

CDMFA 7on7 Flag House Rules

The CDMFA 7on7 Flag League will follow the **Edmonton Flag Football Association Official Rules**, with following changes.

Edmonton Flag Football Association Official Rules can be found at the below link

<https://cloud.rampinteractive.com/edmontonflagfootball/files/association/EFFA%20Rules%202019.pdf>

House Rules

Games will be shoot-out style with the offensive team starting at the 45yd line. Interceptions or Fumbles returned to the 50yd will be Touchdowns.

The Field

1.1. The field shall be **50 yards long by 50 yards wide with 3 15-yard increments** and a 10-yard end zone.

Starting

10.5. At the beginning of any half, the ball is **placed in the middle of the 45 yard line of the team** that will be on offence.

Playing & Rest Periods

11.1. **Each half consists of 30 plays.** Points after touchdowns and plays with penalties where downs are repeated are not considered plays.

11.2. A maximum five-minute half time will be observed unless shortened by the Head Referee.

11.3. **At the end of 15 and 45 plays,** teams switch sides.

Series of Downs

- 18.1. **The offensive team has three downs to carry the ball across one 15-yard increment.** A down may be repeated following the application of a penalty against either team. If in a series of three downs, the offensive team has not crossed an increment forward of where the team took possession of the football, then the ball shall

be awarded to the opponents as first down at the 45 yd line. If the required increment is crossed, a new series of three downs begins.

- 18.2. The continuity of downs is interrupted when the ball passes into the possession of opponents, or the required increment is not crossed.
- 18.3. If the forward point of the ball crosses an increment, it will be considered as having crossed the line and is spotted on the line for the next series of downs.

Touchdown

- 57.1. A touchdown is scored when a player with possession of the football meets all conditions of Rule 15 (Ball in Goal) in his opponent's goal area.
- 57.2. After any touchdown and/or convert attempt, the team scored against gets possession of the ball **at the 45 yd.**