

New Mexico Young America Football League



7 v 7

League Rules

**Approved with Amendments
March 2023**

COMPETE CLASS

with



RESPECT - INTEGRITY- RESPONSIBILITY

NEW MEXICO
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RULES

I THE GAME

Captains

1. Each team will identify no more than two captains.
2. At the start of each game, captains from each team will meet at midfield for the coin toss to determine who will start with the ball, with the visiting team captain calling the toss.
3. The winner of the coin toss will have the choice of offense, defense or to defer until the second half.
4. The game shall be played under the supervision of 2 officials. Captains are expected to work with game officials to maintain sportsmanlike behavior of their team.

Timing

1. Each game will consist of two 20-minute halves with a running clock, and a 10-minute halftime.
2. Each team will be allowed one (1) 30-second timeout per half.
3. One minute before halftime and one minute before the end of the game, the clock will stop ONLY:
 - a. on touchdowns, including extra points,
 - b. change of possession
 - c. and, official or team called time out.
4. The clock will continue to run on drives within one minute (including incomplete passes, player OOB).
5. The offense will have 25 seconds to get the next play off from the time the previous play ended, and the snapper places the ball.
 - a. Failure to do so will result in a loss of down.
 - b. The offensive team will be responsible for relaying the ball to the snapper.
 - c. Any delay by the snapper to place the ball immediately after the previous play ends will result in a penalty. **Penalty:** first offense - a warning, second/subsequent - Delay of Game and loss of down penalty.

Overtime

1. A tie game at the end of regulation will result in an overtime period beginning with a coin flip called by the visiting captain.
2. Each offense will get four downs to score from the 20 yard line, with extra point opportunities as needed. Failure to score in four downs will result in a turnover.

- ## II THE FIELD & SCORING

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III EQUIPMENT

1. Each team may provide their own game ball, providing it conforms to NFHS specifications.
2. Players must wear shoes. Football cleats are encouraged; however, cleats with exposed metal are not allowed and must be removed.
3. All players must provide their own team jerseys. If two teams have similar colored jerseys, the visiting team must wear pinnies. (Teams may choose to bring an alternate jersey.)
4. Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads, kneepads, and play cards. Braces with exposed metals are not allowed.
5. Headwear provided by NMYAFL is required to be worn.
6. Towels attached at the player's waist are allowed.
7. Players must remove all watches, and any other jewelry that the officials deem hazardous. Earrings or piercing must be removed or covered completely with an athletic tape.
8. As this is not a "Flag" league, un-tucked jerseys, or shorts with pockets or loops are allowed.

PLAYERS & COACHES

1. Teams are allowed NO MORE THAN two offensive coaches and three substitutes behind the offense.
2. Coaches & player substitutes MUST stay a minimum of 5 yards behind the Referee.
Penalty: Dead Ball Foul, Delay of Game - First offense, warning. Second offense, Loss of Down.
3. Defensive coaches & substitutes must stay on the sideline.
4. Offensive teams will consist of one quarterback, five receivers, and a "snapper".
5. The offensive team may release as many as five players on any play (not a Center).
6. The snapper may snap the ball between his legs or use an underhand toss from

the ground to the quarterback to simulate a snap.

7. The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands.

Penalty: Illegal Snap - Loss of down.

OFFENSE PLAY

1. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.

Penalty: False start and loss of down. The official will make the call and his word is final and unarguable.

2. No blocking, "screening", or running with the ball carrier/blocking downfield is allowed at any time.

Penalty: Illegal Block: Loss of down from the previous spot.

Running

1. The NMYAFL Varsity 7 on 7 League is a passing skills development league.
 - a. NO running plays, pitches, options, or reverses are allowed.
 - b. NO double passes or Screen Passes are allowed.
 - c. Absolutely NO laterals or pitches of any kind.

Penalty: Dead Ball Foul, Illegal procedure - Loss of down.

2. All fumbles are ruled down by contact where the ball came out. There is no change of possession, no advancing loose balls, and no diving on loose balls.
3. If there is a fumble on the exchange between the QB and snapper, the ball will remain in play with the sack timer counting down.

Run After Catch

1. The ball is spotted where the runner's feet are when the ball carrier is touched, NOT where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
2. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player.
3. Diving - as this is not a Flag league, diving is allowed. However, coaches and players should discuss the safety issues associated with diving.
 - a. Because forward progress will be marked at the player's feet, diving is unnecessary for additional yardage.
4. Spinning- as this is not a Flag league, spinning is allowed. However, coaches and players

should discuss the safety issues associated with spinning.

5. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet and is NOT ALLOWED.

Penalty: Loss of down & return ball to previous spot.

6. A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a "stiff arm".

Penalty: Dead Ball, loss of down & return to previous spot.

Passing

1. 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.

Penalty: Dead Ball Foul Illegal Motion: Loss of down.

2. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage.
3. Shovel passes are allowed but must be received beyond the line of scrimmage.
4. The Quarterback has four seconds to throw the ball.
 - a. The offensive coach will count out loud "Thousand-One, Thousand-Two, Thousand-Three, Thousand-SACK". The ball will be dead on "SACK". A whistle is NOT NEEDED to end the play but will be blown as a signal to end down field play.
 - b. If the QB does not release the ball in four seconds, the play will be blown dead, occurring in a loss of down and the ball returned to the LOS.
 - c. The official will make the call and his word is final and unarguable.

5. In accordance with NFHS Rules, Offensive Pass Interference will consist of:
 - a. Blocking downfield before the ball has been touched (the pick play)
 - b. Shoving or pushing off and creating separation.
 - c. Driving through a defender who had established position.

Penalty: Loss of down & returning the ball to the previous LOS.

6. A player must have a least one foot inbounds when making a reception.
7. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

DEFENSIVE PLAY

1. Rushing the passer is not allowed.
2. Defenders may attempt to "strip" the ball, but it will become a DEAD BALL & the offense retains possession if fumbled.
3. Diving -A defender may dive for a two hand touch, but the effort may not be with such force that the touch causes the ball carrier to lose their footing. Any dive may not resemble a tackle, hold or run through the ball carrier in any way.

Penalty: Unnecessary Roughness, automatic first down at the spot of the touch.

4. Any touch of the ball carrier by a defender is considered a tackle. The touch must be between shoulders and knees, tags on head do not count.
 - a. If close, a touch will be the ruling.
 - b. Ruling of a legal touch will be the official's ruling and cannot be challenged.
 - c. A two hand shove causing the ball carrier to lose their feet is not allowed.

Penalty: Unnecessary Roughness, automatic first down at the spot of the touch.

5. Interceptions result in an automatic DEAD BALL and change of possession.
 - a. Interceptions CANNOT be returned for touchdowns.
 - b. Play will begin with the new offense at the 40 yard line with play eligible to begin once the offense is set, following the Referee, "Ready for play" whistle.
 - c. There will be no designated break in play or clock following a change of possession. Defensive teams must be ready to take the field as quickly as offensive teams take the field.

6. In accordance with NFHS rules, Defensive Pass Interference will consist of:

- a. Face Guarding
- b. Not Playing the Ball
- c. Grab and Restrict
- d. Playing through the back
- e. ArmBar
- f. Cut off
- g. Hook and turn

Penalty: Defensive Pass Interference, automatic first down at the succeeding spot.

7. Defensive pass interference that occurs when the offense starts with the ball outside the 20 yard line will result in a 1st down at the 20_yard line.
 - a. DPI that occurs anywhere on the field (including End Zone DPI) when the LOS is between the 20 & 5 yard lines. Automatic first down on the five yard line.
 - b. DPI that occurs anywhere on the field (including End Zone) when the LOS is inside the 5 yard line. Automatic first down at the 1 yard line.

- c. Following any DPI spot foul that places the new LOS inside the five yard line, two consecutive DPI penalties inside the End Zone.
Automatic Touchdown.

UNSPORTSMANLIKE CONDUCT

1. Any acts of intentional tackling, elbowing, cheap shots, blocking as an unsportsmanlike act will not be tolerated.
2. Any unsportsmanlike conduct by players or coaches will be penalized according to the official's discretion.
3. No player shall commit non-contact acts during a period or intermission. Examples include, but are not limited to:
 - a. Any acts of unfair play.
 - b. Using disconcerting acts or words prior to the snap to interfere with the offense's signals or movements. Intentionally kicking at any opposing player.
 - c. Intentionally swinging an arm, hand, or fist at any opposing player.
4. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
5. Players may not physically or verbally abuse any opponent, coach or official.
6. Ball carriers MUST try to avoid defenders with an established position.
7. Defenders are not allowed to run through the ball carrier when attempting a touch.

Penalty: Coaches First Offense -warning, Second Offense - ejection. Players First Offense - warning or ejection depending on the severity of the action. Any fighting will result in an ejection and suspension from game IAW NMYAFL rules as well as Loss of Down, if on offense or Automatic First Down, if on Defense.

The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!

8. Fans must also adhere to good sportsmanship:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.

Penalty: First Offense-warning, Second Offense - ejection of Head Coach and Loss of Down, if on offense or Automatic First Down, if on Defense. Any subsequent offenses, depending on the severity of the actions, may result in suspension of the Head Coach from the remainder of the tournament as well as Loss of Down, if on offense or Automatic First Down, if on Defense.

9. Parents: A player's success or lack of success in sports does not indicate what kind of parent

you are, but having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.

Please don't have your conduct affect your child's play. Unsportsmanlike behavior will not be tolerated. Persons engaging in belligerent, profane and/or unsportsmanlike behavior are subject to ejection from the premises with forfeiture of all guest rights and privileges.

PENAL TIES

General

1. The referee will announce all penalties.
2. Game officials determine incidental contact that may result from normal run of play.

Unnecessary Roughness	Any touch or dive may not resemble a tackle, hold or run through the ball carrier in any way.	Automatic first down at the spot of the touch
Unsportsmanlike Conduct	Coaches	Coaches First Offense -warning, Second Offense - Ejection
Unsportsmanlike Conduct	Players	First Offense- warning or ejection depending on the severity of the action. Second Offense – ejection
Unsportsmanlike Conduct	Fans	First Offense - warning, Second Offense - ejection of Head Coach Any subsequent offenses, depending on the severity of the actions, may result in suspension of the Head Coach from the remainder of the tournament
Each will also include Loss of Down, if on offense or Automatic First Down, if on Defense. Any fighting will result in an ejection IAW NMYAFL Rules		
Defensive Pass Interference	<ul style="list-style-type: none"> • Face Guarding • Not Playing the Ball • Grab and Restrict • Playing through the back • Arm Bar • Cut off • Hook and turn 	Automatic first down at the succeeding spot.

DPI that occurs anywhere on the field when the offense starts with the ball outside the 20 yard line.	1st down at the 20 yard line.
DPI that occurs anywhere on the field (including End Zone DPI) when the LOS is between the 20 & 5 yard lines.	Automatic first down on the five yard line.
DPI that occurs anywhere on the field (including End Zone DPI) when the LOS is inside the 5 yard line.	Automatic first down at the 1yard line.
Following any DPI spot foul that places the new LOS inside the five yard line, two consecutive DPI penalties inside the End Zone.	Automatic Touchdown.