

# EQFFL

## EMMA-Q FLAG FOOTBALL LEAGUE by ENDTHEZONE

### **WOMEN'S 7 ON 7 COMPETITIVE SEMI – CONTACT RULES**

NO FIGHTING – PLAYERS EJECTED AND ANY GAMES DECIDED ARE AT THE DISCRETION OF THE REFEREES AND/OR LEAGUE OFFICIALS.

DRINKING AND SMOKING ARE NOT ALLOWED AT THE FIELDS DURING THE GAMES. (It is illegal to smoke in the park in some cities and counties.) Indoor play is governed by facility rules.

SAFETY IS 1<sup>ST</sup> – ANY PLAYER THAT HAS VISIBLE BLOOD ON THEIR BODY OR CLOTHING CANNOT CONTINUE UNTIL THE INJURY IS TAKEN CARE OF OR THE CLOTHING IS DISCARDED. FIRST-AID KITS ARE AVAILABLE FOR MINOR INJURIES.

#### **ROSTER**

- 1a** OFFICIAL ROSTERS MUST BE TURNED IN BY THE DAY OF THE EVENT. THIS MUST OCCUR BEFORE THE TEAM'S FIRST GAME. **ONLY ONLINE REGISTRATION AND PAYMENT IS ACCEPTED.**
- 1b** NO MORE THAN 16 PLAYERS CAN OCCUPY THE ROSTER. ALL PLAYERS MUST BE AT LEAST AGE 16 (CERTIFIABLE DOCUMENT I.E. DRIVER'S LICENSE, ID CARD MUST BE ACCESSIBLE UPON REQUEST). FEMALE ONLY LEAGUE (TRANSGENDER ELIGIBILITY PROHIBITS REGISTRANTS THAT ARE TRANSITIONING FROM MALE TO FEMALE ).
- 1c** SUBSTITUTE/PICKUP PLAYERS CANNOT BE ADDED ONCE THE ROSTER HAS BEEN TURNED IN. PLAYERS CANNOT SWITCH TEAMS ONCE THE ROSTER IS TURNED IN.
- 1d** RANDOM OR PROTEST CHECKS OF THE ROSTER WILL OCCUR IF NECESSARY
- 1e** PLAYERS MUST PLAY AT LEAST 3 GAMES TO BE ELIGIBLE FOR THE PLAYOFFS.
- 1f** DISQUALIFICATION WILL OCCUR IF RULES ARE NOT FOLLOWED
- 1g** TEAMS CAN PLAY WITH A MINIMUM OF 5 PLAYERS
- 1h** IF TEAMS ARE MORE THAN **5 MINUTES** LATE FOR THEIR SCHEDULED GAME, THE GAME WILL BE DECLARED A FORFEIT

#### **THE GAME**

- 2a** TWO – 20 MINUTE HALVES AND A 5 MINUTE HALF-TIME. (RUNNING CLOCK EXCEPT FOR THE LAST 2 MINUTES, THEN PRO CLOCK IS IN EFFECT – BUT IF A TEAM IS AHEAD BY 17 POINTS ARE MORE THE CLOCK IS CONTINUOUS)
- 2b** COIN TOSS DETERMINES OFFENSE OR DEFENSE, IF OFFENSE IS CHOSEN DEFENSE GETS DIRECTION NO MATTER WHAT (NO DEFERMENT); 2<sup>ND</sup> HALF SIMPLY REVERSES DIRECTION AND BALL GOES TO OTHER SIDE AT THIS TIME
- 2c** THIS GAME IS NOT PENALIZED WITH YARDAGE, BUT WILL SIMPLY PROVIDE A FIRST DOWN OR A LOSS OF DOWN
- 2d** CLOCK WILL BE CONTINUOUS EXCEPT FOR TIMEOUTS. HOWEVER, AT THE LAST 2 MINUTES OF THE GAME THE CLOCK WILL STOP FOR INCOMPLETES, OUT OF BOUNDS, CHANGE OF POSSESSION (PRO CLOCK). DEFENSE MUST ALWAYS SET THE BALL. ONCE THE BALL IS SET THE PLAY CLOCK WILL CONTINUE. DEFENSE HAS 10 SECONDS TO SET THE BALL OR DELAY OF GAME WILL REWARD THE OFFENSE WITH A FIRST DOWN; IF OFFENSIVE STALLING IS DONE BY THE OFFENSE, THE OFFICIAL MAY STOP THE CLOCK (DISCRETION)
- 2e** THE BALL MUST MAKE CONTACT WITH THE GROUND BEFORE BEING SNAPPED BETWEEN THE LEGS TO THE QUARTERBACK
- 2f** 3 PLAYERS MUST BE ON LINE OF SCRIMMAGE AT ALL TIMES
- 2g** THE OFFENSE HAS 25 SECS FROM THE TIME THE BALL IS SET TO GET THE BALL INTO PLAY OR DELAY OF GAME WILL COST THE OFFENSE ONE DOWN. IF IT IS 4TH DOWN, THEN IT WILL BE A TURNOVER
- 2h** OFFENSE TAKES POSSESSION OF THE BALL AT THEIR OWN 10 YARD LINE AND HAS 4 DOWNS TO ACHIEVE A FIRST DOWN. THERE ARE 3 POSSIBLE FIRST DOWNS IF A TEAM FAILS TO CONVERT A FIRST DOWN OR SCORE THE OTHER TEAM TAKES OVER AT THE SPOT OF THE BALL. A TEAM CAN CHOOSE TO PUNT THE BALL; IF BALL IS PUNTED THE OTHER TEAM TAKES THE BALL FROM THEIR OWN 10 YARD LINE
- 2i** AN INTERCEPTION CAN BE ADVANCED FOR A SCORE OF 6 POINTS; EXCEPT FOR OVERTIME, OTHERWISE THE BALL IS SPOTTED WHERE THE FLAG IS PULLED
- 2j** BALL IS SPOTTED WHERE THE BALL IS WHEN THE FLAG IS PULLED
- 2k** IF AN OFFENSE PLAYER IS DOWN IN THE OFFENSE'S END ZONE THEN A SAFETY IS DECLARED; AT THIS POINT THE BALL IS TURNED OVER TO THE DEFENSE'S 10-YARD LINE.
- 2l** 2 POINTS ARE AWARDED FOR A SAFETY AND THE TEAM ALSO RETAINS THE BALL

**OVERTIME [after both teams score, first possession of ball alternates]**

- 3a** IF THE TEAMS ARE TIED AT THE END OF REGULATION A COIN TOSS WILL DETERMINE OFFENSE OR DEFENSE
- 3b** BOTH TEAMS WILL GET THE BALL FROM MIDFIELD AND WILL GET 2 PLAYS EACH; THE TEAM WITH THE MOST PENETRATION WINS THE GAME
- 3c** IF BOTH TEAMS SCORE EQUALLY THE OVERTIME ATTEMPTS WILL CONTINUE UNTIL PENETRATION WINS OUT
- 3d** IN OVERTIME AN INTERCEPTION CANNOT BE ADVANCED; IF THE BALL IS INTERCEPTED AT ANY POINT INVOLVING THE 2 PLAYS THE DRIVE IS DEAD AND NO YARDS ARE AWARDED- THIS RESULTS IN AN AUTOMATIC TURNOVER

- 3e** IF THE FIRST TEAM DOESN'T ADVANCE THE BALL AND REMAINS AT THE LINE OF SCRIMMAGE THE OPPOSING TEAM MUST ADVANCE THE BALL FOR ANY POSITIVE GAIN TO WIN
- 3f** IF A QB IS SACKED THE BALL IS SPOTTED AT THAT SPOT
- 3g** IN THE EVENT THAT A SACK RESULTS IN NEGATIVE YARDS, THE OPPOSING TEAM WILL ONLY NEED TO PASS MIDFIELD TO WIN BY PENETRATION.

### **RUSHING/BLOCKING**

- 4a** ALL PLAYERS ARE ELIGIBLE TO RUSH THE QUARTERBACK
- 4b** ANY PLAYER RUSHING THE QUARTERBACK MUST RUSH INSIDE OF THE TACKLE BOX and MUST BE ON THE LINE OF SCRIMMAGE. (NO STARTING RUN FROM SECONDARY)
- 4c** ALL PLAYERS INSIDE OF THE TACKLE BOX CAN BLOCK, BULL RUSH BUT NO ELBOWS, FOREARMS, SWIM MOVES
- 4d** RIP MOVES ARE ALLOWED

### **RUNNING**

- 5a** RUNNING IS ALLOWED BY ANY PLAYER INCLUDING THE QB (ABSOLUTELY NO STIFF-ARMS ARE ALLOWED)
- 5b** HANDOFFS, PITCHES OR LATERALS ARE ALLOWED
- 5c** SPINNING IS ALLOWED BUT A PLAYER CANNOT LEAVE THEIR FEET AT ALL (only allowed to leave feet to avoid injury)

### **PASSING**

- 6a** ALL PASSES MUST BE ALLOWED, BUT NO DOUBLE FORWARD PASSES ARE ALLOWED
- 6b** SHUFFLE/SHOVEL PASSES ARE LEGAL
- 6c** INTENTIONAL GROUNDING IS NOT ALLOWED (LOSS OF DOWN); SOMEONE MUST BE IN AREA (DISCRETIONARY RULE)
- 6d** QB HAS NO TIME LIMIT TO THROW THE BALL

### **RECEIVING**

- 7a** ALL PLAYERS ARE ELIGIBLE TO RECEIVE PASSES
- 7b** THE RECEIVER CAN LINE UP NEXT TO THE OUT OF BOUNDS LINE
- 7b** ONLY ONE PLAYER CAN GO IN MOTION AT ONE TIME AND MOTION CAN RESET AS LONG AS IT IS BEFORE THE SNAP OF THE BALL
- 7c** NO INTENTIONAL TIP-BACKS OR TIP-UPS DIRECTED TOWARD OTHER OFFENSIVE PLAYERS
- 7d** ONLY ONE FOOT **INBOUNDS** IS REQUIRED FOR A LEGAL CATCH; IF THE LEAD FOOT TOUCHES THE OUT OF BOUNDS LINE FIRST IT IS RULED A NO-CATCH
- 7e** IF A PLAYER GOES OUT OF BOUNDS WITHOUT BEING FORCED OUT, THIS PLAYER CANNOT BE THE FIRST ONE TO TOUCH THE BALL BEFORE ESTABLISHING A RECEPTION

### **DEAD BALLS**

- 8a** ONCE FLAGS ARE PULLED

- 8b WHEN PLAYER STEPS OUT OF BOUNDS
- 8c WHEN BALL, KNEE, ELBOW TOUCH THE GROUND
- 8d IF PLAYER'S FLAG FALLS OFF, PLAYER IS DOWN IMMEDIATELY; IF FLAG FALLS OFF BEFORE THE CATCH THE PLAYER IS DOWN AT THE SPOT OF THE RECEPTION
- 8e WHEN TOUCHDOWN IS SCORED
- 8f CANNOT FUMBLE THE BALL FORWARD, BALL DEAD WHERE FUMBLE BEGAN; UNLESS FUMBLE FALLS INTO POSSESSION OF THE DEFENSE (INTERCEPTION)

## SCORES

- 9a A TOUCHDOWN IS WORTH 6 POINTS
- 9b EXTRA POINTS = {3 YD LINE- 1 POINT} OR {15 YD LINE-2 POINTS}
- 9c THE TEAM THAT IS AHEAD AT THE END OF REGULATION WINS THE GAME

## TIMEOUTS

- 10a EACH TEAM IS AWARDED TWO 1- MINUTE TIME OUTS PER HALF
- 10b **NO TIMEOUTS IN OVERTIME**

## CONTACT

- 11a NO CONTACT ALLOWED DOWNFIELD, NO BLOCKING, NO BUMPING, NO BRUSHING, NO HANDS, NO HOLDING, NO RESTRICTING, NO IMPEDING, NO PICK PLAYS
- 11b **CONTACT CAN TAKE PLACE INSIDE THE TACKLE BOX (REFER TO 4C FOR DETAILS)**

## OFFENSIVE PENALTIES

- 12a **ANY OFFENSIVE PENALTY WILL RESULT IN A SIMPLE LOSS OF DOWN AND WILL RETURN THE BALL TO THE LAST LINE OF SCRIMMAGE. IF IT IS 4<sup>TH</sup> DOWN A TURNOVER WILL OCCUR. (WITH THE EXCEPTION OF FLAG GUARDING AND FLAGS OUT OF PLACE, WHICH ARE SIMPLY DEAD SPOT PENALTIES.)**
- 12b ILLEGAL SNAPS-LOSS OF DOWN
- 12c ILLEGAL FORWARD PASS -LOSS OF DOWN
- 12d ILLEGAL MOTION -LOSS OF DOWN
- 12e FALSE START- LOSS OF DOWN
- 12f INTENTIONAL GROUNDING – LOSS OF DOWN
- 12g BLOCKING DOWNFIELD-LOSS OF DOWN
- 12h ILLEGAL PICK-LOSS OF DOWN
- 12i FLAG GUARDING-LOSS OF DOWN (LEAVING THE FEET IS CONSIDERED FLAG GUARDING)
- 12j PASS INTERFERENCE -LOSS OF DOWN
- 12k LOWERING HEAD OR DIPPING -LOSS OF DOWN
- 12l **IF THE FLAGS ARE OUT OF POSITION, AND SEEN BY THE REF PLAYER IS DOWN AT THE SPOT (THIS AND FLAG GUARDING ARE THE ONLY PENALTY THAT FREEZES THE PLAY AT THE SPOT OF INFRACTION**

## 12m OFFSIDES/ENCROACHMENT

### DEFENSIVE PENALTIES

- 13a** ANY DEFENSIVE PENALTIES WILL SIMPLY PROVIDE A 1<sup>ST</sup> DOWN; IF A TEAM HAS MADE YARDAGE GAIN COUPLED WITH A DEFENSIVE PENALTY, THEY WILL BE REWARDED THE YARDS OR A 1<sup>ST</sup> DOWN AT THE ORIGINAL LINE OF SCRIMMAGE UNLESS PASS INTERFERENCE OCCURS, WHICH IS A SPOT FOUL AND AN AUTOMATIC FIRST DOWN
- 13b** OFF-SIDES
- 13c** ILLEGAL RUSHING (ALL RUSHES MUST BE BETWEEN THE LEFT AND RIGHT GUARD) – NO BLITZES FROM THE OUTSIDE BUT THEY MUST OCCUR BETWEEN BOTH TACKLE BOXES
- 13d** ILLEGAL CONTACT
- 13e** HOLDING
- 13f** ILLEGAL DEFLAGGING
- 13g** ROUGHING THE QUARTERBACK
- 13h** PASS INTERFERENCE-SPOT FOUL
- 13i** DELAY OF GAME OR HOLDING THE BALL
- 13j** LAST ONE STANDING RULE IS IN EFFECT; A PLAYER THAT HAS ONE PERSON TO BEAT AND IS TACKLED IS AWARDED AN AUTOMATIC TOUCHDOWN
- 13k** DEFENSIVE PENALTY CANNOT END THE GAME

### UNIFORMS

- 14a** CLEATS ARE ACCEPTABLE, EXCEPT FOR METAL CLEATS/SPIKES
- 14b** SHIRTS/JERSEYS CAN HANG, BUT FLAGS MUST BE ON THE OUTSIDE OF SHIRTS/JERSEYS; ALL JERSEYS MUST MATCH OR PENNIES WILL BE WORN
- 14c** **TIGHTS OR SHORTS ARE PERMISSIBLE**
- 14d** TRIPLE THREAT FLAGS WILL BE THE ONLY FLAGS ALLOWED
- 14e** **FLAGS MUST BE 1.5 INCHES WIDE AND 12 INCHES LONG**
- 14f** FLAGS MUST BE WORN IN A MANNER WHERE ONE IS ON EACH SIDE AND ONE IN THE REAR
- 14g** IF THE FLAGS ARE OUT OF POSITION ON THE BALL CARRIER, AND SEEN BY THE REF, HE IS DOWN AT THE SPOT (THIS WILL FREEZE THE PLAY AT THE SPOT OF INFRACTION)
- 14h** **SHORTS WITH POCKETS ARE NOT ALLOWED. POCKETS MUST BE SEWED, ZIPPED OR TAPED SHUT.**

### FIELD DIMENSIONS

- 15a** LENGTH OF GOAL LINE TO GOAL LINE IS 45 YARDS
- 15b** END ZONES ARE 7 YARDS
- 15c** TOTAL DISTANCE OF FIELD OF PLAY IS 74 YARDS
- 15d** WIDTH OF FIELD OF PLAY IS 26 YARDS

### BALL SIZE

- 16a** JUNIOR SIZE UP TO NFL PROFESSIONAL SIZE

