

## CISAA - 7v7 GIRLS (Juniors/Seniors) Flag Football (2025) – RULE SUMMARY/Cheat Sheet

### Snapshot of Rules – Girls Juniors/Seniors

- Coin Toss – Winner has choice – Kick/Receive, End to Defend (or Defer choice to 2<sup>nd</sup> half)
- 4 downs for 15 yards/1<sup>st</sup> Down
- Player is spotted by the BALL (not hips) when flag pulled
- 4 x15 min + 5 plays → {1<sup>st</sup> & 3<sup>rd</sup> = 15 mins} & {2<sup>nd</sup> & 4<sup>th</sup> = 11 + 5 plays}
- 2 x 60 second timeouts/half (no carryover)
- Rusher is 5 Yards back from LOS – direct rush at the snap
- Muffed/Fumbled Snaps – Back to LOS – Roll the Down (if ball goes out of the endzone, bring back to LOS – NO Safety)
- Muffed Kick off or Punt – LIVE if travels onside (backwards)
- No Yards on Kickoffs – (5 Yard Halo) – 3 options: 5 yards back re-kick; or 10 yards from point of Infraction; or declined and take possession at spot where the ball was whistled dead
- No Yards on Punts – (5 Yard Halo) - 15 yards from Point of Infraction and 1<sup>st</sup> down or decline it and take the gain
- After Safety touch – Team that scored the Safety gets ball at own 35-yard line (20-yards from center). (no kickoff)
- Converts are DEAD
- Motion – can be lateral or toward their own goal line (MUST “SET” before the snap) – *Illegal procedure*
- Minimum 4 player on the Line of Scrimmage (at snap) – *Illegal Procedure Penalty: 5 yards + Repeat*
- Flag drops off/no flag – 1 hand touch (flags on belts keep falling out)
- QB must be 5 yards back from LOS to receive Snap – First player to possess the ball is deemed QB
- QB – Can run any time & has no time limit the pass the ball (no steamboat count)
- NO Rouges/Single Points – scrimmage from the 10-yrd line
- End Zone Penalties – applied from 10 yrd line
- Grounding – *Penalty: 5 yards LOS + LOD*
- Down by contacts – if anything other than hand touches ground
- Jump – NO
- Spin – YES
- Laterals - YES (both behind & beyond LOS)
- Blocked Punts – spotted where blocked (not LOS)
- Tipped passes are LEGAL (“Free Ball” pg 10 – Rule 6, 1.2)
- Overtime – Converts – 3 attempts per team. If still tied – Sudden Death until winner determined
- 3 levels of Roughing the Passer: i) Illegal Contact – 5 yds, AFD (After the pass thrown)  
ii) Roughing the Passer – 10 yds, AFD (During the pass)  
iii) UR – 15 yard, AFD (if egregious)
- Converts: DEAD / Conversions: 1pt from 5-yard line or 2pts from 10-yard line

### **Field Dimensions:**

a) Ideal Field: 110-yards long by 65-yards wide, with 15-20-yard end zones.

b) Non-Regulation/Other Options: field can be a minimum of 90-yards long by 50-yards wide, with 10-yard end zones (both teams should agree on the revised measurements if necessary).

