



CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

Reference: CDMFA Policy
"Standards & Rules: Flag
Football"

CDMFA FLAG 7 V 7 U14 & U16 RULES OVERVIEW

CDMFA FLAG GAME RULES (7v7) U14 & U16

- 1.1. U14 & U16 FLAG FOOTBALL RULES:
 - 1.1.1. GAMES WILL BE SHOOT-OUT STYLE WITH THE OFFENSIVE TEAM STARTING AT THE 40 YD LINE.
 - 1.1.2. INTERCEPTIONS RETURNED TO THE 45 YD WILL BE TOUCHDOWNS.
 - 1.1.3. COACHES MUST BE ON THE SIDELINE AND MAY ONLY ENTER THE FIELD OF PLAY TO TEND TO AN INJURY.
 - 1.1.3.1. FOR ANY GAME, 1 COACH IS ALLOWED TO BE IN THE HUDDLE TO SPEED UP THE PACE OF PLAY WHILE INCREASING THE CONFIDENCE OF THE ATHLETES
 - 1.1.3.2. COACHES WILL DISCUSS WITH THE OPPOSING COACH AND OFFICIALS DURING THE PRE-GAME MEETING ON WHETHER OR NOT THEY WILL HAVE A COACH IN THE HUDDLE. IF THE OFFICIALS DEEM THAT THE COACHES ARE SLOWING THE PACE OF PLAY THEN THE OFFICIALS WILL DISCUSS WITH THAT COACHING STAFF TO ENSURE THE PACE OF PLAY IS KEPT UP.
 - 1.1.3.3. COACHES SHOULD ALWAYS BE BUILDING TO MOVE OUT OF THE HUDDLE AS THE WEEKS OF PLAY PROGRESS
- 1.2. STARTING:
 - 1.2.1. AT THE BEGINNING OF ANY HALF, THE BALL IS PLACED IN THE MIDDLE OF THE 40-YARD LINE OF THE TEAM THAT WILL BE ON OFFENSE.
- 1.3. PLAYING & REST PERIODS:
 - 1.3.1. EACH HALF CONSISTS OF 2 x 25 MINUTE HALVES.
 - 1.3.2. IF THERE IS STILL TIME ON THE GAME CLOCK WHEN THE PREVIOUS PLAY EXPIRED, THE GAME WILL ALLOW FOR ANOTHER PLAY BARRING A PENALTY OR A SCORE.
 - 1.3.3. A MAXIMUM FIVE-MINUTE HALF TIME WILL BE OBSERVED UNLESS SHORTENED BY THE HEAD REFEREE.
- 1.4. SERIES OF DOWNS:
 - 1.4.1. THE OFFENSIVE TEAM HAS THREE DOWNS TO CARRY THE BALL ACROSS ONE 15-YARD INCREMENT.



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- 1.4.2. A DOWN MAY BE REPEATED FOLLOWING THE APPLICATION OF A PENALTY AGAINST EITHER TEAM. IF IN A SERIES OF THREE DOWNS, THE OFFENSIVE TEAM HAS NOT CROSSED AN INCREMENT FORWARD OF WHERE THE TEAM TOOK POSSESSION OF THE FOOTBALL, THEN THE BALL SHALL BE AWARDED TO THE OPPONENTS AS FIRST DOWN AT THE 40 YD LINE. IF THE REQUIRED INCREMENT IS CROSSED, A NEW SERIES OF THREE DOWNS BEGINS.
- 1.4.3. THE CONTINUITY OF DOWNS IS INTERRUPTED WHEN THE BALL PASSES INTO THE POSSESSION OF OPPONENTS, OR THE REQUIRED INCREMENT IS NOT CROSSED.
- 1.4.4. IF THE FORWARD POINT OF THE BALL CROSSES AN INCREMENT, IT WILL BE CONSIDERED AS HAVING CROSSED THE LINE AND IS SPOTTED ON THE LINE FOR THE NEXT SERIES OF DOWNS.
- 1.5. TOUCHDOWN:
 - 1.5.1. A TOUCHDOWN IS SCORED WHEN A PLAYER WITH POSSESSION OF THE FOOTBALL MEETS ALL CONDITIONS OF RULE 15 (BALL IN GOAL) IN HIS OPPONENT'S GOAL AREA.
 - 1.5.2. AFTER ANY TOUCHDOWN AND/OR CONVERT ATTEMPT, THE TEAM SCORED AGAINST GETS POSSESSION OF THE BALL AT THE 40 YD.
- 1.6. CONVERT:
 - 1.6.1. AFTER ANY SUCCESSFUL TOUCHDOWN A CONVERT ATTEMPT IS AWARDED TO THE SCORING TEAM. A CONVERT IS A SCRIMMAGE PLAY FROM EITHER THE OPPONENT'S 3-YARD LINE (1 POINT), OR 10 YARD LINE (2 POINTS), WHICHEVER THE OFFENSIVE TEAM CHOOSES, WHERE THEY GET THE DESIGNATED POINTS IF THEY SUCCESSFULLY CROSS THE GOAL LINE IN ONE PLAY. THE CONVERT SERIES DOES NOT COUNT AS A PLAY.
- 1.7. TIME COUNT:
 - 1.7.1. THE REFEREE SHALL ALLOW THE OFFENSE 25 SECONDS TO PUT THE BALL INTO PLAY AFTER THE PLAY HAS BEEN WHISTLED IN.
- 1.8. PLAYER RESTRICTIONS:
 - 1.8.1. THE OFFENCE MUST HAVE A MINIMUM OF 3 PLAYERS ON THE LINE OF SCRIMMAGE, ONE OF WHICH MUST BE THE CENTER. THE TWO OTHER PLAYERS MUST BE WITHIN 5 YARDS OF THE CENTER ON THE LINE OF SCRIMMAGE AND MUST BE STATIONARY IN A 2-POINT STANCE AT THE SNAP OF THE BALL (THE CENTRE WILL BE IN A MODIFIED 2-POINT STANCE DUE TO SNAPPING THE BALL).

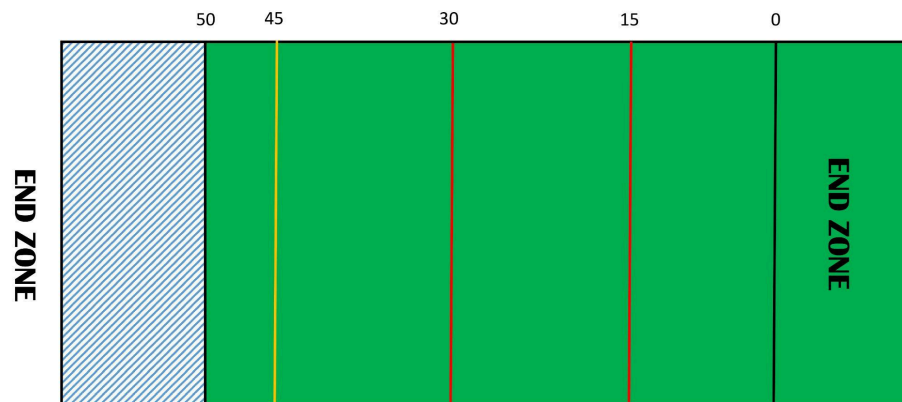


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- 1.8.2. QUARTERBACKS MAY NOT RUN. THEY ARE ELIGIBLE TO RUN WITH THE BALL IF THEY LATERAL TO ANOTHER PLAYER AND GET THE BALL BACK BY A LATERAL OR A LEGAL FORWARD PASS.
- 1.8.3. THE DEFENSE MAY ONLY RUSH THE QUARTERBACK WITH A MAXIMUM OF 3 PLAYERS. ALL RUSHING PLAYERS MUST START IN A 2-POINT STANCE TO PREVENT LEADING WITH HEAD COMING FROM A LOWER POSITION IN OTHER STANCES.
- 1.8.4. IF THE QUARTERBACK HANDS OFF, LATERALS OR EVEN SHOWS A FAKE HAND OFF THEN THERE IS NO LIMIT OR RESTRICTIONS ON THE NUMBER OF PLAYERS THE DEFENSE MAY RUSH WITH.

7 vs 7 Field Layout (50x50)



SHOOT OUT STYLE

COMPLETE DETAILS FOR CDMFA RULES & GUIDELINES CAN BE FOUND IN THE POLICY RESOURCES.