

# FNL 7 on 7 Football Rules

## 1. FIELD DIMENSIONS

- A. Field Length -- 45 yards long.
- B. Field Width – Standard Football Field width.
- C. End Zone -- 10 yards deep.

## 2. STARTING THE GAME

- A. Each game site will have a designated central time keeper. All games will begin and end on this person's instructions. They will also announce the time remaining at the 10, 5, and 2 minute marks.
- B. Visitors will have first possession. The home team will have first possession in the 2nd half. **NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS!** Team sidelines must be on opposite sides of the field. Visitors will line up on the right side of the field when facing the end zone. Home will line up on the left side of the field when facing the end zone.
- C. Uniforms: FNL issue only and provided by the league.
- D. Players are permitted to wear standard football cleats with plastic or rubber spikes. **NO METAL SPIKES ARE ALLOWED!**
- E. Ball always placed on right hash mark when at the 45-yard line.
- F. Each team will use its own ball during offensive possessions. 8th and younger divisions may use either High School or Middle School standard size footballs. High School divisions (9th and up) **MUST** use the standard size high school sized football.
- G. Referee will announce score before each offensive possession begins.

## 3. MOVING THE BALL

- A. No kicking/punting.
- B. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a TD).
- C. Possession always begins at the 45 yard line at the right hash. No penalty will be assessed in excess of the 45 yard line. If a penalty would move the offense beyond the 45 yard line, the offensive team shall be charged with a loss of down.
- D. Offenses always move in the same direction
- E. **NO PASSER MAY RUN WITH THE BALL. ALL PASSES MUST BE FORWARD.** A pass caught behind the line must be forward. The only laterals that will be allowed will be laterals that occur **AFTER** the completion of a forward pass.

#### 4. SPECIAL RULES

A. No blocking.

B. Receiver/Ball carrier is legally down when touched with one hand of a defensive player. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player will be expelled if ruled unsportsmanlike & flagrant). Rerouting and defensive contact is permitted within the first five yards from the established L.O.S.

C. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps. A muffed snap is not a fumble. The 4.0 second count remains in effect on muffed snaps.

D. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty.

E. The QB is allowed 4.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.

1. If release is under 4.0 seconds, the play goes on.

2. If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official or coach from a team that is not playing).

3. Game manager - placed on the 50 yard-line to keep score for his field (both games) and to assist with crowd/player control. (This may be a coach).

F. Defensive Pass Interference will be a spot foul (1st down at the spot).

G. Defensive contact (Bumps- open handed only) within five yards from the established L.O.S is allowed. Responsibility to avoid contact after the initial 5 yard from the established L.O.S via the bump and re-route zone is with the defense. There will be NO chucking, or deliberate bumping or grabbing after five yards. Holding/grabbing is not permitted and will be penalized 5 yards from the established L.O.S and will result in a repeat of down.

H. Offensive pass interference will be penalized 5 yards from the established L.O.S. and a loss of down.

I. Interceptions stop the offensive possession and may not be returned.

J. 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 and will be a 5-yard penalty from the succeeding spot.

K. The offensive center is not an eligible receiver (teams must have a center). The ball must be snapped between the center's legs.

L. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage.

M. No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).

N. The offense must gain at least 15 yards 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 15-yard line cone (third quadrant). Two total first downs exist- They are: The 30 yard line and the 15 yard line. Once the ball is placed on or inside the 15 yard line, the offense has four plays to score. Teams have three plays to gain the first down markers located at the 30 YL and the 15 YL.

O. Fighting: the player(s) involved will be ejected from the game and possibly from league play. If a team fight occurs, the teams involved will both forfeit the game and may be subject to ejection from the league play.

P. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50 yard-line will result in a loss of down penalty. The defense - not the offense - would be starting play with 2nd down.

Q. For 8th grade divisions and below, one coach is allowed on the field for the team's offensive possession. The coach must remain behind all offensive players at all times.

## 5. SCORING

6 points for TD, 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT is dead ball). Official score is kept by field referee and game manager.

## 6. OVERTIME RULES

After coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line. A winner is determined when one team scores during its possession and the other does not. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

## 7. TIME

A. 20-minute halves (continuous clock for each half--see: "starting the game").

B. No time outs. (EXCEPTION: Injuries.

1.10-minute halftime/10 minutes between games.

2. 7-on-7 games require that all games start/end at the same time. If a team(s) is(are) late and cannot start when the game officially starts, they will begin play with whatever time is left on the tournament clock. (Not to exceed 10 minutes of 1st half. Forfeit will occur after 10 minutes of the 1st half) IT IS IMPERATIVE TO KEEP TO THE GAME'S TIME SCHEDULE. Teams must be on site and ready to play when scheduled). Injury time outs may reduce the amount of time between halves, and/or between games to maintain the game schedules.

## 8. SQUAD MEMBERS

A. Players: Maximum of 14 players per team. Minimum of 9 players per team.

B. Squad members are allowed to be from districts outside of MHS and TVHS school districts.

## 9. OFFICIALS

(2) - Referee/Field Judge and Back Judge for All Games

## 9. COACHES-FATHERS

A. High school or middle school coaches may serve as a coach or stand with the team on the sideline. All team coaches will wear an identification tag for clarification purposes. A team may not have more than 4 coaches on the sidelines.

B. Each team must have a coach accompany it to any/all events to serve as an Administrator on duty for their particular team(s). This individual is responsible for the ACTION OF THOSE REPRESENTING HIS TEAM!

## 10. INCLEMENT WEATHER POLICY

If there is inclement weather on the day of competition, FNL will evaluate the conditions to determine if the games will be held as scheduled. FNL will reserve the right to reschedule or cancel all games if the inclement weather makes it unsafe or unplayable for players and spectators. In general, a competition will be played if there is light to moderate rain, with no thunder or lightning. If there is inclement weather on the day of the tournament, call 951-837-7364 for updates.