

MYFA 2022 7 on 7 passing league Rules

PLAYERS AREA

- There will be a designated area for players and certified coaches located on **EACH** (Home & Away) side of the playing field. This **IS** a mandatory location during games for teams. **ONE** coach may remain on the field with their team during play. Coaches may not interfere with the outcome of the play or they will be penalized.

EQUIPMENT

- Ball - size 8U, 9U will use a K2 (pee wee) football. 10U and 11U will use J series (junior) football. 12U and 13U will use the Youth size football. Each team will provide their own **FULLY** inflated game ball.
- Cleats – Only molded cleats or screw in style cleats will be allowed. Baseball spikes and metal tipped cleats will **NOT** be allowed.
- Jewelry – Will **NOT** be allowed to include but not limited to watches, rings, necklaces, earrings, and bracelets.
- Uniforms - Teams will be **REQUIRED** to wear a team matching dri-fit style or t-shirt. Teams MUST check with the 7 on 7 director to get the color approved for play.
- Mouthpiece – Are **OPTIONAL** and may be worn at the players or parents' discretion.

PLAYERS

- Amount – The game is to be played by 2 teams of 7 players each. **MORE** than 7 players on the field is illegal, while less than 7 players **IS** legal with a minimum of 5 players needed to play. 5 yards for illegal substitution or 10 yards for illegal participation.
- Rosters – Teams are recommended to carry 14 players on their roster. Team rosters are frozen after the first game.

PLAYER ELIGIBILITY RULES

- The Association will play by the following age groups: 8, 9, 10, 11/12 combined will be separate age groups.
- 12-year-old exception rule: Player must be in the sixth grade and may not turn 13 prior to Dec 1st of football season and/or have a board approval. However, a player may be in 7th grade as long as they meet the May 1 age requirement.

- No weight restrictions in any age group. Players playing up will be limited to one (1) year and require written consent from parent/guardian.
- The cut-off date for all age groups is May 1, of the current year. A player's age as of April 30 is the age the player will play for that season.
- Grade Exception: A player that has a date of birth that exceeds the May 1 cut-off but is in the appropriate grade for the particular age group, may play in that age group given the player does not turn 2 years older prior to December 1st.
- No player may be carried on two (2) rosters during the current season. Players are allowed, however, to be picked up for tournaments, to fill the number requirement with Executive Board approval.
- All Head Coaches must assure all paperwork for each player is complete, (PLAYERS CONTRACT, PLAYERS INFO SHEET, BIRTH CERTIFICATE, LEAGUE FEES, PHYSICAL, CODE OF ETHICS) Failure to do so will disqualify a player from playing. All documents surrendered cannot be guaranteed returned, so legible copies are required – not originals.

GAME TIMING

- Length of game – The clock will be kept on the scoreboard started by the referee for both ends of the field (both games will start at the same time) 25 minutes running clock with **NO** time stoppage. Exceptions are as follows.
 - 1) Serious injuries, if a player is seriously injured the games at both ends of the field will stop until the injured player is removed from the field of play.
 - 2) Offense will receive **ONE** untimed chance to score an extra point if they scored a touchdown on the final play of the game.
- Starting each game – A coin toss will determine first possession. Once the teams are ready on each end of the field the game clock will start on the officials' whistle.
- Time outs – There are **NO** time outs allowed. Exception: the referee will allow ample time to help an injured player off the field and or fix an equipment issue in which the time will **NOT STOP**.
- Between plays – The offensive team will have **25 SECONDS** to snap the ball, once the referee has spotted the ball. It shall be the offenses responsibility to retrieve the ball and **HAND** it to the referee after every play. The referee will let the offense know when they have 10 seconds left by signaling them with his arm.
- Forfeit – If a team is late and can't start when the game officially starts, the late team will forfeit after 5 minutes has run off the game clock. Victory will be scored 6 – 0. If the coaches agree and the late team arrives with time left on the clock,

they may scrimmage, however the forfeit will still stand and the Late team **WILL** pay for the officials.

OFFENSE

- Line of Scrimmage – The Offense **MUST** have at least 3 players on the LOS at the time of the snap. The offense **MUST** also have at least one player on each side of the center at the snap. No offensive player other than the QB can be within 3 yards of the center. (Example no one will be closer than where the TE would be in normal tackle football)
- Motion – Only **ONE** player can be in motion at the snap of the ball and **MUST** be running parallel from the LOS. Please note that more than one player may initially shift, however all players must be set before the player goes in motion.
- Charging – All offensive players once receiving the ball **MUST** make an attempt to avoid contact with the defense. If an offensive player lowers their shoulder, or attempts to bull through a defensive player, a 10-yard penalty will be assessed from the spot of the foul, this includes a **STIFF ARM.**
- Blocking – **NO** blocking is allowed. Neither the offensive or defensive player may initiate contact at **ANY TIME.** The penalty for this will be 10 yards from the spot of the foul.
- Eligible receivers – All players are eligible to run down field and catch a pass except the center.
- Center – Is **NOT** an eligible receiver. The center must snap the ball to the QB; however, the ball does **NOT** have travel between the center's legs.
- Time of pass – The QB is allowed **5 SECONDS** to throw the ball. If the ball is still in the QB hands after the 5 seconds, this will count as a sack and the ball will be placed at the original LOS.
- Passing – All passes must be a forward pass; you cannot pitch the ball backwards. (Shovel pass forward, or “pitching” the ball forward are considered forward passes in tackle football and they are acceptable)

DEFENSE

- Rushing the passer – There is **NO** rushing.
- Tackling – A legal tackle is touching the player with 1 or 2 hands below the shoulders, without impeding his forward movement. Incidental contact does not constitute a penalty against the offense or defense. Tackling a ball carrier is **ILLEGAL** and this includes aggressively shoving or pushing the ball carrier to the

ground or out of bounds. This will result in a 10-yard penalty and automatic 1st down if the referee determines this to be an aggressive act.

- Stripping the ball – Players may not attempt to strip the ball, **ONCE** the ball has been deemed a catch. Both the offense and defense have rights to the ball while it is in the air.
- Interceptions – An interception is worth 2 points and is blown dead immediately. An interception results in a change of possession and the ball placed at the 40-yard line.

Field and ball positioning

- Spotting the ball – The ball will be spotted according to the position of the ball when the player was touched.
- Ball carrier inadvertently falls to the ground – A ball carrier who falls to the ground is considered down and will **NOT** be allowed to get back up and advance the ball.
- Fumbles – There are **NO** fumbles. When the ball carrier loses control of the ball and it touches the ground the play is dead.
- Bad snaps from center – Any snap that hits the ground will be considered **LIVE** and the QB has 5 seconds to pick up the ball and attempt a pass.
- Ball placement – The team that is receiving the ball at the start of the game, change of possession, or after any touchdown will start with the ball on the 40-yard line. The offensive team has 3 plays to make a 1st down at or beyond the 25-yard line. If the offensive team crosses the 25-yard line, they will have 3 downs to get to the 10-yard line for another 1st down. Inside the 10-yard line is 4 down territory. If the offense fails to score, the ball is placed in the center of the field to start an offensive possession at the 40-yard line. After that the ball may be placed at the hash marks on the side of the field the play ends.
- Kicking/punting – There is no kicking or punting.
- Overtime – If both teams are tied after the regulation the game will go down as a **TIE** for both teams record. In playoff games there **WILL BE** overtime for tied games. The format will follow OSSAA rules of each team getting 1st and goal from the 10-yard line. Both teams get equal chances to score. This will be repeated until we have a winner. Teams must go for 2 points after the second overtime.

SCORING

- Touchdowns = 6 points
- Extra point from the 3-yard line = 1 point

- Extra point from the 5-yard line = 2 points
- Interceptions = 2 points for the defense whether it is during the offense's possession or on the extra point.
- If an offense scores with **NO** time left on the clock, they will receive 1 untimed down to try for the extra point. If the outcome of the extra point could change the game.

Penalties

Rules will follow OSSAA high school rules with the following included

- Encroachment or offsides – The penalty will be 5 yards and a replay of downs.
- Unnecessary roughness – When in the judgement of the official the offensive or defensive player makes contact with a player in a manner that is too **AGGRESSIVE** or that is not deemed as an attempt to legally touch, this will be considered roughing. The penalty will be 10 – yards and an automatic 1st down.
- Any penalty on the offense while the ball is on the 40 will result in a loss of down.
- Not enough players on the LOS – The offense is required to have at least 3 players on the LOS and must have 1 on **EACH** side of the center. If they fail to do so at the start of the play, a penalty will be called for 5 yards and replay the down. If ball is already on the 40 the play will result in a loss of down.
- Pass interference – Defensive PI will result in a 10-yard penalty from the LOS or result of the play. Offensive PI will result in a 10-yard penalty from the LOS.
- Diving – At **NO** time may a ball carrier leave their feet to advance the ball. Diving will be at the sole discretion of the referee. The player will be downed at the point where his feet left the ground.

Fighting and unsportsmanlike conduct

- Fighting, taunting, and all other unsportsmanlike conduct will **NOT** be tolerated. Spectators, coaches, and players ejected by the referee for striking an opponent or official will be suspended. All suspensions will follow OSSAA rules. All suspensions will be held for that game and their next game (Example if suspended during your second game of the day you **WILL** have to miss the first game next week). The MYFA executive board will review appeals after a \$100.00 appeal fee has been paid to MYFA football in cash. All decisions are final once the situation has been reviewed by the grievance board. All spectators and coaches who are suspended must attend **PAYS** class at the Moore community center before they can return to the MYFA facility.

Drinking and controlled substances

- Drinking of alcoholic beverages is **NOT** allowed before or during games. Spectators found in violation of this rule will **NOT** be allowed to be in the facility. Anyone who is believed to be under the influence of alcohol or CDS will **NOT** be allowed to remain in the facility.
- Tobacco – MYFA is a tobacco free park, this includes all form; Smoke, smokeless, and electric, water vapor or any other forms not listed.
- Weapons – Absolutely **NO** weapons will be allowed in the park, this includes permit holders concealed or otherwise.
- Insurance – MYFA will provide accidental insurance coverage for injuries received by its participants.