

Boys & Girls Clubs of the Big Pines

7 on 7 Football Rules 051817

MOUTH PIECES: Mouth pieces are required beginning with the 2008 season for all players 5th grade and above.

All rules are in accordance with the Texas High School football rules including penalties and penalty yards with all exceptions stated below.

1. FIELD DIMENSIONS

- A) Field Length -- 45 yards long.
- B) Field Width -- 160 feet (60 feet to hash mark, 40 feet between)
- C) End Zone -- 10 yards deep

2. AGE GROUPS

- A) K-2nd; no more than 8 yrs old as of cutoff date.
- B) 3rd-4th; no more than 11 yrs old as of cutoff date.
- C) 5th-6th; no more than 13 yrs old as of cutoff date.
- D) 7th-8th; no more than 14 yrs old as of cutoff date.

3. STARTING THE GAME

- A) The league will have a designated central timekeeper. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10, 5, and 2 minute marks.
- B) Visitors will have first possession and wear white (top team in bracket or first team listed will be the visitor). The home team will have first possession in the 2nd half and wear a dark color (bottom team in bracket or 2nd team listed will be the home team). Teams must be on opposite sides of the field) **NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS!** Team sidelines must be on opposite sides of the field. Visitors (wearing light/white) will line up on the right side of the field when facing the end zone. Home (wearing dark) will line up on the left side of the field when facing the end zone.
- C) T-shirts, Under-Armor-type, personal jerseys or basketball-type sleeveless shirts are permitted. We recommend that all teams have shirts with numbers on the back.
- D) Players are permitted to wear standard football cleats with plastic or rubber spikes. **NO METAL SPIKES ARE ALLOWED!**
- E) Ball always placed on right hash mark when at the 45-yard line.
- F) Each team will use its own ball during offensive possessions. 8th and younger divisions may use either High School or Middle School standard size footballs. 3rd-4th grade leagues and below may use a TDJ size football.
- G) Referee will announce score before each offensive possession begins.

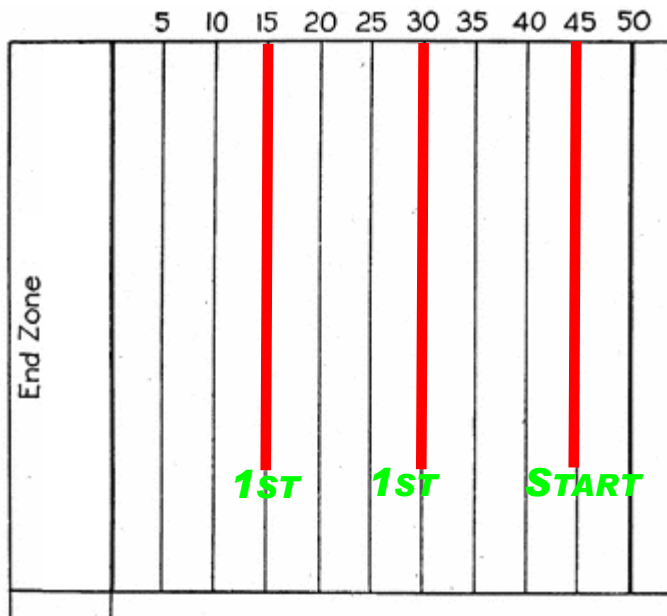
4. MOVING THE BALL

- A) No kicking/punting.
- B) Field is marked at 15 yard intervals with cones. Three first downs without a penalty would result in a TD.
- C) Possession always begins at the 45 yard line at the right hash (30 yard line for 4th grade and below).
- D) **NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45 YD. LINE. LOSS OF DOWN WILL BE ASSESSED INSTEAD.**
 - First Down-incomplete pass and offensive penalty results in the next down being 2nd down.
 - Second down-incomplete pass and offensive penalty results in the next down being 3rd down.
- E) Offenses always move in the same direction from midfield toward the end zone.

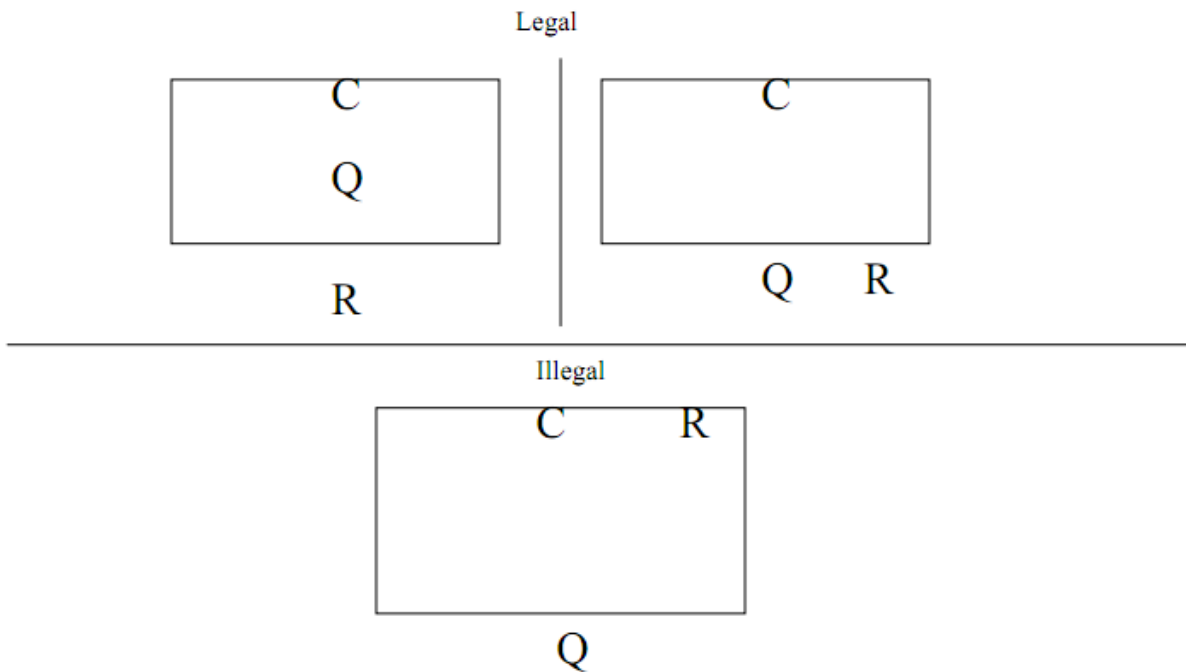
- F)** NO PASSER MAY RUN WITH THE BALL. ALL PASSES MUST BE FORWARD. A pass caught behind the line must be forward. The only laterals that will be allowed will be laterals that occur AFTER the completion of a forward pass.

5. SPECIAL RULES

- A)** No blocking.
- B)** Receiver/Ball carrier 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. Player will be expelled if ruled unsportsmanlike & flagrant).
- C)** Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps.
- D)** Each team will have 30 seconds to snap the ball once it has been marked ready for play. Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.
- E)** The QB is allowed 4.0 seconds to throw the ball. The Referee starts a count on the snap of the ball from center and stops the watch as soon as the QB releases the ball. 1. If release is under 4.0 seconds, the play goes on. 2. If the referee sees that the clock has exceeded 4.0 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.
- F)** Defensive Pass Interference will be a spot foul (1st down at the spot).
- G)** Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).
- H)** Offensive pass interference is the same as NCAA rules.
- I)** Interceptions may be returned however, defensive players may not block anyone subsequent to an interception. If an interception is returned beyond the 45-yard line (the offensive origination point), it is a touchdown and point after attempt should ensue.
- J)** 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.
- K)** The offensive center is an eligible receiver. The center is responsible for establishing the succeeding spot as designated by the Referee.
- L)** The center will be responsible for setting or re-positioning the Referee's beanbag at the line of scrimmage.
- M)** No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).
- N)** The offense must gain at least 15 yards within 3 plays while the offense is in the first two thirds of the field (the first 2 15 yard segments of the field) or the defense takes over. (There is no kicking). Once the team has entered the final third of the field (the third 15-yard segment of the field), the offense must score within the first four downs.



- O) Fighting: the player(s) involved will be ejected from the game +1. If a team fight occurs, the teams involved will be ejected from the league and denied participation in any/all state qualifying tournaments and the state tournament.
- P) Any dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty, as the team cannot be penalized beyond the 45 yard line (30 yard line for 4th grade and below) starting position. The defense - not the offense - would be starting play with 2nd down. Q) For 7th grade divisions and below, one coach is allowed on the field for the team's offensive possession only. The coach must remain behind all offensive players at all times. A coach is not allowed on the field if the team is playing up in the 8th grade division.
- Q) Snapping of the ball by the center must be between the legs.
- R) For lower enrollment the Boys & Girls Clubs of the Big Pines reserves the right to play "shotgun" 5v5 football. The only difference is that all players are eligible to receive passes and there are no restrictions to how many players need to be on the line of scrimmage.
- S) An invisible tackle box will be enforced and no eligible receiver may line up inside of this box. The box will extend 3 yards from each side of the center and 3 yards deep into the backfield. Please see image below for clarification.



6. SCORING

- A) 6 points for TD,
- B) 1 point for PAT from 3 yard line
- C) 2 point PAT from 10 yard line (interception on PAT is dead ball).
- D) Official score is kept by field referee and game manager.

7. OVERTIME RULES

- A) After coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line (10-yard line for 5th grade and below).
- B) A winner is determined when one team outscores the other team during an overtime session.
- C) Each team must go for two points on the conversion attempts beginning in the second overtime.

8. TIME

- A) 20-minute halves (continuous clock for each half--see: "starting the game").
- B) No time outs. (EXCEPTION: Injuries. All games will halt until injured player(s) can be safely removed from the field).
 - 5-minute halftime/15 minutes between games (the between game time may be shortened if games are running behind schedule).
 - All games start/end at the same time. If a team(s) is (are) late and cannot start when the tournament officially starts, they will be penalized 7 points and begin play with whatever time is left on the tournament clock. (Not to exceed 10 minutes of 1st half. Forfeit will occur after 10 minutes of the 1st half) IT IS IMPERATIVE TO KEEP TO THE TOURNAMENT TIME SCHEDULE. Teams must be on site and ready to play when scheduled). Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

9. OFFICIALS

- A) (2)-Referee/Field Judge and Back Judge for All Games

10. 7 on 7 COACHES

- A) No high school or middle school coach may serve as a 7 on 7 team coach or stand with the team on the sideline as stated by UIL rules.
- B) All 7 on 7 team coaches will wear an identification tag for clarification purposes. A team may not have more than 3 coaches on the sidelines.
- C) Coaches are responsible for the eligibility of their players as listed in “age groups” above. Coaches will need birth certificates on hand in case the eligibility of a player is questioned. If a player’s eligibility is questioned and the coach cannot produce a birth certificate, the player is deemed ineligible for that day.

11. INCLEMENT WEATHER POLICY

- A) If there is inclement weather on the day of the tournament, The Boys & Girls Clubs of the Big Pines will evaluate the conditions to determine if the tournament will be held as scheduled. The Boys & Girls Clubs of the Big Pines will reserve the right to reschedule or cancel the tournament if the inclement weather makes it unsafe or unplayable for players and spectators. In general, games 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 tournament please check the Club’s Facebook page for updates.** Tournament organizers will also request cel phone numbers to text teams.

12. EXCEPTIONS FOR THE K-2nd GRADE LEAGUE

- A) A muffed snap is not automatically down. Players may pick up the ball and still proceed with the play within the four-second timeframe. Note that this is only for the snap.
- B) The quarterback is allowed to pitch the ball to a running back, as long as the running back is outside the tackle box. The play must be a distinct pitch, no handoffs. The defense may not cross the line of scrimmage whether the play is a pass or a run, but they may meet the back at the line. The running back still has four seconds to cross the line of scrimmage.
 - Pitches within the tackle box are a downed ball, loss of play, ball paced at the line of scrimmage.
 - A pitched ball that is dropped is a dead ball.
- C) The center may snap from the side.
- D) There will only be one official for the K-2nd Grade League
- E) Ball will start on the 45 yard line, with first down markers at the 40, the 25, and the 10

