

**Article 35:
7v7 Football Passing League**

35.1 Field Dimensions

35.1.1 Field Length - 40 yards long

35.1.1.1 + 10 yard endzone

35.1.2 Field Width - 53 yards (Normal HS Football Width) (as close as possible)

35.1.3 Hash Marks - 18 yards (if available) (as close as possible)

35.1.4 Chalk or Paint lines

35.2 Starting the Game:

35.2.1 A whistle will signal the start of the game for all games. All games will start and end at the same time. Game length is 50 minutes, running time.

35.2.2 Home team designated on schedule - plays first on offense.

35.2.3 Referee will announce the score before each offensive possession begins.

35.3 Moving the ball:

35.3.1 Offensive plays must be forward passes. No shovel passes over the center/guard - must be real football plays. (No kicking/punting)

35.3.2 Field is marked with 40 - 25 - 10 yard intervals with cones. (3 first downs without a penalty would result in a touchdown) There are 3 downs to reach a first down at or inside the 25 yard line and 3 downs to reach a 1st down at or inside the 10 yard line. There are 4 downs to score from the 10 yard line to the goal line. Failure to convert a 1st down in any possession will result in a change of possession.

35.3.3 Possession always begins at the 40 yard line in the middle of the field/or a hash - if there are any on field. Unless moved by penalty.

35.3.4 No penalty will be assessed in excess of the 40 yard line. On an unsuccessful or successful offensive play from the 40 yard line resulting in an offensive penalty: The ball will be returned to the 40 yard line and 1st down will be 2nd down, 2nd down will become 3rd down, 3rd down will result in a turnover.

35.3.5 Offenses always move in the same direction.

35.3.6 All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass. Backward pass becomes a dead play and loss of down.

35.3.7 Once a forward pass has been thrown, a backward pass (lateral) is not allowed.

35.3.8 In order for a formation to be legal you must have at least one player on either side of the center on the line and at least 3 yds from the center.

35.4 Special Rules

35.4.1 No blocking

35.4.2 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 10 yards. Ejection of a player(s) will result if ruled unsportsmanlike & flagrant)

35.4.3 Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 5.0 second count remains in effect on snaps.

35.4.4 Each team will have 30 seconds to snap the ball once it has been blown dead from the previous play. The count starts at the end of the one play until the snap of the next play.

35.4.5 Two delays of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.

35.4.6 The QB is allowed 5.0 seconds to throw the ball. Officials will enforce the 5.0 sec rule after confirming a time violation occurred.

35.4.6.1 If release is under 5.0 seconds, the play goes on.

35.4.6.2 If the release has exceeded 5.0 seconds, the official waits until the play is over (the play is not blown dead), confirms the violation then brings the ball back to the original line of scrimmage with loss of down. Defense can accept or deny delay of game penalty taking the result of the play. (Interception) EACH TEAM HAS TO KEEP A CLOCK AND BE ABLE TO SHOW AND OFFICIAL

35.4.6.3 A team may use a QBT, Coach or official will keep the 5 sec count.

35.4.7 Defensive Pass Interference will be a spot foul (1st down at the spot), if it occurs in the endzone the ball will be placed on the 2 yard line.

35.4.8 Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty)

35.4.9 Offensive pass interference is a 15 yard penalty.

35.4.10 **Interceptions are worth 1 point** to the intercepting team and a change of possession will occur. The play is dead immediately, and the ball is placed on the 30 yard line.

35.4.11 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.

35.4.12 The offensive center is not an eligible receiver (teams must have a center or snapper). **The ball must be snapped from the line of scrimmage to the QB, but does not need to go through the center's legs.**

35.4.13 If no down box, then the center will be responsible for setting or repositioning the referee's bean bag or QBT at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag or QBT gets to the new scrimmage line. (Centers on both teams responsible).

35.4.13.1 Each team will be supplied a bean bag by the official.

35.4.14 No taunting or "trash talking". (15 yard penalty & expulsion if flagrant).

35.4.15 The offense must gain at least 15 yards or a first down by penalty 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 10 yard line cone(third quadrant).

35.4.16 Fighting: the player(s) involved will be ejected from the game and serve a 1 - game penalty or more. If a team fight occurs, the teams involved will be suspended until review by the Executive Board.

35.4.17 Any dead ball foul on a play that results in the defense getting the ball will result in a loss of a penalty. The defense, now the offense, would be starting play with 2nd down.

35.4.18 There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extends 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

35.4.19 If a live ball foul occurs on a scoring play, the penalty can only be enforced on the PAT, and can not be tacked on to the next possession.

35.4.20 If there is a dead ball foul on the team that scores a touchdown or a live ball UNS that is enforced as a dead ball. The defensive team will have a few options. They can choose only one of the three:

1. Have the offensive team go for one point from the 20 yd line instead of getting the automatic PAT.
2. If the offensive team was going to go for two it would be from the 25 yd line.
3. The defense can start their possession on the 25 yd line.

35.5 Scoring

35.5.1 Six points for TD, you can choose to take seven.

35.5.2 Two point PAT from the 10 yard line.

35.5.4 One point for an interception on a scrimmage down.

35.5.4.1 No points on an interception during a PAT

35.5.5 Official score is kept by the field referee and or field supervisor.

35.5.6 Mercy Rule - Any time a team after halftime takes a 42 or more point lead that will be the final score of the game.

35.5.6.1 Five minutes will be removed from the remaining time of the game.

35.5.6.2 Less than five minutes remaining - game is over.

35.6 Time

35.6.1 Two - 25 minute game-running time halves with ONE timeout per half.

35.6.1.1 Halftime - 5 minutes

35.6.2 Injuries. Game on field will halt until the injured player can be removed. Play will resume when it is safe to do so.

35.6.2 10 minute grace period for late arriving teams, after the 10 minutes has expired, game is forfeited.

35.7 OVERTIME

35.7.1 Coin Flip to determine Offense/Defense

35.7.2 Each team will have One play from the 40 yard line, the team gaining the most yards will receive one point. (Touchdown on the play equals 6 points. No PAT. If there is still a tie do it over until there is a winner.

35.7.3 If there is a penalty on the defense the offense gets another play after penalty yardage has been assessed.

35.7.4 If there is a penalty on the offense and the defense accepts the penalty. The Offense will get another play. After the play subtract the yardage from the yardage gained. If offense scores subtract from the goal line.

35.8 Secondary Coverages:

35.8.1 Coverage will be the choice of each participating team executed with the rules of the game of football.

35.9 Squad Members

35.9.1 Team sideline: Sideline is to consist of team players and coaches only.

35.9.2 Seven Offensive / Defensive players on the field at a time.

35.9.3 One Offensive/ Defensive Coach may be on the field of play - behind the line of scrimmage. One timing coach may be on the field to enforce the 5.0 second clock only behind the line of scrimmage. **NO PLAYERS BEHIND THE HUDDLE / NO EXCEPTIONS**

35.10 Officials: Two Side Judges - one will be a referee

35.10.1 QB Release: An opposing coach will keep the 5 second clock. If there is no coach keeping the clock the official will.

35.10.2 Officials will enforce all game rules. It is the intent of the league to keep the game moving.

35.10.2.1 Huddles may occur.

35.10.3 All official decisions are final. Any unsportsmanlike conduct from players or coaches will not be tolerated.

35.11 UNIFORMS

35.11.1 Home team's jersey must be DARK.

35.11.2 Away team's jersey must be WHITE (Light).

35.11.3 Uniforms must have numbers on front and back.

35.11.3.1 Players uniforms must match and have numbers on front and back. (NO HOODIES)

35.11.4 All shirts must be tucked in.

35.11.4.1 Players must wear **MATCHING COLORED** shorts or pants that do not have pockets or belt loops. If the belt pockets/belt loops are tapped down it is legal.

35.11.5 Soft shell helmets are highly recommended by the association.

35.11.5.1 Helmets must be buckled when on the field when using them.

35.12 BALL

Wilson Sporting (Youth) is the preferred official game ball (TDY-GST Leather or TDY Composite) and is to be used. If one team has a Wilson football and the other does not, the Wilson football will be used by both teams. If neither team has an Wilson football, then a ball meeting NFHS standards shall be used.

- 35.12.1 **Official football size: HS= Regulation, JH= YOUTH (12-14),**

35.12.3 Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.

35.12.4 Players must wear mouthguards. Fang mouthguards are allowed but cannot be painted on “blood”. No jewelry on Mouthguard

35.12.5 Players must remove all jewelry, hats and do-rags. Winter beanies or religious coverings are allowed.

35.12.6 Towels cannot be worn by any player except the quarterback or center.

35.13 Game Logistics

- Home team should communicate with visiting team to verify uniform colors
- Share Field location information
- Each team is responsible to provide their own team water.

35.14 POSTSEASON INFORMATION

35.14.1 Tournament brackets will be created according to DKC standings and as approved by the League.

35.14.2 CAA will host all State Tournament Games:

35.14.3 Overtime

35.14.3.1 Each team receives one offensive play from the 40 yard line.

35.14.3.2 Coin Flip to determine Offense/Defense

35.14.3.3 Each team will have One play from the 40 yard line, the team gaining the most yards will receive one point. (Touchdown on the play equals 6 points. No PAT. If there is still a tie do it over until there is a winner.

35.14.3.4 If there is a penalty on the defense the offense gets another play after penalty yardage has been assessed.

35.14.3.5 If there is a penalty on the offense and the defense accepts the penalty. The Offense will get another play. After the play subtract the yardage from the yardage gained. If offense scores subtract from the goal line.

35.14.3.6 The team gaining the most yards on its offensive play or scores wins the game and advances.

35.14.4 Wilson is the official league game ball and will be used for all CAA tournament games.