

# *Srixon 7v7 League*

## **RULE BOOK**

### **Field Dimensions:**

Field Length will be 50 yards. 40 yard playing field with a 10 yard end zone.

### **Starting Each Game:**

1. Coin Toss/PaperRockScissor. The toss of coin will take place within two minutes of scheduled start time of game. The toss will be called by the team captain (Ref's Discretion) before the coin is flipped. Winning team will begin possession of the ball on the +40 yard line with their choice of hash.
2. A whistle will begin each game.
3. Each game last 25 minutes with running clock. Overtime if needed.
4. Official will declare when the clock is under 2 minutes
5. The clock never stops.
6. Each team will receive 1 timeout per game and 1 timeout during over time.
7. A whistle will end each game.
8. The referees will keep the official score and time on the field for each game. (2-3 refs per game)
9. Padded Helmets must be strapped and worn at all times by all players except the QB. If a player does not have they cannot participate until they do.

### **Moving the Ball:**

1. Every Offensive possession starts on the +40 yard line. Coach can choose where to spot the ball.
2. All snaps at the +40 yard line must be off the QB-TEE (No Shotgun). Upon gaining a yard or more QB may take a shotgun off QB-TEE.
3. Offense has three (3) downs to gain a first down. First down markers will be at the 25 and 10 yard lines.
4. Once inside the 10 yard line, the offense has 3 downs to score a touchdown.
5. The first person to control the football off of the QB-Tee is the QB. The QB is never eligible to run.
6. After the snap QB must pass the football. No hand offs, tosses, or reverses.
7. QB can throw a pass behind the LOS. (Ex. Screen, Bubble, RB Swing) No Double Passes
8. If a WR first catches the ball across the LOS, he can then lateral the ball to any player, except the

QB. If there is a fumble, the play will be called dead.

9. If a pass is caught behind the LOS, the ball can not be lateraled until after player that catches the ball crosses the LOS. Lateral can not be to the QB.

10. Defense can not blitz.

11. During a conversion, a coach can spot the ball on either hash or area for their play.

12. Offensive formation must have at least 1 player on either side of the QB Tee. Refs will be lenient on numbers of players on and off the LOS.

### **Coaching your Team:**

1. There will be one offensive coach allowed on the field at any time.

2. ONLY the 6 Offensive Players in the game can be on the field during game play. Everyone else must be off the field on the sideline

3. The coach must be positioned behind the Quarterback prior to the play.

4. Coaches are not allowed to challenge any official ruling.

5. Remaining team coaches can work from the sidelines.

6. NO defensive coaches are allowed on the field.

7. During Game Play all Players and Coaches must stay behind the 25 yard line, like a normal game.

8. Coaches must wait on the defense to line up, and the refs whistle before they can run a play after a conversion.

9. Coaches will be given one sideline warning during play. Second warning will result in a 10 yard penalty or half the distance to the goal. Third warning will result in coach ejection.

### **Special Rules:**

1. NO blocking.

2. Ball carrier is legally down when touched below the neck with one hand. A defender may leave his feet to make a tag.

3. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot. A fumbled snap will be a loss of down and spotted at the previous spot.

4. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.

5. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game. (Loss of Down)

6. QB is allowed 4.0 seconds to throw the ball. QB Tee will buzz at 4.0 seconds. If there is a malfunction of the QB Tee, Referees will stop play if 4.0 seconds is surpassed.

7. An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 40 yard line. (3 Pts for Interception)

8. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.

### **Press Coverage:**

1. Defenders must give a 1 yard cushion at the LOS.

2. Defenders can not aggressively push or throw down to the ground a WR during a play.

3. Two players can not line up and press a WR at the LOS.

**Taunting your opponent is not allowed and will not be tolerated:**

1. Points will be taken away and a loss of down for the offense if a team clears the sideline to celebrate a touchdown/conversion.
3. Points will be taken away and a loss of down for the offense if they are called for an unsportsmanlike penalty or taunting an opponent after a touchdown or conversion.
4. If a player has an unsportsmanlike/taunting penalty after an interception, points will be taken away and down replayed. Interception will not count in the stats.

**Suspensions and Forfeits: (Fighting will not be tolerated)**

1. If a player throws a punch, he is ejected immediately from the game and the remainder of the weekend. They will also be suspended for the following weekend of league or tournament play.
2. Second offense, player is suspended from league till following season.
3. If players are involved in pushing or shoving they will be ejected immediately from the game. They can return the following game.
4. Second offense, player is ejected immediately for the remainder of the weekend and the following weekend.
5. If a team bench clears, resulting in a fight, teams can be ejected, resulting in a forfeit. The referee has the right to throw out any player, players, coach, or team out of the game under their own discretion. The Gridiron staff has the right, in extreme cases, to terminate players and teams from the league. And they will have to leave the complex immediately.
6. A referee may also give a 15 yard unsportsmanlike penalty.
7. ALL Players must be within the age group of the team they are participating on. Any program caught playing older kids in the lower age groups will be suspended for the remainder of the weekend and the following two weekends. Second offense, suspension for remainder of the season.

**Over Time:**

1. Any game that ends in a tie will go to a tiebreaker. There will be a coin toss/paper,rock,scissor at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense.
2. Each team will have one snap from the 40 yard line, choice of hash.
3. The team with the longest completion will be declared the winner of the tiebreaker and will add 1 point to the final score.
4. If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
5. This format will be repeated until there is a clear winner declared.
6. This tiebreaker format will be used in all games.
7. If there is a defensive penalty, those yards are counted as positive yards and added to the next play.

**Stats:**

Each team must have a representative to record stats for each game. All teams will have a spreadsheet on google sheets that they will update weekly with game-by-game stats for their teams. If teams do not keep stats, stats will not be taken.

**Bracket Seeding will be determined by:**

1. Division Record (pending # of games played)
2. Head-to-head competition in League Play.
3. Total points scored.
4. Point differential total score minus total given up.

**Point Values:**

1. Offensive touchdown = 6 pts
2. Extra point from the 5 yard line = 1 pt
3. Extra point from the 10 yard line = 2 pts
4. Extra point from the 20 yard line = 3 pts
5. Defensive Stop = 2 pts
6. Defensive Interception = 3 pts
7. Tiebreaker Victory = 1 point

**PENALTIES:****Offensive Penalties Assessed Result**

False start/Illegal motion - Line of Scrimmage - Loss of Down

Delay of Game - Line of Scrimmage - Loss of Down

Blocking – 10 yard penalty from the spot

Fumbles – Line of Scrimmage - Dead Ball Loss of Down

Pass Interference Offensive – 15 yard or back to the 40 – If on 40, Loss of down and 5 yd penalty ensuing play.

Unnecessary Roughness Offensive - 15 Yards from LOS Loss of Down

Illegal Play - 5 Yards Loss of Down

Unsportsmanlike on Offense - 15 Yards Loss of Down

**Defense Penalties Assessed Result**

Encroachment/ Neutral zone - 5 yards Repeat Down

Holding Defensive – 10 yards & Repeat Down

Pass Interference Defensive – 15 yard & 1st Down

Unnecessary Roughness Defensive - 15 Yards First Down

Unsportsmanlike Defensive - 15 Yards First Down

Personal Foul or Unsportsmanlike Conduct after PAT will be a loss of down on ensuing drive.

**PLEASE HELP US KEEP OUR FIELDS CLEAN; EACH TEAM IS RESPONSIBLE FOR CLEAN UP OF WATER BOTTLES AND TRASH ON THEIR OWN SIDELINES. THANK YOU!!!**