



YMCA OF METROPOLITAN FORT WORTH

7 on 7 FOOTBALL RULEBOOK

1. Field Dimensions:

1. Field Length--45 yards long
2. Field Width--160 feet
3. End Zone--10 yards deep

2. Starting the game:

1. A central timekeeper will be designated. 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 mark.
2. Visitors will have first possession; the home team will have first possession in the 2nd half.
3. Ball is always placed at the 45-yard line.
4. All players must wear mouth guard while on the playing field
5. Ball size – 3rd to 6th grade uses junior size ball; 7th/8th grade uses a youth size ball

3. Moving the ball:

1. Offensive Plays Must All Be Passes! (No Kicking/Punting)
2. Field is marked at 15-yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
3. Possession always begins at the 45-yard line.
4. No penalty will be assessed over the 45 yd line. An unsuccessful or successful offensive play from the 45-yard line resulting in an offensive penalty: The ball will be returned to the 45-yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
5. Offenses always move in the same direction
6. All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.
7. Once a forward pass has been thrown, a backward pass (lateral) is allowed

4. Special Rules:

1. No blocking.
2. Receiver/Ball carrier is legally down when touched with one or both hands below the neck. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
3. Fumbles are dead balls at the spot with the last team retaining possession.
4. There will be a 30 second play clock, clock starts when the referee places the ball.
5. Two delays of game penalties in the same possession results in a turnover. A delay of game penalty on extra point tries results in a turnover.
6. The QB is allowed 4.0 seconds to throw the ball. (3rd/4th Grade allowed 5.0 seconds) 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 the release is under 4.0 seconds, the play goes on.
 2. If the timekeeper sees that the clock has exceeded 4.0 seconds, they will call the play 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. The only infractions possible when a 4 second count is called are unsportsmanlike acts.
7. Defensive Pass Interference will be a spot foul (1st down at the spot).
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)
9. Offensive pass interference is the same as the NCAA rules. (15-yard penalty)
10. Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45-yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner to take a backwards pass. They may not block for or screen for the runner.
11. The 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.
12. The Quarterback will be responsible for setting or re-positioning the Referee's cone at the line of scrimmage. On change of possession, the team moving to offense will ensure the cone gets to the new scrimmage line. (Quarterbacks on both teams responsible).
13. No taunting or "trash talking". (5-yard penalty & expulsion if flagrant).
14. 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).
15. Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the league.

5. First Downs:

1. Starting at the 45 yd line, teams will have 3 plays to cross the 30 yd line. Once, past the 30 the downs will reset and have 3 downs to cross the 15 yd line.
2. Once a team crosses the 15 yd line "the red zone" they will have 4 plays to score.

6. Scoring:

3. 6 points for TD
4. 1 point for PAT from 3-yard line, 2-point PAT from 10-yard line.
5. Official score is kept by the field referee and game manager.

7. Tie Breaker (Play-Offs Only):

1. After coin flip to determine first possession, teams will alternate 3 down series from the 10-yard line.
2. A winner is determined when one team scores during its possession and the other does not. Or if both teams do not score the winner will be determined by the most yards gained during their possession.

8. Time:

1. 15-minute halves (continuous clock for each half).
2. No time outs. (Exception: Injuries. All games on the Field will halt until player(s) can be removed as soon as safety dictates).
3. 2 minutes half-time.
4. 7 on 7 games require that all games start/end at the same time.
5. Teams must be on site and ready to play when scheduled.