



## RULES FOR 8U & 10U 7on7 FOOTBALL

### Rules at a glance

- No contact or blocking/screening
- No jamming by defensive players off line of scrimmage
- Player with ball will be deemed downed by defensive player when touched by at least ONE HAND.
- QB cannot run the ball beyond the LOS
- No rushing/blitzing of the QB
- One pass attempt per set of fours (4) downs **required** as developmental component. A team may pass as many times as they wish.
- All players are eligible receivers except the Center
- No kicking or punting
- All possessions will start at 30 yard line
- The offense has four downs to pass midfield (15 yard line) & additional 4 downs to score. A turnover on downs will occur if the offense is short of the first down or end zone resulting in immediate possession change. Offense will begin at the 30 yard line.
- Teams will have 30 seconds from the end of the previous play to snap the ball for the next play
- Games are run with two 12-minute halves and one 3 minute half time
- The clock will only stop at the one-minute warning of each half for an incompleting, touchdown, extra point or out of bounds play. The clock will stop to set the line marker for first downs within the 1 minute warning period.
- Defensive stops resulting in a turnover on downs results in 3 points for the defensive team.
- Interceptions may not be returned. Ball is dead at spot. Defensive team is awarded 5 points with the exception of INTs during extra point attempts. They are not awarded points.
- Defensive penalties will result in an automatic first down and spot to the 15 yard unless ball is closer.
- Offense must have a minimum of one player on line of scrimmage (other than center) or up to 5 players on the line.
- **The Center is part of the 7 active participants and is not an eligible receiver.** The center will kneel after the snap and will not participate in any activity other than snapping the football. The offensive lineup will be 1 QB, 1 Center, 5 receivers. Can be 4 WR with one RB or TE or 5 WR. RB and TE can lineup within the tackle box.
- 7 defenders on the field at any given time (may not line up 8 & drop one before snap).

### The field dimensions

- Up to 5 sideline personnel allowed for each team. Each person on the team's sideline must have a face covering (mask/shield) and badge/color coded wristband.
- 30 yards long x 53.33 yards wide with a 10 yard end zone. All possessions will move towards the same end zone.
- Up to 2 offensive coaches have the option to stand 5 yards behind the active offensive participants or to stand on the sideline
- Defensive coaches and non-active participants will stand on their designated sideline
- Receivers will be required to line up outside of league defined tackle box

### The roster

- A maximum of 15 players per roster.
- A player may only appear on 1 roster in a single age division
- Illegal player: if a player is found playing on a team illegally the team will forfeit both games for that day

### The attire

- Players are required to wear protective mouthpieces during gameplay
- Players must wear shorts/pants with no pockets; however, if a player is wearing shorts or pants with pockets, the pockets must be taped for the player to be eligible
- Referee/E2E Athletic Director will check each team before the game to confirm mouthpieces and no pockets. If a player is ineligible he/she will not be allowed to play until proper equipment provided



## RULES FOR 8U & 10U 7on7 FOOTBALL

### The possession

- At the start of each game captains for both teams will meet at mid field for the coin toss to determine who shall start with ball.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not chose to defer to the second half.
- All possession changes will start at the offensive teams 30 yd line.
- Up to 2 offensive coaches have the option to stand 5 yards behind the active offensive participants or to stand on the sideline.

### The passing game

- **The Center is part of the 7 active participants and is not an eligible receiver.** The center will kneel after the snap and will not participate in any activity other than snapping the football. The offensive lineup will be 1 QB, 1 Center, 5 receivers. Can be 4 WR with one RB or TE or 5 WR. RB and TE can lineup within the tackle box.
- One pass attempt per set of fours (4) downs **required** as developmental component. A team may pass as many times as they wish.
- QB has a six (6) second pass clock if the pass is not thrown in six seconds the play is rules dead, with a loss of down. Once the ball is handed off, the six second rule is no longer in affect and all defensive players are eligible to rush.
- A forward pass behind the line of scrimmage is treated as a handoff and that player is eligible to be downed as soon as they have started the act of catching the football.
- Interceptions cannot be returned. The defensive team will be awarded five (5) points and be awarded possession, the ball will be spotted at the 30 yard line and the offensive series will start

### The receiving game

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage) except the center snapping the ball.
- Receivers will be required to line up outside of league defined tackle box, with the exception of a TE or RB by alignment.
- One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage, no motion is allowed toward the line of scrimmage.
- A receiver is down where he or she is, is touched by a defensive player with ONE hand.
- Receiver must have one foot in bounds when making a catch.

### The running game

- The QB cannot run the ball.
- Only direct hand offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand off
- The player who takes the handoff can throw the ball, as long as he or she does not pass the line of scrimmage first
- Once the ball has been handed off, all defensive players are eligible to attempt to down the player with possession of the ball, even if that player is behind the line of scrimmage.
- Once the ball has been handed off the six second pass rule is no longer in effect and all defensive players are eligible to rush
- Defensive players cannot pass the line of scrimmage during a direct hand off play, until the ball is handed off
- The offensive ballcarrier is down where he or she is, is touched by a defensive player with ONE hand.

### Change of possession

- There are no fumbles.
- Ball will be spotted where it hit the ground.
- Ball cannot be thrown forward to gain yardage. Referee will spot the ball where control was given up.



## RULES FOR 8U & 10U 7on7 FOOTBALL

### The dead balls

- If there is an inadvertent whistle during a running play, the offense will have the choice of either the result of the play or replaying the down.

### Penalties

- All defensive penalties are an automatic first down.
- All offensive penalties are 5 yard loss plus loss of down.
- Any type of blocking or screening is illegal and will result in a penalty.
- If a player intentionally grabs a players jersey to stop a big play or score it is an automatic 1st down, and a warning is given to the team, on a second offense the player may not participate the remainder of the game. If it is determined that players are being coached to grab jerseys the referees may eject coaches and the offending staff will review with the league.
- Ejections for fighting and/or unsportsmanlike conduct will constitute that player or coach being ineligible for the next game as well the remainder of the current game.
- Any player leaving the sideline to join a fight will be ejected from that game and will be ineligible for the next game and that team will also be subject to additional game suspensions at the discretion of the league's Board of Directors.

### The scoring and time situations

- Scoring: touchdown = 6 points, Extra point (5 yards) = 1 point, (10 yards) = 2 points
- Interceptions may not be returned but do result in 5 points for the defensive team.
- Defensive stops resulting in a turnover on downs will result in 3 points for the defensive team
- There is a 30 second huddle clock, which will start when the previous play is over.
- Each team is allowed 2 timeouts (60 seconds long) per game. In overtime, each team will be given one timeout. Timeouts are NOT carried over from the original game.
- Referee may stop the clock at own discretion
- The clock will only stop at the one-minute warning of each half for an incompletion, touchdown, extra point, or If the offense gets out of bounds. The clock will stop to set the marker if a first down is obtained.
- FORFEITS: will be turned in as a 6-0 score
- OVERTIME: If a game goes into overtime each team will get one possession from the 10-yard line. If both teams score or fail to score, the game will result in a tie. There are no points for defensive turnovers in OT. A defensive turnover on downs and/or interception results in change of possession ONLY.
- Playoff OVERTIME: Same as above with the exception that each team will get an equal number of possessions until a winner can be declared.