



## Minnesota Youth 7 on 7 Passing League – Rules – 2018

The following rules are established for 1<sup>st</sup> – 8<sup>th</sup> grade. These rules are modeled after other 7 on 7 leagues as well as the Minnesota State High School League.

### Games:

- Games are two 18-minute halves.
- The clock runs continuous through-out the game.
- There is no overtime during the regular season.

### Line Up:

- Defense: 7 defenders on the field (may not line up 8 & drop one before snap).
- Offense: 7 offensive players (must use a center to snap, center is ineligible – takes a knee).
- All offensive formations must be legal sets.
- Each possession starts on the 40-yard line – going toward end zone.
- 4 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (4.01 or greater).
- 4 second “clock” starts on snap of ball.
- Drop balls from snaps are NOT dead balls. QB has 4 seconds to throw.
- 35 seconds to get the play off.

### Play:

- One-hand touch anywhere.
- No running plays allowed (*see exception for 1<sup>st</sup>/2<sup>nd</sup> grade at bottom*)
- No double passes or shuffle passes.
- Defense: No coaches on the field - must coach from the sidelines.
- Offense: One coach allowed in the offensive huddle.
- Three coaches max per team.

### Downs:

- First down is made by crossing the 20-yard line.
- Four downs to make a first down, or score a touchdown.
- Point after Touchdown (PAT) snaps are at the 3-yard line, offensive choice of hash.
- 2 point conversions will be from 10-yard line with choice of hash in tournament play (if chosen).

NOTE: Passes may be thrown behind the line of scrimmage but receiver must advance beyond line of scrimmage or play will be treated as a sack.

### Possessions:

- Possession changes:
  - After PAT attempt
  - Failure to make a first down
  - Turnover

### Time:

- Two 18-minute running halves.
- One timeout per team per game.
  - Timeouts cannot be used in the last 5 minutes of either half.
  - Clock does not stop for timeouts.

*Updated 9.8.2018*



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- Overtime (*tournament/championship round only*):
  - Consists of 3 plays from 10-yard line.
  - Each team has an attempt to score in each overtime period.
  - Starting with the 3rd and subsequent overtimes, all PAT's must be 2 point attempts from the 10-yard line.
  - Overtime periods are not timed.

### Scoring:

- Touchdown - 6 points
- Interception - 3 points (no points for INT on PAT)
  - No return for a touchdown is allowed on interceptions.
- PAT - 1 point (may opt for 2 in OT)

### Penalties:

- Defense pass interference = Automatic first down and 5 yards from original line of scrimmage.
- Offense pass interference = Previous spot and loss of down.
- Defensive holding = Automatic first down and 5 yards from original line of scrimmage. In the event there is defensive holding and a sack on the same play, the defense will be penalized according to the above and the sack will be ignored.
- Illegal procedure (offense) = Loss of down.
- Defensive off-sides = 5 yard penalty.
- Delay of game = Loss of down and clock stops in final 1:00 minute.
- Fighting / unsportsmanlike conduct:
  - 1st offense = ejection from game.
  - 2nd offense = ejection from tournament/league.
- 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 GAME/TOURNAMENT.
- Personal Foul Penalties:
  - Offense = loss of down and 5 yards from original line of scrimmage.
  - Defense = 1st down and 5 yards from original line of scrimmage.

### Seeding, Tournament, and Tie-breakers:

- Teams will be seeded for the championship week/tournament according to overall records.
- Records which are tied will be broken as follows:
  - Head – to – Head
  - Fewest points allowed.
  - Most points scored.
  - Flip of coin.

### Referees:

- Most referees are high school football players that have gone through a training course.
- Referees will keep score and report scores to Site Manager after each game.
- Issues regarding referees should be brought to the Site Managers attention (*after the game when possible*).

### 1st/2nd Grade Division

- Running plays are allowed
- Must attempt a pass once every four downs
- All other above rules apply