

3-N-Out 7on7 FOOTBALL RULES

GRADES 7 & 8

Minimum players on a team: 10

Maximum players on a team: 19

Field Dimensions

- Field Length will be 50 yards. 40-yard playing field with a 10-yard end zone.

Game Play

- Rock Paper Scissors will determine which team gets the ball first
- A whistle will begin each game
- Each game lasts **25 minutes** with a running clock (overtime is untimed)
- Each team will have one timeout per game. The timeout will be 15 seconds so games can stay on schedule.
- The official will declare when the clock is under 2 minutes
- The clock will only stop due to timeout called, official timeout, or serious injury
- A whistle will end each game
- The referees will keep the official score and time on the field for each game
- Mouthguards must be worn correctly at all times by all players except the QB. Soft helmets are encouraged.
- League will follow Grid Kid game ball rules. (4th and 5th Jr ball, 6th-8th Youth ball)
- Offensive Center 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.

Moving the Ball

- Offense always starts on the 40-yard line with their choice of the hash.
- All teams must have a center that is responsible for marking the ball according to the official's spot and snapping the ball to the QB. The center is not an eligible receiver
- Snaps can be taken from either under center or shotgun.
- Offense has three (3) downs to gain a first down. First down markers will be cones placed at the 25 and 10-yard lines
- Once inside the 10-yard line, the offense has 3 downs to score
- No pass is allowed within the tackle box (3 yards from either side of the center, 2 yards forward and back of center.
- Offense is allowed one run per series(any pass completed behind the line of scrimmage will be considered a run). The QB is allowed to make one exchange (ex. Pass, handoff or toss)
- QB is never eligible to run.
- No second exchange on run plays (no toss passes, reverses, hook and ladder, double passes, etc)
- Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB
- Defense is allowed ONE BLITZ PER GAME (including overtime). Only one player can blitz
- If a blitz or an offensive penalty results in a loss of yardage behind the 40 yard line, then the ball will stay at the 40 yard line.
- NO BLOCKING or SCREENING for a ball carrier

- Blocking will result in a loss of down, return to the previous spot
- Face guarding is allowed
- 7th & 8th grade teams are allowed to jam receivers at the line of scrimmage for the first 5 yards. 4th/5th/6th grade teams are allowed one bump and then release
- Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground. A defender can leave his feet to make a tag. The offensive player can leave his feet also
- Fumbles after catches/interceptions are dead balls at the spot with the last team in control retaining possession at the spot. A fumbled snap can be picked up and still played as usual
- Offensive team will have 40 seconds from the end of the last play to put the ball into play
- The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game
- QB is allowed 4.0 seconds to throw the ball.
- 4 second call: The official with the stop watch will watch the play as usual, and hit stop on the stopwatch when the ball is thrown. He will continue to officiate the play until it is blown dead. At that time the official will look at the stopwatch and if the time is over 4.0 then he will notify both teams and mark the ball at the previous spot
- Interceptions always count, even if ball is thrown after 4.0 seconds.
- Interceptions can't be returned. An interception will result in an immediate stoppage of play and a change of possession
- All personal foul and unsportsmanlike conduct penalties will be handled like a regular football game
- A game cannot end on a defensive penalty. If this occurs, the offense will have one untimed down if time has expired
- The receivers have to line up outside the tackle box, and one receiver has to be on the line on each side. No covered receivers, no 5 receivers on one side.
- Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and CANNOT return to the game. If players are involved in pushing or shoving, they may be ejected immediately from the game at the officials' discretion. If a second incident occurs with the same player(s), they may be ejected from the league. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The official has the right to throw out any player, players, or team out of the game.

Coaching your Team

- All team coaches will wear an identification tag for clarification purposes. A team may not have more than 4 coaches on the sidelines. **ONLY the Head Coach will communicate with the officials!**
- Each team must have a coach accompany it to any/all events to serve as an Administrator on duty for their particular team(s). This individual is responsible for the ACTION OF THOSE REPRESENTING THEIR TEAM!
- Coaches will be given 1 sideline warning during play. Second warning will result in a 10-yard penalty. Third warning will result in coach's ejection

Overtime/TieBreaker

- Games that end in a tie will go to overtime. There will be Rock Paper Scissors at the beginning of the overtime. The winner will choose to be on either offense or defense first
- Each team will have 1 play from the 40-yard line, their choice of hash. The team that gets the most yards will be declared the winner and 1 point added to their score
- There is NO running in overtime. All plays must be a pass
- If both teams get the same yardage the process starts again with the teams switching who was on O/D first in the first overtime

SCORING

- Offensive touchdown = 6 points
- Extra points: 1 point from the 3-yard line or 2 points from the 7-yard line. Offense chooses hash for ball placement
- **A defensive stop is 2 points for the defensive team**
- **Interceptions are 3 points for the intercepting team**

PENALTIES

- Penalty enforcement will be just like a normal football game
- If the offense commits a penalty at the 40 yard line, the ball will remain at the 40 yard line. The yards will be banked and then be subtracted from the offense's next positive play

INCLEMENT WEATHER POLICY

- If there is inclement weather on the day of the play, **3-N-OUT** will evaluate the conditions to determine if the game will be held as scheduled. **3-N-OUT** will reserve the right to reschedule or cancel the game if the inclement weather makes it unsafe or unplayable for players and spectators. In general, a game will be played if there is light to moderate rain, with no thunder or lightning. If there is inclement weather on the day of the game, call **3-N-OUT** for updates.

LEAGUE CODE OF CONDUCT

- In an effort to promote good sportsmanship, **3-N-OUT** Sports Youth Football Tournaments, has pledged to enforce a code of conduct that we hope will ensure the physical and emotional well-being of all its participants. Our goal is to ensure that all of our participants will thrive in an environment where respect, team play, and camaraderie abound. **3-N-OUT** recognizes the physical and aggressive nature of the sport and, as such, we recognize the need for control. As parents and coaches, it is our responsibility to lead by example. All participants who are deemed to be in violation of the Code of Conduct are subject to suspension and/or expulsion from the program. Parents who are found to be in violation may be barred from attending future games and/or forfeit their child's right to participate in the program.

Such offenses that may warrant suspension or expulsion are as follows:

- Abuse of a game official, coach, league officer, player, or spectator, whether it is verbal or physical, including but not limited to swearing, violence, obscene gestures, and other aggressive/inappropriate behavior reported to **3-N-OUT** officials.
- Gross misconduct, including but not limited to fighting with an opposing player on or about the playing fields of **3-N-OUT** 7 on 7 Youth Football League or Tournaments.
- Intentional acts that could result in bodily injury or emotional harm to any person on or about the playing fields of **3-N-OUT** 7 on 7 Youth Football League or Tournaments.
- Coaches will be responsible for routine discipline of minor infractions as they incur within their own team. Any infraction that cannot be controlled at the team level or that the coach believes warrants, will be referred to the Director for further action.
- Coaches are to place the emotional and physical well-being of his or her players ahead of his desire to win. Coaches will lead by example in demonstrating fair play and sportsmanship to his or her players. Swearing and excess physical contact will not be tolerated and complaints of such shall be referred to the Director for further action.
- Parents and other spectators are expected to express their enthusiasm positively during games. Any negative expressions (booing, jeering, etc.) will be considered in violation of this code. Furthermore, parents/spectators are not to approach coaches during or immediately after a game with questions or complaints relative to playing time, positions, game strategy, etc. These matters should be taken up in a private conversation at a later (and less emotional) time.
- **3-N-OUT** hopes to enhance the development of its participants. Our goals are to benefit the children who choose to participate. The above guidelines are set as a reminder that as parents and coaches we are to act as positive examples for our children to follow. With your help, these disciplinary measures may never need to be imposed.