



# **Dellwood Recreation Center**

## **Adult 7 on 7 Flag Football League (18+)**

### **Registration**

To register for the Dellwood Recreation 7 on 7 Flag Football League, players must submit the registration form via email to [dellwoodreccenter@cityofdellwoodmo.com](mailto:dellwoodreccenter@cityofdellwoodmo.com), or in person at the Dellwood Recreation Center on 10266 West Florissant Ave. in Dellwood, Missouri. The cost of registration for a Dellwood resident is \$40 per player, and the cost of registration for a non-Dellwood resident is \$50. Any players with a child in the youth league will be \$20. Players will sign and submit a sportsmanship and liability form/minor release.

### **Teams & Fields**

All teams will consist of seven players on the field, and at least five players to begin or continue a game. Teams will be made up of no more than 14 players. No player may be a member of more than one team. If a player registers without a team, Dellwood Recreation will place them on a team. Teams will be self-coached by a player, or volunteer. Uniforms are not required, but same-color shirts are suggested. Flags will also be worn and are provided by Dellwood Recreation. The field will be 80 yards long and 40 yards wide with a ten yard end zone. The field is divided into four zones of 20 yards.

### **Games & Rules**

A pregame coin flip will determine who gets the first possession. There will be a pregame coaches meeting where the coin flip will occur and rules will be clarified. A game will consist of two halves with a 3 minute intermission. Both halves will be 20 minutes in length. The clock will run continuously in the first half. In the second half, the clock will run continuously until the last 2 minutes, when 2-minute procedures will begin (Attached on page 2). The game will begin with the offense starting on the 5 yard line. The offense will have four attempts to advance the ball into the next zone. A successful advancement into the next zone will result in a new set of 4 attempts. A failure to advance into the new zone will result in a turnover. 4 players must be on the line at the snap of the ball. Normal football rules apply to play. Play stops when the ball carrier's flag is pulled, or when the ball touches the ground. Offensive rushing is permitted, and defensive rushing may consist of a maximum of two players and may start at the snap. A touchdown is worth 6pts; extra point attempt (1pt) will begin at the 3 yard line; 2pt

conversion (2pts) will begin at the 10 yard line; 3pt conversion (3pts) will begin at the 20 yard line. Tied games will end in a tie, and tied elimination games will advance into overtime.