

**MOTYFCL**  
**7v7 High School Division**  
**(grades 9-11)**



**Official playing guidelines-**  
Updated 2/3/2025

- **I. Game**

- At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
- The winner of the coin toss may choose to take the ball or defer.
- Field length will be 50 yards. 40 yard playing field with a 10 yard end zone.
- **A 35-second play clock will be used throughout the game.**
- All snaps at the 40-yard line must be off the QB-TEE (No Shotgun). Upon gaining a yard or more, the QB may take a shotgun snap from a center.
  - The center is not eligible and must kneel after the snap
  - **The center is the 7th player.**
- The first person to control the football off the QB-Tee is the QB. The QB is never eligible to run unless blitzed.
- The offensive team takes possession of the ball at the 40-yard line and has four (4) plays to cross midfield (20 yard line) for a first down. Once a team crosses midfield it has four (4) plays to score a touchdown.
- If the offense fails to score, the ball changes possession and the new offensive team takes over on the 40-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the 40-yard line.
- All possession changes start on the 40-yard line.
- There is no kicking in this league. After a touchdown is scored a team may elect to try a conversion for one point from the 5 yard line or two points from the 10 yard line. If a decision is not made the ball will be placed at the 5 yard line for a 1 point attempt.
- The referees will keep the official score and time on the field for each game
- Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground.
- **A four (4) second sack count** will be enforced by the Referee. - Penalty: sack with no loss of yards Example: the Referee will verbally count "1001, 1002, 1003" followed by a whistle.
- **ONE BLITZ PER GAME IS ALLOWED** – during regular game play once a yard is gained on the offensive possession, the defense can now use their blitz. Multiple players can blitz at one time.
  - If the blitz results in a sack, The ball will be spotted where the ball was when the sack occurred.
  - If a team uses their blitz while at the 40 yard line - it will be penalized 10 yards and the offense will get an automatic first down. The defense will retain their blitz
  - If a team has already used their ONE blitz - any blitz thereafter will be penalized 15 yards (unsportsman penalty) and the offense will get an automatic first down

- Each team will have 2 timeouts per game.
- A 17 point “Slaughter Rule” will be in effect during the final two (2) minutes of the game during “StopTime”.

- **II. Terminology**

- • **Boundary lines** – the outer perimeter lines around the field. They include the sidelines, and the rear end-zone lines.
- • **Line Of Scrimmage** – the offensive line of scrimmage is an imaginary line running through the point of the football and across the width of the field. The line of scrimmage for the defense is an imaginary line five (5) yards in advance of the offensive line of scrimmage.
- • **Line-To-Gain** – the line the offense must pass to get a first down or score.
- • **Offense** – the team with possession of the ball.
- • **Defense** – the team opposing the offense to prevent them from advancing the ball.
- • **Quarterback** – the offensive player that calls the signals to start the play.
- • **QB TEE** - The QB-Tee is a portable tool that aids in elite quarterback training and is used to eliminate subjective timing during events.
- • **Downs (1-2-3-4)** – the offensive squad has four attempts or “Downs” to advance the ball. They must cross the Mid-Field Line to get another set of downs or to score.
- • **Live Ball** – the period of time that the play is in action. Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.
- • **Dead Ball** – the period of time immediately before or after a play.
- • **Whistle** – the sound made by an official using a whistle that signifies the end of the play or a stop in the action for timeout, half time, or the end of the game.
- • **Inadvertent whistle** – an official’s whistle that is performed in error.
- • **Charging** – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm or the chest, resulting in a penalty. .
- • **Unsportsmanlike Conduct** – rude, confrontational or offensive behavior or language- applies to players, coaches and spectators. This results in a penalty.

- **III. Live Ball/Dead Ball**

- The play is live once the center snaps the ball
- The official will indicate the neutral zone and line of scrimmage. It is an

automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.

- The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
- Substitutions may be made on any dead ball.
- Any official can whistle the play dead.
- Play is ruled “dead” when:
  - The ball carrier steps out of bounds.
  - A touchdown **or** PAT is scored.
  - The ball carrier’s knee or arm hits the ground.
  - **The 4 second pass clock expires.**
  - An inadvertent whistle is performed (at the spot where the ball was whistled dead).
    - In the case of an inadvertent whistle, the offense has two options:
      - Take the ball where the whistle blown made the play dead.
      - Replay the down from the original line of scrimmage.

- **IV. Eligibility**

- All players must be registered through MOTYFCL and fall within the specified age or (grade range) assigned. Players may play up in age/grade, not down in age/ grade level. A waiver may need to be signed when moving from 8th grade to the high school division.
- Players must play in at least 3 regular season games to be eligible for the playoffs. situations out of the ordinary such as but not limited to injury will be board discretion
- All players are required to play roughly half the game but not limited to a set number of plays

- **V. Equipment**

- **Soft Helmets.** Soft helmets must be worn at all times by all players except the QB. If a player does not have a helmet they cannot participate until they do.
- **Mouth Guard.** Every player must wear a mouth-guard to each practice and each game. Kids will not be able to play without a mouth piece.
- Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear

- gloves.
  - Players must remove all watches, necklaces, earrings, jewelry and any jewelry around the neck.
  - Official MOT FLAG jerseys/shorts must be worn during games.
  - Player's jerseys must be tucked into the pants.
- **VI. Timing and Overtime**
    - Games are played on a 40 minute continuous clock, two 20 minute halves that stop only for timeouts and a four (4) minute warning per half.
    - During the last two (2) minutes of each half, the clock will be operated pursuant to NFHS rules stopping in situations conforming to when it would under NFHS rules. It is no longer a "running clock".
    - Halftime is 5 minutes long.
    - Each time the ball is spotted, a team has 35 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
    - Officials can stop the clock at their discretion.
    - In the event of an injury, the clock will stop and restart after the injured player is removed from the field of play.
    - If the score is tied at the end of 40 minutes, the game will be determined a tie.
- **VII. Scoring**
    - Touchdown: **6 points**
    - PAT (Point After Touchdown) **1 point** (5-yard line) or **2 points** (10-yard line)
    - A team that scores a touchdown must declare whether they wish to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. The PAT decision cannot be changed after a penalty.
    - **An interception results in a dead ball, loss of possession and 2 points being awarded to the defensive.** The intercepting team will next put the ball in play at the 40 yard line. Exception: no points are awarded for intercepting a PAT.
- **VIII. Current NFHS Football Rules shall govern play in the league with local exceptions as follows:**
    - High school 7v7 division will use the "official" ball size
    - One offensive coach allowed on the field at any time.
      - That coach must be positioned behind the offensive huddle
      - Remaining coaches may work from the sidelines

- A minimum of six (6) players are required by either team to compete in a game.
- A seventh player may be used on offense once the ball is moved from the 40 yard line - he will be the snapper. If a snapper is used he is an ineligible receiver and must remain in the snapper position or on a knee throughout the down.
- The defense will play with 7 defensive players.
- If a team only has 6 players they may still compete as an official game.
- If a team only has 5 players, they may borrow one player from the same team name in the Varsity division but only if they have 5 or less players.
- Running plays of any kind are not permitted.
- Backward passes are not permitted
- Only one pass per down is permitted.
- Two (2) of the five (5) eligible receivers must be on the line at the snap. If a snapper is used, three (3) players would be on the line.
- Blocking of any type is not permitted. Receivers (down-field) ahead of the ball carrier must come to a full stop, as soon as possible, to avoid any potential blocking infractions.
- The offensive team is responsible for retrieving the ball to the official.
- A runner is downed when he is touched with at least one hand. Defenders must lightly touch the ball carrier. Pushing the ball carrier so he falls to the ground or pushing the ball carrier out of bounds will result in a penalty and is not permitted. -Penalty: Unnecessary Roughness.
- “Bump and Run” pass coverage is permitted within 5 yards.
- Runners may not leave their feet to advance the ball. Diving, leaping, or jumping will be ruled down at the spot of the event.
  - Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a penalty
  - Defenders may leave their feet to make a tag.
- The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
  - For Line-To-Gain and Goal Lines, the ball and one foot must cross the line.

- **IX. Fumbles**

- Fumbles (including the snap) are dead balls at the spot.
- The offense retains possession of a fumble at the spot of the fumble

- **X. Formations**

- Zero-back, trips and spread formations are permitted and all NFHS pass eligibility rules will be enforced.
  - Substitutes must remain on the sideline until they replace a player on the field.
  - Quarterbacks may take a knee or spike the football in order to manage the game clock. Standard NFHS enforcement rules apply.
  - Players may spin
  - Movement by a player who runs toward the line of scrimmage while in motion is considered a false start.
  - Only one player at a time may go in motion and must be positioned one yard behind and parallel to the line of scrimmage.
  - NO OFFENSIVE PLAYERS BEHIND THE QUARTERBACK!
- **XI. Penalties:**
    - Five (5) yard penalties:
      - Offensive pass interference
      - Ineligible player downfield
      - Encroachment
      - Illegal procedure
      - Defensive holding
    - Special Penalties
      - Defensive pass interference
      - From the 10-yard line and out - spot foul plus an automatic first down
      - From inside the ten yard line to the goal line – ball is placed at the ten yard line plus an automatic first down.
      - In the end zone - ball is placed at the one-yard line plus an automatic first
      - roughness - 15 yards. Flagrant unnecessary roughness will also result in an ejection.
      - Blocking - dead ball at the spot of the foul
      - Fighting – 15 yards, ejection and suspension for the remainder of the season
- **XII. Coaches**
    - All coaches must complete a criminal background and Child Abuse Registry background to coach-No exceptions.
    - Coaches are expected to adhere to MOT Flag 7v7 Football philosophies, coaching guidelines and codes of conduct.
- **XIII. Unsportsmanlike Conduct**
    - If the field-monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee’s discretion. No appeals will be permitted! FOUL

PLAY WILL NOT BE TOLERATED.

- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. **If it continues, the player, players, coach, or fan will be ejected from the playing field.**
- Players may not physically or verbally abuse any opponent or official.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier
- Fans must also adhere to good sportsmanship:
- Yell to cheer on your players, not to harass officials or other teams.
- Keep comments clean and profanity free.
- Compliment ALL players, not just one child or team.
- Ejections will result in suspension from the remainder of the game ejected and the next game even if it is a playoff game. Special circumstances may be reviewed by the board of directors.
- All other rules not listed above or in our MOT flag rule book will follow the NFHS RULES FOR HIGH SCHOOL FOOTBALL.