

# Tri-City Chargers

## 7 on 7 Spring League Rules

### Participation

- Players shall be grouped by the following age divisions: **7U, 9U, 11U, 14U**.
- Players will register via the registration link provided on <https://www.tricitychargers.org>.
- A player's age will be determined by his or her age on July 31<sup>st</sup> of the current Spring Season calendar year. Players Ages are 5 y/o – 14 y/o.
- 15-year-old players may be eligible for participation if they are still in 8th grade.

\*Request sent to [admin@tricitychargers.org](mailto:admin@tricitychargers.org)

### Teams

- Teams shall consist of a minimum of 9 players
- Each head coach is allowed to protect his/her child(ren) before the draft. All other players will be selected in a preseason draft. Assistant coaches are to be assigned following the draft. Protected players shall be assigned to a draft round as agreed upon by fellow coaches at the same level.

### Season

- The season shall consist of 6 regular season games and 1 bowl game. The bowl game schedule will be the top finisher vs. the 2<sup>nd</sup> place finisher the 3<sup>rd</sup> place finisher vs. the 4<sup>th</sup> place finisher, and the 5<sup>th</sup> place finisher vs. the 6<sup>th</sup> place finisher.
- Each team shall play one game per week and be allowed one practice per week. The practice shall be no longer than 1.5 hours.
- Rainout games will be rescheduled based on the availability of opposing teams. If a makeup date cannot be arranged either due to the teams or due to referee availability, the game shall be declared a tie.

### Game Rules

- Games shall consist of 2 - 20 minute halves with a 5-minute halftime period. There will be a running clock until the last minute of each half. During the final 1:00 of each half the clock will stop according to normal football rules.

- Each team shall consist of 7 players on the field. One of the offensive players must be a center who snaps the ball either through a traditional shotgun snap (between the legs) or through a side shotgun snap. The center is not an eligible receiver.
- Each possession starts on the 40-yard line- going in.
- First downs are made by crossing the 25-yard line and the 10-yard line.
- Four downs to make a first down.
- PAT attempts are from the 5-yard line for 1 point or from the 10-yard line for 2 points.

The offensive team will elect the try and which hash the ball is placed on.

- 4.0 seconds to get pass off, starting on the snap of the ball. The referee will keep time.
- Defense is not allowed to rush the passer under any circumstances. Defense must play some form of zone coverage. Man coverage is not allowed.
- Possession changes after PAT attempt, failure to make a first down, or turnover.
- One time-out per team per half. One additional time-out per each overtime.
- 40 second play clock.
- One-hand touch anywhere.
- No running plays allowed (Except at the 7U and 9U levels)
- No blocking.
- 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.
- Interceptions may NOT be returned, and the play is whistled dead immediately. An interception simply results in a change of possession and the ball is placed at the 40-yard line in the middle of the field.
- 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.

- The offensive center is NOT an eligible receiver – only 5 receivers! (all teams must have a center – the center may be any player). The center is responsible for establishing the succeeding spot as designated by the Referee.
- The center will be responsible for setting at the line of scrimmage.
- Each team will be allowed one coach on the field at all times on offense. 7U and 9U teams will also be allowed one coach on the field on defense.
- Every player on every team will be required to have a starting, full-time position on either offense or defense. This is by Tri-City's normal "11 on, 11 off" rules for tackle football. CENTER DOES NOT COUNT AS A STARTING POSITION. Each player shall play at least 50% of the snaps for his or her team during a game. Failure to adhere to this rule will result in disciplinary action for the offending head coach, up to and including removal from the league. Player injuries are treated as an exception to this rule.
- Overtime shall consist of 3 tries from the 10-yard line. Each team has an attempt to score. All PATs must be 2-point attempts in overtime.

- **Scoring shall be as outlined below:**

- o Touchdown- 6 points
- o Interception- 2 points (Interceptions may not be returned for a TD). An interception on a PAT attempt does not result in points for either team.
- o Defensive stop (at 7u & 9u ONLY) - 2 points
- o Fumble - is a dead ball and the offensive team retains possession at the spot of the fumble. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps
- o PAT- 1 or 2 points based on PAT attempt length
  - From 5 yds = 1 pt
  - From 10 yds = 2 pt

- **Penalties**

- o Every game shall have 2 referees
- o Defensive pass interference- Spot foul and automatic first down
- o Offensive pass interference- 5-yard penalty and loss of down.

- o Defensive holding- 5 yards from LOS and automatic first down.
- o Illegal contact- a 5-yard penalty from end of the run (if complete) or LOS (if incomplete). Replay down
- o Illegal procedure- 5-yard penalty and loss of down.
- o Defensive off-sides- 5-yard penalty.
- o Delay of game- Loss of down and the clock stops in the final 1:00 of either half.
- o Unsportsmanlike conduct- The player must sit out the remainder of either half.
- o Personal foul- The player must sit out the remainder of either half.
- o Illegal rush by QB (QB crosses LOS)- Loss of down
- o Illegal pass (Pass by a player who does not receive snap)-Loss of down
- o Illegal QB lateral pass- Loss of down

### **9U Specific Game Rules**

- Two running plays per series of downs (maximum of 6 per offensive possession) will be allowed at the 9U level. This rule intends to allow less developed players an opportunity to touch the football. Running plays shall not be used inside the opponent's 5-yard line.
- 9U will have 5.0 seconds from the snap for the QB to get the pass off before the play is declared dead.
- Flag guarding by the ball carrier is a 5-yard penalty from the spot of the foul and loss of down.
- All extra point tries will be from the 5-yard line and must be passed. A successful conversion is worth 2 points.
- Overtime shall consist of 3 tries from the 10-yard line. Each team has an attempt to score.
- On any defensive stop at 9U the defensive team shall be awarded 2 points.

### **7U Specific Game Rules**

- Running plays are allowed on all plays at the 7U level

- 9U will have 5.0 seconds from the snap for the QB to get the pass off before the play is declared dead.
- Flag guarding by the ball carrier is a 5-yard penalty from the spot of the foul and loss of down.
- All extra point tries will be from the 5-yard line and must be passed. A successful conversion is worth 2 points.
- Overtime shall consist of 3 tries from the 10-yard line. Each team has an attempt to score.