



CENTRAL VIRGINIA 7v7 Passing League

Method and Rules of Play

Method of Play

1. Pregame coin flip determines team to start on offense.
2. The football will always start on the 40 Yard Line, going in, to start a possession. (This includes interceptions not returned for TDs).
3. Offenses must have at least 1 back/receiver lined up within imaginary tackles upon snap of ball. More than 1 player is permissible within the imaginary "tackle box" upon the snap of the ball. Players can line up outside of the "tackle box" and can motion in prior to the snap of the ball.
4. Offenses may have only 5 eligible receivers, plus QB and Center (Center is optional AND NOT ELIGIBLE). A Center would be used to hike the ball to a QB that is in a Shotgun formation. "Covered" receivers are not eligible as teams should attempt to be in "legal" formations.
5. The football must be thrown within 4 seconds. A QB Tee will be used for all games unless a center is used to hike the ball in shotgun formation. A sack occurs when the quarterback doesn't RELEASE the ball within the timeframe allotted (4 seconds) (if the timer goes off with the arm in motion it's a sack). The next down is from the previous line of scrimmage.
6. The ball is declared dead when the runner is tagged with at least ONE hand above the waist and below the shoulders.
7. All touchdowns are 6 points (**includes interceptions for scores**). Teams will receive one point (1) for a conversion from 5-yard line and two points (2) for a conversion from the 10-yard line.
8. Offenses may finish a drive started before time has expired ONLY if they have a chance to win or tie.
9. Ties will be played immediately by method of sudden death overtime. Each team is given 3 plays with the team gaining the most yards winning. Interceptions constitute a dead ball during sudden death.
10. Team with the most points at the expiration of regulation time will win the game.

Rules of Play

1. Each game will consist of two 20- minute halves with a running clock and a 3-minute half time. The offense has 30 seconds to put the ball in play.
2. One timeout will be granted per half per team. Clock will stop. Officials may stop the clock for penalty, clarification, injury, etc.
3. **Mouthpieces are mandatory on the field of play.**
4. No coaches or additional players are allowed on the field during play. Offensive coaches will be allowed on the field in the huddle to call the play. Once the huddle breaks, the coach on the field will not be allowed to speak to the team and must be a minimum of 5 yards behind the play at the snap. A coach on the sideline can speak to the team but not the one on the field. Defensive coaches are not allowed on the field. Violation of these rules will result in the loss of down and the ball returned to the previous LOS.
5. No running plays (QB may not run the football). QB's are allowed to "roll out" to throw. They are NOT allowed to cross the LOS with the ball in hand.
6. No blocking or screen blocking will be allowed what so ever. Blocking constitutes a loss of down penalty.
7. The offense may pass the ball only once during a play. Double passes constitute an illegal forward pass.
8. Offensive players are responsible for retrieving the football after each play.
9. Defenders may "**bump**" receivers only **once** within **5 yards** of the LOS. Contact can be maintained within the 5 yards however if contact is broken the defender cannot re-engage the receiver.
10. Excessive contact during play or unsportsmanlike conduct will not be tolerated and could be cause for the removal of a player or team from the tournament.
11. First downs are at the 25 yard line and 10 yard line. Each team has 3 downs to get a first down and 4 downs to score inside 10-yard line or there will be a turnover on downs.
12. Three points for INT and you get the ball. *Two points are awarded to the Defense for a Turnover on Downs.* Six points for an INT returned back to 40-yard line untouched and you get the ball. No PAT after INT.

Offensive infractions

Offensive infractions	Penalty
Off sides	Loss of down
Illegal procedure (no backs within the tackle area)	Loss of down
Blocking or Screening	-5 yds. from spot of foul and loss of down (or half the distance to the 40)
Illegal forward pass	Loss of down
Pass interference	-5 yds. from original L.O.S and loss of down (or half the distance to the 40)
Delay of game	-5 yds. from original L.O.S and loss of down (or half the distance to the 40)

Defensive infractions

Defensive infractions	Penalty
Off sides	+5 yds. from original L.O.S and repeat down
Holding/illegal bumps	Ball is placed on the next first down line
Pass interference	Ball is placed on the next first down line



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2019 Team Registration-Roster

The following information needs to be returned to confirm registration along with the registration fee (\$250.00 per team). You will need to have your roster filled out in order to completely register. The roster below has been provided to you for your own benefit. Complete information and send via email to football@cvayfc.com or commissioner@cvayfc.com no players can be added to a roster after the second scheduled game of the season.

Please send registration form and registration fee checks payable to:

“CVAYFC”

(Please include “Spring Passing League” in check memo area)

By April 15, 2019:

Team Name: _____	Division: _____
Head Coach: _____	Assistant Coach: _____
Cell Phone: _____	Assistant Coach: _____
Email: _____	

Team Roster (Name/Birth Date)

Name		B-Date		Name		B-Date	
1			9				
2			10				
3			11				
4			12				
5			13				
6			14				
7			15				
8			16				



- Information Meeting: Thursday, March 7th, 2019
Eastern Henrico Recreation Center
1440 N Laburnum Ave, Richmond, VA 23223
6:30 pm
- Projected game dates: Every Friday beginning May 3rd through June 7th
- Playoffs/Championships: June 14th (Top Four teams in each Division)
- Game Locations: Henrico, VA and surrounding area

Teams will be placed in the following Divisions by age: (10u), (11u), (12u), (13u) & (14u). Age cutoff date is 8/1/19 i.e. (12u must be no older than 12 on 8/1/19). All players must present a Government Issued ID Card, Passport, Military ID or Official League ID with Original Birth Certificate in order to be certified.

