



## **JUST COMPETE RULES BOOK 7v7 (One Way Field)**

Simplified Flag Football Rules Based on CHSAA 2025

(One Way Field - two games on each half)

For reference on full rules please reference CHSAA 2025 Rulebook

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## 1. FIELD DIMENSIONS AND SETUP

- **Field Length:** 40 yards
- **Field Width:** 40 yards
- **End Zones:** 10 yards deep on each end
- **Field Size:** 60 yards including end zones
- **Ball Placement:** Ball starts on the 35-yard line at the beginning of each half and after scores
- **Field Markings:** Zone Lines to Gain every 20 yards (20-yard zones)
- **Team Boxes:** 2 yards off sideline between 20-yard lines

### ONE WAY FIELD EXPLANATION

- **Definition:** The "One Way Field" setup means that all offensive plays are directed towards a single end zone, with each half of the field hosting a game moving in one direction only.
- **Gameplay Impact:** This unique setup allows for two simultaneous games to occur on each half of a standard field, with each team aiming to score in their designated end zone without switching directions at halftime or after scoring plays.
- **Turnovers and Change of Possession:** On turnovers, the ball is placed at the 35-yard line or at the spot of interception or fumble recovery, maintaining the one-way direction of play. Teams must adapt their defensive strategies accordingly, knowing the play will always move toward their end zone during each possession.

## 2. TEAM COMPOSITION AND EQUIPMENT

- **Players:** 7 players per team on the field
- **Minimum Players to Start:** 4 players
- **Ball:** Brown NFL Flag football (Youth size)
- **Uniforms:** Matching jerseys (no pockets), contrasting shorts/pants
- **Flag Belts:** NFL FLAG 2-pop flags, contrasting color to shorts and jerseys
- **Mouthguards:** Mandatory for all players
- **Shoes:** Cleats allowed (no metal or screw-ins)
- **Illegal Gear:** Jewelry, billed hats, bandanas, exposed drawstrings or pockets

## 3. GAME DURATION AND TIMING

- **Total Game Time:** 48 minutes
- **Halves:** Two 24-minute halves (running clock)
- **Halftime:** 3 minutes
- **Timeouts:** 3 per half per team (30 seconds)
- **Play Clock:** 25 seconds to snap the ball (Middle School 40 seconds to snap the ball)

## 4. STARTING THE GAME

- Coin toss determines possession or direction
- Ball placed at the 35-yard line to begin each half and after scores
- No kickoffs — possession starts from designated line (35-yard line)

## 5. PLAYING THE GAME

- 4 downs to reach the next zone line-to-gain (every 20 yards)
- No minimum number of players on the line
- Snap must come from at least 2 yards behind line of scrimmage
- One player in motion allowed
- Offense may pass or run the ball at any time

## 6. SCORING AND EXTRA POINTS

- **Touchdown:** 6 points
- **Try from 3-yard line:** 1 point
- **Try from 10-yard line:** 2 points
- **Safety:** 2 points
- No field goals
- Defense cannot score on a Try

## 7. TURNOVERS AND DOWNS

- 4 downs to reach next zone or goal line
- Ball spotted at the center of field after each play
- Change of possession on failure to gain, interception, or punt
- Interceptions may be returned for a touchdown

## 8. KICKING AND PUNTING RULES

- Punts must be declared (no fakes)
- No Kickoffs – coach MUST declare on 4<sup>th</sup> down if they will play or punt
- Ball is dead if punted ball hits the ground without being touched

## 9. PASSING AND RECEIVING

- Only one forward pass is allowed per down.
- One forward pass per down allowed behind the line of scrimmage
- All players are eligible receivers
- Backward passes are allowed behind or beyond the line of scrimmage, provided the ball does not hit the ground (live lateral).
- If a backward pass is dropped or hits the ground, the play is dead at the spot.
- One foot inbounds required for a catch
- Ball is dead if fumbled or hits ground on snap or pass
- Interceptions change possession immediately (See rule 11)

## 10. SCREEN / BLOCKING (No Contact Allowed)

- Offensive players can **screen block** to protect teammates, but **must not make contact** with defenders.

### The Basics:

- Keep hands and arms at your side or behind your back.
- No pushing, grabbing, or using elbows, legs, or body to make contact.
- You can use your hands to stop a fall or keep your balance.
- Stay on your feet the whole time (no diving or dropping to your knees).

### What You Can't Do When Screen Blocking

- Don't stick your arms out.
- Don't spread your legs too wide (keep them about shoulder-width apart).
- Don't block right up behind someone—stay at least one step back.
- Don't block too close to someone who's running—you have to give them space to stop or change direction.
- Once you're in position, don't move unless you're going the same way as the defender.

\*If you break these rules and cause contact, it's a personal foul.

## 11. INTERCEPTION RETURN RULE

1. Upon interception, the defensive team has the right to advance the ball in the opposite direction of the one-way field with the opportunity to score a touchdown in the opposite endzone.

### The play is considered live until:

- a. The ball carrier scores a touchdown,
- b. The ball carrier is flagged (tackled), or
- c. A dead ball situation occurs (e.g., fumble out of bounds).

## **FLAGPULL AND TURNOVER RESULT**

- If the defensive player is flagged before reaching the end zone during the return of an interception, the return attempt ends immediately, and possession is awarded to the defensive team as the new offensive team.
- The ball is then placed at the **35-yard line**, and a new series of downs begins.

## **12. DEFENSIVE PLAY AND RUSHING**

- No contact at line – receivers must get free release
- No bump and run coverage
- Players may rush immediately from at least 1 yard off line
- Roughing the passer penalties apply
- All players must line up at least 1 yard off line of scrimmage

## **13. PENALTIES AND INFRACTIONS**

- 5-Yard Penalties: Delay of game, encroachment, false start, illegal motion
- 10-Yard Penalties: Holding, illegal contact, blocking, flag guarding
- 15-Yard Penalties: Unsportsmanlike conduct, , roughing
- Repeat down unless otherwise noted
- Offensive penalties behind the line replay the down

## **14. SUBSTITUTIONS**

- Allowed during any dead ball
- Players must enter and exit from their sideline
- Substitutions must not delay the game

## **15. OVERTIME RULES**

- Each team starts 1st & goal at the 10-yard line
- Each team gets a possession
- Continue alternating until a winner is determined
- Starting in 4th OT, teams must go for 2 on Try

- Each team gets one timeout during all of overtime

## 16. SAFETY RULES

- No tackling, blocking, or stiff arms
- Flag must be clearly visible at all times
- Player is down if flag is removed or ball touches ground
- Concussions or injuries require player removal until cleared
- Illegal equipment must be removed before participation
- All players must follow sportsmanship guidelines

**Let's play safe, play hard, and Just Compete!**



