

Appendix H

**2017
NMYAFL**



**7 ON 7
PASSING
LEAGUE
RULES**

1. General Rules

- 1.1. The game should be played between 2 teams of 7 players each. Five players are required to avoid a forfeit.
- 1.2. The game shall be played under the supervision of 1 to 2 officials.
- 1.3. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.
- 1.4. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

2. Game and Player Equipment (Legal)

2.1. Legal Equipment

- 2.1.1. Jerseys - Players of opposing teams must wear contrasting colored jerseys, and/or pinnies.
- 2.1.2. Pants / Shorts - Each player must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. The pants or shorts must be a different color than the flags.
- 2.1.3. Flag belt - Each player must wear a one-piece belt at the waistline with two flags permanently attached, one flag on each side.
Penalty: Dead Ball Foul – Failure to have flag belt legally attached prior to the snap, 5 yards from the previous spot.
- 2.1.4. Mouth Piece - Each player must wear a mouth piece the entire time the ball is in play.
Penalty: Dead Ball Foul -The mouth piece must be securely placed in mouth prior to the snap, 5 yards from the previous spot.
- 2.1.5. Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material
- 2.1.6. Headwear – Players are not permitted to wear bandanas. Players may wear knit stocking caps, or elastic headbands. Hats may not have a bill.
- 2.1.7. Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted. (See illegal player equipment)

2.2. Illegal Equipment

- 2.2.1. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - 2.2.2. Headgear containing any hard, unyielding, or stiff material, including billed hats.
 - 2.2.3. Jewelry
 - 2.2.4. Pads or braces worn above the waist.
 - 2.2.5. Shoes with metal and ceramic cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit.
 - 2.2.6. Shirts or jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
 - 2.2.7. Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s).
 - 2.2.8. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.

- 2.3. An official time out shall be declared to permit prompt repair of equipment, which becomes illegal or defective through use (except for illegal shoes).

3. Practice Times and Restrictions

- 3.1. The first week practice restrictions are as follows:
 - 3.1.1. (8) Hours of practice are allowed the first week.
 - 3.1.2. Each practice of the first week must be no longer than 2 hours in length
- 3.2. The second week practice through the championships restrictions are as follows:
 - 3.2.1. (4) hours of practice each week are allowed.
 - 3.2.2. Each practice must be no longer than 2 hours in length
 - 3.2.3. (3) days of practice max.

4. Field Dimensions

- 4.1. Field length – 40 yards
- 4.2. Field width – 40 yards to 53
- 4.3. End Zone – 10 yards deep

5. Time

- 5.1. Twenty minute halves with running clock
- 5.2. Five minute halftime
- 5.3. Each team will be allowed one time out (1 minute in duration) in the 2nd half only.

6. Playing Time

- 6.1. The NMYAFL 6 play rule per half is in effect for this 7 on 7 Passing League

7. Starting the Game

- 7.1. Visitors will have first possession and the Home team will have first possession in the 2nd half.
- 7.2. The Referee will mark the scrimmage spot with a bean bag and the center is responsible to place the bean bag at the scrimmage spot indicated by the Referee after each play. Teams may use a QB-Tee and the center will also be responsible to move and place the QB-Tee.
- 7.3. Each team will use its own ball during offensive possessions. The offensive team is responsible to recover the ball after each play and return it to the previous spot or the new scrimmage spot.
 - 7.3.1.1. 6U and 8U Divisions will use the Mighty Mite ball
 - 7.3.1.2. 10U Division will use the Pee Wee ball
 - 7.3.1.3. 12U Division will use the Junior ball
 - 7.3.1.4. 14U Division will use the Youth ball

8. Moving the Ball

- 8.1. No kicking or punting
- 8.2. Field is marked by cones on the 40, 25, and 10 yard lines. First downs are gained at the 25 and 10 yard lines.
- 8.3. Offenses always move in the same direction
- 8.4. The QB is allowed 6 seconds to throw the ball.
- 8.5. Clarification on the timer: the QB must release the ball before the timer sounds. If the QB is in the act of throwing, he may continue the throw. However, the play will not count and would result in a dead ball.
- 8.6. The offense can run the ball once per series of downs except when there are 5 yards or fewer from first down or TD, then the offense must pass.
- 8.7. The defense can blitz once per series. The offense also has the run option anytime the defense blitzes. When the defense blitzes the 6 second timer is off.
- 8.8. If the Defense blitzes the resulting offensive play will not be counted as a run play.

9. Scoring

- 9.1. 6 points for a touchdown add 2 points if scored by female player
- 9.2. Try from 5-yard line 1 point add 1 point if scored by a female player
- 9.3. Try from 10-yard line 2 points add 1 point if scored by a female player
- 9.4. Try from 15-yard line 3 points add 1 point if scored by a female player
- 9.5. The official score is kept by the field Referee and he will announce the score before each offensive possession begins.

10. Overtime

- 10.1. NFHS overtime rules apply to games that are tied at the end of regulation.

11. NFHS and Special Rules

- 11.1. NFHS Rules and Penalties shall be enforced unless otherwise addressed below.**
All penalties that occur when the ball is on the 40-yard line will result in loss of down and not a yardage penalty. At no time will the scrimmage spot be beyond the 40-yard line.

- 11.2. **NO BLOCKING ALLOWED!** Once the ball has crossed the line of scrimmage all players on the offense are no longer part of the play. Creating a screen or wall for the ball carrier will be considered a block.

11.2.1. Penalty: Personal Foul, 5 yards from the spot of the penalty.

- 11.3. Receiver/Ball carrier is down when his/her flag is pulled. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player will be ejected if ruled unsportsmanlike and flagrant.)

- 11.4. **Delay of Game.** Each team will have 25 seconds to snap the ball once it has been marked ready for play.

11.4.1. Penalty: 5 yards.

- 11.5. In the 6U age group coach is the team QB and this age group may run the ball without limits except see Rule 8.4 still applies. The Coach QB can never run the ball even if blitzed by the defense. In the age group 8U a coach can be QB for the first half of the season and the 2nd half of the season a player will be QB through the last regular season game and the playoffs. Also, in the 8U age group teams will be allowed to run twice per series of downs.

- 11.6. **Fumbles are dead balls at the spot** with the last team retaining possession unless turned over on downs. A muffed snap is not a fumble/dead ball but the 6 second timer still applies.

- 11.7. Defensive pass interference will be a spot foul and automatic first down, penalties that occur in the end zone result in first down on the 1 yard line.**

- 11.8. Illegal contact** – it is the responsibility of the defense to avoid contact. There will be no chucking, or deliberate bumping or grabbing. These actions will result in a “tack on” penalty at the end of the play

11.8.1. Penalty: 5 yards

- 11.9. **Offensive pass interference** is per NFHS Rules.

- 11.10. Absolutely no laterals or pitches of any kind.**

11.10.1. Penalty: 5 yards

- 11.11. Only direct handoffs behind the line of scrimmage are permitted. The offense may use multiple handoffs. The player who takes a handoff may pass the ball if he has not crossed the line of scrimmage. Once the ball has been handed off all defensive players may rush.

11.12. Defenses may rush one time per series of downs. The defense can only rush if lined up on the line of scrimmage. If there is no blitz then defenders must be three yards off the line of scrimmage. On a play where the defense has decided to blitz there is no limit to the number of players that may be sent.

11.12.1. **Penalty: Accept results of the play of automatic 1st down at previous spot**

11.13. The use of a “stiff arm” to ward off an opponent is prohibited.

11.13.1. **Penalty: 5 yards from the spot.**

11.14. Interceptions may NOT be returned and the play is whistled dead immediately. An interception simply results in a change of possession and the ball is placed on the 40-yard line.

11.15. The offensive center is NOT an eligible receiver (all teams must have a center – the center may be any player). If the offense is using the QB-Tee, one offensive player must take a knee next to the tee during each offensive play.

11.16. Any dead ball foul on the defense and also a change in possession will result in the offensive team starting on the 40-yard line having lost a down. In other words, the offense starts their series already at 2nd down.

11.17. For all levels one coach is allowed on the field for the offensive team.