



PASSING DOWN ELITE 7ON7 GIRLS FLAG RULES

Base Rules: NFHS Official Apply | **Modified:** Running Clock / Short Field

I. Field Dimensions & Setup

- **Field Length:** 40 Yards total (plus a 10-yard end zone).
- **Field Width:** 40 to 55 Yards (flexible based on facility).
- **Line to Gain (LTG):** * Possession starts at the **40-yard line**.
 - First Down is achieved at the **25-yard line**.
 - Second First Down is achieved at the **10-yard line** (Goal-to-Go).
- **The "Triple-Down" Rule:** The offense has **3 downs** to reach the next Line to Gain (LTG).

Tournament Start & Possession

- **Coin Toss (Pool Play):** A coin toss determines initial possession. The winner starts at the **+40 yard line** (Choice of hash mark).
- **Seeding (Playoffs):** In tournament/bracket play, the **higher-seeded team** automatically starts with possession at the **+40 yard line**.
- **Game Signals:** A loud **horn or whistle** will signify the official start and end of every game.
- **Attendance & Forfeits:** * A team "no-show" is an automatic forfeit.
- **5-Minute Grace Period:** If a team does not arrive within 5 minutes of the start time, they forfeit regardless of the outcome.
- **Refund Policy:** A team is refunded \$100 if they play fewer than 3 pool play games due to opponent no-shows.

Playoff Seeding & Bracket Setup

Teams will be seeded for the Playoff Bracket based on their performance in Pool Play. If teams have identical records, the following **Tie-Break Hierarchy** will be used in order:

1. **Win Percentage:** Overall record in pool play.
2. **Point Differential:** Total points scored minus total points allowed.
3. **Points Scored:** Total points accumulated across all pool play games.
4. **Head-to-Head:** Result of the game between the tied teams.

Coaching & Sideline Conduct

- **On-Field Coaching:** One (1) **Offensive Coach** is allowed on the field. They must remain positioned **behind the offensive huddle**.
- **Defensive Coaching:** No defensive coaches are allowed on the playing field.
- **Sideline Staff:** All other coaches must work from the sideline.
- **No Challenges:** Coaches are **not allowed to challenge** any official ruling.
- **Personnel:** Substitutes must remain on the sideline. No players (other than the active 7) are allowed behind the offense.
- **Field Transition:** Opposing teams must wait for the prior drive to fully end before entering the field of play.

Code of Conduct & Sportsmanship

- **General Behavior:** Players, coaches, spectators, and parents must demonstrate good sportsmanship. **Passing Down** reserves the absolute right to eject any individual for failure to abide by this code.
- **Taunting:** Results in an Unsportsmanlike Conduct penalty. A second offense results in player disqualification for the remainder of the game.
- **Fighting:** Any player who fights is disqualified from the tournament. If a team is involved in **two (2) fights**, that team may be disqualified from the tournament without a refund.

Player Eligibility & Divisions

- **Age/Grade Requirements:**
 - **14U Division:** Players must be in 8th grade or lower AND 14 years or younger as of **1/1/26**.
 - **High School Division:** Players must be in 12th grade or lower, regardless of age.

- **Roster Integrity (No Taxiing):** Organizations with multiple teams cannot move players between rosters. If video evidence shows a player competing on multiple teams, all involved teams will be disqualified without refund.
 - *Exception:* Players may "play up" in a higher division within the same organization (e.g., 14U may play in the HS division).
 - **Verification:** Only competing coaches may report suspected eligibility violations and **must provide video evidence**.
 - **Accepted Documents:** Birth certificate, passport, permanent resident card, official transcript, online student portal, or verified sports ID with birthdate/grade.
 - **Failure to Verify:** If a coach cannot provide verification when asked by an official, the player (and potentially the entire team) will be disqualified.
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II. Game Timing (The "Running Clock")

- **Duration:** 20-minute clock in pool play, 25-minute clock in playoffs
- **Clock Management:** The clock **does not stop** for out-of-bounds, incomplete passes, first downs or injuries. There are **no time outs**.
- **The "Injury Exception":** At the Referee's sole discretion, game time may be added/stopped for a **serious player injury**. The clock will restart on the Referee's whistle once the player is safely removed.
- **Play Clock:** 25 seconds to snap the ball once the official sets the spot.
- **Two-Minute Warning:** The PA announcer will declare when the game clock goes under **two minutes**.
- **One Minute Rules:** If the following conditions are met within the final **1:00** of the game, the game enters **Untimed Down Status**:
 1. The losing team is within **8 points** of the winning team.
 2. The losing team has possession at the **+10 yard line or closer**.

Untimed Play Rules:

- The losing team is granted up to **3 untimed downs** to score a touchdown.
 - The game ends immediately if a touchdown is not scored within these 3 downs.
 - An **untimed extra point** will be attempted **only** if it affects the outcome of the game (e.g., to tie or win).
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III. Change of Possession & Interceptions

- **Interceptions:** Any interception by the defense results in an **immediate change of possession**.
 - *Note:* The intercepting team takes over at the **40-yard line**.
 - **Fumbles:** As per NFHS, any ball that hits the ground is **Dead at the Spot**. No turnovers on fumbles unless it occurs on 3rd down.
 - **Turnover on Downs:** If the offense fails to reach a Line to Gain (25 or 10) or the End Zone, the defense takes over at the **40-yard line**.
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IV. Scoring & Try (Extra Points)

- **Touchdown:** 6 Points.
- **Point After Touchdown (PAT):**
 - **1 Point:** From the 5-yard line (Pass only).
 - **2 Points:** From the 10-yard line (Pass only).

Tiebreaker (Pool Play & Early Playoffs)

If a game is tied at the end of regulation, a tiebreaker will determine the winner:

1. **The Toss:** Home team calls the toss. The winner chooses Offense or Defense.
2. **The Play:** Each team gets **one (1) snap** from the **+40 yard line**.
3. **Winner:** The team that progresses the ball furthest (pass or run) is the winner.
4. **Penalties:** * **Offense:** Loss of down (Result = 0 yards).
 - **Defense:** Yardage is marked off (e.g., DPI moves ball to +25). However, if penalty yardage exceeds the opponent's mark, the offense **must still execute a play** with positive yardage to win.
5. **Equal Progress:** If tied, repeat the format. The team that lost the initial toss chooses Offense/Defense for the second round.
6. **Standings:** A tiebreaker win counts as a win in standings and a **+1 point** scoring advantage.

Overtime (Semifinals & Championships Only)

If tied after regulation in a Semifinal or Championship game:

1. **The Toss:** Home team calls the toss. The winner chooses Offense or Defense.

2. **Format:** Each team receives one possession consisting of **two (2) snaps** from the **+10 yard line**.
 3. **Scoring:** Teams must score a TD to win. Standard PAT rules (1pt or 2pt) apply after a score.
 4. **Turnovers:** An Interception is a change of possession.
 5. **Penalties:** * **Defense:** Half the distance to the goal + **extra down**.
 - **Offense:** Loss of down.
 6. **Repeated OT:** If still tied, a second OT begins (Initial toss loser chooses). If tied after two OTs, the **Away Team** calls the toss for the third OT.
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V. Key NFHS Gameplay Standards (No Exceptions)

- **No Contact:** Physical blocking or "checking" is a penalty. Screen blocking is the only legal method.
 - **Flag Guarding:** Players cannot use hands, arms, or the ball to prevent a defender from pulling the flag.
 - **Equipment:** * **Triple-threat flags** (3) must be worn.
 - **No Pockets** allowed on shorts (must be taped if present).
 - **Mouthguards** are mandatory for all players on the field.
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