



## OKCPS/OKCPAL 7 on 7 Football Rules

**Eligibility Rules:** By signing up to play PAL sports you are agreeing to uphold at least a D or above in all of your classes to be able to participate in sports. Grade reports will be run each week on Monday morning. If a student athlete has an F in any class, that student will be placed on a two week probation period. If the student athlete does not improve their grade in those two weeks then they will not be allowed to play in games but will be allowed to practice until those grades.

### Equipment & Uniforms

- Jerseys are provided by OKCPAL and given to the coach prior to the start of the season.
- Cleats are allowed, except for metal spikes.
- Mouthpieces are required to play. PAL will provide one at the beginning of the season.
  - You may wear your own mouthpiece
- A youth-sized football will be used. PAL will provide the game balls.
- Players may use gloves, towels, sweat bands, etc.
- No jewelry is allowed.
- QB Tees will only be available to use during games.

### Field Dimensions & Locations

- All games will be held at an OKCPS high school or middle school game or practice fields.
- Fields Will Be made up zones that are 30 yards in length plus 10 yards for the end zone.
- 1 game will take place on each side of the stadium with 2 games going on at once.

### Teams & Games

- Teams may consist of 7-20 players. (Schools may have more than one team if they have the facilities and volunteers to support one.)
- A team must have at least 5 players to compete. If a team has less than 5 at official game time then forfeit will occur.
- Games will last forty (40) minutes with a running clock. Referees can stop the clock at their discretion. There is a five (5) minute halftime break at the twentieth (20) minute mark. Each team will get two (2) one (1) minute timeouts per half. Possession of the ball will change after half.



- If the score is tied at the end of the game, the game is over and declared a tie. During the playoffs, if the game is tied with no time left, then each team will have a chance with the ball placed at the 10 yard line and 4 downs. Touchdown, extra points, and interception points will still be recorded. If there's still a tie after one OT, then the teams will switch sides (college rules) and will play a second OT. This will repeat until a winner is declared.
- One coach may be present in the huddle on offense and should be at least **5 yards behind the deepest player on their team**. One coach may be present in the huddle on defense and should be at least **5 yards behind the deepest player on their team at the time of the snap**. Coaches should make every effort to avoid the play. **No coach should make contact with their team while the ball is in play**

### **Pregame/Coin Toss**

- Teams will be checked in by OKC Parks staff and referees by their roster.
  - Coaches will be responsible for keeping and bringing the rosters sheet to every game to check in. if the player is not on the roster then they will not be allowed to play. Roster Freezes after the 3rd week (will consider adding after for injury or special circumstance)
- Referees will be checking for mouthpieces
- The second Referee will talk with both head coaches( away from everyone else) and ask them if they have any questions, issues, concerns and/or opposite team roster questions. If a roster question is of concern, the ref or score keeper will take this information down and PAL officers will address this on Monday morning.
- The referee will conduct a coin toss with a captain from each team. Home team will call the toss. Winner of the coin toss will choose to start on offense, defense or defer.

### **General Rules of Play**

- The winner of the coin toss will choose either offense, defense, or defer to the second half.
- The offensive teams will start with the ball on the 30 yard line in the middle of the field.
- The offensive team gets a first down by moving the ball pas the next zone (15 yard marker) within 4 downs.
- Each time the QB Tee is set up with the ball , the offense has 25 seconds to snap the ball. No warnings before penalty



- There is no limit to how many or few quarterbacks a team must play.
- Playing time is solely at the discretion of the coach.
- All players on the line of scrimmage must be outside the tackle box. (5 yards laterally off the ball)
- Quarterback are NOT allowed to run the ball, but may scramble behind the line of scrimmage.
- There are NO direct handoffs at all. Also there are no pitches or laterals behind the line of scrimmage. \*\*\* Clarification: The first pass must go beyond the line of scrimmage
- Any type of move is allowed to avoid the defender EXCEPT jumping and diving. (The player will be considered down where they leave their feet.)
- It is the responsibility of the ball carrier to avoid contact.
- A player is down when the defense touches the offensive player, with the ball, on the body below the neck. They may use one or both hands.
- The ball is spotted where the ball carrier's feet are when the defense makes contact not where the ball is.
- All players are eligible to receive passes.
- Only 1 player is allowed in motion at a time and must be set before the snap.
- A player must have at least one foot in bounds when making a reception.
- Shovel pass are not allowed
- If a fumble occurs, the ball is down where it is originally dropped. Possession does not change.
- Interceptions are blown dead and cannot be returned, but 2 points are awarded to the defense.
- There is no rushing or blocking
- Bump and run coverage is NOT allowed.
- The defense must line up no closer than 1 yard off the front leg of the QB Tee.
- Offensive blocking down field is not permitted.
- The ball must be snapped off the stand within 5 second count. If the quarterback does not release the ball under 5 seconds, the play is blown dead and a loss of down occurs.
- Substitutions are allowed on any dead ball.
- Play is also blown dead in the following situations:
  - Ball carrier is touched by the defense.
  - Ball carrier steps out of bounds.
  - Touchdown or interception is scored.



- Ball carrier's knee is down
- Ball hits the ground
- Pass is dropped.

### **Scoring**

- Touchdown: 6 points
- PAT: 1 point (5 yard line); 2 points (10 yard line)
- Interception: 2 points and possession of the ball on the 30 yard line

### **Penalties**

All penalties will be enforced by the referees:

#### **Defensive Penalties**

- Pass Interference- 5 yards from line of scrimmage and automatic first down
- Illegal Contact (holding, hands to the face, etc.)- 5 yards and automatic first down
- Illegal Rushing- 5 yards and automatic first down
- Defensive Offsides- 5 yards and replay down
- Tackling or Excessive physical contact- 15 yards and automatic first down
- A Defensive Player That Tackles Will be given a warning. If the same player repeats the offense then they are subject to removal of the game.

#### **Offensive Penalties**

- Illegal motion (More than 1 player moving)- Dead ball, 5 yards and repeat the down
- False start, Dead ball, 5 yards and repeat the down
- Illegal rush, pitch, pass- 5 yards and loss of down
- Intentional Grounding- 5 yards and loss of down
  - Ball thrown away must be thrown past the line of scrimmage that extends past the out of bounds lines
- Offensive Pass Interference- 5 yards and repeat the down
- Delay of Game- clock stops, 5 yards and repeat the down
- Illegal Block- Spot foul, 5 yards from spot of foul and loss of down

Unsportsmanlike Conduct is a 15 yard penalty and warning to the offending player. Second offense will result in removal of the game. Fighting and inappropriate language (cuss words, racial slurs etc.) will not be tolerated and will result in removal



from the game and possibly the team.