

# Northeast 7v7 League Rules

## GENERAL PROCEDURES & SAFETY RULES

1. Coaches, Players and Parents should review these rules prior to arrival.
2. Athletes should bring their own water bottle.
3. Athletes should report to the registration table before EVERY game.
4. You will receive your team T-shirt week one – wear it to all games.
5. Once the game ahead of you ends, you should report to your sideline.
6. When your 1<sup>st</sup> game ends you have 5 minutes to prepare for your second game.
7. Once your final game ends, please dispose of your trash and leave your sideline.

## GENERAL POLICIES & EMERGENCY PROCEDURES

8. Officials will keep the score and you should as well, please check after every score.
9. Officials and/or the Director have final call on any discrepancies, rule violations or other situations that delay games or need interpretation. Every effort will be made to resolve these situations in a fair manner.
10. Player safety and behavior is critical to the league - See rules
11. The Athletic Trainer has the authority to remove a player from a game. If a head injury is assumed the player will likely be ruled out for the day and the parents will be notified.
12. Games will be 24-minutes of running time. The schedule dictates who will start on offense
13. No timeouts, Clock only stops for injured player on the field, the officials will keep make-up time and notify both teams to play through the final horn.

## TEAM & COACHING RULES

1. **All Players MUST be REGISTERED and be WEARING the *Northeast 7v7 League shirt* to participate.**
2. No hats and only prescription glasses can be worn.
3. On Offense - only 7 players and one coach can be in the offensive huddle.
4. On Defensive – only 7 players can be on the field. A coach is not allowed on the field or behind the goal line.
5. Coaching must come from the sideline and the coach's box is the 40 to the 15-yard line.
6. Offensive players can wait at the 40-yard line only when their team is defending a conversion. The offense must wait for the officials whistle before snapping the ball. The officials will require several seconds to align / reset play clock. You CANNOT wait at the 40 in any other situation.
7. No switching balls after an incomplete pass to gain an advantage over an opponent. Normal switches are allowed.
8. It is the responsibility of the offensive team to retrieve the ball or assist in retrieving the ball.

## STARTING THE GAME

1. Teams will be assigned to opposite sidelines and cannot leave their sideline.
2. The game clock is controlled by the officials or the registration table. Games are started and finished by the officials whistle or air horn depending on location. Plays started before the final whistle or air horn count.
3. The team on offense always moves in the same direction.
4. The visiting team will start the game with the ball.
5. If teams have the same color shirts the home team will wear pennies unless advised by the staff. (provided)

# Northeast 7v7 League Rules

## MOVING THE BALL

1. The offense starts at the 40-yard line and has 3 downs to make a first down.
2. First downs are awarded by moving the ball past 25-yard line, 10-yard line or by penalty.
3. The offense must use a legal formation. Motion and/or shifts are allowed.
4. The offense has 25 seconds to snap the ball once it is spotted and/or blown into play.
5. Once the ball is snapped you have 4 seconds to attempt a pass. Game officials have a 4 second timer!
6. A center must snap the ball. The center must be a PLAYER, is not illegible to catch the ball and cannot block.
7. The ball must be hiked by either a conventional or unconventionally method.
8. Running plays and double passes are not allowed but the ball can be lateraled after a completed catch.
9. The QB must pass the ball behind the LOS.
10. The defense cannot cross the LOS until a pass is released
11. If a player is tagged behind the LOS, it becomes the new LOS. If tagged **behind the 40-yard line the possession is OVER. No points are awarded.**
12. A play is over when a player is tagged with ONE HAND, the ball is fumbled (marked at the spot of the fumble), or the player runs out of bounds.
13. If the ball hits the ground or a player with possession of the ball is on the ground the down is over. No change of possession. This includes the SNAP.
14. The ball can be placed in the middle of the field or where the previous play ended (inside the hashes).
12. After a 1st down the ball is placed at the attained LOS.
13. The offense CAN NOT block. Blocking is when an offensive player extends his hands onto, leans into, or changes his path to intentionally impede a defensive player. Example – a player without the ball, running towards the goal line, changes course to impede a defender “*who can make a play on the ball*”. Penalty – Loss of down return to original LOS.
14. A player needs possession of the ball and ONE foot or body part to touch inbounds to complete a catch.

## SCORING

1. Six points for a touchdown. A Conversion **MUST BE** attempted after **all scores**, (defensive too). You can get ONE point for a successful conversion from the 5 yardline and TWO points if the conversion is successful from the 10 yardline. **The Defense CANNOT score on conversion attempts.**
2. The defense can only score if they advance an interception PAST the 40-yard line with no penalties
3. Games ending in a tie will play overtime to determine the winner. The winning team is awarded one extra point - so a 28-28 tie would have a final score of 29-28.

## OVERTIME RULES

The team who started the game with the ball goes first. Each Team gets 2 downs from the 10-yard line, if touchdown is scored then PAT is attempted (1 pt. or 2 pt.), Play until a winner (alternate possessions if 2<sup>nd</sup> overtime) All rules apply.

## Northeast 7v7 League Rules

### **PENALTIES –**

Games cannot end with a penalty unless it is declined or will not change the result. We will play one untimed down. The officials/director can start the 25 second clock or award the untimed down in a situation when a team attempts to delay the game.

#### **Offensive**

All Offensive Penalties are a **Loss of Down**, return to LOS unless.

1. Dead ball offensive penalties will be blown dead with loss of down – *False Start or Delay of Game*
2. Live plays with offensive penalties will continue. The Defense can accept the penalty or decline and accept the play result. Examples include *Blocking, Illegal formation or motion and Offensive Pass Interference*
3. Penalties on 3<sup>rd</sup> down end the possession.

#### **Defensive**

All Defensive Penalties result in yardage and down over unless.

1. **Pass Interference** = is a SPOT FOUL & Automatic 1<sup>st</sup> Down (PI in end zone - 1<sup>st</sup> down at the 3-yard line)
2. **Unnecessary Roughness & Unsportsmanlike Conduct** = 10 yards & Automatic 1<sup>st</sup> Down \*
  - Example of 5-yard penalties - Offside or Delay of Game
  - Example of 10-yard penalties – Holding or Hands-to-Face

#### **\* Unnecessary Roughness & Unsportsmanlike Conduct – if excessive the player will be ejected.**

**Dead Ball Unsportsmanlike Conduct penalties will be treated as follows.**

- A. If off setting both players are ejected for the game.
- B. Offensive – Loss of next down and possible ejection.
  - a. If after 3<sup>rd</sup> down, the other team will start the next offensive drive at the 30-yard line.
  - b. If the game is over and tied the other team will get 5 yards added to their overtime position.
- C. Defensive – 10 yards and Automatic 1<sup>st</sup> down and possible ejection.
  - a. If after a 3<sup>rd</sup> down, your Offense will lose a down on the next series.
  - b. If the game is over & tied the other team will get 5 yards added to their overtime position.

#### **POINTS OF EMPHASIS – Less contact at the beginning and end of plays**

**No Press Coverage** – a defender must provide a 2-yard cushion to a WR. A defender can Jam a WR up to 5 yards from the LOS. Jams must be open handed, below the shoulders and within the first 5 yards. Repeated jams past 5 yards or grabbing of the jersey is Holding (10 yards & replay the down)

**Defensive players must play the ball – if deemed excessive ejection.** - A defender must always play the BALL or concede the catch. A defender can challenge any pass but CANNOT tackle, bring to the ground, play through/or ram a receiver to defend. **Roughing** (10 yards and automatic 1<sup>st</sup> down)

**Defensive Player contact – if deemed excessive ejection** - Defensive players can only contact an offensive player with their open hands only. Using a forearm, leg, shoulder, or other body part to strike an offensive player is not allowed. **Roughing** (10 yards and automatic 1<sup>st</sup> down)

#### **Ejection Policy**

- A. All ejections are final.
- B. An Official or Northeast 7v7 Representative can eject a player or coach for, swearing, taunting, unnecessary roughness, repeated verbal abuse to an official and fighting (Done for the season)
- C. Any player or coach ejected must leave the sideline and is out for the remainder of the game.
- D. If a player or coach is ejected twice, he is disqualified from the League.