

WYLIE GRIDIRON GAMES 7V7

Official Flag Football Rules & Tournament Structure

Organizers: Wylie Area Youth Sports (WAYS) & Grindhouse Sports

Beneficiary: The Huddle Project

1. TOURNAMENT STRUCTURE & DIVISIONS

- **Divisions:** Kindergarten–8th Grade (single grade divisions), High School, and Adult divisions.
- **Roster & Format:** 7v7 play on the field. Recommended team roster of 10–12 players.
- **Tournament Path:** Teams participate in pool play games for seeding, leading into a single-elimination bracket culminating in a Grade Level Championship Game for each division.

2. TIMING & FIELD SETUP

Game Timing & Clock

- **Halves:** Two 18-minute halves with a running clock; 2-minute halftime break.
- **Final Minute:** Clock stops in the last 1 minute of the 2nd half for incomplete passes, out-of-bounds, and scores.
- **Timeouts:** Two 30-second timeouts per team per game.
- **Play Clock:** 30 seconds to snap after the referee spots the ball.

Field Layout & Downs

- **Field Dimensions:** 40 yards long with 10-yard end zones.
- **Possession Start:** All possessions begin at the 5-yard line.
- **First Downs:** Offenses have 4 downs to cross midfield (20-yard line), then 4 downs to score once past midfield.

3. GAMEPLAY & RULES

Passing & Running

- **Pass Clock:** Quarterback has 4 seconds to throw. Play is blown dead if exceeded (loss of down).
- **Running Plays:** Direct handoffs, pitches, and sweeps are allowed.
- **No-Run Zones:** Running plays are illegal within 5 yards of the midfield first-down line and 5 yards of the end zone.

Defense & Contact

- **Rushing the QB:** Defensive rushers must line up at least 7 yards behind the line of scrimmage.
- **Strictly Non-Contact:** No blocking, tackling, screening, or flag guarding.
- **De-flagging:** Ball carrier is down where the flag is pulled.

4. SCORING & OVERTIME RULES

- **Touchdown:** 6 points.

- **Extra Points:** 1 point from the 5-yard line (Pass only) | 2 points from the 10-yard line (Run or Pass).
- **Safety:** 2 points awarded to defense + possession at their own 5-yard line.
- **Overtime (Playoffs/Championship):** Coin toss determines possession. Each team receives 1 attempt from the 5-yard line (1-pt) or 10-yard line (2-pt). Equal possessions; highest score wins.

Community & Sportsmanship: All proceeds go back to kids in our community with a special donation to **The Huddle Project** to provide 100% sports sponsorships. Please support a positive and fun environment for all participants!