



# McKinney Sports Connection

## 7 on 7 Football

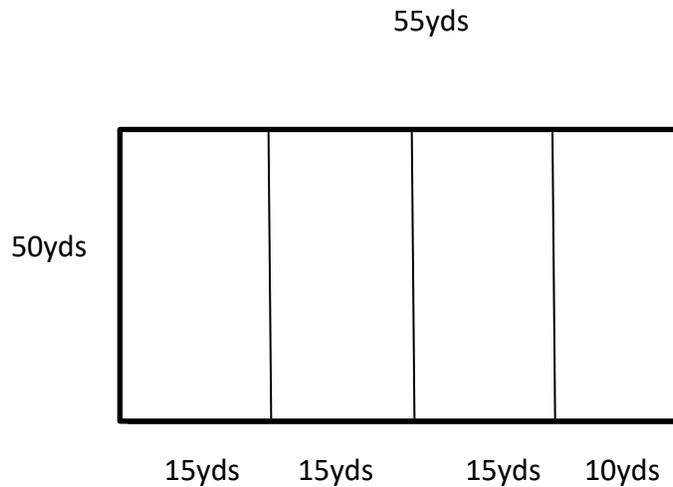
### Grade: 3rd, 4th, 5th, 6th

### Spring

**Game Day Rules:** (UIL rules will govern play, with the following league modifications)

**a. Field Dimensions: 50 yards width by 55 yards length**

- i. Fields will be marked off in 15 yard increments either by cones or painted lines. The end zone is the standard 10 yards. The width of the field play is a minimum of 50 yards.
- ii. A coaches and players box will also be marked. (Between 5 to 10 yards)
- ii. All grade levels will start on the 45-yard line
- iii. Games will play starting at mid field and going out.



**EQUIPMENT**

- a. BALL SIZE: K2 or Youth Size for 3<sup>rd</sup> Grade/ PeeWee Youth Size 4<sup>th</sup> Grade/ Youth or TDJ TDJ – 5<sup>th</sup> and 6<sup>th</sup>
- b. Mouth Pieces are required
- c. Jerseys must be of same color for entire team and shorts can be any color.

**b. Players/Game Schedules**

- i. Teams must attempt to field a minimum of (7) players if they have more than seven on their official roster. Teams may start 6 players due to conflicts or injury. All players must play at least ½ the game. All players must play either all of the defensive plays for their team or all of the offensive plays for their team. Players could also play all the offensive plays in the first half and all defensive plays in the second half. Injuries are the only exception for not playing at least half the game.
- ii. Divisions may be combined during regular season to allow teams to have multiple opponents.
- iii. Athletes may play up a division but may not play down.
- iv. If a player is contested by another team for playing out of his/her age group, then that players coach must provide a report card or birth certificate to validate their eligibility to the league commissioner before their next game. This could lead to a forfeit to that game and the season.
- v. Depending on number of teams in each age division, 3<sup>rd</sup> and 4<sup>th</sup> grade divisions may be combined. As well as 5<sup>th</sup> and 6<sup>th</sup> grade divisions.

### **c. Coin Toss/Captains Meeting**

- i. Winner of the coin toss will receive the ball the 1st half and will be on defense starting the 2nd half.

### **d. Timing/Overtime**

- i. Games are played to 40 minutes; (2) twenty minute halves with a 5-minute half time. (No overtime games will be played in regular season)
- ii. No time outs, except for injury.
- iii. Play-off overtime (Teams will each have 4 possessions at the 15-yard line to score, see U.I.L. rules)
- iv. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- v. Officials can stop the clock at their own discretion.

### **e. Moving the Ball**

- i. Offensive Plays Must All Be Passes! (No Run Plays in 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Grade or Kicking/Punting)  
**Run plays are only permitted in 3<sup>rd</sup> grade. That is, 1 run per every 3 downs or 4 downs to score. The QB is not allowed to run at any time.**
- ii. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
- iii. Possession always begins at the 45-yard line at the right hash mark for 5th and 6th Grades. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.
- iv. No penalty will be assessed in excess of the 45-yard line. On 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 THE NEXT SUCCEEDING PLAY WILL BE FORFEITED. I.e. 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
- v. Offenses always move in the same direction
- vi. No "Double Passes" are allowed.
- vii. Once a forward pass has been thrown, a backward pass (lateral) is allowed.
- viii. Should a swing pass not cross the LOS and a defensive player tags the ball carrier behind the 45-yard line, it is a safety.

### **f. Scoring**

- i. Touchdown: 6 points
- ii. Extra Point: 1 point from 5-yard line or 2 points from 10-yard line
- iii. An interception returned on a PAT is good for the 1 or 2 points determined after offensive touchdown.

### **g. Special Rules**

- i. No blocking.
- ii. Receiver/Ball carrier is legally down when touched with one or both hands. (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).
- iii. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The second count remains in effect on snaps.
- iv. Two delay of game penalties in the same possession results in a turnover.
- v. Any offensive penalty on the extra point try results in a turnover.
- vi. The QB is allowed 5.0 seconds to throw the ball in all divisions. **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.**

- vii. If release is under 5.0 seconds, the play goes on. Referees will not blow the whistle at 5 seconds.
- viii. If the timekeeper sees that the clock has exceeded the 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. Play is live on a defensive interception after the 5.0 second count. (The timekeeper will be an official)
- ix. All penalties will be marked off on a 5.0 second count EXCEPT for pass interference.
- x. Defensive Pass Interference is the same as NCAA rules. (automatic 1st down & spot foul up to 15 yds)
- xi. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping, or grabbing. These actions will result in a spot foul and 5 yd. penalty “tacked on” at the end of the play.
- xii. Offensive pass interference is the same as NCAA rules. (15-yard penalty)
- xiii. 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 so as to be in a position to take a backwards pass. They may not block or screen for the runner.
- xiv. Play is live on a defensive interception and may be returned for a touchdown.
- xv. 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.
- xvi. The ball must be snapped from the ground between the snapper’s legs. **or a side snap**
- xvii. The offense will be responsible for setting or re-positioning the Referee’s bean bag at the line of scrimmage.
- xviii. No taunting or “trash talking”. (5-yard penalty & expulsion if flagrant).
- xix. 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).
- xx. Fighting: the player(s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any/all state qualifying tournaments! They will also be disqualified from participating in the state tournament. Throwing a punch will be disqualification for that SQT.
- xxi. 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, now the offense, would be starting play with 2nd down.
- xxii. There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

## **h. Receiving**

**i. All players are eligible to receive passes including the Center. 3<sup>rd</sup> through 4<sup>th</sup> Grade. In 5<sup>th</sup> and 6<sup>th</sup> Grade, the Center is NOT eligible. (Spring Only)**

- ii. Only one player is allowed in motion at a time.
- iii. Player must have at least one foot inbound when making a catch.

## **I. PASSING**

- i. All passes must be forward, this includes shovel passes and/or swing passes.
- ii. Intentional grounding will NOT be called at any point in the game.

NOTE: There are no fumbles. The ball is spotted where the ball hits the ground.

**j. BLOCKING** i. Blocking is not allowed. A penalty of 10 yards will be assessed.

- i. Holding. The defense must not make contact of receivers during routes.

## **k. SPORTSMANSHIP/ROUGHING**

- i. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!**
- ii. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators). If trash talking occurs, the referee will give one warning. If it continues, the player will be ejected from the game.
- iii. **UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED AT ANY TIME!**

### **Two official options:**

**REMOVAL:** The referee has the right to remove a coach or player from the game for minor infractions (REFEREE'S DISCRETION), but the coach or player does not have to leave the facility/park. There is no team penalty, and the coach or player is not suspended for a game. However, if the coach or player does not comply with the referee's decision, the action IS SUBJECT TO EJECTION AND SUSPENSION (see next option).

**EJECTION:** Any player, coach, team manager or fan who displays any unsportsmanlike conduct, such as profane language or abusive language while playing, sitting in the stands, or coaching will be dealt with in the following manner:

- a) Any player, coach, team manager or fan ejected from a regular or post season scheduled game due to verbal abuse toward any assigned game official, player, or fan will draw a minimum of one – (1) game suspension. **PLAYER, COACH, OR FAN MUST LEAVE THE PARK!** A second ejection from a regularly scheduled league game will result in a minimum one – (1) year suspension.
- b) Any player, coach, team manager or fan ejected from a regular or post season scheduled game for fighting or threatening violence with any assigned game official, player, or fan will draw a minimum one – (1) year suspension.

## **I. COACHING**

- i. Only one coach is allowed on the field during an offensive possession. No coach allowed on field for defense. All coaches on the sideline must be registered and completed the Background check.
- ii. Referees determine incidental contact, which may result from normal run of play.
- iii. Only the team coach may ask the referee questions about rule clarifications and interpretations. Players/coaches cannot question judgment calls.
- iv. Games cannot end of a defensive penalty, unless the offense declines the penalty.

## **V. END OF SEASON TOURNAMENT**

- i. Tournament games may NOT end in a tie. Tie breaking rules are as follows:

### **Tie Breaker**

- a. After coin flip to determine first possession, teams will alternate 3 down series from the 15-yard line to get a touch down.
- b. A winner is determined when one team scores during its possession and the other does not. (Federation rules).
- c. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

### **Formations:**

1. No receivers inside tackle box (3-4 yards each side of center)
2. 1 receiver must be to the right or left of Center (No Overload)
3. Normal formations of doubles, trips, or quads are acceptable!
4. At least 2 receivers on line of scrimmage not including center.