

# **CFSA 'Elite' 7-on-7 Football League Rules**

## **Spring 2016 Program**

### **A. REGISTRATION AND TEAM FORMATION REQUIREMENTS**

1. Teams are formed by the Head Coach.
2. Players must comply with League eligibility rules. No teams may carry any players on their team that do not meet the League requirements for age and grade eligibility by Division. NO EXCEPTIONS.
3. Head Coach must complete a Coaching Contract.
4. Head Coach must complete a Team Roster.
5. Each Player and Parent(s)/Guardian(s) of Player must complete a Sportsmanship Agreement and a Medical Release/Waiver Form to be turned in to CFSA by the Head Coach. Medical Release forms must be maintained by the Head Coach to reference in the event of an injury that requires immediate medical attention.
6. A minimum of 10 players are necessary to form a Team and a maximum of 14 players may be on a Team Roster, no exceptions.
7. All Assistant Coaches must be named on the Team Roster and their contact information (email and phone at a minimum) must be included.
8. All required paperwork and payment must be received in the CFSA office by close of business on specified date on website in order to eligible to participate without incurring a late charge of \$150 per team. Late team registrations will ONLY be accepted on a first-come, first-served basis, depending on need in the specific Division and at the discretion of the CFSA Football 7-on-7 Committee.
9. Cost per team is \$1,200 if all registration requirements are finalized and validated prior to January 30<sup>th</sup> 2016. Cost per team will be \$1,400 if registered after January 30<sup>th</sup> 2016. NO REFUNDS WILL BE PROCESSED ONCE A TEAM IS REGISTERED.
10. All required forms can be downloaded at the 7-on-7 page on the Football Tab at the CFSA website at <http://www.cy-fairsports.org/>.

### **B. COACH AND PLAYER RULES**

1. All teams must provide one white and one dark uniform for each player. Uniforms must possess unique numbers on front and back and state the team name. Home teams will wear their dark uniforms and visiting teams will wear their white uniforms. NO PLAYER/TEAM MAY PARTICIPATE WITHOUT SHIRTS.
2. ONLY plastic/rubber soled Football cleats may be worn. No baseball cleats or metal spikes may be worn by a player during a game.
3. No baseball caps, sunglasses, necklaces, bracelets, rings, jewelry of any kind or piercings of any kind may be worn by a player during a game. Players required to wear prescription glasses must wear glasses with safety lenses and secure the glasses to their head by using an adjustable strap. All players must wear a mouthpiece during play. Soft shell protective headgear may be worn but is not required.
4. No 'taunting', 'trash talking', 'threatening' or 'offensive' language by players or coaches. (5- yard penalty and expulsion from game if considered to be flagrant by game official)

### **C. SEASON TIMELINE AND GAME SCHEDULES**

1. Games will begin in late March and end late April/early May.
2. Season games are used to 'seed' teams in Championship Tournament
3. All regular season games will be played during the evening hours on Fridays and Mondays (except in cases where make-up games are required to be played on another day). Championship Tournament games may require two consecutive days of play and may be played on days other than those specified above.
4. Regular season games may begin at 6:00pm, 7:00pm, 8:00pm and 9:00pm. Most, if not all, teams will play two games each night. Championship Tournament game times will be determined based on the tournament schedule.
5. All games will be played the CFSA Schiel Road Sports Complex.
6. Field A is closest to the scoreboard; Field B is opposite side of the scoreboard.

### **D. GAME CLOCK AND TIMEKEEPER**

1. A central Timekeeper will begin/end the clock for each half of play in a game by the sound of a horn or whistle. ACTUAL PLAY THEN BEGINS AFTER HEAD OFFICIAL IN EACH GAME BLOWS HIS WHISTLE TO BEGIN. All game halves begin and end by the sound of the central Timekeeper's horn/whistle.
2. Each half of play consists of 20 continuous minutes (except in the case of a 'major' injury as determined by the game official in which the central Timekeeper will sound the horn/whistle, stop the clock and stop play of both games until injured player is able to be fully attended to and removed from the field of play). Play will resume once the Timekeeper sounds horn/whistle and Head Official blows whistle indicated it is time to play. Injury time-outs may require the central Timekeeper to shorten half-time or time between games in order to maintain scheduled start and end times of each game.
3. NO TIME-OUTS are permitted.
4. Half-time will be 5-minutes.
5. A 10-minute warm-up period will be held between games.
6. ALL GAMES WILL BEGIN AND END ON TIME. TEAMS WILL FORFEIT THEIR GAME IF LATE MORE THAN 10-MINUTES FOLLOWING THE SCHEDULED START TIME OF EACH GAME.

### **E. 7-ON-7 FOOTBALL RULES**

1. Timekeeper will notify each bench at the 5 and 2 minute marks prior the start of each game half. It is the responsibility of the Head Coach to have their team on the field and ready to play when the Timekeeper sounds the horn/whistle and the game official starts play.
2. The beginnings of each game half and all subsequent new possessions of the offense begin on the right hash mark on the 45-yard line.
3. All Offensive play moves from the 45-yard line towards the closest end-zone.
4. Freshman division the offense must cross the 30-yard line within 3 plays or a change of possession occurs. Four-down possessions will be granted once the offense proceeds inside the 30-yard line and subsequently when crossing the 15-yard line. (3-4-4 format).

5. Middle School, Varsity, JV and Sophomore divisions the offense must cross the 30-yard line within 3 plays and cross the 15-yard line within 3 plays to obtain a 1st down or a change of possession occurs. Four-down possessions will be granted once the offense proceeds inside the 15-yard line. (3-3-4 format).
6. Six (6) points are awarded for a Touchdown. A 1-point PAT is attempted from the 3-yard line and a 2-point PAT is attempted from the 10-yard line. An interception on a PAT attempt results in a dead ball/change of possession.
7. The game Officials are the official scorekeepers and confirm scores with each other after every scoring drive, at half-time and the end of the game. One or both of the Officials communicate the score to each Head Coach after each scoring drive, at half-time and at the end of the game. Final scores are reported to the Head Coaches.
8. Head Coaches will report/post scores to CFSA 7-on-7 Commissioners as directed within 24 hours of games.
9. Visiting team (white) always begins game on offense. Home team (dark) always begins second-half on offense.
10. No punting/kicking.
11. No blocking or moving screens. Players standing still may be used by a ball carrier to divert an opposing team member from touching the ball carrier. Offensive blocking will result in a 'spot' foul and ball will be placed at the spot of the foul. In the case of blocking by a defensive player on an intercepted pass, the play will be whistled dead and the defense takes over the ball on the 45-yard line due to interception (change of possession).
12. Interceptions may be returned for a Touchdown by successfully crossing the 45-yard line before being touched by an opposing team member. All members of the opposing team are eligible to touch a player attempting to return an intercepted pass (i.e., including the Center). Interceptions on extra points result in a change of possession and may not be returned for any points.
13. All Center/Quarterback exchanges must occur through a legally acceptable method of snapping the ball. The ball MUST begin on the ground and be snapped to the Quarterback either in an 'under center' or 'shotgun' style snap in accordance with NCAA exchange rules. For the avoidance of doubt the snap should resemble a legal snap as seen in tackle football situations. The Center is responsible for advancing the 'ball marker' or 'beanbag' as play moves down the field. A 'muffed' snap is not a fumble and play continues (4.0 second clock continues on 'muffed' snaps). A 'fumbled exchange' only occurs after the Quarterback secures the snap from center and then subsequently drops the ball to the ground. All fumbles result in the end of play (dead ball) and the ball is placed at the spot of the fumble to begin next down resulting from the play (if line of scrimmage is the 45-yard line and a QB fumble occurs, ball is placed back on the 45-yard line to begin next down).
14. Fumbles are 'dead balls' at the spot with the last team retaining possession.
15. The Quarterback has 4.0 seconds to throw a forward pass ***with the exception of the Freshman Division where a 6.0 second clock will be used (all other rules pertain to all Divisions and any reference to 4.0 seconds also pertains to the 6.0 second rule in the Freshman Division)***. The 4.0 second clock starts at the beginning of the Center snap and

ends with the release of a forward pass. The Line Official is responsible for the 4.0 second clock and will watch the Center/QB until the ball is thrown forward when he will stop the 4.0 second clock and then focus down field. The Back Official will position himself near the sidelines on defensive side of the ball and watches downfield play.

16. The Line Official will confirm that the play occurred within 4.0 seconds AT THE END OF EACH PLAY. A 4.0 second violation is considered a 'sack' at the line of scrimmage and anything resulting from the play will not stand (including interceptions). Play results in ball being returned to the line of scrimmage and next down or change of possession.
17. All passes MUST be forward. Backward passes or backward exchanges result in a dead ball. Ball is placed at the spot of the received backward exchange and next down occurs or change of possession. If line of scrimmage is 45-yard line and a backward exchange occurs, ball is returned to the 45-yard line. An unsuccessful backward exchange (dropped pass, etc.) results in a dead ball and next down or change of possession results.
18. NO HAND-OFFS, BACKWARD PASSES OR BACKWARD LATERALS ARE ALLOWED BEHIND THE LINE OF SCRIMMAGE. 'Shuttle' passes are legal if forward. The Quarterback must throw one forward pass within 4.0 seconds from the first movement of the Center snap. Backward laterals and hand-offs are allowed after the completion of a successful forward pass or by the defense in the case of an interception return.
19. The Center is NOT an eligible Receiver and, therefore, must be 'covered' on both sides by an eligible Receiver. One Receiver on each side of the Center must line-up on the line of scrimmage. All other Receivers must be off the line of scrimmage to be considered eligible. Multiple Receivers lining up on the line of scrimmage will result in 'covered' Receivers being considered ineligible.
20. Each team has 25 seconds to snap the ball once it has been marked ready for play by the Official. Delay of game results in a loss of down and a 5-yard penalty.
21. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. The game clock will not stop and any delay by the Offense in retrieving and returning the ball to the Official will result in a delay of game penalty (loss of down and 5-yard penalty).
22. Two Delay of Game penalties on the same possession will result in a turnover. Opposing team takes possession on the 45-yard line.
23. A Receiver/Ball Carrier is legally down when touched below the neck with one or both hands by an opposing team's player. Excessive force by shoving, pushing or striking a blow will be penalized by automatic first down and 5-yards. Expulsion of player(s) may result if considered excessive or flagrant by a game Official.
24. A Defensive player may NOT LEAVE THE GROUND (jump, leap, bound or propel himself in any way) to touch the Ball Carrier. Penalty for such actions will be 5-yards from point of infraction and automatic first down.
25. Defensive players maintain the primary responsibility for avoiding contact during each play. No 'chucking', deliberate grabbing or bumping a Receiver by a defender. These actions result in a 'tack on' penalty of 5-yards after the play is completed.
26. Defensive Pass Interference is a 'spot' foul. First down at the spot.
27. Offensive Pass Interference follows NCAA rules.

28. Any player, coach, official or spectator involved in fighting, physical or verbal conflicts with opposing players, coaches, officials or spectators will be ejected from the game and will be required to leave the facility. Failure to leave the facility will result in a team forfeiture and possible expulsion from the league (at the discretion of the CFSA 7-on-7 Committee).
  29. Any Team fights will result in both teams being eliminated from further play in regular season games and Championship Tournament. All fees will be forfeited to the League.
  30. Regular Season games ending in a tie after regulation will be recorded as a tie.
  31. Championship Tournament games ending in a tie will use the following tie-breaker rules to break the tie. Visiting will call a coin flip to determine first possession. Teams alternate 4- down series from the 15-yard line. A winner is determined when one team scores more points during its possession than the other team. A second (and all subsequent) overtime period shall require that each team attempts a 2-point PAT conversion.
  32. Any dead ball foul on the defense following a play that resulted in the defense getting the ball as a result of the play, will require the Defense begin its Offensive possession on Second Down since no yardage penalty can result beyond the 45-yard line.
  33. Offensive penalties on the 45-yard line result in a loss of down in lieu of yardage. For example, illegal procedure on first-down on 45 will result in second down on 45.
  34. Offensive penalties beyond the 45-yard line that extend past the 45-yard line require the ball be placed on the 45-yard line. Resulting down is maintained (loss of down or same down depending on foul). For example, illegal procedure on second down on 42-yard line will result in 3-yard penalty and repeat second down.
  35. Teams may have playbook or play cards on the field. Center is required to move playbook with bean bag or ball marker each play.
  36. Football Sizes:
    - Freshman -- Pee-Wee
    - Sophomore -- TDJ
    - Junior Varsity -- TDJ
    - Varsity -- TDY
    - 7th Grade -- TDY
    - 8th Grade -- TDY or HS Size
    - 9th Grade -- HS Size
- \*All games must be played with a leather football (no synthetic).
37. Field length – 45-yards long.
  38. Field width – 160 feet (60 feet from sidelines to hash and 40 feet between hash marks).
  39. End zone – 10-yards deep.