



Spring 7-on-7 Passing Program

Revised 12/12/24 for 2025 Season

The following rules shall govern the spring football 7-on-7 passing program:

1. **Format.** Teams shall be grade and age appropriate for each level and will compete against teams in their own division if registration is sufficient. Teams may be required to play teams within one grade, up or down.
2. **Registration.** Coaches must submit a volunteer application and include requested roster, if known, during the application process. Each player must register individually and will be placed on the requested team (if approved by the coach if not on the submitted roster). Players must be listed on the team's final roster in order to participate in any game. No substitute players can participate in games, and any coach allowing participation by a non-rostered player may be subject to discipline.
3. **General Playing Rules.**
 - a. **Field Dimensions.**
 - Length – 40 yards
 - Width – Standard
 - End Zone – Standard
 - b. **Starting the Game.**
 - (1) Visiting team will have first possession.
 - (2) Home team will have first possession to begin the 2nd half.
 - c. **Game Officials.** There shall be two (2) officials for each game.
 - d. **Scoring.**
 - (1) The score will be kept by the game officials.
 - (2) **Offensive Scoring:** The offense will be awarded seven (7) points for a touchdown.
 - (3) **Defensive Scoring:**
 - a. The defense will be awarded two (2) points for an interception. If a touchdown is scored during the interception, the defensive team will be awarded another six (6) points for a total of eight (8) points for the play.
 - b. The defense will be awarded one (1) point for forcing any turnover on downs, including a turnover on downs that occurs on the last play of either half.
 - (4) No point-after try (PAT) is allowed after any score by either team.
 - (5) There will be no standings maintained based on game results.
 - e. **Time.**
 - (1) Two (2) 20-minute halves (continuous clock); 5-minute half time.
 - (2) Each team gets one (1) time-out per half.
 - (3) The clock will stop during on-field player injuries.
 - (4) A game official will keep game time on the field.
 - f. **Play Progression.**
 - (1) Run plays are not allowed.
 - (2) There shall be no kicking/punting.
 - (3) Field will be striped with two (2) 10-yard intervals and one (1) 20-yard interval.
 - (4) Possession always begins at the 40-yard line at a placement selected by the offense.
 - (5) Offenses always move in the same direction.

- (6) All forward passes must be across the line of scrimmage. Any pass caught behind the line of scrimmage must be backward and may only occur in continuation of a play where the ball is eventually passed forward and across the line of scrimmage. (Example: a lateral to a halfback who passes downfield is legal if the forward pass is made prior to time limit.) A backward pass (or lateral) where the receiving player moves forward beyond the line of scrimmage without passing the ball downfield would be a run play and is not allowed; this play would result in a 5-yard penalty from the previous line of scrimmage and loss of down. The forward pass must be thrown within the prescribed four (4) second time period (see Special Playing Rules).
- (7) To assist in play calling, one (1) coach from each team may remain on the field to call offensive plays.

4. Special Playing Rules.

- a. **Play Clock.** Each team will have twenty-five (25) seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty or loss of down if penalty yardage cannot be enforced. On any delay of game penalty by the offense, the defensive coach can elect to enforce a loss of down rather than take the 5-yard penalty against the offense. This is to prevent an offense from intentionally taking delay of game penalties in order to run off an excessive amount of game time when leading.
- b. **4-Second Rule.** The offense has four (4) seconds to attempt a forward pass once the ball is received from center (whether underneath or in shotgun). An offensive back official is responsible for keeping the four (4) second time count, which is audible and hand counted, and will apply the rule at the completion of the count if the ball was held for more than four (4) seconds. Once the four (4) second time has elapsed, the offensive play is over (dead). The penalties are (i) if spotted on the 40-yard line – loss of down; (ii) minus five (5) yards and loss of down; if third or fourth downs, the ball is turned over and spotted at the 40-yard line. No gain or defensive points may be awarded once the four (4) second count has expired and the play is declared over (dead).
- c. **Fumbles.** Fumbles are dead balls at the spot with the last team in control of the ball retaining possession. A muffed snap is not a fumble/dead ball; it is a live snap and will be continued as a play. The four (4) second count remains in effect on all snaps.
- d. **Blocking.** Hand-checking only allowed, defined as: using one or both hands in contact with the player's body between the hips and shoulders. Minimal contact is required so as to minimize accidental injury to body-to-body contact. Excessive, flagrant contact will be penalized ten (10) yards from the infraction and loss of down.
- e. **Tackling/Touching.** Receiver/ball carrier is legally down when touched below the neck with one or both hands by the defense. Players shall not leave their feet in order to make the tackle/touch (Diving). (Diving, excessive force by shoving, pushing or striking a blow will be penalized by automatic first down and five (5) yards. Ejection of a player may occur if ruled unsportsmanlike and flagrant by officials.)
- f. **Pass Interference.**
 - (1) Defensive pass interference will be a 10-yard penalty and automatic first down.
 - (2) Offensive pass interference will result in a 10-yard penalty from the previous line of scrimmage or loss of down if yardage cannot be marked due to position of the line of scrimmage.
- g. **Avoiding Physical Contact.**
 - (1) The defense is responsible to avoid contact during the running of routes. There will be *no aggressive* hand or body chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty). Press coverage on the receiver is allowed, but only hand checking rules are allowed to press the receiver off the line of scrimmage.
 - (2) On offensive, running "pick routes" or routes designed to create contact with a coverage defender and a sacrificed receiver to help get another receiver open are not allowed.
- h. **Interceptions.** Interceptions may be returned. If an interception is returned beyond the 40-yard line (the offensive origination point) it is a touchdown.

- i. **Retrieving the Ball.** Offensive team is responsible for retrieving and returning the ball to the previous spot official. Clock does not stop and any delay by offense in retrieving and returning the ball to the official or the new line of scrimmage may result in a delay of game and will be a 5-yard penalty from the succeeding spot.
- j. **Offensive Center May NOT Be a Receiver.** Teams must have a player initiate play with a legal snap to the QB and then that player is considered ineligible.
- k. **Sportsmanship.** Taunting, "trash talking", or showboating is not allowed. This includes any action deemed inappropriate by the officials and can include excessive celebration (5-yard penalty and ejection if flagrant or repeated).
- l. **First Downs.** The offensive must gain at least ten (10) yards (a first down) in three (3) plays or less or forfeits possession in both of the prescribed THREE DOWN ZONES (40-yard line to 30-yard line and 30-yard line to 20-yard line). In the FOUR DOWN ZONE (20-yard line to goal line), the offense has four (4) downs to cross the goal line or forfeits possession. If a penalty allowing for an automatic first down occurs in any zone, it is applied, and a fresh set of downs is played.
- m. **Fighting.** The player(s) involved in fighting will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the field and the game will be declared complete. Further action will be under the jurisdiction of the KCFC Sportsmanship Committee.
- n. **Non-Yardage Enforcement.** Penalties that occur, and because of ball placement cannot be enforced, will result in a loss of down for the offensive team. For example, if the ball is set for play on the 40-yard line and during the play a 5-yard offensive infraction occurs, the ball cannot be moved beyond the 40-yard line into the buffer zone between playing fields, so a loss of down is enforced in lieu of the yardage.
- o. **Pass Rushing.** Rushing the passer beyond the established line of scrimmage is not permitted.
- p. **Formation Restrictions.** Standard offensive formations must be used to simulate contact football formations. The following formations rules apply:
 - (1) There must be three (3) offensive players on the line of scrimmage. The center may not have anyone within four (4) yards of his spot.
 - (2) Any player on the line of scrimmage who is "covered" by another player on the line of scrimmage is ineligible to receive a pass. Example: TE is aligned on the line of scrimmage four (4) yards from the center; a WR is aligned on the line of scrimmage between the TE and the sideline. The TE is ineligible to receive a pass by alignment since the WR is "covering" the TE. In order for the TE to be eligible, the WR needs to be off the line of scrimmage.
 - (3) A maximum of four (4) offensive players can be on any either side of the center on the initial alignment.
 - (4) Only one (1) player is allowed to be in motion.
 - (5) The QB can be aligned under center or in the shotgun formation.