

2020 Willamette Valley Youth Football and Cheer 7 on 7 Season Rules

MOUTH GUARDS: It is required that mouth pieces be worn!

1. FIELD DIMENSIONS

- A)** Field Length -- 40 yards long (+40 in)
- B)** Field Width – Standard High School Field
- C)** End Zone -- 10 yards deep

2. STARTING THE GAME

A) The home team will have first possession. The visiting team will have first possession in the 2nd half. In the playoffs, the better seed (better record) will have first possession.

B) The home team will provide the designated score keeper (preference is a stand-alone Score table). All games will begin and end on this Referees instructions. The Referee should announce the time remaining at the 2 minute mark.

C) Teams must be on opposite sides of the field. **NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS!** Team sidelines must be on opposite sides of the field.

D) Youth football jerseys are acceptable. All members of team must be in matching uniforms.

E) Players are permitted to wear football cleats with plastic or rubber spikes. **NO METAL SPIKES!**

F) Ball is always placed in the center of the field when at the 40-yard line. It will then be placed on the hashes or spot of dead ball accordingly for remainder of drive.

G) Each team will use its own ball during offensive possessions. WVYF&C rules apply for ball usage.

H) Sunflower seeds and chewing tobacco are **STRICTLY PROHIBITED** on the turf fields. Any player/coach littering the turf field with seeds/shells will be **EJECTED** from the game without warning! This is a serious problem that coaches/players need to enforce!

3. MOVING THE BALL

A) No kicking/punting.

B) Field is marked at 10 yard intervals with cones or painted lines.

C) Possession always begins at the 40 yard line in the middle of the field.

D) Offenses always move in the same direction.

E) **NO PASSER MAY RUN ACROSS THE LINE OF SCRIMMAGE WITH THE BALL. ALL PASSES MUST BE FORWARD. ONLY THE PLAYER RECEIVING THE SNAP MAY PASS THE BALL.** Infraction results in loss of down.

F) All passes must be completed over the line of scrimmage. Infraction results in loss of down.

2020 Willamette Valley Youth Football and Cheer 7 on 7 Season Rules

4. SPECIAL RULES

A) No blocking. After a completed pass offensive players must stop and if able, avoid defensive players pursuing ball carrier.

B) Receiver/Ball carrier is legally down when 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 expelled if ruled unsportsmanlike & flagrant).

C) Fumbles are dead balls at the spot with the offensive team retaining possession. A fumbled snap is not a fumble/dead ball. The 5.0 second count remains in effect on snaps.

D) Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty. After each Delay of game penalty the clock will stop until play is the next snap.

E) The QB is allowed 5.0 seconds to throw the ball. The Referee starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.

1. If release is under 5.0 seconds, the play goes on.
2. If the referee sees that the clock has exceeded 5.0 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. **An interceptions may occur** if the clock has exceeded 5.0 seconds.
3. NO RUSHING ALLOWED AT ANYTIME.

F) Defensive Pass Interference will be a spot foul (1st down at the spot).

G) Illegal contact – the responsibility to avoid contact is with the defense. There will be NO chucking (Jamming WR's), or deliberate bumping or grabbing. These actions will result in either a completed play with a 5-yard "tack on" penalty or a 5yard penalty and replay the previous down.

H) Offensive pass interference is 5yd penalty from previous spot, and loss of down.

- I)** 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 at the 40 yard line in the middle of the field.

J) 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.

K) The offensive center is NOT an eligible receiver – **only 5 receivers!** (all teams must have a center – the center may be any player). The center is responsible for establishing the succeeding spot as designated by the Referee. If the offense is using the

2020 Willamette Valley Youth Football and Cheer 7 on 7 Season Rules

- L)** No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).
- M)** The offense must gain at least 10 yards within 3 plays to get a 1st down. Once the offense at the 20 yd line or closer they may 'Go for it' on 4th Down.
- N)** Any dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty, as the team cannot be penalized beyond the 40 yard line. The defense - not the offense - would be starting play with 2nd down.
- O)** Coaches: one coach is allowed on the field for the team's offensive possession. The coach must remain behind all offensive players at all times. Once the ball is snapped Coaches may not instruct players until after play is over. One defensive Coach is allowed on field during play and must remain behind all defensive players. Once the ball is snapped Coaches may not instruct players until after play is over.
- P)** Snapping of the ball by the center must be between the legs or tossed from the ground.
- Q)** AGGRESSIVE PLAY/FIGHTING/POOR SPORTSMANSHIP: the players or coaches involved will be ejected from the game and/or tournament without warning. If a team fight occurs (or poor sportsmanship), the teams involved will be ejected from the game and denied participation in any/all post-season league playoffs, state qualifying tournaments and the state tournament.

5. SCORING

- A)** Offensive scoring –
 1. 6 points for Touchdown
 2. 1 point for PAT from 3 yard line,
 3. 2 point PAT from 10 yard line
- B)** Defensive scoring –
 1. 2 points for any interception including PATs (interception is dead ball).
- C)** Official score is kept by field referee and scorekeeper on sideline.

6. OVERTIME RULES

- A)** After coin flip to determine first possession
- B)** Teams will alternate 4 down series from the 10-yard line. A winner is determined when one team outscores the other team during an overtime session.
- C)** Each team must go for two points on the conversion attempts

7. TIME

- A)** Games will consist of two 25-minute halves (continuous clock for each half--see: "starting the game

2020 Willamette Valley Youth Football and Cheer 7 on 7 Season Rules

B) Each team will be allowed one time out (2 minutes) per half. (EXCEPTION: Injuries. All games will halt until injured player(s) can be safely removed from the field).

C) 5-minute halftime will be implemented.

8. ROSTER MEMBERS/COMMUNITY REPRESENTATIVE

A) Teams are formed based on existing WYF&C rules and regulations.

B) Players: Maximum of 20 players per team. We recommend a minimum of 10 players per team.

9. OFFICIALS

(2)-Referee/Field Judge for All Games. 1-Time keeper / score keeper and QB clock manager, 1 field judge.

10. Clock Operation

A) The clock shall be a running clock except for these special conditions.

1. The clock shall stop after each change of possession
2. The clock shall stop after a delay of game.
3. The clock shall stop after a score, and resume on the next snap.
4. The clock shall stop for an injury, the resume accordingly when referee sets ball for play.
5. The clock shall stop for timeouts.
6. The clock shall stop in the last 2 minutes of the 2nd half for incomplete passes.
7. The clock shall stop in the last 2 minutes of the 2nd half for players going out of bounds with control of ball.
8. The clock **will not** stop for a ball fumbled out of bounds by an offensive player.

B) The timekeeper (head referee) will have the official time and keep it on the field.

C) The referee shall give the offense a 10 or 5 second warning when the play clock is counting down, depending on the imminence of the snap.