

# Flag Football – HSD League Exceptions

(updated May 13, 2019)

**RULES** shall be those as set out in The Canadian Rule Book for Flag Football (7 v 7) with the following **exceptions** for the sake of HSD league play:

## A. 7v7 Rule 3 – Game Procedure

- CHANGE 1.10 to say – The QB **cannot** run the ball past the line of scrimmage unless rushed.
  - If the QB **legally** runs the ball past the line of scrimmage, the maximum gain shall be a first down only, and no TD nor convert may be scored. During non-convert play, the ball will be placed on the 1 yard line if the first down marker was in the endzone.
  - If the QB **illegally** runs the ball past the line of scrimmage, it is a violation and will result in loss of down (no loss of yardage).
- ADD – The QB must **throw the ball within seven seconds of gaining control of the snap of the ball**, unless clearly and legally rushing the ball (previous point) before seven seconds has passed. A seven second violation will result in loss of down (no loss of yardage).
- CHANGE 1.11 to say – Once the ball carrier has crossed the line of scrimmage, the ball **cannot** be handed off or lateralled.
- CLARIFY section 2 to say the kickoff must be a **place kick** (not a punt or drop-kick)
- ADD to section 5 – **Four (4)** bean bags are needed. One to indicate the line of scrimmage, another to indicate the 5-yard rusher's line, a third bean bag of a different color to mark the first down, **and a fourth to mark the line the QB must be behind when receiving the snap.**

## B. 7v7 Rule 4 – Timing/Overtime

- CHANGE 1.3 – **Remove the 2-minute warning** that precedes 5 plays left in the half.
- CHANGE 1.9 – the clock does **not** stop if the ball falls off the kicking tee.

## C. 7v7 Rule 6 – Kicking Game

- CHANGE 3.6 – the receiving team on a kick-off **cannot** execute a forward pass
- CHANGE 7.1 – a punt **must be announced**
- ADD – **The receiving team cannot attempt to block a punt** and remove sections 8, 10, 11, 12, and 13.3