

2019
Overtown Optimist Club
Presents
Harlem Family 7-on-7 Flag
Football League

Rules & Bylaws



OVERTOWN OPTIMIST CLUB PRESENTS NFL Oakland Raiders OG Denver Kirkland Harlem Family 7-on-7 Flag Football League

Roster: All teams will be allowed to bring up to (20) players on their roster with no more than (3) coaches per team.

Field Usage: (2) games per field. Offense will always be going towards the End Zone. Ball starts on the 40-yard line, 3 downs to get to the 20-yard line. If accomplished, 4 downs from 20-yard line to get into the end zone.

Field Length: All games will be played on a regular size High School field. Each game will be played on half of the field, pertaining to 40-yards in length with a legal-size End Zone. (There will be 2-games per field at the same time)

Length Game: Each game will be 40 minutes in length (running clock), consisting of (2) 20-minutes halves with a 10-minute half time.

Game Clock: The Game Clock will run continuously throughout the game (for both the first half and second half of play).

Unless in the last two minutes of the 2nd half the margin of winning is less than 18 the clock will stop on all regular stop times, however if margin grows to 18 or more, clock will run.

Time Outs: Each team will be allowed (1) time-out per half. If a team does not use their first half time-out, it will *NOT* carry over to the second half.

Officials: There will be (2) officials per game.

Players: All players MUST complete a Tournament Participation Waiver.

Tournament Rules:

ALL APPLICABLE RULES FROM THE HIGH SCHOOL FOOTBALL RULE BOOK APPLY

GENERAL GUIDELINES:

- ☐ Subs will be allowed and regulated by standard High School football rules.
- Each team's sideline will be on opposite sides of the field. Visiting team (wearing light colored uniforms) will line up on the right side of the field when facing the end zone. Home team (wearing dark colored uniforms) will line up on the left side of the field when facing the end zone.
- ☐ **All coaches must stay on the sidelines. There will be NO coaches allowed on the field of play during competition.**
- ☐ All fields are marked at 50-yard line, 40-yard line, 20-yard line and goal lines
- ☐ All teams should provide their own football based on their weight class regulation TDY, TDJ, NFHS.
- ☐ Inappropriate language will not be tolerated. The first offense will result in a warning for the entire team. The second offense will result in suspension of the offending player for the remainder of the game.
- ☐ With the exception of two hand touch to down the player without a flag, this will be non-contact football, use screen blocking (standing in place)

TEAM UNIFORMS:

- ☐ NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS.
- ☐ All teams must provide their own matching colored uniforms. T-shirts, Under Armor-type, or basketball-type sleeveless shirts will be allowed and encouraged unless otherwise provided.
- ☐ Players will be permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes will be allowed.

STARTING THE GAME:

- Each playing field will have a designated score keeper. The Head Referee of the field will host the official time of the game and all games will begin and end on this person's instructions.
- ☐ A coin toss will determine opening possession. The winning team can either choose to start with the ball the first half or second half of play.

FLOW OF GAME:

- ☐ No kicking or punting.
- ☐ The start of each possession will always begin at the 40-yard line.
- ☐ Offense will always move in the same direction towards the end zone.
- ☐ A legal tackle is defined as completely pulling the flag from opposing player with the ball. Incidental contact will not constitute a penalty against either player. (Excessive force by shoving, pushing, or striking a blow will be penalized -- please refer below to unnecessary roughness section for official ruling)
- ☐ Defensive Pass Interference will result in the replaying of the down.
- ☐ Defenses will not be allowed to bump at any time. Holding will be enforced at the Line of Scrimmage.
- ☐ All offensive false-starts will result in loss of down. All defensive false-starts will result in a 5-yard penalty.
- ☐ Offense is not required to go into a huddle on each play, but they must allow the defense to get set on the start of each play. Teams can only institute a hurry-up offense in the last five minutes of each half, in which the offense can run plays without waiting for the defense to set.
- ☐ Teams may start with an RB in the backfield (between the tackles), but are not required to. Teams are also allowed to motion the RB out of the backfield.
- QB's cannot run the football. All RBs are only eligible to receive passes. No running allowed. This is a passing camp.
- ☐ The defense is not allowed to rush the QB. The QB cannot run the football.
- ☐ Offense must have a center, but he cannot go out for a pass.
- ☐ Fumbles in which the football hits the ground will be considered a dead ball at the spot, with the fumbling team retaining possession.
- ☐ The QB has 4-seconds to throw the football. Failure to do so will result in a sack & loss of down.

- ❑ Once the ball is spotted, the QB has 25-seconds to snap the ball. Delay of the game penalty will result in a loss of down.

RECEIVING:

- ❑ All players are eligible to receive a pass (except the center). Players must have at least one foot in bounds to make a catch.

PRESNAP:

- ❑ Only one player is allowed in motion at a time. A player in motion must come to a complete stop and be set prior to the ball being snapped or an illegal motion penalty will be enforced.

DEAD BALLS:

- ❑ Ball is considered dead if Offense player flag is pulled, ball carrier steps out of bounds. Touchdown is scored, ball carrier knee, hand, or the ball hits the ground. Ball carriers flag falls off, the ball will be spotted where the flag fell off. If the ball carrier drops the ball, there are no fumbles; the ball will be spotted where it hit the ground. If a ball is dropped in the process of a handoff/pitch the ball will be spotted where it hit ground. If the ball is dropped in the exchange from the center to the quarterback (under center or shotgun formation) the ball will be spotted where it hit the ground. Interceptions, teams take over on down where they intercept ball at.

PENALTIES:

- ❑ All penalties will be called by the referee and may be declined.
- ❑ All penalties are assessed from the original line of scrimmage except for fouls against the ball carrier or receiver. Offense 25 seconds to hike the ball.
- ❑ Delay of game 5yd, false start 5yd, illegal blocking 5yd from spot/loss of down, flag guarding play is blown dead ball is placed at the spot of the foul/ next down is played. Illegal forward pass 5yd/loss of down, illegal motion 5yd/replay down, offside 5yd/ replay down. Offensive pass interference 5yd from the spot/ loss of down.

DEFENSIVE PENALTIES:

- ❑ Defensive pass interference 5yd from the spot/replay down, illegal contact 5yd from spot/replay down, illegal flag pull (before receiver has ball) 5yd from the spot replay down. No rushing. Offside 5yd/replay down.

SPORTSMANSHIP/ROUGHING:

- ❑ Sportsmanship needs to be practiced at all times. Gross misconduct or foul language will not be tolerated! If an official witness any acts of tackling, elbowing, cheap shots, blocking or any other acts to be deemed unsportsmanlike the team/player will be penalized based on

the severity and nature of the situation. If a player is found to have modified his/her equipment (i.e. tying flag belt) or enters the field of play as an eligible player without a flag set, the team will be issued one warning, the second.

- Unnecessary roughness will result in a 10-yard penalty and the replaying of the down. A flagrant foul in which a player goes out of their way to intentionally injure another player in a violent matter will result in an automatic suspension from the game (per the referee's digression). No player may block leading with their shoulder. If the same player commits (2) flagrant fouls during the tournament, they will be ejected from that game as well as from the rest of the tournament.

SCORING:

- ☐ Each touchdown will result in 6-points for the offense.
- ☐ Point-After Touchdown (PAT): Offense can attempt to score from the 3-yard line for 1-point or the 8-yard line for 2-points.
- ☐ On an interception and if returned to the 50 will result in six points, followed by a PAT attempt. If downed after interception, then start at 40.

OVERTIME RULES: (Single Elimination Round ONLY)

- ☐ A coin toss will determine who will begin with possession of the ball.
- ☐ The ball will be placed on the 20-yard line. Each team will have only four downs to score and there will be no first-downs in OT.
- ☐ If both teams score during their possessions, a winner will be determined by which team scored in the fewer number of downs. If each team takes the same amount of downs to score, then the process will be repeated until a winner is determined.

INCLEMENT WEATHER:

In the case of lightning or severe rain, all competition will be halted, and all guests will be asked to proceed to the safety of the designated lightning shelters. The competition will resume when the weather clears, or be rescheduled if possible.

- ☐ In the case of light rain, competition will continue until safety becomes an issue. The Tournament Director will make the call.
- ☐ Each manager/coach must provide contact information (i.e. contact name, hotel name, hotel phone, room number, cell phone etc.) at registration on the first day of the tournament.
- ☐ In case of inclement weather, a game can be considered official if the game has reached halftime.

- Tournament Director and Staff reserve the right to shorten games and/or halftime periods if needed to complete all games.
- If pool play games cannot be rescheduled due to field or time constraints, tournament seeding will still take place according to the rules below.