

# 2020 Celina 7on7 Spring League *Team Packet*



**Presented by: Celina Parks and Recreation**

League Website: <http://sports.celina-tx.gov/7on7>



## 7on7 Game Rules

Adopted the Official Texas State 7on7 Passing Tournament Rules  
With some modifications/omissions made for our league.

[www.texas7on7.org](http://www.texas7on7.org)

*Updated 1/15/2020 – JD – Soft shell helmets WILL be mandatory for Starting 2020. Below are the State 7on7 rules for helmets: we will NOT be following #1, but keep their standards in mind if you plan to play SQTs.*

1. ~~Must have a Virginia Tech rating of 4 star or higher.~~
2. Must have no metal components.
3. Must have no hard-plastic component parts.
4. Must have no sharp or hard edges and/or anything that could cause harm to another player.
5. Must have a fully functional retention system or chin strap.

### 1. Field Dimensions

- A. Field Length--45 yards long
- B. Field Width--160 feet (60 feet to hash mark, 40 feet between)
- C. End Zone--10 yards deep

### 2. Starting the game

- A. Each field will have its own timekeeper, usually a referee. They will also announce the time remaining at the 10, 5, and 2 minute mark.
- B. Teams are recommended to have two jerseys, light and dark. In the event that two teams show up with the same jersey and a resolution cant be worked out, whichever team is not in accordance with Rule 2.C will wear mesh cover tops.
- C. Visitors will have first possession and wear white/light (top team in bracket or first team listed will be the visitor). The home team will have first possession the 2nd half and wear a dark color (bottom team in bracket or 2nd team listed will be home team).
- D. No team will be allowed to participate without shirts or mouth pieces.
- E. No football jerseys of any type shall be worn. T-shirts, compression, or basketball type sleeveless shirts are the only choices of acceptable jerseys.

- F. Visitors (team in white) will always align their team on the right sideline facing the end zone. Home (dark jersey) will always align their team on the left sideline facing the end zone.
- G. Ball is always placed on the right hash mark when at the 45 yard line. Ball will be spotted normally as ball moves down the field.
- H. Referee will announce/post score before each offensive possession begins.
- I. Coaches are to remain on sideline during the game. EXCEPTION: rising 5<sup>th</sup> division teams may have one offensive coach in the huddle to call plays. Coach must be quiet once the ball is snapped. (i.e., cannot call out where the QB should look or throw) This rule is different from State 7v7 rule.

### 3. Moving the ball

- A. Offensive Plays Must All Be Passes! (No Run plays or Kicking/Punting)
- B. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
- C. Possession always begins at the 45 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.
- D. No penalty will be assessed in excess of the 45 yd line. On an unsuccessful or successful offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line and THE NEXT SUCCEEDING PLAY WILL BE FORFEITED. I.e. 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
- E. Offenses always move in the same direction
- F. No “Double Passes” are allowed.
- G. Once a forward pass has been thrown, a backward pass (lateral) is allowed.
- H. Should a swing pass not cross the LOS and a defensive player tags the ball carrier behind the 45 yard line, it is a safety.
- I. Snapper will position the ball within 3 seconds at the next scrimmage spot. (Delay of game if not set).

#### 4. Special Rules

- A. No blocking.
- B. Receiver/Ball carrier is legally down when touched with one or both hands.  
(Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
- C. Fumbles 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.
- D. Two delay of game penalties in the same possession results in a turnover.
- E. Any offensive penalty on the extra point try results in a turnover.
- F. The QB is allowed 4.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
  - 1. If release is under 4.0 seconds, the play goes on.
  - 2. If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official or coach from a team that is not playing)
  - 3. An interception on a ball thrown after 4 seconds does not count as an INT. Think of the 4 second count as a sack – cannot throw INT if sacked.
  - 4. All penalties will be marked off on a 4 second count EXCEPT for pass interference.
- G. Defensive Pass Interference is the same as NCAA rules. (automatic 1st down & spot foul up to 15 yds)
- H. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping, or grabbing. These actions will result in a spot foul and 5 yd. penalty “tacked on” at the end of the play.
- I. Offensive pass interference is the same as NCAA rules. (15 yard penalty)
- J. Interceptions may be returned (“no blocking” rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.

- K. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
- L. The offensive center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground, does not have to be between legs (this is different from state 7v7 rules). Snapper may not run routes BUT does become live player if an interception is thrown (able to tag the ball-carrier)
- M. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line. (centers on both teams responsible).
- N. No taunting or "trash talking". (5 yard penalty & expulsion if flagrant).
- O. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15 yard line cone (third quadrant).
- P. Fighting: the player(s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any/all state qualifying tournaments! They will also be disqualified from participating in the state tournament. Throwing a punch will be disqualification for that SQT.
- Q. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
- R. There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box. (clarification from Texas 7on7 directors is that no player may be in the tackle box at the time of the snap)

## 5. Scoring

- A. 6 points for TD
- B. 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line.
- C. 2 points if a team returns a PAT back across the 45.
- D. Official score is kept by field referee and game manager.

6. **Tie Breaker** (only for playoff day. Regular season games CAN end in a tie.)

- A. After coin flip to determine first possession, teams will alternate 4 down series from the 15 yard line.
- B. A winner is determined when one team scores during its possession and the other does not. (Federation rules).
- C. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

7. **Time**

- A. 20 minute halves (continuous clock for each half--see: "starting the game").
- B. No time outs. (Exception: referees may stop clock for injury, etc)
- C. 5 minute half-time/ 5 minutes between games.
- D. (7 on 7 tournaments require that all games start/end at the same time.)
- E. Teams must be on site and ready to play when scheduled.
- F. If a team(s) are late and cannot start when the game officially starts, they will begin play with whatever time is left on the tournament clock – not to exceed 10 minutes of 1st half.
- G. Forfeit will occur after 10 minutes of the 1st half.
- H. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

8. **Secondary Coverages** -- Coverage will be the choice of each participating team.

9. **Coaches**

- A. No high school coach may serve as a coach or stand with the team on the sideline.
- B. Each team must have a coach accompany it to any/all events to serve as a school administrator on duty for their particular team(s). This individual is responsible for the action of those representing his school.
- C. All high school coaches present must sit in the end zone. No high school coaches are allowed on the sideline.
- D. All team coaches will wear an identifying tag for clarification purposes. A team may not have more than four (4) coaches on the sideline.

## **10. Team Area**

- A. No team shall have additional athletes on the sideline or in the team tent partially dressed in a team uniform. (exceeding the maximum of 20 that are listed on the roster)
- B. The Team Zone will be an area on the sideline where only team members may be during game play. This will be the area from the 15 yard line to the 30 yard line. Players and coaches may not be out of the Team Zone during game time.

## **11. Rainouts and Weather Delays**

- A. League directors and The City of Celina will determine all rainouts and weather delays. Makeup games will be determined by league officials (check league schedule of events)
- B. Information will be communicated to team Head Coaches about weather-related information.
- C. Coaches will be responsible for relaying information to players and parents
- D. For this league, we have teams coming from a very large area. We must consider this fact when severe weather is expected in North Texas so that we keep as many people as possible out of harm's way.