

**OTTAWA**  
**ORC**  
RECREATION COMMISSION  
**7 on 7 Flag Football**  
*REVISED: 9/13/2010*

**I. Management and Authority**

**A. Player and Team Conduct**

1. The Ottawa Recreation Commission reserves the authority to forfeit any game or match in which an infraction of league rules has been committed.
2. The Ottawa Recreation Commission reserves the right to remove any player from competition for directing harmful or abusive language at officials, facility supervisors, ORC staff or individuals of the opposing team. Unsportsmanlike conduct of any sort may also result in a suspension. All ORC personnel officiating or supervising have the authority to evict players, coaches or spectators, from the games, bench, stands, or to stop a game and declare a forfeit, if in their opinion, any form of rule I-A-1 or 2 has been abused.
3. No alcoholic beverages, tobacco or smoking are allowed at the Orlis Cox Complex.
4. All participants are responsible for their own medical expenses.
5. Teams are responsible for keeping their players and spectators under control. Misconduct of spectators or players can result in assessment of penalties, ejection or forfeiture of the game. The ORC officials and staff have the power to make decisions on any matters or questions not specifically covered in the rules.

**B. Registration**

1. Rosters – **Teams must have all registration information and roster by the first game. Team payment must also, be in by the first game. No exceptions.** Failure to comply will result in being removed from the schedule.
  - a. **All players' names must be on the roster prior to game time**
  - b. **All players must be sixteen (16) years of age to play adult flag football.**
  - c. Players may be added during the season. Notify the ORC office with any additions or deletions. **PLAYERS MAY ONLY PLAY ON ONE TEAM. FAILURE TO COMPLY WITH THIS RULE WILL RESULT IN SECOND ROSTER TEAM FORFEITING ALL GAMES THE ILLEGAL PLAYER PLAYED.**

**II. League Playing Rules**

- A. FIELD:** The field dimensions are 80 yards by 40 yards with 10 yard end zones. The lines bounding the sidelines and the end zones are out-of-bounds.

## **B. UNIFORMS**

1. Teams must have matching color jerseys or shirts.
  2. **Flag Belt:** Each player must wear a provided flag at the waist. **NO KNOTS.** No shorts or pants with pockets, belt loops or exposed drawstrings may be worn. Players may not wear any shirt or pants that conflict with the visibility of the flags. Any hanging objects will be considered a flag if pulled during an attempted de-flagging.
  3. **SHOES:** Shoes must be made of canvas, leather, or synthetic leather cleated or non cleated. Cleats must be molded or 'screw-ins'(metal tipped ok). **NO ALL-METAL SPIKES** (baseball style) **ALLOWED!**
  4. **ABSOLUTELY NO JEWELRY!**
  5. It is recommended that a mouth piece be worn by all players.
- C. GAME TIME IS FORFEIT TIME-** A team must have **six (6)** players to begin a game.
- D. GAME LENGTH-** The game will be two (2) twenty (20) minute halves with a 5 minute half time. The clock will stop the last two minutes of each half for 2 minute warning, team called time-outs, incomplete passes, out of bounds, and penalties. Time will not be stopped in last two minutes of game if there is a point differential of seventeen (17) or more points.
- E. OVERTIME-** OT will consist of sudden death (NFL style). A coin flip will determine who gets the ball. First team to score wins.
- F. TIME-OUTS-** Each team will be allowed 2 time outs per half and one during overtime situations. Time-outs **ARE NOT** carried over to next half or overtime.
- G. SCORING:** Touchdowns= 6 pts, Safety=2 pts, Extra Point=1 pt. from the five yard line, 2 pts. from the ten yard line. After a safety the ball is placed on the team that caused the safety's 14 yard line
- H. CAPTAINS:** Each team must be designate one captain to act as representative in any communications with the officials. All meetings with captains should include both teams
- I. COIN TOSS:** The winner has 3 options. 1) Take the ball at their 14 2) Defend their goal of choice 3) Defer to the second half
- J. FIRST DOWNS:** A team will have four downs to reach the next zone line to gain. The zone lines are the 20, 40, and 20 yard lines. When a zone line is attained, a new series of downs is awarded.
- K. PLAY CLOCK-** 25 seconds (5 yd penalty)
- L. NEUTRAL ZONE:** Forward point of the football one yard to the defense side extended to the sideline. The one yard is in play even inside the one on the goal line. Encroachment of the neutral zone: - 5 yards
- M. FIGHTING:** An attempt by a player or non-player to strike or engage an opponent in a combative manner. Penalty - 15 yards and **EJECTION.** If contact is made there will also be a suspension to follow.
- N. MOTION:** One player may be in motion at the snap (not moving toward line of scrimmage). Movement toward line or multiple players in motion at snap results in a 5 yd penalty.
- O. BLOCKING:** Open hand blocking is **NOT** legal. **CHOP, CUT** or **HIGH-LOW** blocking is illegal with 10 yd penalty resulting. **TIP:** Just move your feet to stay in front of defenders while blocking (basketball defense)

and avoid contact. This will help avoid illegal contact penalties. *NOTE: The defense CANNOT INITIATE contact with an offensive blocker.*

**P. ROUGHING THE PASSER-** Jumping to block a pass is legal. Hitting a quarterbacks arm is illegal- 10 yd penalty

**Q. INTENTIONAL GROUNDING:** Quarterback must be outside the “pocket” to throw the ball away. Loss of down and ball placed at spot.

**R. BALL CARRIER:** Ball carrier **MUST AVOID** all contact. Stiff arms and lowering of shoulder are illegal- 15 yd. penalty. One foot must remain on the ground at all times. **NO** intentional flag guarding, leaving feet or jumping (10 yd. penalty) is permitted.

**S. DIVING:** Diving to advance the ball is illegal- 10 yd penalty from spot.

**T. ELIGIBLE RECEIVERS:** Everyone is legal.

**U. CENTER SNEAKS:** are legal. The quarterback **MUST** touch the ball prior to the center sneak play. Snaps can be from between the legs or to the side. Motion to hike must be continuous.

**V. FLAG BELT REMOVAL:**

1. When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined where the ball lies at the point of the clip of the flag belt becoming detached, not where the belt falls to the ground.
2. If a flag belt inadvertently falls off, a one hand tag between the shoulders and the knees constitutes when a player is down.
3. A player may leave their feet to remove a flag.
4. The ball becomes dead when:
  - a. A legal de-flagging occurs.
  - b. The ball carrier touches the ground with any part of their body other than the hands or feet.
  - c. A fumble or loose ball hits the ground.
  - d. A snap from the center touches the ground.
5. All players on the field must wear flags. Failure to do so will result in a **five yard penalty**, if noticed prior to the ball being snapped. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty will not be assessed)

**W. LEGAL CATCH:** A receiver must come down with at least one foot in bounds and have possession of the ball. If a player should go out of bounds during the course of a play, he cannot be the first player to touch the ball.

**X. KICKING THE BALL**

1. There are **NO** kickoffs. The ball will be put in play at the 14 yard line to start each half and after each score.
2. **PUNTS-** Prior to making the ball ready for fourth down the captain must announce the intention of going for the first down or punting. **THERE ARE NO FAKE PUNTS.**
3. Neither team may advance past the line of scrimmage until the ball has been kicked. Failure-5 yard penalty

### **Penalties resulting in loss of 5 yards:**

- Required equipment worn illegally
- Delay of game (Dead Ball)
- Infraction of free kick lines (Dead Ball)
- Free kick out-of-bounds
- Encroachment (Dead Ball)
- False Start
- Illegal snap
- Offensive player illegally in motion
- Direct snap from center
- Illegal shift
- Illegal forward pass (loss of down)
- Intentional grounding (loss of down)
- Helping the runner

### **Penalties resulting in loss of 10 yards:**

- Quick Kick
- Kick catch interference
- Two or more consecutive encroachments between same scrimmage down
- Forward pass interference – offensive (loss of down)
- Forward pass interference – defensive (loss of down)
- Illegally secured belt on touchdown (loss of down)
- Unsportsmanlike player conduct or by coaches, substitute or others
- Spiking, kicking, throwing or not returning ball to official or huddle during dead ball.
- Steal, strike or attempt to steal the ball
- Trip an opponent
- Throw runner to the ground
- Hurdle any player
- Unnecessary contact of any nature
- Dive or run into player
- Clipping
- Tackle runner
- Roughing the passer (Automatic 1<sup>st</sup> down). (If the pass is complete- penalty is added on to end of play)
- Illegal offensive screen blocking
- Defensive use of hands
- Guarding the flag belt
- Stiff arm
- Illegal kicking
- Illegal participation
- Disqualification Associated With Certain 10 Yard Penalties
- Flagrant unsportsmanlike player, coach, substitute, or other conduct
- Intentionally kicking at or swinging an arm, hand or fist at any opposing player.
- Intentionally contacting an official
- Flagrant personal fouls
- Tackle the runner
- Intentional tampering with flag belt