

7 vs 7 Passing League Rules

Referees

1. Responsible for keeping up with the time, score, making calls, and enforcing all rules and regulations.
2. Call out the updated score after all touchdowns and conversions.
3. Call out 2-minute warnings and 10 second play clock warnings.
4. Allow play to continue when in doubt about a call.
 - a. Inadvertent whistles – it will be up to the referee as to the whether the whistle affects play.
 - b. If a play is affected:
 1. The offense may take the play – down at the spot of the whistle and loss of down.
 2. The offense may opt to replay the down.
5. Do not allow participants to influence calls.
6. Do not hesitate to consult other referees to make sure the call is correct.
7. Keep up the pace of the games.
8. Maintain order at all times.
9. Referees reserve the right to address anything not covered in the rules.

Team Responsibilities to the Referees

1. Be respectful.
2. Be honest. Lying and cheating will not be tolerated and are grounds for ejection.
3. Keep up the pace of the games.
4. Only Head Coaches are permitted to speak with the referee in the event of a disputed call.

Team Responsibilities to the League

1. Arrive to scheduled games on time and ready to play.
2. Adhere to all roster policies. Failure to do so may result in player and/or team removal from league play.
3. Be respectful of all participants at all times.

Rosters

1. Participants will only be 13-14-15 years old. Can not turn 16 before September 1st
2. Rosters may contain up to 12 - 14 participants per team and 3 coaches.
3. Coaches must turn in a roster card at the beginning of every game containing names, numbers, and starting positions.

Field

1. Dimensions: 35yds wide, 80yds long.
2. First Downs will be separated by 20yds and marked with lines and/or cones.
3. End zones will be 10yds deep and marked with lines and cones.

Equipment

1. Belts with 3 flags will be provided.
2. Game football will be provided. However, teams may use their own balls if they are deemed legal by the referee. The sizes are as follows:
3. (Size 7) Wilson Youth Football.
 - a. Any team caught using wrong size ball will be called for unsportsmanship like conduct, loss of down/ Head Coach ejected and suspended for 1 week and 1 game.
4. Participants MUST wear their jersey with numbers, Jerseys MUST be tucked in at all times or player will be removed from game. Jerseys can not cover Flags. Shorts/Pants with pockets can not be worn in games. If players wears shorts/pants with pockets they will not play.
5. Rubber cleats are required.

6. Participants may wear mouth pieces and soft shell helmets. These are up to the participant's discretion as they are neither provided, nor required by the league.

Start of the Game

1. The referee will flip a coin. The visiting Captain will call heads or tails. The Captains will have the following options:
 - a. Winning Captain will choose offense or defense in the 1st half.
 - b. Losing Captain will choose which side of the field to defend in the 1st half.
 - c. **To begin the 2nd half**, the field will be flipped and the team beginning the game on defense will begin the 2nd half with the ball.
2. There will be no kickoffs. The offense will begin with the football on the 3-yard line.
3. Each team must have at least five players on the field. If a team cannot field five players, the game is forfeited. Or if coaches agree team can play with five or less. Defense will match offense.

Clock

1. Each game will consist of four 10-minute quarters, and a 5-minute halftime.
2. The play clock will be 25 seconds and begin once the ball is spotted.
3. Each team will have Three 1-minute timeouts per half. Unused timeouts do not carry over to the next half or overtime.
4. The game clock will only stop for extra points, timeouts, injuries, or unforeseen circumstances the referee deems hinders the pace of the game.
5. If a timeout is called after a touchdown, the game clock will not run until the football is snapped on the next possession.
6. In the event that a touchdown is scored with no time left on the game clock, the conversion will be allowed.
7. A half cannot end on a defensive penalty or an accepted offensive penalty.

Downs

1. The offense has four downs to convert a first down.
2. If offense fails to make first down, offense can go for it or punt ball. Must inform Refs if going for first down or punting.

Number of Players & Substitutions

1. Gameplay will consist of 7v7. Teams may play with only five participants. The other team will match players on field.
2. If the offense substitutes, the referee will give the defense adequate time to make the appropriate substitutions.
3. If the offense does not substitute, then it is the responsibility of the defense to complete their substitutions between plays.
4. All substitutions must be made from the same sideline.
5. All players must play either the entire 1st quarter or 2nd quarter. The 2nd half will allow free substitutions.

Spotting the Football

1. The football will be spotted based on where the football is when a player goes out-of-bounds, has their flag pulled, or does down.
2. Once a fumble hits the ground, it may not be recovered. The football will be spotted where it hits the ground. The only exception to this is the exchange between the Quarterback and Center.

Line of Scrimmage (LOS)

1. The referee will set a LOS cone prior to each snap.
2. The offense must snap the football from the middle of the field beside the LOS cone.
3. There must be 5 Players on the Line of Scrimmage.

Snapping the Football

1. Snaps must be from the ground and between the legs. A play begins on the snap, not on the Quarterback's snap count.
2. One offensive player is allowed in motion, either backwards or laterally.
3. If two or more players are in motion at the same time, all of them must come set prior to the snap.
4. In the event of a bad or muffed snap, the Quarterback may pick up the ball and still throw a forward pass. The pass clock begins on the snap, not when the Quarterback gains possession of the ball.

Rushing Offense

1. There will be no handoffs, tosses, or backwards passes allowed.
2. Laterals are not allowed.

Passing Offense

1. The offense will have 5 seconds to throw the football. Failure to get a pass off in time will result in a stoppage of play and loss of down. The ball will return to the original LOS.
2. The player who receives the snap is the only player allowed to throw a forward pass.
3. The offense is allowed one forward pass during the play.
4. An eligible passer must have their body behind the LOS. Passer is not allowed to cross line of scrimmage.
5. Throwing the football away is not allowed. Any pass thrown must be done so in an attempt at a completion.
6. Spiking the football is not allowed.
7. All passes must be completed over the LOS.
8. A 5 second count sack in the endzone will not be concerned a Safety. Ball back to line of scrimmage.

Receivers & Completed Catches

1. A receiver is ineligible if they are behind the LOS.
2. A receiver is ineligible if they step out-of-bounds. If they are forced out, they are still eligible, but must return to the playing field as soon as possible.
3. The football must be secured, and at least one foot or other body part must get down in bounds.
4. If the football touches the ground as receiver is trying to complete the catch it is an incomplete pass. Football goes back line of scrimmage.

Punts

1. The offense must make it known that they are punting. The offense can throw the ball instead of kicking ball.
2. If the offense elects not to punt after deciding to do so, they must give the defense adequate time to adjust.
3. The coverage team may not cross the LOS until the ball has left the punter's foot.
4. Punts/throws may be returned if caught in the air.
5. Punts/throws are down where they cross the out-of-bounds line in the air, or where they hit the ground.
6. A muffed punt may not be recovered even if it does not hit the ground first.
7. Touchbacks will go to the 3-yard line.
8. The return team may not rush the punter.

Blocking

1. Screens are allowed. The "blocker" must be set, and may not move into a defender.

Defense

1. Pressing is not allowed.
2. Stripping the football is not allowed.
3. There is no blitz.
4. Throw flags down on the ground once they're pulled.

Turnovers

1. Interceptions may be returned.
2. Fumbles may not be recovered.
3. Once a fumble hits the ground, it is down there, no turnover. The only exception is a bad or muffed snap – it is still in play and can be recovered only by the Quarterback.

Scoring

1. Touchdowns are worth 6 points. If any team is up by 30 points or more during the game that team will go on Defense until other team scores. If Defense intercepts the ball they must score and 1 or 2 point conversion will be allowed. Ball goes back to 3 yard line and Offensivse team keeps the ball. Also if offense doesn't make a First down the balls goes back to 3 yard line after fourth down.
2. Conversions are worth either 1 or 2 points from 3 or 10 yards out respectively.
3. Interceptions on point after attempt are returnable and points awarded to defense and change of possession. Ball goes on 3 yard line.
4. Safeties are worth 2 points and result in a change of possession. The other team will get the ball on the 3-yard line. The following will result in a safety:
 - a. Offensive penalty occurring in the end zone.
 - b. Fumble in the end zone by an eligible receiver after a completed pass.
 - c. Running out of bounds in the end zone.

The Ball Carrier is Down When

1. They run out-of-bounds.
2. Any part of their body other than their hands and feet touch the ground.
3. Their flag is pulled.
4. They do not have flags on and are touched with at least one hand.
5. They are an eligible receiver who fumbles after a completed pass.

Diving & Hurdling

1. Diving to pull flags or makes catches is legal.
2. A player may not dive for first downs, touchdowns, or additional yardage.
3. Hurdling, jumping, and sliding to avoid flag pull is illegal.

Overtime

1. Possession will be determined the same way that it is at the beginning of a game.
2. There will not be a game clock, only a play clock.
3. One period is defined as each team having one possession.
4. Each team will get one 1-minute timeout per overtime period.
5. Teams will alternate starting possessions if overtime goes to multiple periods.
6. For the first two periods:
 - a. Each team will start their possession at the 20-yard line.
 - b. There will be touchdowns and conversions.
7. Beginning with the third period:
 - a. Each team will get one play from the 10-yard line to score.
 - b. These will be counted as 2-point conversions.
8. Overtime will go on until a winner is decided.

Penalties

1. All penalties may be accepted or declined except those that are issued as offenses against the referee.
2. Penalties occurring within the yardage range and in the end zone will result in the football being moved half the distance to the goal. (ie: 5-yard penalties inside the 5-yard line, 10-yard penalties inside the 10-yard line, etc.)

3. If a loss of down foul occurs past the first down marker, the penalty yardage cannot take away the first down. If a penalty pushes the offense back behind the line to gain, then it is 1st down and they must reach the next 1st down that is more than 15 yards down field.
4. Spot Fouls:
 - a. Intentional Grounding: When a forward pass is thrown without the intent of completing the pass.
5. 5-yard penalties from the LOS:
 - a. Offsides: The defense lines up in or past the neutral zone.
 - b. False Start: An offensive player jumps forward prior to the snap.
 - c. Illegal Blitz: A defender crosses the LOS.
 - d. Illegal Run: There is a handoff, toss, backwards pass, or scramble by the Quarterback.
 - e. Offensive Delay of Game: The offense fails to snap the football within 25 seconds of the ball being spotted.
 - f. Defensive Delay of Game: The defense makes signals in an effort to make the offense false start.
 - g. Illegal Snap: The Center moves the ball without snapping it, or fails to snap the ball from the ground.
 - h. Illegal Participation: A team has more than seven players on the field.
 - i. Illegal Motion: Having more than one player in motion at once, or failing to set all players if more than one was in motion.
 - j. Illegal Blocking: Including but not limited to using hands, tripping, lowering shoulders, initiating hard contact, etc.
 - k. Offensive Pass Interference: An offensive player impedes the defender's ability to fairly defend against the pass.
6. 5-yard penalties from the spot of the foul and a loss of down:
 - a. Flag Guarding & Obstruction: The ball carrier uses the football or their body to shield their flag from being pulled. Also includes having flags covered by untucked shirts, having flags tucked into pants, not having flags on each hip, etc. prior to the snap.
 - b. Illegal Forward Pass: The football is thrown forward more than once, has already crossed the LOS in the hands of an ineligible passer, or is thrown forward by an ineligible passer.
 - c. Illegal Blocking: Including but not limited to using hands, tripping, lowering shoulders
 - d. Initiating hard contract.
 - e. Offensive Pass Interference: An offensive player that impedes the defenders ability to fairly defend against the pass.
 - f. Illegal Run: There is a handoff, toss, backwards pass, or scramble by the Quarterback.
7. 5-yard penalties and an automatic 1st down:
 - a. Intentionally pulling a player's flag who does not have the football.
 - b. Intentionally stripping the football.
 - c. Intentionally wrapping up the ball carrier.
 - d. Defensive Holding & Pass Interference: A defender who impedes an eligible receiver's ability to fairly catch the football.
 - e. Roughing the Passer: The defender may not intentionally impede the Quarterback's throwing motion or accidentally make hard contact with the throwing arm while going for the flag.
 - f. Reckless Play: Accidentally, but recklessly not making an attempt to avoid hard contact, diving into players, etc. during a competitive play.
8. 10-yard penalties:
 - a. Unsportsmanlike conduct: Excessive language, arguing, cheating, lying, intentional hard contact, etc.
9. Referees reserve the right to eject players, coaches, and spectators who are deemed disruptive to game play, display inappropriate behavior, or are unsafe. Anyone who is ejected must leave the facility immediately. The Director will review the conduct of those ejected to determine when they may return thereafter.

Playoffs

1. All teams will make the playoffs.

2. Seeding will be decided by the following criteria, and in this order:
 - a. Winning percentage.
 - b. Head-to-head.
 - c. Average point differential (will not include forfeit scores of 6-0).
 - d. Record versus common opponents ahead in the standings.
 - e. Coin flip.