

Keystone Youth 7v7 Rulebook

1. Field Dimensions/Specs

- a. 40 yards in length – 40, 25 & 10 are the first down lines
- b. Between 145' - 160' in width
- c. 10 yards deep in End Zone
- d. Field hash marks are of high school dimensions

2. Team Members

- a. Players
 - i. Each team has a maximum of 15 players.
 - ii. Teams are not required to utilize an offensive center.
 1. If utilizing one, the offensive center is not an eligible receiver.
 2. The center will be responsible for setting or re-positioning the football at the line of scrimmage. If no center, the QB will be responsible.
 - iii. Boy's and Girls are eligible to play
 - iv. Age Requirements (Grade Based)
 1. All players must be in 5th-9th grade as of April 2017
 2. Rising Stars 5th-7th Grade / Keystone Stars 8th and 9th Grade
- b. Coaches
 - i. Each team has a maximum of 4 coaches. Coaches will be allowed on the sidelines only during games.
 - ii. One offensive coach may be in the huddle with players between plays but when the huddle breaks the coach must move outside the hash on the side of his team bench so as to not interfere with the operation of the official or game play.
 - iii. Defensive coaches are not allowed on the field at any time.

3. Officials

- a. Each game will have a minimum of two (2) officials. Positions are Referee/Field Judge and Back Judge.

- b. Each game needs to have a scorekeeper/timekeeper.
- c. Field manager – Event must have one for every two 7v7 fields to assist with crowd, player, coach, and referee control on/around the game fields.

4. Game Times

- a. Teams must be onsite and ready to start on time. If a team is late or cannot start on time, the game clock will begin and whatever time is left on the clock will be where the game starts. The team that is late will begin on defense. If a team is late by 10 minutes or more they will forfeit the game.
- b. Games are played as (2) 20 minute halves. After the initial 18 minutes, the last 2 minutes of each half are played as regulation football game with clock stoppages per regulation NFHS football rules. During the last two minutes of each half, all completions must be advanced past the line of scrimmage, otherwise the clock will stop. Sacks in the last two minutes stop the clock as well
- c. 1 timeout per team per half (30 sec)
- d. Overtime:
 - i. If overtime is required, teams will alternate three (3) plays from the ten-yard line. Each team has an attempt to score in each overtime period.
 - ii. Starting with the 3rd and subsequent overtimes, all PAT's must be 2 point attempts from the 10 yard line.
 - iii. Overtime periods are not timed.
 - iv. Each team is awarded one timeout during overtime period.

5. Scoring

- a. Six (6) points for a touchdown
- b. One (1) point for a PAT from 3 yard line
- c. Two (2) points for a PAT from 10 yard line
- d. Two (2) Points for Defensive Stop on downs

- e. Three (3) Points for Interception (no runbacks or “pick 6” for safety reasons)
- f. Turnover on a PAT is dead ball (including INT)
- g. Official scores will be kept by field referee and sideline scorekeeper.

6. Penalties

- a. Offense
 - i. Off-sides = Loss of Down
 - ii. Delay of Game = Loss of Down
 - 1. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed.
 - iii. Pass interference = 5-yard penalty and Loss of Down
 - iv. No penalty may be assessed in excess of the 40 yard line. If a penalty would move the offense beyond the 40 yard line, the offensive team shall be charged with a loss of down.
 - v. If the referee sees that the clock has exceeded 4.0 seconds, the play is blown dead. The ball should be returned to the original line of scrimmage with loss of down. If the QB proceeds to throw the ball after the play has been blown dead, a penalty for offensive delay of game will be assessed.
 - vi. 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.**
 - vii. If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void.
- b. Defense
 - i. Off-sides = 5-yard penalty
 - ii. Defensive Holding = 5-yard penalty
 - iii. Defensive Pass Interference will be a spot foul (1st down at the spot).

1. If Defensive Pass Interference occurs in the end zone, it will result in a 1st down at the 1-yard line.
- iv. Any dead ball penalty on the defense AFTER a change of possession would result in a loss of down for that team's offense when they begin their ensuing possession.
- v. Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption, and then must cover. Excessive or prolonged contact will result in a "tack on" penalty at the end of the play (5-yard penalty).

7. Turnovers/Deadballs

- a. 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 can be expelled if ruled unsportsmanlike & flagrant).
- b. Fumbles that hit the ground 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.
- c. The QB is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops as soon as the QB releases the ball. If release is under 4.0 seconds, the play continues. Play is blown dead after 4.0 seconds.
- d. Interceptions may not be returned – 3 points are awarded on interception. Points for defensive stop and interception are not "added together". One or the other ends a possession with defensive points.
- e. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. No 4th downs. (3) downs in all zones.

8. Appeals

- a. **If during game play a coach or player disagrees with an official's call, they may not dispute that call with the official at that time.**

- b. For consideration, the coach must report all game play ruling discrepancies to the Field Manager no more than 20 minutes after that game has ended. Any reversal or game-changing decisions will be made at the Field Manager's discretion.

9. Additional Game Format Rules

- a. Ball always placed on the right hash mark when at the 40-yard line. **Offense has choice of hash once off of the 40-yard line.**
- b. No kicking or punting
- c. No passer may run with the ball.
- d. All passes must be thrown forward. A pass caught behind the line of scrimmage must be advanced by that receiver past the line of scrimmage in the final 2:00 minutes or the clock stops. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass.
- e. Hand offs in the backfield are not allowed.
- f. All offensive formations must be legal sets. Receivers' alignment should respect the tackle box.
- g. No blocking.
- h. No taunting or "trash talking." (See Code of Conduct for penalty).

1. Helmets

- 2. Helmets are not mandatory but recommended.
 - a. Please follow the respective state high school athletic association rules with regards to the use of helmets in competition. Pennsylvania does not require helmets
 - b. Website for headgear <https://gamebreaker.com/>

www.KeystoneSportsTraining.com

KeystoneSportsTraining@gmail.com

215-313-2453