



3rd – 12th Touch Football Game Rules

TEAMS

1. Players will wear My7on7 issued team uniforms, and are permitted to wear the following;
2. Standard football cleats with plastic or rubber spikes (no metal spikes)
3. Mouth guard – Unless facility requires a facemask then all players must wear a facemask and mouthguards are optional.
4. Soft shell helmets are mandatory and must be worn at all times during play. Helmets must be fully fastened during play and mouthpieces in, or the player can be removed from the field until he/she is in compliance. Non-Compliance can result in loss of down or play.
 - a. **NOTE: QBs are not mandated to wear helmet. However, if QB does not have a helmet on he CANNOT pursue a defender that has intercepted the ball – If the QB throws an interception and QB has no helmet or a non-strapped helmet makes the tag on the defender it will be an automatic touchdown for the Defense**
5. Hats, or jewelry are not allowed on the field during game play.

COACHES

1. Max 3 coaches allowed on the sideline during game
2. One offensive coach is allowed on the field and in the huddle with players, but must be a minimum of 5 yards behind quarterback before ball is snapped so there is no interference with game play or Referee.
3. Defensive coaches are not allowed on the field at any time. With the exception of K – 2nd. However, coaches must move out of the way prior to the snap of the ball.
4. Coaches are responsible for knowing all rules and educating their players on the rules and conduct.

OFFICIALS

1. Each game will have up to two officials. In addition, a Site Manager will be on the field to answer questions and resolve any on the field issues.
2. Referees will keep the 4-second clock, and score.
3. Officials and the Site Managers will ensure the games start on time and rules are being enforced.

SCORING

1. 7 Points for a touchdown
2. 2 Points for a PAT from 10-yard line if the team elects to go for two-point conversion. (Allotted 6 points if try is unsuccessful. Successful attempts result in 8 points)
3. 3 Points for interception
4. 6 Points for Interception Return For TD
 - a. 3 points for interception are not added to the 6 if returned for score
5. 0 Points for turnover on a PAT – It is dead ball
6. Official score will be kept by referee (coaches are encouraged to confirm final score at the conclusion of the game).

GAME TIMES

- All games are 22-minute running clock.
- Teams must be ready to start games on time. If a team is not ready and available when the clock starts, the referee will award the other team 2 points. If the team is not there or ready after 5 minutes has elapsed the Referee will call the game a forfeit and the other team will win the game 2 to 0.
- No time outs or clock stoppages for any reason.
- Overtime rules apply to tournament play only
 - o Winner of the coin flip will choose offense or defense. Each team will have 1 play from the 40-yard line. The team with the most yards wins the game. If each team has a completion for the same yardage. Process will repeat with the team that lost the flip, by selecting offense or defense. No blitzing in overtime

**GAME PLAY**

1. Field length will be 50 yards, with a 40-yard start point.
2. 40+ yards in width. 10-yard deep End Zone.
3. 40, 25 & 10 are the first down lines.
4. Defensive player may chuck an eligible receiver in front of him. The defender is allowed to maintain continuous and unbroken contact within the five-yard zone.
5. Offense is not allowed to shove a defensive player to create separation.
6. The center will be responsible for setting the ball at line of scrimmage. The center is not an eligible receiver.
7. All offensive formations must be legal sets and respect the tackle box (3 yards). Outside receivers on the line other receivers off the line.
8. Offense is allowed to run the ball as many times as they want on any down, from 40-yard line to 10-yard line. (no redzone).
9. The QB is allowed to make one exchange (pass, handoff, toss). No toss passes, reverses, or hook and ladders (trick plays are not allowed).
10. Defensive players cannot cross the line of scrimmage until the ball is handed off. If you do, this would be considered a blitz.
11. Teams get one blitz per game.
12. QB can never run the ball at any division.
13. Offense can automatically choose to receive 1, or go for 2 points when a TD is scored.
14. No Kicking or Punting.
15. No Blocking.
16. Receiver/Ball carrier is legally down when touched below the neck with one or two hands (one finger = one hand). (Excessive force or shoving will not be tolerated and will be penalized with automatic first down and 5 yards. A player can be ejected from the game if ruled unsportsmanlike or flagrant)
17. Fumbles are dead balls at the spot with the last team retaining possession. A Fumbled snap is not a dead ball, but the 4 second clock remains in effect.
18. The Quarterback is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops on the Quarterbacks release. If the release is under 4.0 seconds the play continues or if the release is after 4.0 seconds the play is blown dead.
19. There are no 4th downs. Offense has 3 plays to gain 15 yards or required yardage for a 1st down. 3 downs in all zones

PENALTIES OFFENSE:

1. Off-sides = Loss of Down
2. Delay of Game = Loss of Down
3. Offense will have 25 seconds to snap the ball once it has been marked for play and blown live.
4. Offensive Pass Interference = 5-yard penalty and Loss of Down. Receivers cannot shove defenders to create space
5. No penalty may be assessed in excess of the 40-yard line. If a penalty would move the offense beyond the 40- yard line, the offensive team will only be charged with loss of down.
6. If the referee sees the clock has exceeded 4.0 seconds the play will be blown dead and the ball will be returned to the original line of scrimmage with loss of down.
7. Offensive team is responsible for retrieving the ball to the previous spot or the new line of scrimmage spot. Clock does not stop and any delay by the offense in retrieving and returning the ball to the Referee will result in a delay of game and a 5-yard penalty.
8. Illegal formation – 5-yard penalty
9. Ineligible receiver – 5-yard penalty (ineligible man downfield, is a penalty called against the offensive team when a forward pass is thrown while a player who is ineligible to receive a pass is beyond the line of scrimmage).
10. The center must take a knee after the snap of the ball. Snapping the ball between the legs is encouraged but not required.

DEFENSE:

1. Off-sides = 5-yard penalty
2. Defensive Holding = 5-yard penalty
3. Defensive Pass Interference = 5-yard penalty



4. Any dead ball penalty on the defense that occurs after a change of possession will result in a loss of down for that team's offense when they begin their ensuing possession.
5. Responsibility to avoid contact is with the defense. The defense is allowed initial disruption and then must cover. Excessive or prolonged contact will result in a "tack on" penalty at the end of the play. (5-yard penalty)

TIEBREAKERS

1. No overtime play in regular season games.
2. If teams are tied at the end of league play (regular season) the tiebreaker order is as follows;
 - o Head-to-head records
 - o Points Allowed
 - o Points Scored
 - o Coin flip

APPEALS

1. If during a game a coach or player disagrees with an official's judgment call, they MAY NOT dispute that call with the official at that time. All disputes will go directly to the Site Manager.
2. To dispute a game the head coach must report all game play ruling discrepancies immediately after the effected game to the Site Manager or Director in order to be considered.
3. Any reversal or game-changing decisions will be made at the discretion of the Site Manager or Director.
4. Coaches of both teams involved in disputed game will be made aware of any changes.
5. No electronic devices shall be used to question, challenge, or dispute a game officials decision or judgement while the game is in progress, after, or during a hearing or appeals process.

CONDUCT

1. All coaches and players are expected to conduct themselves in a positive manner and refrain from unsportsmanlike actions.
2. Verbal abuse and/or threats will result in removal from event.
3. No taunting or foul language
4. No vandalism of venue property
5. Mandatory that you instruct your team to clean up their items after each game.
6. Weapons, drugs, alcohol, smoking and chewing tobacco products are PROHIBITED at all events.

BALL SIZE

- High School - Official
- 7th/8th - Youth
- 5th/6th - Junior
- 3rd/4th - Pee Wee
- 1st/2nd - Mini
- Kindergarten – Mini

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