

7v7 PASSING LEAGUE RULEBOOK



The Game Highlights

Team Setup

- ✓ Passing League 7 on 7 (Center/Snapper is considered 1 of the 7 players on offense).
- ✓ Team Jersey's- (Light vs. Dark) Some sort of team jersey/shirt is required (same colored shirts). Every team should bring both light and dark so they don't wear similar colors as their opponent.
- ✓ Receiver/Ball Carrier is legally down when touched below the neck with one or both hands (Excessive force by shoving, pushing or striking a blow will be penalized with a personal foul and possible ejection if deemed flagrant).
- ✓ Team on offense MUST have a center/player to snap the ball (the center may be any player on team). Ball must be snapped back to QB to start play. Sideways/ Shotgun snap is allowed. Ball must be snapped off the ground. The offensive center is NOT an eligible receiver (should go down to a knee once ball is snapped). The center is responsible for establishing the succeeding spot as designated by the referee.
- ✓ QB has roughly 5 seconds to throw the ball before he is sacked (1-Back, 2-Back, 3-Back, 4-Back, 5-Back, **SACK!**).
- ✓ No passer may run across the line of scrimmage with the ball.
- ✓ All passes must be forward passes from QB (no double passes or backwards passes behind the line of scrimmage). The QB can throw to a WR/RB behind the line of scrimmage as long as it's a forward pass.
- ✓ No defensive rush.
- ✓ Defense is allowed to press receivers for initial 5 yards (excessive force on press coverage can result in a personal foul). Contact after 5 yards is illegal.
- ✓ No blocking or screening defenders
- ✓ Diving- at NO time may a ball carrier leave his feet to advance the ball (this includes hurdling/jumping over defenders).
- ✓ Fighting: the player(s) involved will be ejected from the game and league. No taunting or "trash talking". Profanity is not allowed. Any profanity used on the field will result in a personal foul.
- ✓ Length of Game- Games are 40 minutes, divided into two halves of 20 minutes. Running time with no clock stoppage is used in both halves. The clock will only stop for serious player injuries and timeouts.

- ✓ 3 Timeouts for the ENTIRE game. Timeouts do NOT reset after the half. You are only allowed to carry over 2 timeouts into the second half.

Field Dimensions

- ✓ High School regulation field split into halves. Games are played from each side of the football fields 40 yard line going in towards nearest end zone.
- ✓ First Down: 1 cone at the 20 yard line. Once offensive team gets past the 20 yard line it will be 1st and goal. The ball will be spotted according to the position of the ball at the time the player was touched.

Scoring

- ✓ 6 point touchdowns. Chance to go for 1 or 2 point conversion.
- ✓ **Going for 1:** 5 yards from goal line. **Going for two:** 10 yards from goal line.
- ✓ **Interceptions on ANY point after Touchdown try can be returned for 1 point (player must get past 40 yard line without being touched for team on defense to receive 1 point).**
- ✓ Defensive interceptions (on a regular down, not PAT) that are returned past the 40 yard line will earn the defensive team **2 points** AND possession of the ball at the 40 yard line. Interceptions that are NOT returned all the way back to the 40 yard line will result in the defensive team being on offense at the 40 yard line but no points will be awarded.

Equipment

- ✓ Players are permitted to wear standard football cleats with plastic, rubber spikes, or screw in cleats. **NO METAL SPIKES!**
- ✓ The Ball- Each team must provide a HS regulation sized football properly inflated.
- ✓ Uniforms- Teams must wear similar colored jersey/shirts (It's encouraged to bring both light and dark in case your opponent is wearing a similar color).
- ✓ Mouth Pieces are strongly encouraged.

Starting the Game

- ✓ Teams must arrive at least 15 minutes prior to start time. Teams must be on site, stretched and ready to play when scheduled! **IT IS IMPERATIVE TO KEEP TO THE TIME SCHEDULE!**
- ✓ Captains- at the beginning of the game, each team must designate up to 2 captains. The captain(s) will act as sole representatives of their team in all communications with the officials.
- ✓ Starting the game- Captains will bout in a Rock-Paper-Scissors match to determine who gets ball 1st or 2nd half.

Game Length

- ✓ Games are 40 minutes, divided into two halves of 20 minutes. Running time with no clock stoppage is used in both halves. The clock will only stop for serious player injuries and timeouts.
- ✓ Each team has 3 timeout for the ENTIRE GAME. Timeouts DO NOT reset after the first half. You can only carryover 2 timeouts into the second half (So use one in the first half!).

Ball Placement

- ✓ The team that is receiving the ball at the start of the game or after any touchdown will start the ball at the 40 yard line (Note-you can never start further back than the 40 yard line). The offensive team takes possession of the ball at the 40 yard line and has 4 plays to make a first down at or beyond the 20 yard line. If the offensive team crosses the 20 yard line, they will have 4 downs to get a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on the 40 yard line. The ball is placed in the center of the field to start an offensive possession at the 40 yard line.

Spotting the Ball

- ✓ The ball will be spotted according to the position of the ball at the time the player was touched.
- ✓ A ball carrier who falls to the ground is considered down and will not be allowed to get back up to continue play (If receiver has a knee down when they catch a pass they will be down at the spot).

OFFENSE

- ✓ 7 players on offense (including center)
- ✓ Bad Snaps from Center- Any center snap that falls and touches the ground will be ruled live and the 5 second rule in effect.
- ✓ Offense always moves in the same direction
- ✓ Offense has 25 second play clock that will start at the spot of the ball.
- ✓ QB has roughly 5 seconds to throw the ball (1-Back, 2-Back, 3-Back, 4-Back, 5-Back, **SACK!**). Referee will blow whistle once 5 seconds is up. Ball must leave QB's hand before whistle is blown.
- ✓ If QB is sacked the offense will start from the previous line of scrimmage (given it's not 4th down) NOT from the spot the QB was at the time of the sack.
- ✓ Run Plays are NOT allowed.
- ✓ No passer may run across the line of scrimmage with the ball.
- ✓ All passes must be forward passes from QB (no double passes or backwards passes behind the line of scrimmage-no pitches/tosses to RB's). The QB can throw to a WR/RB behind the line of scrimmage as long as it's a forward pass.
- ✓ Line of scrimmage- Offensive team must have at least (3) players on the line of scrimmage at the time of the snap (center counts as 1).
- ✓ Eligible Receivers- All receivers are eligible to run down field and catch passes. The center is NOT an eligible receiver.

- ✓ Direct snaps are NOT allowed (Direct snap: an offensive play in which the quarterback is in the shotgun position and the center snaps the ball directly to a running back or receiver instead of to the quarterback).
- ✓ Pitch/Toss plays by QB are NOT allowed.
- ✓ Motion- Only ONE player can be in motion at the snap of the ball and must be running parallel to or away from the line of scrimmage. More than one player can initially shift, however all players MUST be set before the player goes in motion.
- ✓ Charging/Offensive Bull Rush- All offensive players once receiving the ball must make an attempt to avoid contact with defense. If an offensive player lowers their shoulder, or attempts to “bull rush” a defensive player a penalty will be called.
- ✓ 1 foot = “Inbounds” Only 1 foot is needed inbounds with a controlled catch.
- ✓ NO BLOCKING- Offensive team is not allowed to block or screen defensive players. Even if an offensive player is unintentionally in the way of a defender getting to the ball carrier a penalty will be called.
- ✓ Fumbles cannot be advanced. Once the ball hits the ground it is considered a “dead ball”. (If a lateral is intercepted it remains a “live play”). When the ball carrier loses control of the ball and it touches the ground the play is ruled dead and the ball is spotted at the point it touched the ground as long as the spot is at or behind the ball carriers forward progress.
- ✓ Offensive team is responsible for retrieving and returning the ball to the previous spot.

Defense

- ✓ 7 players on Defense
- ✓ Tackling- A legal tackle is defined as touching ball carrier with 1 or 2 hands below the neck. (Excessive force by shoving, pushing, or striking a blow will be penalized with a personal foul and possible ejection if deemed flagrant).
- ✓ Press Coverage- Defense is allowed to press receivers for initial 5 yards (excessive force on press coverage can result in a personal foul). Contact after initial 5 yards is illegal.
- ✓ NO rush on QB. If QB throws a forward pass behind the line of scrimmage the defense is ALLOWED to cross over line of scrimmage and touch ball carrier.
- ✓ Interceptions may be returned but there is no blocking on the play. Screening or being in the way of a player on the opposing team is the same as blocking them. Defensive interceptions (on a regular down, not PAT) that are returned past the 40 yard line will earn the defensive team **2 points** AND possession of the ball at the 40 yard line. Interceptions that are NOT returned all the way back to the 40 yard line will result in the defensive team being on offense at the 40 yard line but no points will be awarded.
- ✓ Interceptions on ANY Point After Touchdown try can be returned for 1 point (player must get past 40 yard line without being touched for team on defense to receive 1 point).
- ✓ No Face Guarding. Face Guarding is illegal. Defensive players must be playing the ball. If they hinder the receivers vision by face guarding and are NOT playing the ball a penalty will be called.

Special Teams

- ✓ There are no special teams in passing league.
- ✓ Field Goals: there are no field goals. **Going for 1:** 5 yards from goal line. **Going for two:** 10 yards from goal line. **Interceptions on ANY point after Touchdown try can be returned by the defense past the 40 yard line for 1 point.**

Spotting the Ball

- ✓ The ball will be spotted according to the position of the ball at the time the player was touched.
- ✓ A ball carrier who falls to the ground is considered down and will not be allowed to get back up to continue play (If receiver has a knee down when they catch a pass they will be down at the spot).

Overtime

- ✓ If both teams are tied after regulation the game will go down as a tie for both teams record.
- ✓ In playoff games there will be overtime for tied games. Each team will have an opportunity to be on offense (Captains will rock-paper-scissors for which team gets to be on offense first or second). Offensive team will start off the overtime period with the ball on the 20 yard line. It will be 1st and goal. If offense scores they have the option to go for a 1 or 2 point conversion. (Defense CANNOT intercept ball and return it to end the game. If the team that was on defense first intercepted the ball it simply means their team would now be on offense starting at the 20. If a team scores a touchdown and then goes on defense and gets an interception the game will be over).
- ✓ If a playoff game goes into Double Overtime the following will take place: Captains will Rock-Paper-Scissor for ball. It will now be "Golden Goal Line". THE FIRST TEAM TO SCORE WINS!

Penalties

- ✓ **Pass Interference- Offensive/Defensive-**Contact that is made when the ball is in the air. Incidental contact will be tolerated and left up to the judgment of trained referees. **(Pass interference is NOT simply a contact penalty and will depend on the Referees judgment as to positioning of players and right to the ball)**
- ✓ **Illegal Contact- Offensive-**Pushing off to create space/picks made through crossing routes. Contact made after the ball is snapped. **Defensive-**Contact made before the ball is in the air and after the ball has been snapped (can press receivers for initial 5 yards if ball isn't in air).
Illegal Forward Pass-QB-Pass is made downfield past the line of scrimmage. NOTE* It is Illegal to throw two forward passes behind the line of scrimmage.

- ✓ **Illegal Lateral-** A ball that is pitched/thrown forwards by a ball carrier past line of scrimmage
- ✓ **Offsides-** Defense/Offense- A player is on the wrong side of the line of scrimmage when the ball is snapped.
- ✓ **Delay of Game:** Each team has a 25 second play clock that starts after ball is spotted.
- ✓ **Illegal Formation-** Must have 3 players on line of scrimmage (center counts as one of those players).
- ✓ **Ineligible receiver-** An ineligible receiver is past the line of scrimmage prior to a forward pass. Ineligible receivers must wait until the pass is thrown beyond the line of scrimmage (or touched) before moving past the line of scrimmage.
- ✓ **False Start-** Forward motion made by offensive player prior to snap of the ball.
- ✓ **Illegal Motion-**Multiple players in motion at one time (Once offensive players are set only 1 player is allowed to go into motion legally). Forward motion (Player running towards the line of scrimmage prior to the snap of the ball).
- ✓ **Snap Infraction-** The ball is snapped silently without a cadence. Ball is faked snapped and put back on ground.
- ✓ **Illegal Shift-** A player is not in motion and moving prior to snap (not set).
- ✓ **Illegal Substitution/Participation-** Anytime there are more than 7 players on the field for a team during a live play, illegal substitution will be called. If a player intentionally goes out of bounds during the down and; return to the field, intentionally touch the ball, influence the play, or otherwise participate, Illegal participation will be called. (Note- if a player is blocked out of bounds by an opponent and returns to the field during the down, he shall return at the first opportunity. This is not considered illegal participation)

Ball Carrier Related

- ✓ **Offensive “Bull Rush” (Obstruction)-** Contact initiated by offensive ball carrier (lowering shoulders/initiating contact with defense)
- ✓ **Blocking/screening-** Any contact that is made to obstruct a defender from pursuing the ball carrier. This penalty is often called even when a player is incidentally obstructing the defender.
- ✓ **Diving/leaping(leaving feet)-** It is illegal to dive/jump to gain extra yards (usually happens on the goal line). You are allowed to dive to pull flags or catch a ball.

PENALTY TABLE AND ASSESSMENTS ON NEXT PAGE

Penalty Table and Assessments

Note* LOSS OF DOWN means down will NOT be replayed

Penalty	Yardage	Where is the Penalty Assessed?	Loss of Down?
Snap Infraction	5	Previous Spot	N (repeat down)
Offsides	5	Previous Spot	N (repeat down)
False Start	5	Previous Spot	N (repeat down)
Delay of Game	5	Previous Spot	N (repeat down)
Illegal motion/shift	5	Previous Spot	N (repeat down)
Illegal formation	5	Previous Spot	N (repeat down)
Illegal substitution / participation	5	Previous Spot	N (repeat down)
Illegal Forward Pass / Illegal Lateral	5	Spot of Foul	Y (loss of down)
Illegally handing ball forward	5	Spot of Foul	Y (loss of down)
Intentional Grounding	5	Spot of Foul	Y (loss of down)
Illegal Contact (Offensive-contact after 5 yards before the ball is thrown)	5	Previous Spot	N (repeat down)
Illegal Contact (Defensive-contact after 5 yards before the ball is thrown)	5	Previous Spot	N (repeat down)
Illegal Dive/Leap (Ball Carrier)	5	Spot of Foul	N (repeat down)
Ineligible Receiver	5	Previous Spot	N (repeat down)
Illegal Block/Screen	10	End of the run or spot of the foul. Whichever penalized the offender worse	N (repeat down)
Obstruction (Contact-Offense "Bull Rush")	10	Spot of Foul	N (repeat down)
Obstruction (Contact-Defense "Bull Rush")	10	End of the run or spot of the foul. Whichever penalized the offender worse	N (repeat down)
Pass Interference (Offense)	15	Previous Spot	N (repeat down)
Pass Interference (Defense)	15	Previous Spot	N (repeat down)
Unnecessary Roughness/Personal Foul (live ball)	15	Succeeding spot	N (repeat down)
Unnecessary Roughness/Personal Foul (dead ball)	15	Previous spot	N (repeat down)