is pulled behind the line of scrimmage. The ball is placed where the quarterback's front foot was when flag was pulled.

a. A safety is awarded if the sack takes place in the offensive team's end zone –

Flag Pulling

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.

2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.

3. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.

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

a. If a defender makes a good-faith flag pull while a receiver bobbles or juggles what will be a completed catch, the ball is down where possession is made.



Penalties

1. The officials will call all penalties.
2. Game officials determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Other players, coaches and fans may not question calls.
5. Games and halves may not end on a penalty unless the opposing team declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal line when the penalty yardage is more than half the distance to the goal.



Defensive spot fouls

Defensive pass interference - Automatic first down

Holding- Automatic first down

Offensive spot fouls

Screening, blocking or running with the ball -10 yards and loss of down

Charging -10 yards and loss of down

Flag guarding -10 yards and loss of down

Defensive penalties

Defensive unnecessary roughness +10 yards and automatic first down

Defensive Unsportsmanlike conduct +10 yards and automatic first down

Offside + Five yards from line of scrimmage and automatic first down

Illegal rush (Starting rush from inside 7-yard marker) +Five yards from line of scrimmage and automatic first down

Illegal flag pull (Before the receiver has the ball) +Five yards from line of scrimmage and automatic first down

Roughing the passer +Five yards from line of scrimmage and automatic first down

Taunting +Five yards from line of scrimmage and automatic first down

Offensive penalties

Offensive unnecessary roughness -10 yards and loss of down

Offensive unsportsmanlike conduct -10 yards and loss of down

Offside / false start -Five yards from line of scrimmage and loss of down

Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage) -Five yards from line of scrimmage and loss of down

Offensive pass interference -Five yards from line of scrimmage and loss of down
Illegal motion (More than one person moving) -Five yards from line of scrimmage and loss of down

Delay of game -Five yards from line of scrimmage and loss of down

Impeding the rusher -Five yards from line of scrimmage and loss of down



Rainouts

- Field supervisors make the final decision on playable field conditions
- If field conditions are unplayable due to excessive rain, flooding or severe weather Good Call Sports holds the right to change field locations in order to complete that weeks games
- Games rained out will be played at the end of the regular season unless otherwise specified by the director on the night the team normally plays.
- Any games that have been temporarily halted will continue from the exact moment they were paused, with a clear record of this moment. The game will proceed as though there was no interruption, preserving all previous conditions, including player lineups. It is crucial for the lineups to remain identical to when the game was initially stopped, and only those players listed on the lineup card at the time of suspension will be eligible to participate in the resumed game.
 - HOWEVER GOOD CALL SPORTS HOLDS THE RIGHT TO RESCHEDULE A RAIN OUT GAME ANYTIME DEEMED NECESSARY
 - Anything after 1 full half would be considered a full game

Uniforms

1. Team is not mandated to have matching uniforms but do require to have the same color while playing.

Park Rules

1. Alcoholic beverages and drugs are prohibited. All team members must be made aware prior to start of the season. Disciplinary actions will be accessed if a player or team is caught.
2. **Teams must clean up after themselves after every game.**

GOOD CALL SPORTS HOLDS THE RIGHT ALTER OR CHANGE THE RULES AND REGULATIONS FOR THE BETTERMENT OF ALL