



New England Youth Tackle Football Inc.
Hard Work / Discipline / Dedication



Competitive Rule Book



A copy of this book is to be kept by each team. Must be placed with player cards.

New England Youth Tackle Football Inc. is not a governing body that controls the day to day activities and decisions within individual organizations. Each organization is responsible for its own decisions and internal politics. Since NEYT is comprised of individual organizations the LEAGUE as a whole vote on rules and issues pertaining to the LEAGUE as a whole. Any organization not following the goals and values of the LEAGUE as a whole is subject to dismissal from the LEAGUE.



**HEADS UP
FOOTBALL**





New England Youth Tackle Football Inc.

Hard Work / Discipline / Dedication

FALL 2020 - SEP 12 TO NOV 21ST

TV7 Fall League

WWW.NEYTFOOTBALL.ORG



SEASON STARTS SEP 12TH

8 WEEKS OF GAMES INCLUDING PLAYOFFS

AGE CUTOFF JULY 31ST 2020

10U DIVISION 8-9-10 8/1/2009 - 7/31/2012

12U DIVISION 10-11-12 8/1/2007 - 7/31/2010

14U DIVISION 12-13-14 8/1/2005 - 7/31/2008

\$600 PER TEAM

ROSTER SIZE: 12 TO 20 PLAYERS

EQUIPMENT: MOUTHPIECE, CLEATS, SOFT SHELL HELMET, JERSEY #

AGE VERIFICATION: NATIONAL SPORTS ID

COVID-19 GAME MODIFICATIONS

TO REGISTER: NEYTFOOTBALL@GMAIL.COM





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SUMMARY RULES:

- 1) Initial possession decided by a coin toss.
- 2) Games consist of two (2) 20:00 minute halves and 5 minute half- time. The clock runs continuous during both halves.
- 3) Offense always moves in the same direction. Each possession starts on the 40 yard line - going in.
- 4) 7 defenders (may not line up 8 & drop one before snap) and 7 offensive players (must use an "ineligible" center or extra player to). (Offence will have 8 players, only 7 are eligible players)
- 5) A center must snap the ball. The center is not illegible to catch the ball or block and must be a PLAYER
The ball must be hiked by either a conventional or unconventionally method.
- 6) .No running plays allowed, No Handoffs. All plays must be pass play.
- 7) No blocking, No Rushing, NO Jam, No press coverage,
- 8) Illegal contact – the responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. Excessive force by shoving, pushing, or striking a blow will result in player being expelled.
- 9) A player needs ONE foot or body part to touch inbounds to complete a catch.
- 10) 4 downs to make a first down. No-Run Zones precede each first down line by 5 yards (25-20 yard line, 15 to 10 yard line, and 5-goal line).
- 11) First downs are made by crossing the 25 yard line and the 10 yard line.
- 12) 1 point PAT snaps are at the 5 yard line. 2 point PAT conversions will be from 10 yard line.
- 13) Clock starts on snap of ball. 5.0 seconds to get pass off. It will be a loss of down and treated " as a sack if not thrown in time (5.01 or greater). The clock will be stopped on a sack in the final 1:00 of the game.
NOTE: Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.
- 14) Possession changes after: PAT attempt, failure to make a first down; turnover.
- 15) CLOCK WILL STOP during injury and resume when player is safely removed from field
- 16) All offensive formations must be legal sets. (3 players which includes the "CENTER" must be on the line of scrimmage.
- 17) (30) Seconds to get the play off
- 18) One-hand touch anywhere. (Replaced with flag pull do to COVID-19 guidelines)
- 19) No Fumbles Ball is dead if it touches the ground. A muffed snap is NOT a fumble/dead ball
- 20) ONE Offensive coaches allowed on the field behind huddle and out of the field of play, Defensive Coach from the sidelines. (ok to huddle with team on hash near side line)
- 21) FACE COVERING REQUIRED
- 22) No Hurtles



RULES BOOK

NEYT PROTOCOL AND POLICIES IN RESPONSE TO COVID-19

Based on state and local guidelines, New England Youth Tackle Football programs will operate under the following policies and procedures. As local guidelines on social distancing, gathering size limits and youth activities change, the protocol level in an area may change accordingly. Our goal is to provide a fun, skill-building experience for each participant.

- NEYT will closely follow and monitor all CDC, State and Local guidelines related to youth-specific activities and sports/league related policies.
- NEYT staff, participants and any family members must not be or have been sick within the past 14- days. Any staff member or participant who does not comply will not be allowed at programs until the 14-day minimum has been reached.
- NEYT will comply with MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS WORKPLACE SAFETY and REOPENING STANDARDS FOR BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES – **Phase III, Step 1** Expansion of Activity Number 1 as **Amended on August 13, 2020** and **Effective on August 17, 2020**

I. COVID-19 GENERAL PROCEDURES & SAFETY RULES

7 on 7 touch football as a categorized “**Higher Risk**” by the state of MA. Guidelines based on the risk of transmission of COVID-19 inherent in the sport or recreational activity itself as traditionally played. In Phase III, Step 1 as amended on **August 13, 2020** and **Effective on August 17, 2020**, through this Expansion 1 sports and recreational activities are subject to the limitations and guidelines set forth below:

*“Sports and activities included in the **Higher Risk** category can participate in Level 1 as traditionally played. **Level 2 and Level 3 play are only allowed if the Minimum Mandatory Standards for Modification to Play are met.**”*

There will always remain an inherent risk in participating in sports. To minimize COVID19 risk brought by the participating in 7 on 7 touch football activities and implement modifications that lower such risks, NEYT has considered and implemented state mandated guidelines aimed at reducing the spread of COVID-19. The following was taken into consideration to plan for the activity.

Modify Play to Limit Contact and Increase Distancing for Participants by:

1. Eliminate Deliberate Contact
2. Minimize Intermittent Contact

By making such changes to the sport NEYT seeks to meet competition requirements and the ability to participate on LEVEL 2 and LEVEL 3 PLAY. For the purposes of the state mandated guidelines, a “Competition” is defined as multiple participants or two teams competing against one another in a single contest. A competition includes inter-team games, matches, shows, meets, and races.

MINIMUM MANDATORY STANDARDS FOR MODIFICATION TO PLAY

1. **Measures implemented to significantly limit contact:**
 - a. One hand touch replaced by the use of a flag.
 - b. No blocking, No Rushing, NO Jamming, No press coverage
 - c. Excessive incidental contact results in ejection
2. **Measures implemented to significantly increase physical distancing:**
 - a. No running plays allowed
 - b. No Handoffs
 - c. All plays must be pass play.
 - d. All formations must be of legal sets with 3 yards separations between players
3. **Measures implemented to significantly to keep players spaced 6 feet:**
 - a. Field dimension is 53 yards by 40 yards, giving players more room
 - b. Field is split in two playing surfaces with 10 yards in between
4. **Measures implemented to Conduct the sport outdoors where possible:**
 - a. Games can only be played outdoors



5. **Measures implemented to significantly Shorten activities, practices, and game play:**
 - a. Game is shorten from 4, 20 minutes quarter to 2 20 minutes Quarter o a running clock
 - b. No timeouts
 - c. No hurtles
 - d. 30 seconds to start the play.
 - e. No sanction Practices

6. **Measures implemented to perform the activity with fewer participants to the extent possible:**
 - a. The center is an ineligible player.
 - i. This removes the need for a rusher or a defender
 - ii. Creates a 6 vs 7 participant match
 - b. QB may not run the ball

7. **Measures implemented to reduce the sharing of equipment:**
 - a. No community water
 - b. All participants must have their own water bottle with names

8. **Measures implemented to Incorporate protective equipment:**
 - a. Football gloves are mandatory
 - b. Neck gators (face coverings) are mandatory
 - c. Soft shell helmets are mandatory and not for sharing
 - d. Mouthpiece are mandatory

II. COVID-19 GUIDELINES PROTOCOLS

1. Teams should arrive 30 minutes prior to their game
2. Upon arrival, coaches should present roster from National Sports ID and provide contact tracing information for all team members
3. All adults are responsible for following and enforcing COVID19 guidelines.
4. At each event, Attendance with contact information will be collected for the purpose of contact tracing.
5. Parents and spectators should remain 100 feet away from the group of practicing participants to allow coaches and volunteers more room to conduct drills and social distance.
6. A hand sanitize station should be established so that participants and volunteers can sanitize their hands prior and post practice.
7. Masks should be use even during drills if safe to do so.
8. Participants and spectators should only drink from their own containers.
 - a. All participants must have their name on their water bottle.
 - b. No Community Water Bottles.
9. Everyone but players, coaches and officials must stay in the stands and sit six-feet apart from folks who they do not shelter with.
10. Spectators and everyone in the stands should wear a mask even when social distancing.
11. Spectators must maintain distance of at least 20 feet between spectators groups.
12. No congregating in common areas or parking lots following practices or events.
13. Face coverings and social distancing of six feet is required when participants are not actively engaged in an activity (e.g., on bench, huddles, breaks, locker rooms, pre/post practice).
14. Participants and coaches must achieve proper hand hygiene at the beginning and end of all activities, either through hand washing with soap and water or by using an alcohol-based hand sanitizer.
15. A hand sanitize station should be established so that participants and volunteers can sanitize their hands prior and post practice

III. 7 On 7 – Covid19 Rules Modifications

1. All contact, (grabbing, blocking, and jamming) is prohibited.
2. Officials, participants and coaches are required to wear masks while the game is not in play.
3. No more than 25 participants (players, coaches & officials) allowed on a single group.
4. No more than 50 participants (players, coaches & officials) allowed on a single side of the field.



5. To ensure group separation, groups must be spaced at least 30 feet apart while sharing a single playing surface, court or field.
6. Facial coverings to be worn while engaged in a moderate risk sport/activity where intermittent contact might occur and it is safe to do so. (Coaches)
7. All players, must wear football gloves.
8. No huddles aloud. Teams are encouraged to call plays verbally or use wrist coaches.
9. Sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps
- 10. Should a team member test positive for COVID19, such TEAM will be removed from the schedule for two games. Any teams who played against that team will be removed from the schedule for a minimum of one game until contact tracing is complete and team is clear**
11. Officials, coaches, quarterbacks and any other person who may touch a ball through the course of the game, must sanitize hands before and after each game.
12. Officials and coaches should not make any physical contact with participants.
13. All contact, (grabbing, blocking, and jamming) is prohibited.
14. All participants, coaches and official must sign a COVID-19 specific waiver prior to participating in any NEYT event.
15. The number of coaches and staff should be limited.

IV. TERMINOLOGY

1. **Offense:** the team with possession of the ball.
2. **Defense:** the team opposing the offense to prevent them from advancing the ball.
3. **Boundary Lines:** the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.
4. **Line Of Scrimmage:(LOS)** an imaginary line running through the point of the football and across the width of the field.
5. **First Down Lines:** the line the offense must pass to get a first down.
6. **Goal Line:** the line the offense must pass to score.
7. **Downs (1-2-3-4):** the offensive team has four attempts or “downs” to advance the ball. They must cross the line to gain to get another set of downs or to score.
8. **Rush Line:** an imaginary line running across the width of the field 7 yards (into the defensive side) from
9. the line of scrimmage.
10. **Rusher:** the defensive player assigned to rush the quarterback to prevent him/ her from passing or handing off the ball by tagging him or by blocking the pass.
11. **Live Ball:** refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
12. **Dead Ball:** refers to the period of time immediately before or after a play.
13. **Charging:** the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
14. **Shovel Pass:** a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
15. **Lateral:** a backwards or sideways toss of the ball by the ball carrier.
16. **Unsportsmanlike Conduct:** a rude, confrontational, or offensive behavior or language.

V. ELIGIBILITY

- A) All Participants must adhere to NEYT participation waiver and COVID-19 waiver
- B) All participants must agree to State Covid-19 Protocols and Contact Tracing
- C) All Teams must register through National Sports ID
- D) All Participants must registered through National Sports ID
- E) Age verification: National Sports ID (Cut Off: July 31, st 2020) A child's age on July 31 is his/her age for the season.
 1. 10U Division 8-9-10 8/1/2009 - 7/31/2012
 2. 12U Division 10-11-12 8/1/2007 - 7/31/2010
 3. 14U Division 12-13-14 8/1/2005 - 7/31/2008
 4. High School Divisions TBD

COACHES

All Couches must registered through National Sports ID

ROSTERS

Roster Size: 12 to 20 Players / 1 to 3 Couches

Team Roster will be created on National Sports ID.



VI. EQUIPMENT

Ball Sizes

A) 10u - 9 to 10 YO

5. Pee Wee Footballs or K2
6. Target Age: 6-9 years old (5th grade and below)
7. Average Weight: 10 ounces
8. Long Circumference: 24 inches
9. Short Circumference: 17.5 inches

B) c) 12u -11 to 12

1. Junior Footballs (TDJ)
2. Target Age: 9-12 years old (6th grade)
3. Average Weight: 11 ounces
4. Long Circumference: 25 inches
5. Short Circumference: 18.5 inches

C) d) 14u - 13 to 14 YO

1. High School Footballs or TDY
2. Target Age: 12 to 14 years old (9-12th grade)
3. Average Weight: 14-15 ounces
4. Long Circumference: 27.75 to 28.5 inches
5. Short Circumference: 20.75 to 21.125 inches

D) No White Ball allowed

Uniform

- A) Mouthpieces are required for each player
- B) Official uniforms must be worn by all players
- C) All players must be in team uniform
- D) Soft-shell Helmets are required
- E) Players must wear Football cleats; however cleats with exposed metal are not allowed.
- F) Players may wear gloves.
- G) Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- H) Players' jerseys must be tucked into the pants if they hang below the belt line.
- I) Pants or shorts with belt loops or pockets must be taped.
- J) No hats and
- K) Only prescription glasses can be worn.
- L) Face Coverings Are mandatory

VII. FIELD

The field dimensions are 40 yards by 53.33 yards with a 10-yard end zone. However, field size may vary based on field availability.

VIII. TIMING

- A) Games consist of two (2) 20:00 minute halves. The clock runs continuous during both halves.
- B) Halftime is five (5) minutes long.
- C) Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- D) No timeouts
- E) Officials can stop the clock at their discretion.
- F) In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
- G) If the score is tied at the end of fifty (45) minutes, the game should be determined a tie.



IX. OVERTIME RULES

POOL PLAY

Each Team gets 1 play from the 40 yard line. The team that started with the ball goes first. Team with the most yards wins. If no yards are gained or the officials deems it a tie, switch the order and play again. If a penalty is called, it is enforced and it may result in another play. Play until a winner.

PLAYOFFS

Each Team gets 2 downs from the 10 yard line, if touchdown is scored then PAT is attempted (1 pt or 2 pt), Play until a winner (alternate possessions if 2nd overtime) All rules apply.

X. PLAYOFF TIE BREAKERS FOR POOL PLAY

- A) 2 Teams - head to head
3 Teams – head to head, points scored, points allowed, and coin toss – Once the first team is selected then head to head for the remaining two teams.

XI. LIVE BALL/DEAD BALL

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier steps out of bounds.
 - c. A touchdown, PAT or safety is scored.
 - d. The ball carrier’s knee or arm hits the ground.
 - e. The 7 second pass clock expires.
 - f. Inadvertent whistle.
8. There are no fumbles. The ball is spotted where the ball carrier’s feet were at the time of the fumble.
9. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew and the down is consumed.
 - b. Replay the down from the original line of scrimmage.

XII. STARTING THE GAME

1. Teams must be on opposite sidelines.
2. The game clock is controlled at the registration table. Games are started and finished by Air Horn. Plays started before the final air horn count.
3. Offenses always move in the same direction.
4. The visiting team starts with the ball in pool play. In the Playoffs there will be a coin flip for the ball.

XIII. MOVING THE BALL

1. The Offense starts at the 40 yard line and has 3 downs to make a first down.
2. First downs can be picked up by moving the ball past 25 yard line, 10 yard line or by penalty.
3. The offense must use a legal formation. Motion and/or shifts are allowed.
4. The offense has 30 seconds to snap the ball once it is spotted and/or blown into play.
5. Once the ball is snapped you have 5 seconds to attempt a pass.
 - a. 10u Will have 7 Seconds
6. A center must snap the ball. The center is not illegible to catch the ball or block and must be a PLAYER.
7. The ball must be hiked by either a conventional or unconventionally method.
8. Running plays and double passes are not allowed but the ball can be lateraled.
9. The QB can pass the ball behind the LOS,



10. However the defense can cross the LOS, after the pass to tag the ball carrier, otherwise the defense CAN NOT cross the LOS.
11. If a player is tagged behind the LOS it becomes the new LOS. If this is behind the 40 yard line the possession is OVER. No points are awarded.
12. A play is over when a player is tagged with ONE HAND, the ball is fumbled (no change of possession, marked at the spot of the fumble), or the player runs out of bounds.
13. If the ball hits the ground or a player with possession of the ball is on the ground the down is over. No change of Possession. This includes the SNAP.
14. After a 1st down the ball is placed at the attained LOS.
15. The offense CAN NOT block. Blocking is when an offensive player extends his hands onto, leans into, or changes his path to intentionally impede a defensive player. Example – a player without the ball, running towards the goal line, changes course to impede a defender who can make a play on the ball. Penalty – Loss of down return to original LOS.
16. A player needs ONE foot or body part to touch inbounds to complete a catch.

XIV. PASSING

1. All passes must be from behind the line of scrimmage.
2. Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.
3. Shovel passes are allowed, but must be received beyond the line of scrimmage.
4. The quarterback has a 5 Sec (12u, 14u) or 7 Sec. (10u) “pass clock.” If a pass is not thrown within the clock, play is dead, the down is consumed and the ball is returned to the line of scrimmage.
5. Once the ball is handed off, the 7-second rule no longer is in effect.
6. If the QB does not release the ball by the end of the clock, the penalty is loss of down and the ball is returned to the line of scrimmage (LOS).

XV. RECEIVING

1. Center/snapper is not eligible to receive passes
2. 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.
3. A player must have a least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the 40 yard line and the defense is awarded 3 points.
6. Interceptions are NOT returnable.

XVI. FORMATIONS

1. All Offense formations must be legal sets. 3 athletes must be on the line of scrimmage (2 eligible receivers and the ineligible center (snapper)
2. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
3. No motion is allowed towards the line of scrimmage.
4. 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.
5. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
6. 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. The snap can be between his/her legs or to the side.

XVII. SCORING

- A) Touchdown - 6 points
- B) Interception - 3 points (no runbacks for safety reasons, no points for INT on PAT)
- C) PAT - 1 point from 5 yard line (may opt for 2 pts from 10 yard line)
- D) Turnover on PAT is dead ball
- E) *Official Score will be kept and reported by referee
- F) Games ending in a tie will play overtime to determine the winner. The winning team is awarded one extra point - so a 28-28 tie would have a final score of 29-28.



XVIII. PENALTIES

- A) Games cannot end on a penalty, unless it is declined or will not determine the winner. Play 1 untimed down.
- B) Coaches or players may not challenge plays in an effort to delay the game.
- C) The officials/director can start the 25 second clock in such a situation or award the untimed down.

OFFENSE:

- a) Offsides/Illegal Procedure = Loss of Down
- b) Delay of Game = Loss of Down
- c) Pass Interference = 5 yard penalty and loss of down
- d) Exceeding 5 seconds to release the ball = loss of down
- e) No Blocking (including Screens)
- f) Personal Foul = loss of down and 5 yards from original line of scrimmage.
- g) If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void

DEFENSE:

- a) Offside = 5 yard penalty
- b) Defensive Holding = 5 yard penalty
- c) Defensive Pass Interference = first down at the spot of the foul
- d) Any dead ball penalty on the defense AFTER a change of possession would result in loss of down for that team's offense when they begin their ensuing possession.
- e) Personal Foul: = 1st down and 5 yards from original line of scrimmage.
- f) Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption, and the must cover.

UNSPORTSMANLIKE CONDUCT

- a) * Excessive or prolonged contact will result in a "Tack on" penalty at the end of the play (5 yard penalty)
- b) * Fighting / unsportsmanlike conduct: 1st offense = ejection from game. 2nd offense = ejection from tournament.
- c) * Fighting / unsportsmanlike conduct (team): if any player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE TOURNAMENT OR GAME

Unnecessary Roughness (Unsportsmanlike Conduct – if excessive will be an ejected)

Dead Ball Unsportsmanlike Conduct penalties will be treated as follows;

- A) If off-setting both players are ejected for the game.
- B) Offensive – Loss of next down and possible ejection.
- C) If after 3rd down, the other team will start the next offensive drive at the 30
- D) If the game is over and tied the other team will get 5 yards added to their overtime position.
- E) Defensive – 10 yards and Automatic 1st down and possible ejection.
- F) If after a 3rd down, your Offense will lose a down on the next series
- G) If the game is over and tied the other team will get 5 yards added to their overtime position.

POINTS OF EMPHASIS – LESS CONTACT AT THE BEGINNING AND END OF PLAYS

- A) Defensive players must play the ball – if deemed excessive ejection. - A defender must play the BALL at all times or concede a catch. A defender can challenge any pass but CANNOT tackle, bring to the ground, play thru/or ram a receiver to defend. Roughing (10 yards and automatic 1st down)
- B) Defensive Player contact – if deemed excessive ejection - Defensive players are allowed to make contact with an offensive player with their hands only. Using a forearm, leg, shoulder or other body part to strike an offensive player is not allowed. Roughing (10 yards and automatic 1st down)
- C) Ejection Policy (All ejections are final)
 - (1) An Official or NEYT 7v7 Representative can ejected a player or coach for; swearing, taunting, unnecessary roughness, repeated verbal abuse to an official and fighting (Done for the day)
 - (2) Any player or coach ejected must leave the sideline and is out for the remainder of the game.
 - (3) If a player or coach is ejected twice he is disqualified from the tournament.