



City of Taylor Recreation 7v7



Football Rules:

1. Both captains must meet with the referees for the coin flip and any rule questions or clarifications will be discussed. Umpire fees of \$16.00 per team must be paid before the game will start. If in the event that one team has to forfeit, **the referee's fees will be paid** and the forfeiting team will receive a loss.
2. **Zero tolerance for any un-sportsmanlike conduct, including trash talk, foul language, verbal abuse and unnecessary rough play. No spiking, kicking or throwing the ball or abuse of equipment.** Offending players will be required to sit out a minimum of 3 plays, suspended for the remainder of the half or ejected from the game, depending on severity.
3. Games are played for 20-minute running halves, with a regulation clock in the **final 2 minutes** of the game if the score differential is less than 21 points. Each team is allowed 2 one-minute time-outs per half.
4. **Coin flip:** A team will not have a chance to defer until the second half. Coin toss winner elects to receive or defend. If winner picks to receive, the other team chooses the end they want to defend. If winner picks to go on defense, they get to pick the end they want to defend.
5. **Flag and Ball Requirements:** Triple-Threat flag belts or a 3-flag belt front clip system must be used. This system has 3 flags that slide on a football belt. A regulation size football must be used by all teams.
6. All shirts must be tucked in at the beginning of every play. The ball carrier will be called down if the defender touches him with two hands if his shirt is hanging over his belt.
7. **Scoring:** 6 points for a TD, 1 point conversion (play starts at 5 yard line) or 2 point conversion (play starts at 15 yard line), 2 point safety and 2 points are awarded for an interception returned for TD during a conversion attempt.
8. All players are eligible receivers.
9. Offense can block rusher(s) only with extended arms. Shoulder blocks are allowed once the initial contact has been made with the arms extended.
10. Blocking downfield is allowed but only with extended arms.
11. Receivers must have control of football and one foot in bounds for legal catch.

12. Interceptions can be returned. Blocking on interceptions is allowed (arms extended only!).
13. Fumbles beyond the line of scrimmage are dead at the point of fumble with the offense retaining possession. Muffs or fumbles of punts or kick-offs are spotted at the initial point of contact.
14. An intercepted lateral can be advanced.
15. Bump-n-run is allowed for the first 3 yards from the line of scrimmage. **Do not hold the receiver.**
16. Defense is not allowed to strip ball from a ball carrier to gain possession. The offensive player is considered to be down at the spot where the ball was stripped.
17. You may go after the QB's arm while passing. **Arm/hand is considered part of the ball.** If the ball is knocked out of the QB's hand before the arm is moving forward, it is considered a sack and will be spotted at that point.
18. Pass interference is a 15 yard penalty from the line of scrimmage and is an automatic first down. On 60 yard fields we will enforce a 10 yd penalty for pass interference.
19. If the offensive team crosses the first down line and then commits a spot foul, the foul is then assessed from the point of the infraction. If the penalty distance takes the spot back behind the first down line, the offensive team gets the first down, but then has to cross two lines for a first down.
20. You may pass forward as many times as you want behind the line of scrimmage.
21. **Punts:** Punter can punt ball anywhere behind the line of scrimmage. No one can move until the ball is kicked. Laterals are allowed. **Blocking** by the receiving team during the return is **allowed**.
22. **Kick-offs:** The receiving team will start their possession at the 5 yard line.
23. Touchbacks are brought out to the 5-yard line.
24. All defensive players must go for the flags. No shoving players out of bounds. Violation is considered a tackle and penalty is 10 yards added to the run.
25. No flag guarding. The penalty is 10 yards from the spot of the infraction. Flag guarding in the end zone will result in a safety.
26. Sacks will not be called unless you have clearly grabbed the flags before the QB's arm is moving forward.

27. Offensive team can dive to catch the ball but cannot dive for a first down or touchdown. A 5-yard penalty will be assessed from the spot of the dive.
28. Defensive players can dive for the flags.
29. Delay of game penalty is 5 yards and the clock is stopped.
30. **Play clock:** After the officials blow the ball in play, the offensive team has **25 seconds** to snap the ball to start the next play. The referee will count down the last 10 seconds.
31. **Minimum line players:** There must be a minimum of 3 players on the line of scrimmage on the snap. If the offense uses a man in motion and the player comes from the line of scrimmage, there still must be a minimum of 3 players on the line on the snap.
32. Two-on-one blocking is allowed.
33. If the offensive ball carrier's knee touches the ground, the ball is dead at the spot.
34. Diving to block is illegal.
35. **Center snaps:** Center snaps can either be between the legs or side-saddle. All snaps that contact the ground are blown dead immediately and spotted at the point of contact with the ground. Direct snaps to any offensive player are allowed.
36. If a ball carrier's flags fall off inadvertently, revert to 1-hand touch. A legal touch is 1 hand between the shoulders and knees. Don't assume your teammate pulled the flags; **play until you hear the whistle.**
37. Onside kicks are not allowed.
38. **Center Position:** Defensive player cannot block the center until he takes one step toward his pattern or assumes a blocking position.
39. **Roughing the passer:** A defender is not allowed to intentionally hit, push or run into the quarterback at any time. Inadvertent contact by the defender will be subject to the referee's judgment. Roughing the pass is a 15-yard penalty and an automatic first down. A running into the passer penalty will be a 5-yard penalty.
40. **Obstruction of the runner:** The defensive player cannot hold, grasp or stop the forward progress of a runner while attempting to make a tag or pull a flag. The penalty is tackling and will result in 10 yards added onto the run.

41. **Safety Kick:** The free kick will be treated like a kick-off and the receiving team will receive the ball at the 5 yard line
42. **Flag Guarding:** Flag guarding occurs when a ball carrier uses his hands or the ball to prevent a defensive player from pulling his flags.
- (A) When the flag guarding is behind the line of scrimmage, the enforcement spot is the line of scrimmage.
 - (B) When the flag guarding is beyond the line scrimmage, the enforcement spot is the spot of the infraction.
 - (C) If the flag guarding occurs in the end zone, a safety will be awarded.
 - (D) **Stiff-arming is not allowed.** It is considered to be flag guarding.
 - (E) The penalty is 10-yard from the spot of the infraction and a loss of down.
43. Blocking downfield when the ball is in the air is an offensive pass interference penalty. It does not matter if the ball is behind the line of scrimmage or beyond.
44. A QB can take the snap and immediately ground the ball by throwing it straight down to stop the clock under 1 minute in the 2nd half.
45. **Man in motion:** One man can be in motion at the snap of the ball. If 2 men are in motion before the snap of the ball, one has to be set before the snap of the ball. The man in motion can be towards the line of scrimmage.
46. **Inadvertent whistle:** If the referee blows an inadvertent whistle, the offensive team has the option of replaying the down or taking the result of the play.
47. **Padding rule:**
- (A) Any exposed metal, like a knee brace or ankle brace must be covered.
 - (B) Casts are not allowed.
 - (C) Pads that are used for medical reasons cannot be used as a weapon.

Field goals: NO FIELD GOALS

48. The act of tying or looping the flag belt is an unsportsmanlike personal foul. When asked by a referee to see a player's flag belt, the player must show the flag belt immediately. If a player turns away or adjusts the flag belt that is considered an admission of guilt and a 15-yard penalty from the line of scrimmage will be assessed. If a defensive player gains possession of the ball and is deemed to have illegal flags, the penalty will be 15 yards from the spot of possession.
49. **Pass interference:** Pass Interference by either team is when any player's movement beyond the offensive line significantly hinders the progress of eligible players opportunity to catch the ball during a legal forward pass. When a player establishes a position to catch the ball in which the opponent cannot reach the ball without first contacting the player in a manor that prevents the player from

catching the ball. Provided the eligible player is not interfered with in such a manner, the following exceptions to pass interference will prevail:

- A. If neither player is looking for the ball and there is incidental contact in the act of moving to the ball that does not materially effect the route of an eligible player, there is no interference. If there is any question whether the incidental contact materially affects the route, the ruling shall be no pass interference.
- B. Note: Inadvertent tripping is not considered pass interference.
- C. Any eligible player looking for and intent on playing the ball who initiates contact, however severe, while attempting to move to the spot of the completion or interception will not be called for interference.
- D. Any eligible player who makes contact, however severe, with one or more eligible players while looking for and making a genuine attempt to catch or bat a reachable ball, will not be called for interference.
- E. It must be remembered the defensive players have as much right to the ball as the offensive players receivers.
- F. Pass interference by the defensive team is not to be called when it is clearly an uncatchable ball thrown by the offensive team.
- G. Defensive pass interference is 15 yards from the line of scrimmage and an automatic first down. If the pass interference is in the end zone, it is a first down on the defensive one-yard line. The pro rule of pass interference will be enforced
- H. There is no pass interference behind the line of scrimmage.
- I. Once a thrown ball is tipped by any player, there can be no pass interference.

50. Running upright and running straight over a defender is allowed. A ball carrier is not allowed to lower his shoulder or to veer off his path to run over a defensive player. It is unnecessary roughness and a 15-yard unsportsmanlike penalty will be assessed from the spot of the infraction.

51. Interception on an extra point attempt:

- A) Interceptions may be returned by the defense for 2 points.

Each season concludes with an inter-league tournament; same game, same rules.

OVERTIME PROCEDURES:

- Clock will not run.
- Each team is allowed 1 time-out during the overtime. Play will stop for injury.

All interceptions are considered to be “dead-balls”.

Two-point conversion attempts cannot be run back for 2 points in overtime.

Each team gets four downs and must complete all four downs. This will come into play if yardage is a factor.

First Overtime:

Each team will be given four downs from the 20-yard line. Each team will have four downs to advance the ball into the end zone. Teams will attempt a 1 point (PAT) from the 5 yard line or a two-point conversion from the 15 yard line after the score. If both teams score a touchdown and make equal conversions, teams will go into a second overtime.

Second Overtime: The same process as the first overtime will be followed, but in the event of a tie after the second overtime, total yardage gained in the second overtime will determine the winner.

Total yardage will determine the winner in the second overtime. If the first team on offense finishes with a negative yardage, the other team must gain at least one positive yard after their four downs on offense.

If tied after in 2nd OT series repeat second overtime process until there is a winner.

Note: A team may not win the state tournament or any championship final game by total yardage.

All players and coaches should know this process so there is no confusion.

Penalty Assessments for 7v7:

Penalties On Offense

Off Sides or in neutral zone.....5 yards down over
2 or more in motion on the snap.....5 yards down over
Offensive Pass Interference.....10 yards down over
Offensive Holding.....10 yards down over
Delay of game.....5 yards down over (clock stops)
(offensive team is responsible for getting the ball back to the huddle)

Flag Guarding.....10 yards at point of foul (loss of down)
No diving for the end zone.....5 yards from point of dive (loss of down)
(a dive is defined by intentionally laying out to advance the ball. This will not be called if
ball carrier reaches and stumbles)
Hurdling.....5 yards from the point of hurdle (loss of down)
(hurdling is the act of jumping over a defensive player to avoid getting flag pulled.
Jumping over a player to avoid injury to yourself or the other player is not hurdling)

Penalties On Defense

Off Sides or in neutral zone.....5 yards (repeat down)
Illegal contact (beyond 3 yards).....5 yards (automatic first down)
Holding.....5 yards (automatic first down)
Pass Interference.....10 yards from line of scrimmage (automatic first down)
(defensive player has a right to the ball but not through the receiver)
Intentional delay of game (clock stops).....5 yards (automatic first down)