



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

### Simplified Flag Football Rules

Based on 2025 CHSAA & NFHS Flag Football Rulebook  
(One Way Field - two games on each half)

For reference on full rules please reference CHSAA 2025 Rulebook & NFHS Flag Football Rulebook (2025)

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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. Each team will ALWAYS start the ball at the 35-yard line with a change of possession.
- **Turnovers and Change of Possession:** On turnovers, the ball is placed at the 35-yard line maintaining the one-way direction of play. Ball will be spotted at the 35-yard line with a change of 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 be received 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. QUARTERBACK AND RESTRICTIONS**

- There are no restrictions on the Quarterback.
- The Quarterback may pass the ball or run the ball after receiving the snap.

## **8. 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

## **9. 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.

## **10. KICKING AND PUNTING RULES**

- No Kickoffs – coach **MUST** declare on 4<sup>th</sup> down if they will play or punt
- Punts must be declared (no fakes) - 'A declaration to 'PUNT' is final
- Ball will be spotted at the 35 with a change of possession.

## **11. 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

## **PASSING AND RECEIVING (cont.)**

- 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 it hits the ground on a fumble, snap or pass
- Interceptions change possession immediately (See rule 9)

## **12. SCREEN / BLOCKING (No Contact Allowed)**

- **No blocking like tackle football:** Players cannot push, grab, or use their body to stop a defender. Flag football is a non-contact sport, so blocking is not allowed.
- **Screens are allowed, but no contact:**
  - Think of it like basketball — you can set a screen, but you must **stay still** with feet set.
  - Arms must stay in (at your sides, chest, or back).
  - Do not lean, step into, or move toward a defender. Any movement that causes contact is a foul.
- **Positioning:**
  - Always leave at least **one step of space** so defenders have room to stop or change direction.
  - Keep legs shoulder-width apart (no extra-wide stances).
  - Stay on your feet — no diving, kneeling, or dropping low to block a path.
- **Defenders:**
  - Defenders have the right to move freely toward the ball carrier.
  - If you move or lean and create contact → it's a foul.
  - If a defender runs into a legal, stationary screen → it's incidental contact, play on.
- **Penalty:** Illegal screen/block = **10-yard penalty**. Repeated/intentional = **unsportsmanlike conduct**.

### **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.

**Plain terms:** Think of it like a basketball pick — you can get in the way, but you must stay still and avoid contact.

### **13. 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

### **14. PENALTIES AND INFRACTIONS**

- Repeat down unless otherwise noted
- Offensive penalties behind the line replay the down
- ***Disqualifications and Associated 10-Yard Penalties:*** Flagrant unsportsmanlike conduct, severe ball spiking/kicking/throwing, extreme unsportsmanlike acts by players/non-players, intentionally contacting an official, flagrant personal fouls, tackling the runner, fighting, intentional flag belt tampering (loss of down for offense, automatic first down for defense).

## ● 5-YARD PENALTIES

Failure to wear required equipment	delay of game (Dead Ball)	illegally consuming time	illegal substitution	illegal procedure
false start (Dead Ball)	illegal snap (Dead Ball)	Encroachment (Dead Ball)	illegal motion	illegal formation
illegal shift	snap issues	Intentional Grounding (Loss of Down)	Illegal Forward Pass (Loss of Down if by the Offensive Team)	Intentionally Throwing a Backward Pass or Fumble Out-of-Bounds (Loss of Down if by the Offensive Team)
Helping the runner	punting the ball			

## ● 10-YARD PENALTIES

Illegal player equipment	multiple encroachment fouls between downs	offensive and defensive pass interference	unsportsmanlike conduct	spiking/kicking/throwing the ball during a dead ball
unnecessary contact	strip or attempt to strip the ball	Hurdling a player (personal foul)	contact before/after the ball is dead	diving/running into an opponent
tackling the runner,	roughing the passer (Automatic First Down)	illegal offensive screen blocking	interlocked interference/holding	defensive use of hands
illegal flag belt removal	guarding the flag belt / flag guarding (Loss of Down)	stiff arm	obstructing/holding the runner	charging, batting a loose ball
illegal kicking	illegal participation	illegal substitute	pretended unfair substitution	Illegally Secured Flag Belt on a Touchdown **

\*(Loss of Down if by the Offensive Team) (Automatic First Down if by the Defensive Team)



## 15. SUBSTITUTIONS

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

## 16. 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

## 17. 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

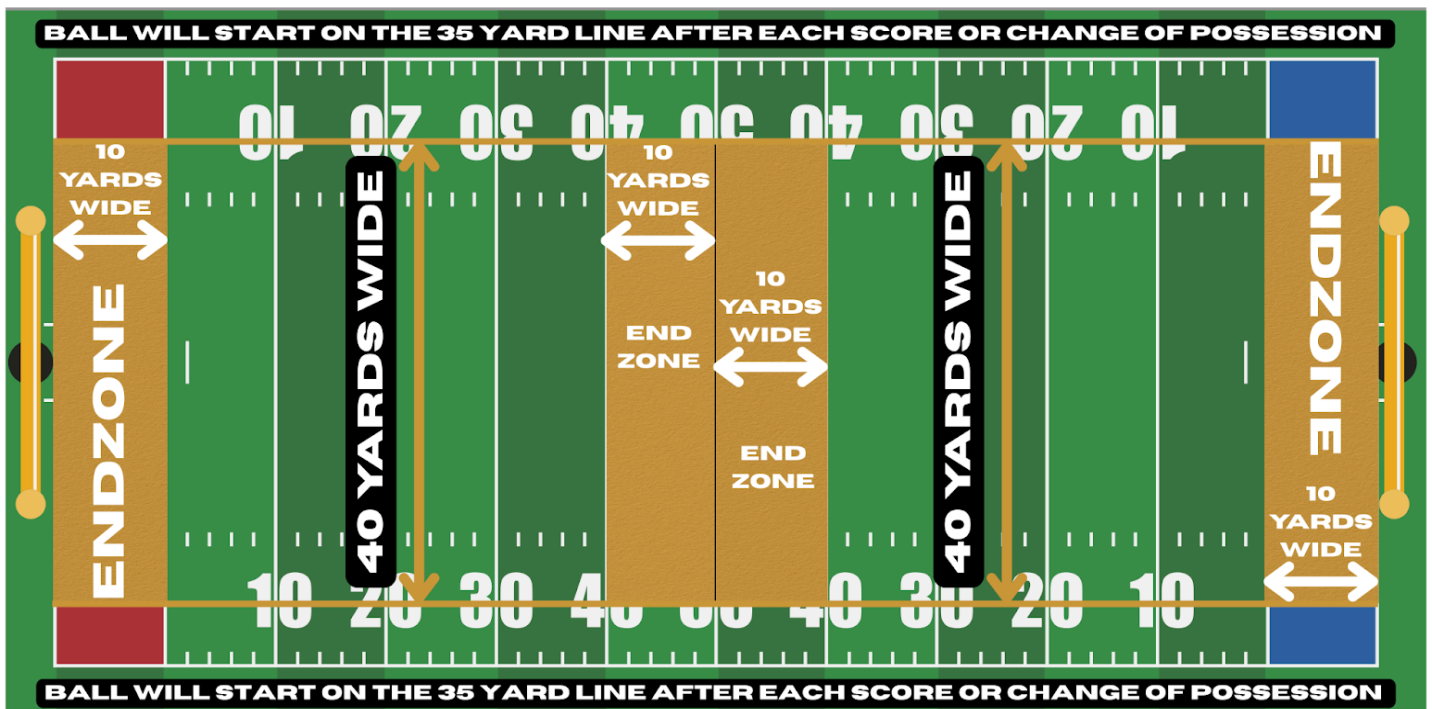
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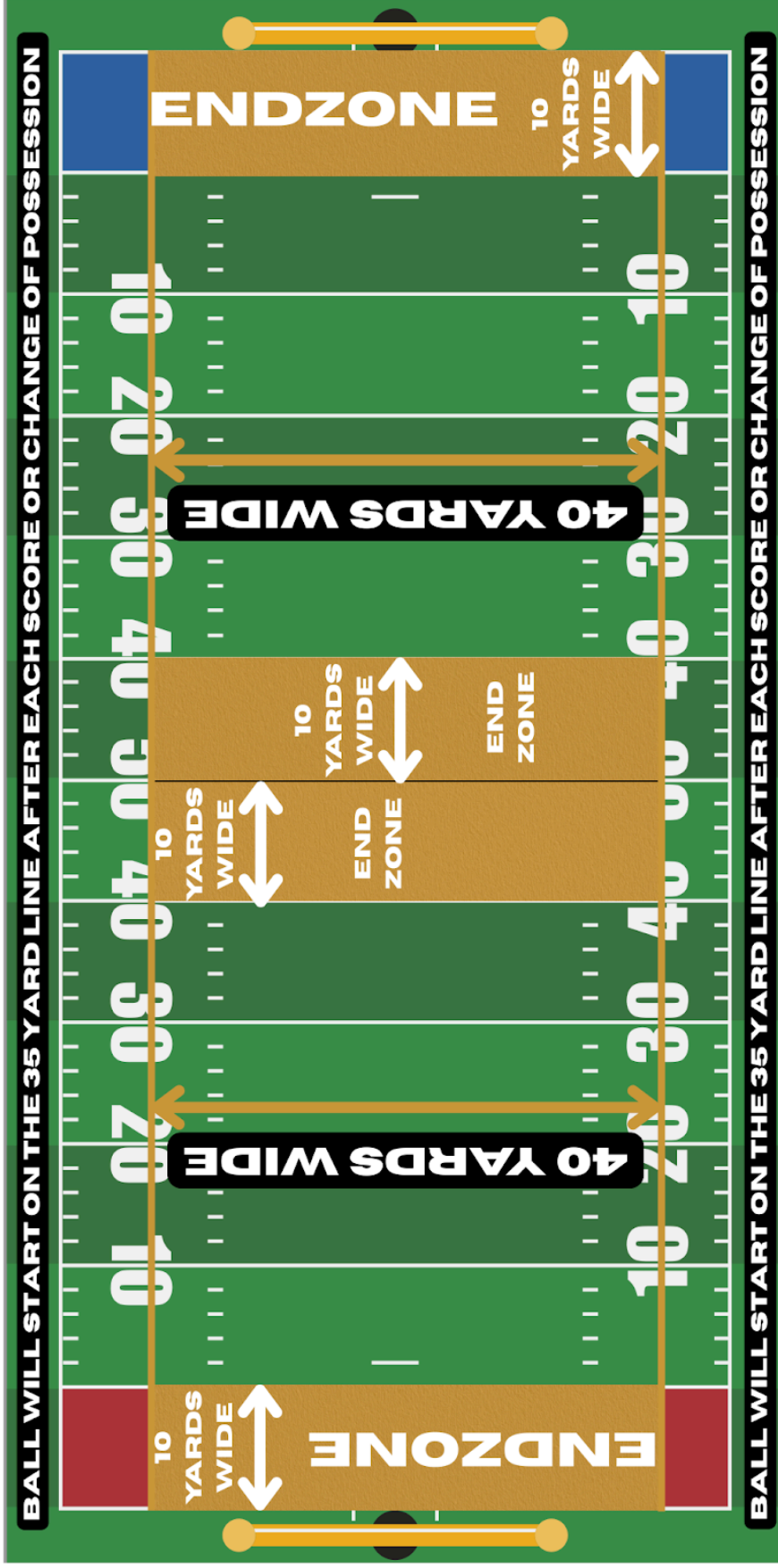
- **Activation:** If a team leads by **42 points or more**, the Run Spread Rule is in effect.
- **Game Clock:** The clock will continue to run (continuous clock) except for: timeouts, injuries, scores, or official stoppages.
- **Offensive Restrictions:**
  - The **Quarterback may not run the ball directly** after the snap.
  - The QB can only run if the ball is **handed off or lateraled first**.
- **Defensive Rush Rules:**
  - Defensive players may still rush the quarterback.
  - Rushers must start from a minimum of **7 yards behind the line of scrimmage**.
- **Purpose:** This rule ensures competitive balance, player safety, and sportsmanship in lopsided games.

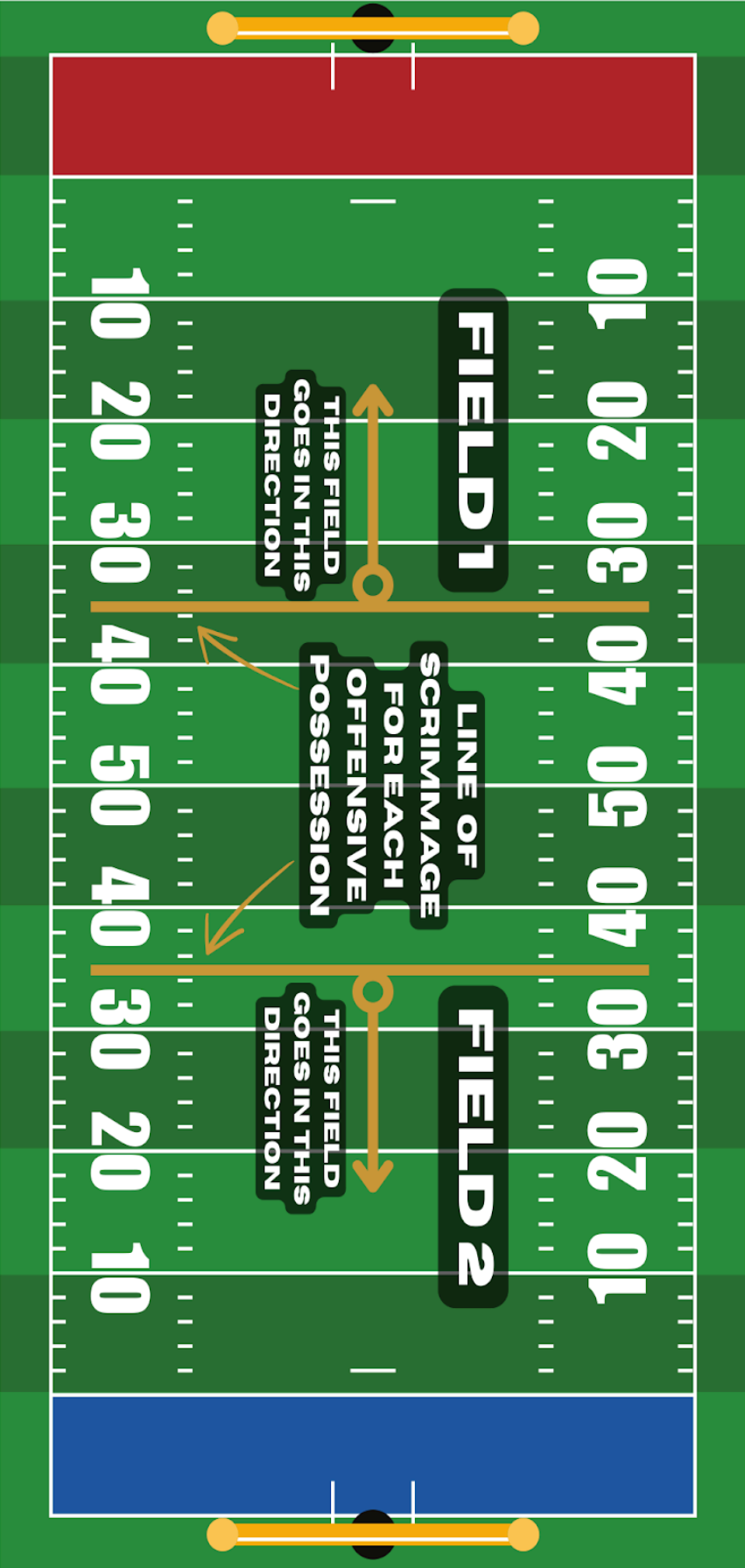
# Let's play safe, play hard, and Just Compete!

## 19. FIELD MAP

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## **20. Tournament Rules – 3 Game Minimum**

### **Pool Play (2 Games Each)**

- All teams play 2 pool games.
- Pool results determine seeding for bracket play.

### **Seeding Tiebreakers:**

1. Record (wins/losses)
2. Head-to-head (if applicable)
3. Point differential (max +21 per game)
4. Points allowed (fewest)
5. Coin toss


### **Bracket Play**

- After pool play, all teams are re-seeded into a single elimination bracket.
- Every team is guaranteed at least 1 bracket game.
- Bracket play continues until a champion is crowned.

### **Game Minimum Guarantee**

- Each team plays at least 3 games (2 pool + 1 bracket).
- Teams that advance in the bracket will play more games.

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 Plain terms: 2 pool games → then everyone moves into a single elimination bracket → minimum of 3 games guaranteed.