

7 on 7 Football Rules (revised 8/24)

Field Dimensions:

Field- 45 yards long

Ball Size:

4th grade- Pee Wee age 6-9

5th grade- Pee Wee age 6-9

6th grade- Pee Wee or Junior size 9-12

Formations:

Any Formation will be allowed, but tight formations will be watched closely for “Pick” plays.

Starting the game:

1. Game will be 2- 20-minute halves (**with a mandatory 2 minute water break at the 10 minute mark in each half) also a 5-minute half-time.** This may be adjusted once temperatures are more comfortable.

2. Field is marked at 15-yard intervals.

- Possession always begins at the 45-yard line at the right hash.

-The offense must gain at least 15 yards in the first 4 downs (4th, 5th & 6th) or less plays or the defense takes over. (There is no kicking).

-Offense always moves in the same direction.

4th grade will get 4 downs per 15 yards to get a 1st down

5th grade will get 4 downs per 15 yards to get a 1st down

6th grade will get 4 downs per 15 yards to get a 1st down.

3. Once the ball is snapped the referee will start a stopwatch. When the ball is thrown the referee will stop the stopwatch and look to see if the ball was thrown on time. If the ball was thrown on time, the ball will be spotted where the play ends. The back judge will spot the ball and the center will put a bean bag or towel next to the ball to mark the spot. If the pass was thrown after the allotted time, the play is treated as an incomplete pass and the next down will be played.

- in other words, If the referee sees that the clock has exceeded 5.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down.

Time to throw the ball:

4th grade will have 5 seconds

5th grade will have 5 seconds

6th grade will have 5 seconds

4. Receiver is legally down when touched below the neck with one or both hands. (Excessive

force by shoving, pushing or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant.

5. Fumbles are dead balls at the spot with the last team retaining possession. **A muffed snap is not a fumble/dead ball it may be picked up and passed by the QB**

6. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be loss of down plus 5 yards.

7. The ball must be snapped/tossed back by a player.

8. There are no QB runs allowed. **NO JET SWEEPS.**

9. No Punting

10. Scoring: -- 6 points for TD, 1 Point for PAT from 3-yard line, 2-point PAT from 10 yard line (2 points if a team returns a PAT back across the 45).

11. Official score and time is kept by the back-judge.

Time:

1. 20-minute halves (**continuous clock for each half---see “starting the game for heat restrictions early in the season”**).

2. 1 time out per half- time outs will be 1 minute

3. Back-Judge will call out 10, 5, and 2-minute warnings.

Special Rules:

1. No blocking

2. **NO Shielding.**

3. Blocking with your hands is a 5-yard penalty

4. Defensive Pass Interference will be a spot foul (1st down at the spot).

5. Responsibility to avoid contact is with the defense. There will be No chucking, deliberate bumping or grabbing. These actions will result in a “tack on” penalty at the end of the play (5 yd penalty)

6. Offensive pass interference is loss of down.

7. Interceptions may be returned (“no blocking” rule applies). If an interception is returned beyond the 45-yard line (the offensive origination point) it is a touchdown and point after attempt should ensue....

8. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.

9. The offensive center is an eligible receiver.

10. The center will be responsible for setting or re-positioning the Referee's spot with his bean bag or towel at the line of scrimmage.

11. All passes are forward and there must be at least 3 yards separation between passer and receiver. This means there are NO DOUBLE PASSES as that would constitute 2 forward passes. **"Shuffle" passes are permitted as long as it is forward and past the line of scrimmage and 5-yard separation is achieved between passer and receiver.**

* Once a receiver catches a ball, all other offensive players cannot be eligible to obtain the ball in any manner (i.e. hook and latter/ hitch and pitch).

12. Tie Breaker—FOR 6TH GRADE TOURNAMENT ONLY after coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line. A winner is determined when one team scores during its possession and the other does not. (Federation rules). If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

*In the regular season games WILL end in a tie

13. 1 coach will be allowed on the field per team

- The offensive coach can call the play and be in the huddle, but after the play is called he must step back five yards behind the QB.

- **The defensive coach may call the defense but they must do it from the sideline.**

14. **Teams must provide their own game ball that they can use on offense (league does not provide the ball).**

15. No hard cast allowed (no exceptions) Note: wrist braces are acceptable if approved by referees.

16. Responsibility of the Officials

- Referee will stand behind the QB and will run the stopwatch when the ball is snapped and stop it when the ball is thrown.
- Referee will mark the ball and make sure the center puts the bean bag or towel at the

proper spot.

- Referee can call all penalties he sees
- Back-Judge will keep the game clock and the official score
- Back-Judge will stand in the defensive secondary
- Back-Judge will call all penalties he sees

PARENTS and COACHES,

These rules were discussed and agreed upon by a representative from each school. These rules are not perfect and we will learn as a group. The goal of 7 on 7 is to teach the kids football. By playing this game they will learn real formations on offense, and real alignments and coverages on defense. If a parent/coach/player or fan is not acting in a sportsmanlike manner the league official's and/or Athletic Directors associated with the Waco Private School league have the right to not allow them back on site at future games.