



## **YVGKA 7 on 7 PASSING LEAGUE RULES**

### **TEAMS:**

Teams consist of 7-15 players, Minimum 7 players to start a game \* *including the QB.*

### **TIME:**

All games will be 30 min in length with a running clock with a 30 sec play clock. The Referee will declare when the clock is under 2min. In case of injury the clock will stop and the discretion of the Referee, if that occurs the player must leave for at least one play. The Referee will keep the official score and time on the field. There will be 1 time out per half.

### **FIELD:**

The playing field will be 40 yards in length, plus a 10-yard end zone

### **POSSESSION OF THE BALL:**

All possessions start at the 40-yard line. No matter where the defense stops the offense, they take over on the 40-yard line.

### **PLAY:**

Offense will begin play with 6 players, there will be no center. Defense will have 7.

**Play will begin** with the quarter back lifting the ball off the tripod. A play in progress at the final whistle is completed. The game can not end on a defensive penalty, unless the offense declines it.

**Play ends with:** One hand touch below the neck.

**1 running play** is allowed per game. This can not be the quarter back.

**Passing:** the quarter back has 5 seconds for 5/6 and 4 seconds for 7/8 or the play is blown dead. Ball is placed where quarter back is standing. There can be 1 rush per game by the defense from 5 yards back. Offense can not load 1 side of the field with 5 receivers.

**Double pass:** double passing is allowed, but there must be a forward pass across the line of scrimmage first within the 4 or 5 second time depending on age group.

**Downs:** only one first down per series is possible, achieved when offense reaches the 20-yard line within 4 downs.

### **SCORING:**

Touchdown scores 6 points

Teams can choose to take an **immediate** 1 point for the extra point **or** they can choose to take the ball at the 10-yard line and go for 2 points.

**Interceptions** score 3 points, plus possession at the 40-yard line. Paly is blown dead after interception.

### **FUMBLES:**

**There are no fumbles.** Ball is dead if it touches the ground. If the quarter back drops the ball it is not a fumble. He may pick it up and throw the ball if time hasn't run out. If there is a dropped ball on a handoff, ball is dead and spotted at the dropped ball.

### **PENALTIES:**

**This is a non-contact game**, and any flagrant contact is cause for immediate ejection. As always, any unsportsman like conduct is also cause for ejection. The Referee decision is final on all plays, there will be no tolerance for arguing. Only a coach may ask for a rule clarification. Zero tolerance for profanity. Coaches are expected to eliminate profanity on there team.

### **OFFENSE:**

**Blocking of holding:** line of scrimmage, loss of down.

**False start/ Illegal Motion:** line of scrimmage, loss of down.

**Delay of Game:** line of scrimmage, loss of down.

**Un-sportsman/Unnecessary Roughness:** 15 yards, loss of down

### **DEFENSE:**

**Tackling or Holding:** 10 yards from the line of scrimmage, repeat down.

**Offsides:** 5 yards from the line of scrimmage, repeat down.

**Pass Interference:** 15 Yards from line of scrimmage, first down.

**Illegal Rushing:** 10 yards from line of scrimmage, repeat down.

**Un-sportsman/Unnecessary Roughness:** 15 yards, first down.

### **BLOOD RULE:**

If and when an official observes that a player is bleeding, has an open wound, of has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, open wound covered, and excessive bloody uniform is changed.

### **OVERTIME:**

A tiebreaker will occur, with the flip of a coin to determine possession. Each team will have 1 play from the 40-yard line. Longest offensive play wins. An interception is an automatic win.

### **EQUIPMENT:**

**Soft shell football helmet** will be required for all participants, to be worn to manufactures instructions.

**Mouth Guards** will be required for all participants.

**Uniforms are required**, all players on a team must wear same uniform to participate, no exceptions. League will provide uniforms to each player (blue, white). Home teams wear blue away teams wear white.

Teams are allowed to use their own uniforms, but can not conflict with league provided uniforms or have alternate uniform