



### **1. Field Dimensions/Specs**

- a. 55 yards in length (Includes 10 yard endzone) – 15 and 30 yard line are first downs. Between 145' - 160' in width. \* These are approximate field sizes. Subject to change based on field location and availability.
- b. See picture of field layout at the bottom of this document.

### **2. Team Members (Players and Coaches)**

- a. Each team has a maximum of 20 players. \*Exceptions made for teams not able to field enough players.
- b. Rosters are “finalized” by the second week.
- c. Boys and Girls are eligible to play
- d. Age Requirements (Grade Based) Two separate divisions based on grade. 5th-6th grade is the younger division and 7th-8th is the older division. The grade level is based on the 2018-2019 school year. In other words, whatever grade they are in on April 1st 2019
- e. Younger players can “play up” to the older division but older players can not drop down to the younger division.
- f. DO NOT try to sneak older players onto your team. Any team caught with older athletes will forfeit that game. Opposing players, parents, and coaches will always recognize if there is an illegal player. If you think a certain player is older than the division they are playing in please let us know.
- g. Coaches - 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. 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 should have a scorekeeper/timekeeper. When a scorekeeper is not available one of the officials will keep score.
- 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.
- b. The team that is late will begin on defense.
  1. If 1 team can not start the game after 5 mins the opposing team will be awarded 5 points.
  2. If a team is late by 10 minutes or more they will forfeit the game. In order to “start” a game a team must have 6 players.
- c. Games are played as (2) 20 minute halves. After the initial 18 minutes, the last 2 minutes of THE SECOND HALF ONLY 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

- d. 1 timeout per team per half (30 sec)
- e. Overtime: 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. 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. No timeouts during OT
- f. PLAYOFF GAME TIMES - (1) 25 min period with running clock - Real clock with stoppages inside 2 min

## 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. One (1) point for a sack (qb still holding the ball when buzzer stops)
- g. Turnover on a PAT is dead ball (including INT)
- h. Official scores will be kept by field referee or sideline scorekeeper.
- f. Turnover on Int or turnover on Sack does NOT add both scores. For example - On third down if you get an INT you don't get 5 points. You would only get 3 for the INT. Same thing if you get a drive stop and a sack. You only get 2 points for the stop and you don't add on the sack.

## 6. Penalties / Rules

### Offense

- a. False start = Loss of Down
- b. 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.
- c. Pass interference = 5-yard penalty and Loss of Down
- d. No penalty may be assessed in excess of the 45 yard line. If a penalty would move the offense beyond the 45 yard line, the offensive team shall be charged with a loss of down.
- e. 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. — If the QB is still holding the ball while the timer goes off it is a sack.
- f. 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.
- g. If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void.
- h. At least one skill player on either side of the QB tee must be on the line of scrimmage. In other words, you must have one player on the left of the tee on the line of scrimmage and one player on the right of the tee on the line of scrimmage. Everyone else can be off of the ball but outside of the tackle box.
- i. Skill players must be lined up outside of the "tackle box". The only exception would be a player lined up in the backfield. (Atleast 4 yards off the ball)
- j. Laterals of any kind are not allowed. You can not pitch the ball at all whether its between skill players or QB.
- k. Shifting and motions are allowed but not with the QB. The QB must be stationed behind the QB tee in either a "under center" or "shotgun" position.

## Defense

- a. Off-sides = 5-yard penalty
- b. Defensive Holding = 5-yard penalty
- c. 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.
- d. 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.
- e. 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. — If the QB is still holding the ball while the timer goes off it is a sack.
- 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. Facility Info / Field Rules / Spectators**

- a. All spectators must stay in the bleachers and stands. No fans or family members are permitted on the turf, track, or playing field area.
- b. Do not let any athletes walk on the track surface with cleats on.
- c. Gum, seeds, and any other food like substance is not allowed on the turf.

**SEE BASIC DIMENSIONS BELOW**

