

CITY OF MESQUITE 7 ON 7 RULES

Revised February 17, 2010

MOUTH PIECES: It is required that mouth pieces be worn.

1. Field Dimensions:

- A. Field Length--45 yards long
- B. Field Width--160 feet (60 feet to hash mark, 40 feet between)
- C. End Zone--10 yards deep

2. Starting the game:

- A. A central time keeper will be designated. All games will begin and end on this persons instructions. He/She will also announce the time remaining at the 10, 5, and 2 minute mark.
- B. Visitors will have first possession. The home team will have first possession the 2nd half.
- C. **NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS.**
- D. All teams will have a jersey WITH PLAYERS NUMBER ON FRONT AND BACK.
- E. **NO FOOTBALL JERSEY'S OF ANY TYPE SHALL BE WORN.** T-shirts, Underarmour, or basketball type sleeveless shirts are the only choices of acceptable jerseys.
- F. Visitors will always align their team on the right sideline facing the end zone; home will always align their team on the left sideline facing the end zone.
- G. Ball is always placed on the right hashmark when at the 45 yard line.
- H. Referee will announce/post score before each offensive possession begins.

3. Moving the ball.

- A. No Kicking/Punting.
- B. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
- C. Possession always begins at the 45 yard line at the right hash. **NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45 YD. LINE. LOSS OF DOWN WILL BE ASSESSED INSTEAD.**
 - Interpretations:
 - *First down* – incomplete pass and offensive penalty results in the next down being 3rd down.
 - *Second down* – incomplete pass and offensive penalty results in the ball going over to the defensive team.
 - **NOTE: THIS APPLIES ONLY IF THE BALL IS ON THE 45 YARD LINE.** If the ball has been advanced, and a major penalty must be enforced, the offensive team is penalized half the distance to the goalline (45 yard line).
- D. Offenses always move in the same direction. **NO PLAYER MAY RUN WITH THE BALL,**
- E. **ALL PASSES MUST BE FORWARD** (A pass caught behind the line of scrimmage must be a forward pass).
- F. **ONCE A FORWARD PASS HAS BEEN THROWN, A BACKWARD PASS (lateral) IS ALLOWED.**
- G. **THE 4 SECOND COUNT IS STILL IN EFFECT IF THE FORWARD PASS IS CAUGHT BEHIND THE LINE OF SCRIMMAGE.**
- H. Should a swing pass not cross the LOS and before the 4 second count has expired, a defensive player tags the ball carrier behind the 45 yard line, it is a SAFETY.

4. Special Rules

- A. **No Blocking.**
- B. **Receiver/Ball carrier is legally down when touched with one or both hands.**
- C. Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
- D. Fumbles are dead balls at the spot with the last team retaining possession.
- E. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in affect on snaps.
- F. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of the game penalty will be loss of down plus 5 yards.
- G. The QB is allowed 4.0 seconds to throw the ball.
 - I. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
 - II. If release is under 4.0 seconds, the play goes on.
 - III. If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official or coach from a team that is not playing)
- H. The only infractions possible when a 4 second count is called are: defensive holding, personal fouls, and unsportsmanlike acts. There CAN'T BE: an interception, offensive touchdown, or pass interference offensive or defensive.
- I. **Defensive Pass Interference will be a spot foul** (1st down at the spot).
- J. **Responsibility to avoid contact is with the defense.** There will be NO chucking. Deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty)
- K. Offensive pass interference is the same as NCAA rules. (15 YARD PENALTY) If the offensive team is on the 45 yard line and a 15 yard penalty can't be administered, then the penalty will result in loss of down.
- L. Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball MAY trail the runner so as to be in position to take a backwards pass. **THEY MAY NOT BLOCK FOR OR SCREEN FOR THE RUNNER.**
- M. **Offensive team is responsible for retrieving and returning the ball** to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball **TO THE REFEREE** will result in a delay of game and will be a 5 yard penalty from the succeeding spot.
- N. The offensive center is not an eligible receiver (teams must have a center). **THE BALL MUST BE SNAPPED FROM THE GROUND BETWEEN THE SNAPPERS LEGS!** (mirror the game of football)
- O. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line. (centers on both teams responsible).
- P. No taunting or "trash talking". (5 yard penalty & expulsion if flagrant). The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over.
- Q. There is no kicking.
- R. Four down territory occurs only after offense proceeds to or inside the 15 yard line cone (third quadrant).
- S. **Fighting: the player(s) involved will be ejected from the game and league. If a team fight occurs, the teams involved will be ejected from the game and participation from the**

remainder of the season! They will also be disqualified from participating in post-season play.

- T. Two delay of game penalties in the same possession results in a turnover. The defensive team will then put the ball in play on the 45 yard line.
- U. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.

5. Scoring:

- A. 6 points for TD
- B. 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT is dead ball). Official score is kept by field referee and game manager.

6. Tie Breaker:

- A. After coin flip to determine first possession, teams will alternate 4 down series from the 15 yard line.
- B. A winner is determined when one team scores during its possession and the other does not. (Federation rules).
- C. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

7. Time:

- A. 20 minute halves (continuous clock for each half--see: "starting the game").
- B. **No time outs.** (EXCEPTION: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).
- C. 10 minute half-time/10 minutes between games.
- D. 7 on 7 play requires that all games start/end at the same time.
- E. If a team(s) are late and cannot start when the game officially starts, they will begin play with whatever time is left on the game clock. (Not to exceed 10 minutes of 1st half. **Forfeit will occur after 10 minutes of the 1st half**).
- F. **IT IS IMPERATIVE TO KEEP TO THE GAME TIME SCHEDULE.**
- G. **Teams must be on site and ready to play when scheduled.**
- H. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

8. Secondary Coverage's:

- A. Coverage will be the choice of each participating team.

9. Squad Members

- A. Players: Maximum of 14 players per team.

10. Officials:

- A. (3) – Referee; Field Judge, Back Judge
- B. Timekeeper: A designated official will keep the 4 second clock.

11. Coaches-Fathers.

- A. **NO** High School or Middle School coach may serve as a coach or stand with the team on the sideline.
- C. **ALL HIGH SCHOOLS COACHES PRESENT MUST SIT IN THE END ZONE. NO HIGH SCHOOL COACHES ARE ALLOWED ON THE SIDELINE.**

D. All team coaches will wear an identifying tag for clarification purposes. **A team may not have more than four (4) coaches on the sideline.**

13. Team Area:

NO TEAM SHALL HAVE ADDITIONAL ATHLETE'S ON THE SIDELINE OR IN THE TEAM TENT PARTIALLY DRESSED IN A TEAM UNIFORM (SHORTS AND/OR T-SHIRTS)

14. Athletic Administrator has final decision.