

ATHLETIC RULES for MAX

DO NOT SCHEDULE ANY PRACTICES DURING CHAPEL!

FLAG FOOTBALL – 7 on 7

The game is similar to traditional football, with some very key differences. Most notably, Seven-on-Seven flag football, as defined by North Central Region NYI is a ‘NON-CONTACT’ sport. This means that blocking, jamming of receivers, bump-and-run coverage, and stiff-arm moves are all ILLEGAL.

1. ELIGIBILITY & ROSTERS

1.1 MAX football is for male or female students in Jr. High or Sr. High school.

1.2. Teams may have up to 14 players on their roster. MAX Football officials must approve changes to a team roster. Once a team has fielded a full team of ten, no changes will be allowed.

2. THE GAME

2.1. Possession

Initial possession will be determined by a coin toss. The winner of the coin toss has the option to start on offense, or defer to the second half & choose the direction of play. The loser of the coin flip will choose the direction of play if the winner of the toss chooses to start on offense.

At the end of the first half, the active possession is terminated. The team which started out on defense to begin the first half, will start out on offense to begin the second half.

2.2. Game Length

Games will consist of 2 - 20 minute halves. The clock does not stop & is reset after halftime. Halftime will last only 3 minutes.

2.3. The Playing Field

The playing field is 25 yards wide and 64 yards long. The end zones are each seven yards deep. The first down marker is at mid-field. There are lines delineating no-run zones located five yards from each goal line. (See section 4.6.4) The field is surrounded by a white boundary line, which is considered out of play.

2.4. Determining a Winner

The team scoring the most points during the course of the game will be declared the winner. If a team, at any time during the course of the game, leads the other team by 50 or more points, the game will end, and the team in the lead will be declared the winner.

2.5. Ties & Overtime

Ties occurring in single-elimination games will be settled by overtime. Overtime will consist of each team having the option of attempting a one-point try from five yards outside the end-zone, or attempting a two-point try from twelve yards outside the end-zone. The team with the most points after alternating possessions will be declared the winner.

3. EQUIPMENT

All MAX Football players must adhere to the outlined equipment rules and regulations.

3.1. Mouth Pieces

Mouth pieces play a valuable role in reducing the occurrence of concussions. Each player will be required to wear a mouth piece at all times during play. MAX is NOT RESPONSIBLE for providing mouth pieces for players or teams.

3.2. Footwear

Molded or screw-in cleats are allowed. Screw-in cleats must be made from plastic. No steel / metal cleats.

3.3. Shirts/Jerseys

Shirts or jerseys must be worn & tucked in at all times.

3.4. Pants/shorts

The type of pants worn is a team decision. Shorts and/or football pants (w/pads) are allowed.

3.5. Footballs

Each field will be allocated one football, to be used by both teams. If a team wishes to use its own football, it may do so if the referee approves. If a team opposes the use of a football deemed to be inappropriate, they may appeal to the field marshal to make a ruling about the use of the ball.

3.6. Flags

MAX Football will provide flags for each field. Teams may not use their own flags. In the event of broken or defective equipment, the team captain can appeal to the field marshal for a replacement.

3.7. Towels

A towel can be worn from the belt, but can not interfere with or obscure the players' flags. If a player chooses to wear a towel, the defensive player can choose to pull the towel from that players' belt, and it will be recognized as a valid flag pull.

3.8. Playbooks

Playbooks are to be kept on the sidelines. Players have the option of wearing approved wrist equipment that can contain a play list, but no playbooks will be allowed on the field during play.

3.9. Foreign Substances

The use of foreign substances, such as stick-um, will not be allowed.

Coaches Note: There are no water fountains or faucets near the football field. We suggest that each player bring a water bottle to keep hydrated during the game.

4. OFFENSE

4.1. Downs per Series

At the beginning of the half, after a turnover-on-downs, after a safety, or after a touchdown, the offense will begin their possession at their own five-yard line. The offense will have four downs in which to advance the ball past the first down marker. If they succeed, they will be given a new set of downs (four additional plays) in which to advance the ball into the end-zone. After an interception, the offense will begin their possession at the point where the intercepting player's flag was pulled, or where that player went out of bounds. If possession begins before midfield, the team will have four downs in which to advance the ball past that marker for a first down, and will be granted four additional downs plays in which to advance the ball into the end zone. If the possession begins past the mid-field marker, the offense will have just the four plays in which to advance the ball into the end-zone.

4.2. First Down / New Set of Downs

A First Down can be achieved in two ways:

The Offense advances the ball past the first-down marker (mid-field) in four plays or less, or an official calls an infraction which results in a first down. Upon achieving a first down, the offense will be granted a fresh set of downs in which to score a touchdown.

4.3. Spotting the Ball

The ball should be spotted at the point where the players' hips were when their flag was pulled. Players can not extend the ball to achieve a better spot. If a player falls towards his own line of scrimmage while making a catch, the ball will be spotted at the furthest point the ball progressed

while in possession of the player, or at the hips of the player, which ever is closer to the original line of scrimmage.

4.4. Alignment of Players at the Snap

Before the snap of the ball, offensive players can align themselves in any way they choose but the center must be on the line of scrimmage, and the other players must be on or behind the line of scrimmage. The offense must wait for the officials to properly spot the ball & mark the line of scrimmage before the next snap.

4.5. Snap of the Ball

The offense has 25 seconds from the time the ball and seven-yard blitz line are spotted in which to snap the ball for the next offensive play. The center must snap the ball between his/her legs or with a side snap in order to start the play. If a defensive player yells "BLITZ," the center may attempt to impede the defensive player behind the line of scrimmage without making any contact.

4.6. Advancing the Ball

The offense has a maximum of ten seconds from the snap of the ball to attempt a forward pass or advance the ball beyond the line of scrimmage by hand-off or quarterback run. If the ball is not passed or advanced beyond the line of scrimmage within ten seconds of the snap, the play will be whistled dead & the defense will be awarded a sack.

4.6.1 Hand-Off

After the snap, the quarterback may choose to hand the ball off to a player in the backfield. There is no limit to the number of hand offs which can occur behind the line of scrimmage. After a hand off, the ball carrier may attempt to run the ball beyond the line of scrimmage, or attempt a legal forward pass.

4.6.2. Legal Forward Pass

After the snap to the quarterback, or after a hand-off to a ball carrier, a forward pass may be attempted. The intended receiver must be across the line of scrimmage in order for a forward pass to be legal. A legal forward pass may not be made after the ball has been advanced beyond the line of scrimmage.

4.6.3 Quarterback Run

The quarterback may carry the ball across the line of scrimmage if he has been rushed (blitzed) or has received the ball back after at least one hand-off.

4.6.4 No-Run-Zone

Offensive plays beginning on or within the five yard line of the opponent's end zone, must be attempted forward passes. Hand-offs are not permitted in the "no-run-zone."

4.7. Scoring an Offensive Touchdown

An offensive touchdown is awarded when the offense advances the ball into the end zone. Six points will be awarded for a touchdown.

4.8. Extra Point Conversions

After scoring a touchdown, the offense may choose to attempt a one-point or two-point conversion. A defensive penalty occurring in the end-zone during an attempted extra point(s) conversion will result in the awarding of those extra point(s) to the offense.

4.8.1. Attempting a One-Point Conversion

The Offense will have one play from five yards outside the opponent's end zone. If the ball is advanced into the opponent's end-zone, one point will be awarded.

4.8.2. Attempting a Two-Point Conversion

The Offense will have one play from twelve yards outside the opponent's end zone. If the ball is advanced into the opponent's end-zone, two points will be awarded.

4.9. Offensive Fumbles

If an offensive player fumbles the ball at any time, the ball will be considered dead at the spot where it first hit the ground, or at the spot where the player lost possession, depending on which spot results in the greatest loss of yardage for the offense.

5. DEFENSE

5.1. Alignment of Players Before the Snap

Defensive players can line up any way that they choose on their side of the ball before the snap.

5.2 Ten Second Sackcount

A ten second sack count will be enforced. The offense has a maximum of ten seconds from the snap of the ball to attempt a forward pass or advance the ball beyond the line of scrimmage by hand-off. If the ball is not passed or advanced beyond the line of scrimmage within ten seconds of the snap, the play will be whistled dead & the defense will be awarded a sack.

5.3 Quarterback Rush / Blitzing / Blitz Line

Defensive players lined up behind the blitz line may rush the quarterback. Before each play, an official will mark the blitz line seven yards beyond the line of scrimmage. Defensive players lined up within the seven-yard blitz line at the time of the snap, must go back behind the blitz line before they can rush the quarterback. When the defense intends to blitz on a play, it must notify an official prior to the snap. After the snap of the ball, any blitzing players must yell loudly "BLITZ" to warn the offense, before they cross the blitz line. When blitzed, the quarterback has the option to attempt a forward pass, hand-off, or run the ball.

5.3. Rushing After a Hand-Off

If the quarterback hands the ball off, defensive players can rush immediately, even if they are inside the blitz line.

5.4. Defending a Forward Pass

The defensive team can defend a forward pass by batting the ball down, or by trying to intercept the ball. No contact with offensive players will be allowed.

5.5. Interceptions

An intercepted ball can be advanced by the defensive team.

5.6. Safeties

A safety occurs when the offensive team is stopped or commits a penalty in their own end zone. Two points and possession of the ball will be awarded to the opposing team for a safety.

6. PENALTIES

The field officials have the final say on all penalties. The tournament director will be present for all All-Star single elimination games, and can be consulted if there is confusion surrounding any given rule.

6.1. Unsportsman-Like Penalties—RED FLAGS

Conduct deemed as unsportsman-like includes cursing, excessive confrontation or abuse of an official, intentionally delaying the game, or otherwise disrupting the game in an unsportsmanlike manner. A fifteen yard penalty will be assessed along with a new set of downs, and the offending player may be ejected. If there are two infractions on the same individual that person will be automatically ejected.

6.1.1. Fighting

Fighting will not be tolerated. Any players involved in fights will be immediately ejected from the game (and possibly future games), and their team may be disqualified. In addition, a fifteen yard unsportsman-like penalty will be assessed along with a new set of downs.

6.1.2. Taunting

Taunting of opposing players will not be tolerated. A fifteen yard unsportsman-like penalty will be assessed along with a new set of downs. Repeat offenders will be ejected from the game.

6.2. Offensive Penalties – YELLOW Flags

The defense has the right to accept or decline any offensive penalty. All offensive penalties will result in a five yard penalty from the line of scrimmage, and a repeat of the down. Any offensive penalty occurring in the offense's end-zone will result in a Safety.

6.2.1. Illegal Snap of the Ball

The ball must be snapped between the legs of the center or a side snap after the official has spotted the ball.

6.2.2. Illegal Motion

Once the offense is set, only one player can be in motion at a time. A player in motion may move laterally or backwards, but not forward.

6.2.3. False Start

Offensive players can not move forward or cross the line of scrimmage before the snap of the ball.

6.2.4. Impeding the Rusher

If a defensive player yells "BLITZ," the center is the only offensive player that may attempt to impede a defensive rusher behind the line of scrimmage without making any contact.

6.2.5. Blocking Downfield

Beyond the line of scrimmage, offensive players may not impede defensive players attempting to pull a ball carrier's flag by positioning themselves between the defensive player & the ball carrier.

6.2.6. Illegal Pick

Receivers are not allowed to intentionally set picks for defenders in order to free other receivers.

6.2.7. Flag Guarding

An offensive player in possession of the football can not impede the defender's ability to pull his flag by swiping at his hand or using the ball as a shield

6.2.8. Lowering of the Head or Shoulder

The offensive player can not lower his head or shoulder in an attempt to run over or impede a defensive player.

6.2.9. Pass Interference

Offensive receivers can not in any way interfere or initiate contact with a defensive player at any time.

6.2.10. Illegal Forward Pass

Passes occurring beyond the line of scrimmage are not allowed.

6.2.11. Illegal Hand-Off or Pitch

The ball can not be handed off beyond the line of scrimmage. The ball can not be Pitched or lateralled backwards beyond the line of scrimmage

6.2.12. Intentional Grounding

A referee may call intentional grounding if a quarterback throws the ball into the ground when being chased by a defender to avoid a sack. To avoid a grounding penalty, there must be a receiver within 5 yards of the thrown ball.

6.2.13. Illegal Run from Scrimmage

The offense can not advance the ball by running if the line of scrimmage is within the "no-run-zone." The offense can not advance the ball by running unless a valid hand-off occurs.

6.2.14. Delay of Game

The offense has 25 seconds from the time the ball and seven-yard blitz line are spotted in which to snap the ball for the next offensive play.

6.3. Defensive Penalties

The offense has the option to accept or decline any defensive penalty. Defensive penalties occurring in the end-zone on extra points will result in scores being awarded. The game can not end on a defensive penalty.

6.3.1. Off-Sides

Defensive players must line up between their end zone and the line of scrimmage.

Lining up over the line of scrimmage will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.2. Illegal Rush

Defensive players rushing from inside the seven yard blitz line with no hand-off occurring will be penalized for Illegal Rush. The penalty will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.3. Illegal Contact

Defenders can not jam receivers, or engage in any other type of illegal contact. This will result in a five yard penalty from the line of scrimmage and an automatic first down.

6.3.4. Holding

Defenders can not impede the offensive player by holding his body or equipment.

Holding will result in a five yard penalty from the end of the play and repeat of down.

6.3.5. Illegal Flag Pull

A defender can not intentionally pull the flag of an offensive player before that player has possession of the ball. Illegal flag pull will result in a five yard penalty from the line of scrimmage and repeat of down.

6.3.6. Pass Interference

The defensive player shall not make contact with the receiver while the ball is in the air. Pass interference will result in either a five yard penalty from the line of scrimmage and automatic first down, or a spot foul and automatic first down, depending on the severity of the infraction as judged by the official.

6.3.7. Roughing the Quarterback

The defensive player can not go for the arm of the quarterback at any time. A defensive player making contact with the quarterback's arm will result in a roughing penalty. Roughing the quarterback will result in a five or fifteen yard penalty and an automatic first down, depending on the severity of the infraction as judged by the official.

6.3.8. Delay of Game

Defensive players intentionally delaying the game will be penalized. Defensive delay of game will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.9. Illegal Push

The defensive player must make an attempt to pull the flag of the offensive player. He can not intentionally push an offensive player out of bounds. Illegal push will result in a five yard penalty from the line of scrimmage and repeat of down.