

T3 7x7 Passing League Rules (K-2 Grade Division)

GAME RULES

OVERVIEW

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
2. The winner of the coin toss has the choice of offense or defense.
3. The offensive team takes possession of the ball at its 3-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 3-yard line.
5. All possession changes, except interceptions, start on the offense's 3-yard line.
6. Games will be 7x7 Format
7. Shirts MUST be tucked in, and flags must be worn over the shirts. Any ball carrier with their shirt over their flags will be called down when a defender attempts to pull the flag.
8. The same player cannot run the ball on consecutive plays. This does not apply to pass receiving. A player who just ran the ball is eligible to catch a pass on the next play.
9. At the end of the game, teams will lineup to shake hands.
10. Fields MUST be cleared immediately after the game is done.

TIMING

1. All teams will have the field for approximately a one hour time slot.
2. There will be a running clock starting at 59 minutes.
3. The first 15 Minutes will be used for a quick warm-up/Practice
4. The coin toss by captains will be done promptly 15 minute past the hour or earlier if requested by both coaches.
5. There are NO Timeouts. Play will only be stopped for injury.

6. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before the delay-of-game penalty is enforced. We want these games to move at quicker pace to maximize reps/plays for the kids. (the younger the kids, the more lenient we will be with this rule!)

Offense

1. The offensive team takes possession of the ball at its 3-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
2. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 3-yard line.
3. All possession changes, except interceptions, start on the offense's 3-yard line.
4. Interceptions may be returned. Ball will be spotted where the defender flag is pulled.
5. There are NO safeties. If a player loses yards inside the 3 yard line or get his flag pulled in the end zone, the ball will come out to the 3 yard line.
6. If the offense scores a touchdown, they may elect to go for one point or two point conversion. One point conversion is from the 3 yard line, two point conversion is from the 6 yard line.
7. Offense has the option to run or pass. All Pitches, laterals, or handoffs must take place behind the Line of Scrimmage
8. The ball must be snapped (between the legs or side snap are accepted) Any snap that hits the ground is loss of down. No yards will be lost
9. No diving to gain yardage or jumping (Hurdling Defenders)
10. No Fumbles. Once the ball hits the ground, play is dead.

Ball Carriers

1. The ball will be spotted where the flag is pulled (Therefore, no reaching the ball out to gain additional yardage, especially over the GOAL LINE)
2. No diving to gain yards or jumping (hurdling)

3. The ball carrier shall not run through a defense player but must attempt to evade a blocker
4. Flag Guarding-No ball carrier shall intentionally block an opponent or defending the player from grabbing the flag. This includes stiff arming, slapping the defender hands away or intentionally covering flags with shirt. Ball will be spotted at spot of foul.

RECIEVING

1. All players are eligible to receive passes
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have a least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 3-yard line.
6. Interceptions are returnable but not on conversions after touchdowns.

FORMATIONS

1. Center and Guard must make up the offensive line. The rest of the players may line up anywhere you want
2. The center and Guard must have appropriate splits. Appropriate splits are arms distance away from each other.
3. Ball can be snapped through the legs or a side snap. Either way the ball must be on the ground to start. A snap that hits the ground, is a loss of down, but the ball will be retuned to the original LOS.

4. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the LOS
5. Formation shifts are allowed but all players must be set for one full second.

BLOCKING

1. Blocking is allowed with hands! No Shoulder Blocks!
2. Correct Blocking technique includes shooting hands inside with thumbs up. The aiming point is the numbers/armpits of the defender. Heads Up at all times!
3. You must be in front of the defender you are blocking. No blocking in the back. This will result in a penalty.
4. No dive or roll Blocks. Contact must take place above the waist and below the neck.

DEFENSE

Alignment

1. Neutral Zone- There is a one yard neutral zone between the offensive and defensive line. This means that there will be 2 lines of scrimmage, one for the offense, and one for the defense.
2. A max of 4 defenders are allowed on the defensive line. All other defenders must be at least three yards behind the defensive Line of Scrimmage (Linebacker/Defensive Backs)

Rushers

1. Two players will be given wristbands and are designated rushers. You may change players who are rushers at any point during the game by giving them a wristband. All rushers **MUST** have a wristband.
2. The rushers can NOT rush the center/guard gap (A Gap)

3. All Players NOT rushing may defend the LOS once the ball is handed off or Quarterback commits to run.
4. Players without wrist bands CAN NOT Blitz. However, may react to the ball once as it is advanced. (Therefore, there could be times when the defender reacts to the ball and play is made behind the LOS)
Examples most common will include a broken play, sweep, reverses, screen, etc. The referee will determine if the players are reacting to the ball or if the players are blitzing.
5. If the Quarterback drops back to pass, only the designated rushers may enter the backfield. If others enter the backfield without a wristband, a penalty will be called.
6. An interception may be returned, the ball will be spotted where the defender flag is pulled.

SCORING

Touchdown	6 Points
Extra Point	1 Point (played from the 3 yard line)
	2 Points (played from the 6 yard line)
No Safeties	

PENALTIES (The ball will NEVER be moved back beyond the 3 yard line)

Offense (Defense can decline any penalty if they wish)

1. *Holding* (Holding will be called if it directly effects the outcome of the play. If it does not, the hold should be pointed out and coach should reiterate the correct way to block. No penalty will be called.)

Offensive Line -5 loss, and replay the down

Downfield -5 yard loss from spot of the foul

2. *Delay of Game*

-5 yards and loss of down (remember you will have one warning per game)

(The younger the kids, the more lenient we will be)

3. *Flag Guarding-(Holding onto to belt, stiff arms, charging, shirt over flags)*

Play will be blown dead at spot of foul and ball be placed at the spot of the foul (No yards will be lost)

4. Offensive Pass Interference (Pushing off/away on defender)

-5 yards from LOS and Loss of Down

5. Illegal Motion/shifts, False Starts, Illegal Formation,

Play will be blown dead and replay the down. If this becomes excessive, the referee will begin penalizing the team -5 yards from LOS and loss of down

DEFENSE(OFFENSE CAN DECLINE ANY PENALTY IF THEY WISH)

1. *Defensive Pass Interference*

5 yards plus replay the down

2. *Illegal Rushing/Blitzing (Ends rush through A Gaps or a player illegally blitzes*

5 Yards and replay the down

3. *Holding (Grabbing an offensive player jersey or shorts while running a route)*

5 yards and replay the down

4. *QB interference/Roughing the Passer (A defender hits the arm while the Quarterback is throwing)*

5 yards and replay the down

5. *Offsides (Defensive Player lines or moves the LOS of the offense)*

5 yards and replay the down

6. *Pushing the player out of bounds*

5 yards to end of run or replay the down

7. *Defensive Coaches on Field During Offensive Play*

5 yards and Replay the Down

DEADBALLS SCENARIOS

Play is ruled “dead” when:

1. The ball hits the ground.
2. The ball carrier’s flag is pulled.
3. The ball carrier steps out of bounds.
4. A touchdown or extra point is scored.
5. The ball carrier’s knee hits the ground
6. The ball carrier’s flag falls off
7. The receiver catches the ball while in possession of one or no flags
8. Inadvertent whistle.

MISCELLANEOUS RULES AND SITUATIONS

1. If flags fall off without being pulled, runner is down where the flag came off
2. Ball Carrier should stay on his feet at all times (No Diving or Jumping)
3. No Fumbles! Once the ball hits the ground it is dead
4. Offensive and Defensive Subs MUST be in the back of the end zone at all times
5. Games cannot end on a defensive penalty, unless the offense declines
6. Any intentional penalties at end of the game on offense or defense to attempt to win the game or take time off the clock will NOT be tolerated.

COACHES

1. A maximum of Three Coaches are allowed on the field to direct players according to need and division between plays.
2. Offensive coaches can be the only coaches on the field behind the huddle during a play(Must be minimum of five yards behind the Quarterback at all times!)
3. Defensive Coaches can be on the sideline or back of the end-zone during the play (Failure to do this will result in -5 yard penalty and replaying the down)

KINDERGARTEN ADJUSTED RULES

1. The QB will start with the ball in hand behind the center and must use cadence to signal start of play (there is no silent count).
2. The ball must be handed off or thrown (Quarterback may move around behind the LOS)
3. Quarterback Cannot run the ball
4. 3 Players may be on the Defensive Line of Scrimmage. All other players must be 3 yards behind the Defensive LOS(Linebackers and Defensive Backs)
5. 3 players can rush in Kindergarten and rush A gap

*****WE RESERVE THE RIGHT TO CHANGE ANY OF THESE RULES
AT ANY TIME FOR THE BETTERMENT OF THE LEAGUE

HAVE FUN! (KIDS WILL REMEMBER THIS EXPERIENCE FOREVER!)

