

Girl Power 7v7 Flag – Official Rules & Guidelines

GAME DURATION

- Each game shall be divided into **two 22-minute halves**.
- The clock will run continuously throughout the first half, stopping only for timeouts (team or official).
- In the **final minute of the second half**, the clock will stop for:
 - Timeouts
 - Incomplete passes
 - Out-of-bounds plays
 - Change of possession
- Each team has **one 1-minute timeout per game**. Unused timeouts carry over into overtime.
- Halftime shall be **1 minute** in duration.
- After a change of possession, the offense must allow the defense to get set. Play cannot begin until the official signals the ball is ready.
- If the defense delays, the official may allow the offense to snap the ball.
- After a stopped clock, play resumes on the snap.

Coin Toss

- The toss will take place within 3 minutes of kickoff at midfield.
 - The visiting captain calls it before the flip.
 - Winner of the toss chooses:
 1. Receive or kick
 2. Goal to defend
 3. Defer choice to the second half
 - At the start of the second half, captains must declare their choice. If the winner of the first toss deferred, the loser of the original toss gets first choice.
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HOW THE GAME IS PLAYED

Players

- Teams play with a maximum of **7 players (4 males max)** on the field.
- Minimum: **5 players with at least 1 female** on the field at all times.

Offensive Formations

- All plays begin with a snap from center.
- The ball must be snapped from the ground. Lifting and resetting without snapping = false start.
- No verbal “hike” is required.
- Any formation is allowed behind the line of scrimmage. Motion is allowed as long as it isn’t forward at the snap.
- Players may not enter the neutral zone before the snap.
- The offense must retrieve the ball after each play.

Carrying the Ball

1. Ball is spotted where the **flag is pulled**.
 - Example: If a player’s foot is inside the end zone but the flag is pulled outside, the ball is marked outside the end zone.
2. QB cannot run for positive yardage until after the **5-count** unless blitzed.
3. Flag guarding is illegal. Spinning is allowed.
4. If flags are lost before possession, player must be downed by a one-hand touch.
5. A player is “down” when anything but hand/foot touches the ground.
6. Fumbles, muffed balls, or backward passes that hit the ground are dead at the spot.
7. **No Run Zone**: Within 10 feet of the end zone, the ball must be passed across the LOS. Running = penalty (10 paces & loss of down).
8. No stripping the ball.
9. Diving for flags is legal but cannot be directly at a player. Contact responsibility lies with the diver.
10. A player cannot jump forward to advance the ball (sideways/backwards is legal).

Blocking & Defense (Rush/Blitz)

- No blocking, tackling, or unnecessary roughness.
- Defense cannot contact the QB’s arm.
- Defense must wait **5-count (coed) / 3-count (men’s)** before rushing unless blitzing or after a pitch.
- Each team has **5 blitzes per game** (any number of players). Replay of a down returns the blitz.
- No bonus points for female defensive touchdowns.

Passing

- Forward passes may only be thrown from behind the LOS.
- Only **1 forward pass per play**.
- Illegal passes include:
 - From beyond the LOS
 - Intentional grounding (see “pocket” rule)
 - Second forward pass in a play
 - Self-pass
 - Forward pass after change of possession
- Legal reception: possession with **1 foot or knee inbounds**.
- Players who go out of bounds on their own cannot catch the first pass (unless tipped).

Kicking

- No kickoffs. New halves & post-TD possessions start at the **10-foot line**.
 - After a safety, ball is punted from the 10-foot line.
 - On 4th down, offense must declare punt or play within 15 seconds.
 - Once declared, punt decision can only change with a timeout or penalty.
 - Ball is spotted where it lands or leaves the field.
 - Players must wait for the kick before crossing the LOS.
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PENALTIES

All penalties are live until whistle.

- Teams may accept or decline penalties.
- Only one penalty per play per team (except unsportsmanlike).
- Penalties may affect “No Run Zone” status.

(Then list: Offensive Penalties, Defensive Penalties — cleaned formatting but keeping your content.)

SCORING

- TD: **6 pts (male) / 8 pts (female)** (offense only).

- Safety: **2 pts**.
 - PAT: 1 pt (10 ft) / 2 pts (20 ft).
 - Defensive returns of PAT = same value attempted.
 - Choice of PAT may only change with timeout or delay penalty.
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TIE BREAKERS / OVERTIME

- **Regular season:** ties stand.
 - **Playoffs:** decided by alternating 2-pt conversion attempts.
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FIELD & SUBSTITUTIONS

- 1 first down at midfield.
 - Field: **200 ft long, 25-ft end zones**.
 - Teams have 4 downs to reach a first down or score.
 - Substitutions must be made from one side only.
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GENDER PLAYS

- Female TDs (caught or thrown) = **8 points** when outside the No Run Zone.
 - At least **1 of every 3 plays** must involve a female as an **operative player**.
 - Rules/examples clarified for tipped passes, penalties, etc.
 - Female points are offense only.
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UNSPORTSMANLIKE CONDUCT

- **Only captains** may speak to officials respectfully.
- Zero tolerance for disrespect, profanity, or abuse. Players may be removed from game/league.
- 2 unsportsmanlike penalties in a game = automatic ejection & 1-week suspension.
- 4 in 6 months = 1-month suspension minimum.

- Additional rules may be added or amended by **Girl Power 7v7 Flag** at any time.