



MYFA 7 on 7 Football

2023 Official Rules

Field Dimensions:

Field Length will be 50 yards. 40 yard playing field with a 10 yard end zone. The width of the field can vary. For youth 5-6th, 7-8th, and 9th the minimum width is 40 yards. It is preferred to play on a regulation field space permitting.

Starting Each Game:

1. Coin Toss. The toss of the coin will take place within two minutes of the scheduled start time of the game. The toss will be called by the team captain (Ref's Discretion) before the coin is flipped. The winning team will begin possession of the ball on the +40 yard line with their choice of hash. If a coin is not available Rock Paper Scissors is the method to decide the winner

1. A whistle will begin each game.
3. Each game lasts 25 minutes with a running clock.
4. Officials will declare when the clock is under 2 minutes
5. The clock only stops for an official time out, or a called time out.
6. A whistle will end each game.
7. The referees will keep the official score and time on the field for each game.
8. Mouth guards are required and must be worn at all times by all players except the QB. If a player does not have either they cannot participate until they do.

Moving the Ball:

1. Offense always starts on +40 yard line with their choice of the hash. After any change of possession.
2. All snaps at the +40 yard can not be penalized or sacked going backward. They will remain at the +40
3. Offense has three (3) downs to gain a first down. The first down markers will be at the 25, and 10 yard lines.
4. Once inside the 10 yard line, the offense has 3 downs to score a touchdown.
5. The first person to control the football off of the Snap is the QB. The QB is never eligible to run.

6. The offense may run the ball as many times as they want on any down during the game. The QB is allowed to make one exchange (ex. Pass, handoff or toss). No toss passes, reverses or hook and ladder.

7. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB. If he does, that is considered a blitz.

8. Quarterback can NEVER run the ball. In the case of a blitz the quarterback is allowed to evade the players blitzing.

9. A Fumbled or Dropped offensive snap is a dead ball and the ball, loss of down. The ball is returned to the original line of scrimmage if the offense has downs remaining.

Coaching your Team:

1. There will be Two offensive coaches allowed on the field at any time.

2. The coach must be positioned behind the offensive huddle.

3. Coaches are not allowed to challenge any official ruling. There is no replay so the on the field call is final.

4. The remaining team coaches can work from the sidelines.

5. NO defensive coaches allowed on the field.

6. Coaches will be given 1 sideline warning during play. A second warning would result in a 10 yard penalty or half the distance to the goal. A third warning will result in coaches ejection.

7. No more than 5 coaches are allowed on the sidelines.

Special Rules:

1. NO blocking is allowed in the game. This means shielding, picking or obstructing. Once a pass is completed all offensive players are required to stop moving in their existing location.

1.1 Blocking will result in a loss of down and return to the previous spot.

2. Face guarding is allowed however, pass interference rules will apply for contact that obstructs the receiver.

3. The ball carrier is legally down when touched below the neck with one hand. A defender may leave his feet to make a tag.

5. Fumbles (including snap) are dead balls at the spot with the offensive team retaining possession at the spot. The ball is turned over if the offensive team is out of downs and did not make a first down.

6. Offensive teams will have 25 seconds to put the ball into play. Delay of game is a loss of down.
7. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
8. Defensive pass interference or defensive holding will result in a first down at the next first down marker regardless of the distance of the foul from the next first down marker. If the foul occurs when the offense is within the 10 yard line, the offense is granted first down at the 1 yard line.
9. Offensive pass interference will result in a return to the previous spot plus a loss of down.
10. The QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds are surpassed. Only when the defense blitzes the 4.0 second clock is not in play meaning the QB can avoid the rush for as many seconds as needed but he is still not allowed to run past the line of scrimmage.
11. The defense is allowed one (1) blitz in the entire game (including overtime), meaning if you don't blitz during the 25 minute game it carries over to overtime, but if you used your blitz in the 25 minute game you do not have a blitz for overtime.
12. An interception will result in an immediate stoppage of play and a change of possession, with the interception team gaining possession at the 40 yard line.
13. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired. The down will be played from the location of the assessed penalty meaning the first down location that the ball will be placed will be the location of the one untimed down.

Tie Breaker:

1. Any game that ends in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense.
2. Each team will have 1 snap from the 40 yard line, choice of hash.
3. The team with the deepest completion will be declared the winner of the tiebreaker and will add 1 point to the final score.
4. If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
5. This format will be repeated until a clear winner is declared.

6. This tiebreaker format will be used in all games

SCORING AND POINT VALUES:

1. Offensive touchdown is worth 6 points.

1.1 Teams may choose to take 1 point

1.2 Teams may choose to run a play from the 10 yard line for a chance to score 2 extra points. If the team succeeds the total is 8 points. If the extra point fails the team does not get any more than the base 6 points added to their score.

3. Tiebreaker victory = 1 point.

4. The ball must be touching or across the goal line for a touchdown to be scored. If it is deemed by the officials that the ball was caught by a player whose body is in the end zone, but the ball did not touch the goal line before the player with possession is touched down by a defender. It is not a score. The ball is placed short of the goal line.

5. The defense is awarded 2 points for intercepting the ball and awarded the ball at the 40 yard line. There are NO interception returns. The whistle is blown when the interception is completed

PENALTIES:

Offensive Penalties Assessed Result

False Start/Illegal Motion Line of Scrimmage Loss of Down

Delay in Game Line of Scrimmage Loss of Down

Blocking Line of Scrimmage Loss of Down

Pass Interference Line of Scrimmage Loss of Down

Unnecessary Roughness – LOS Loss of Down

Illegal Play - Loss of Down

Un-Sportsman - 15 Yards Loss of Down

Defense Penalties Assessed Result

Encroachment/ Neutral zone - 5 yards Repeat Down

Holding Offense - First down at the next first down marker or at the 1 if inside of the 10 yard line.



Pass Interference - First down at the next first down marker or at the 1 if inside of the 10 yard line.

Unnecessary Roughness - First down at the next first down marker or at the 1 if inside of the 10 yard line.

Illegal Blitz - 5 yards and repeat the down unless the yardage results in a first down

Unsportsmanlike conduct - First down at the next first down marker or at the 1 if inside of the 10 yard line.

Football Sizes

3-4th grade - TDJ

5-6th grade - TDJ

7-8th grade - TDY

Freshmen and High school - Regulation NFHS ball