

# WYFC 7on7/5on5 FARM LEAGUE



## **Philosophy:**

This league was created to help organizations with fundraising and assist organizations with tournaments for the 2020 Spring season. WYFC FARM LEAGUE is a “For organizations ran by organizations “. We will work together to help and support our kids to compete in 7on7 and 5on5 tournaments to further develop their football skills. The intent is simple, raise money for your organizations by hosting venues/tournaments and all participating organizations will bring their teams (1 5/6 team, 1 7/8 team) to compete. We have designed the schedule so that it doesn’t interfere with kid’s regular spring sports. We encourage kids to play other spring sports to further enhance their overall athletic abilities.

## **Fee:**

There is no FEE to join this league, but a guarantee needs to be signed and fully understood. All monies earned by organizations hosting, own team registrations, gate fees, will be their profit for their organization as a fundraiser. This league is designed to be an “for orgs by orgs” meaning organizations must be free standing and cover their own costs during the season to include insurance and practice field rental.

We highly recommend orgs to keep player registrations below 175\$ to make it affordable for families. Recommend using their fall season jerseys or team shirts.

## **What we do:**

We have our own teams we have to get prepared, but we will:

- A tournament setup package (includes a tournament template, scheduling, and field Layout.)
- Provide guidance, resources and training for coaches getting into 7on7 or football in general.
- Resources to help build players developments. WE can connect, create or collaborate!
- Vendor resources for soft shell helmets, uniforms, etc.
- Playbook creation assistance to help your team or help build your feeder/7on7 plays.
- Guide, assist and facilitate hosting your venue (fielding teams, etc.)
- Help market your program (flyers, videos, etc.) to be used on your own website and will be featured on our WYFC (Washington Youth Football Coaches) forum. FB page for league will be set up soon.



### **The Guarantee:**

All orgs have to guarantee that at a minimum one (1) team for each grade (5th/6th & 7th/8th grade) will be present in a 8 game tournament circuit.

Each org will Host one (1) Tournament event at their location of choice. Orgs can choose not to host and will be open to all others either by draft or first to reserve their field.

Host Organizations will not charge more than \$200 per WYFC Farm League organizations (ONE\_5th/6th & 7th /8th grade team only per org) Additional teams will be at the Host organizations discretion on fee.

WYFC Farm League organization have priority when filling your tournament.

\$800 refundable check ONLY. Will only get cashed if your teams don't show up or you fail to field a team for that tournament. (Tournament Coordinator will make every effort to fill your spot) Money will be used to pay for current missed tournament plus the 3 next tournaments you enter) (200\$ per hosting team)

### **Organizations hosting Tournaments (Bowl Series)**

Organizations that choose to host will provide for tournament (bowl series) operations:

- The Venue, suitable Turf field, no grass. (let's all work together to help each other on getting turf fields)
- Trophy: Minimum: **(4)** 1<sup>st</sup> place Trophies for 5/6 and 7/8 teams.
- 2 Field Marshall also timekeeper /1 Tournament Manager to work the Tournament Brackets and clock
- 4 refs (official Refs highly recommended) and stop watches.
- Trained medical staff / EMT available in case of emergencies. AED machine must be onsite.
- All stadium rules from fall season apply and must be adhered to from all guest organizations.

### **7 on 7 game plan details:**

Season starts Feb 2<sup>nd</sup> – May 25, Every other Saturday:

**Games: Saturdays:** Option #1: Feb 2, 16, 30 Mar 2, 16, Apr 6, 20, May 4, 18 **(8)**

Option #2: Feb 9, 23 Mar 9, 23 Apr 13, 27 May 11, 25 **(8)**

**Sundays:** Option #1 Feb 3, 17, Mar 3, 17, 31, Apr 14, 28 May 12, 26 **(8)**

Option #2 Feb 10, 24, Mar 10, 24, Apr 7, 21, May 5, 19 **(8)**





## **Rules (\*updated 3/18/19)**

### **Field Dimensions:**

1. Turf Field (2) 40 yards long: 2 games at once.

### **Ball Size:**

5<sup>th</sup>/6<sup>th</sup> team: Junior to Youth

7<sup>th</sup>/8<sup>th</sup>: Youth to HS

### **Helmets/Uniform:**

ALL participants Must wear soft shell helmets & Mouthguards in game, no exception.

NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT TEAM Uniforms.

### **Starting the game:**

A timekeeper will be designated for each half of the field. All games will begin and end on this person's instructions.

Game manager- placed on the 50 yd. Line to keep score for the field (both games) and to assist with crowd/player control. (This may be a coach). *See field pic.*

1 Coach only is allowed on the field during offense per team.

A minimum of four 20 mins games.

### **Time:**

- 20-minute Games (continuous clock. Exception: Injuries. Time will halt until the player can be removed as soon as safety dictates). **NO TIMEOUTS**

- 7 on 7 league play require that all games start/end at the same time. **If a team is late and cannot start when the league official starts, they will begin play with whatever time is left on the league clock. (Not to exceed 5 min or a Forfeit will occur)**

**-IT IS IMPERATIVE TO KEEP TO THE LEAGUE PLAY SCHEDULE.** (Teams must be on site and ready to play when scheduled.)

- Injury time outs may reduce the amount of time between games to maintain the game schedules.

- Each team will have 30 seconds to snap the ball once it has been blown dead from the previous play. The count starts at the end of one play until the snap of the next play.





**OVERTIME-** No game ends in a tie. If a game is tied there will be a coin flip to determine who starts with the ball. Each team gets 1 play from the 40-yard line, the team to get the most yards or score wins. Team scores must go for an extra point PAT does not count as a play. The refs will keep track of yards. EX: Team A completes a 6-yard pass, Team B completes a 15-yard pass. Team B wins.

**Moving the ball:**

1. No punting.
2. Possession always begins at the 40-yard line.
3. The offense has **3 downs** to get to the 25-yard line for a first down.
  - Then 3 downs to get from 25-yard line to the 10-yard line for a first.
  - Then 3 downs to get from 10-yard line into the end zone.
4. Offense always moves in the same direction.
5. NO PLAYER MAY RUN WITH THE BALL, ALL PASSES MUST BE FORWARD and past the line of scrimmage. Unless there is a blitz and the Qb can run.

**Special Rules:**

1. No blocking.
2. Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant)
3. Fumbles are dead balls at the spot with the last team retaining possession.
4. The ball must be snapped from the QB TEE, (shotgun snap is authorized, center will snap using QB timer.
5. The QB is allowed 4 seconds to throw the ball. The ref starts a stopwatch on the snap on the ball from the QB Tee and stop the watch as soon as the QB releases the ball.
  - If release is under 4.0 seconds, the play goes on.
6. Muffed snaps are not a fumble/dead ball. The 4 second count remains in effect on snaps.
7. Each team will have 30 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be loss of down plus 5 yards.
8. Defensive Pass Interference will be a spot foul (**1st down at the spot**). Responsibility to avoid contact is with the defense. There will be No chucking or grabbing. **(You can Press on the line within 5 yards from the LOS after that it will be considered excessive will be called by ref)** These actions will result in a "tack on" penalty at the end of the play (5 yd penalty)





- If a defensive pass interference occurs on the 2-pt conversion than the ball is spotted on the 5-yd line and replay the down. If a pass interference occurs again, the offense will automatically be rewarded 2-pts
- Offensive pass interference on 2-pt conversion will result in spotting the ball on 15-yd line and replay down. If Offensive pass interference occurs again, no points will be awarded, and the other teams takes over possession.

9. Defense is allowed (1) one blitz per game.

- **You can only blitz ONE person from 5-yds back of LOS or 5-yd of the QB tee. , outside of the tackle box. \*QB can run when blitzed.**

- **Can blitz at the 40yd mark provided they blitz 5-yds back of LOS or 5-yd of the QB tee. , outside of the tackle box.**

10. Offensive pass interference, 5yds and loss of down.

11. Interceptions may not be returned ("no blocking" rule applies) and Defense is awarded 3 pts.

12. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.

13. The Snapper/QB (QB tee) will be responsible for setting or re-positioning the ball at the line of scrimmage.

14. No TAUNTING OR "TRASH TALKING". (5-yard penalty & expulsion if flagrant) Celebrate ok.

15. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking).

16. Fighting: the players involved will be ejected from the game and league. If a team fight occurs, the teams involved will be ejected from the game and Tournament.

17. Two delay of game penalties on the same possession results in a turnover. The opposing team will then put the ball in play on the 40-yard line.

### **Scoring:**

Official score is kept by the referee and game manager.

6 points for TD.

- You can choose to receive the automatic PAT (1-pt) or attempt a 2-point conversion from the 10-yard line (**3 points if the D gets an INT on 2-point conversion**).

Interceptions are worth 3 points and rewarded the ball.





## PLAYOFF Special Rules:

### Rosters

Graded teams are for the current school year.

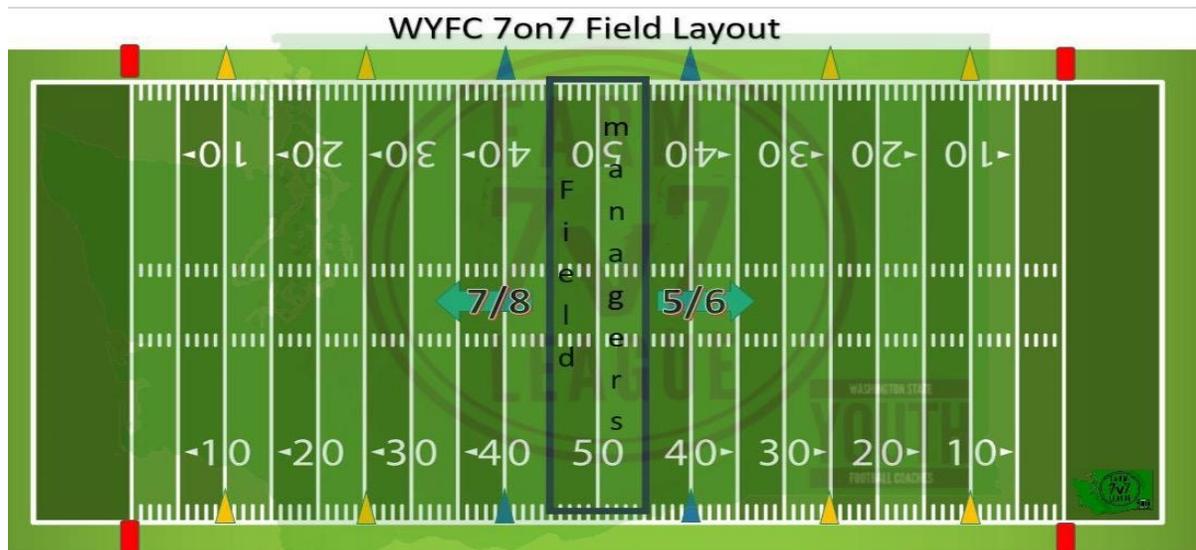
A minimum of 7 players are needed to compete. With a maximum of 15 to 20 players. \*If more than 20, consider having 2 teams.

**Rosters will not be set in stone. In order to accommodate the multiple sport athletes. Rosters will be interchangeable as players availability changes.**

If both teams agree, if a team is short players they can pick up players within the same age group from any available players on other teams rosters. (the goal is to still have competitive games even if an emergency roster situation arises)

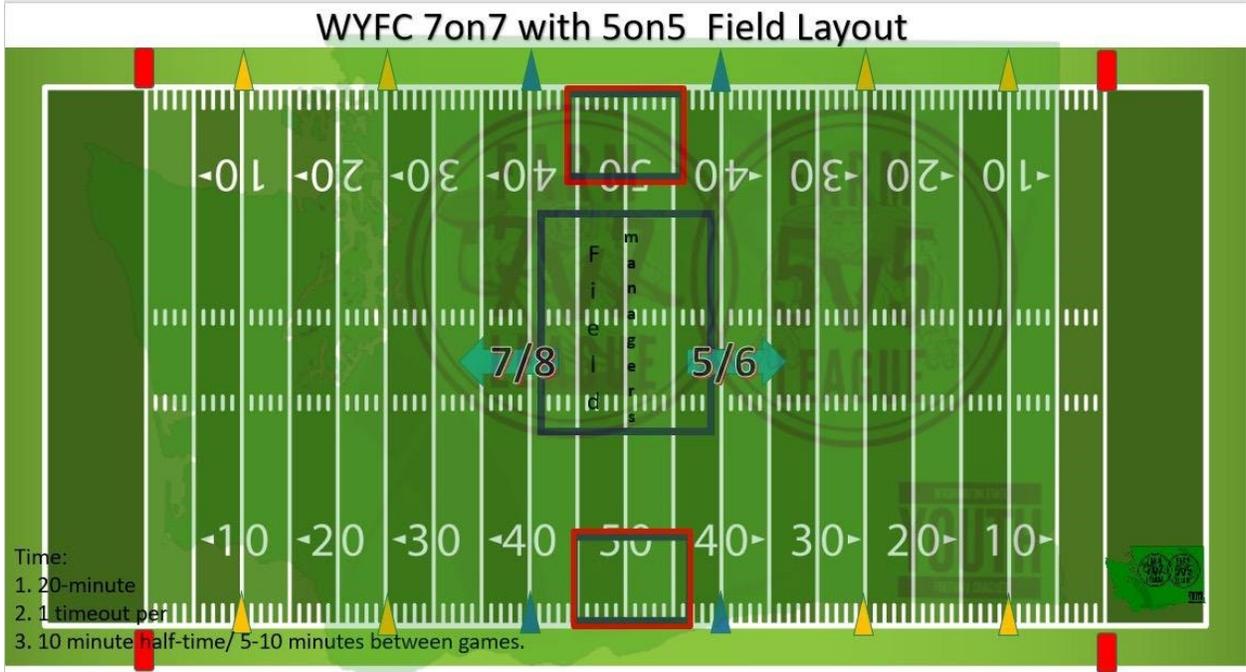
### Field layout :

#### Option 1 (7on7 only, no 5on5)

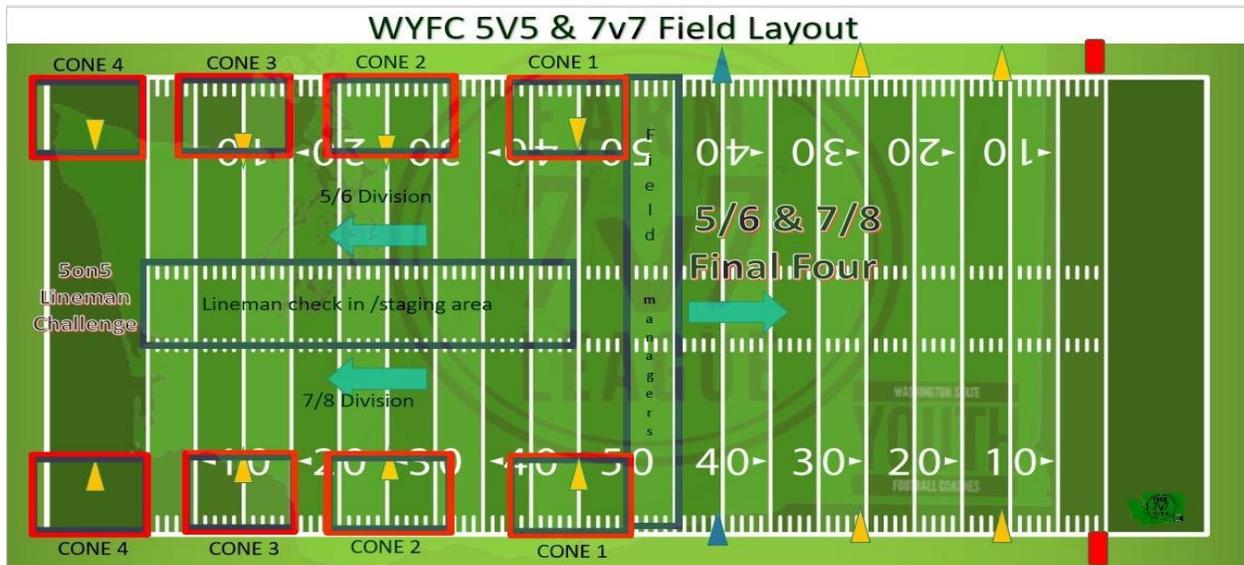


#### Option 2 (combined start) :





Option 3 (5on5 after 7o7 pool play) :





**SAMPLE Tournament Template 7on7 only:**

7v7 Pool Play		3 pool play games to create seeding for elimination round based on record.	
Start Time	Duration ( 5 min break)	Field A (7/8)	Field B (5/6)
		<b>Pool Play</b>	
9:00	25min	Team # 1 v Team #8	Team # 1 v Team #8
9:30	25min	Team # 2 v Team #7	Team # 2 v Team #7
10:00	25min	Team # 3 v Team #6	Team # 3 v Team #6
10:30	25min	Team # 4 v Team # 5	Team # 4 v Team # 5
11:00	25min	Team # 4 v Team #8	Team # 4 v Team #8
11:30	25min	Team # 3 v Team #7	Team # 3 v Team #7
12:00	25min	Team # 2 v Team #6	Team # 2 v Team #6
12:30	25min	Team # 1 v Team # 5	Team # 1 v Team # 5
1:00	25min	Team # 2 v Team # 1	Team # 2 v Team # 1
1:30	25min	Team # 4 v Team #3	Team # 4 v Team #3
2:00	25min	Team # 6 v Team #5	Team # 6 v Team #5
2:30	25min	Team # 8 v Team # 7	Team # 8 v Team # 7
		<b>Single Game elimination</b>	<b>Single Game elimination</b>
3:00	25 min	Team # ? v Team #?	Team # ? v Team #?
3:30	25 min	Team # ? v Team #?	Team # ? v Team #?
4:00	25 min	Team # ? v Team #?	Team # ? v Team #?
4:30	25 min	Team # ? v Team # ?	Team # ? v Team # ?
		<b>Semi Finals</b>	<b>Semi Finals</b>
5:00	25 min	Winner #1 v Winner #4	Winner #1 v Winner #4
5:30	25 min	Winner #2 v winner #3	Winner #2 v winner #3
		<b>Finals</b>	<b>Finals</b>
6:00	25 min	Winner #1 vs winner #2	Winner #1 vs winner #2

**SAMPLE Tournament Template 7on7/5on5 combined:**





5 v 5 Trench Battles		3 pool play games to create seeding for elimination round based on record.	
Start Time	Duration ( 5 min break)	Cone A (7/8)	Cone B (5/6)
		Pool Play	
9:00	15	Team # 1 v Team #8	Team # 1 v Team #8
9:20	15	Team # 2 v Team #7	Team # 2 v Team #7
9:40	15	Team # 3 v Team #6	Team # 3 v Team #6
10:00	15	Team # 4 v Team # 5	Team # 4 v Team # 5
10:30	15	Team # 4 v Team #8	Team # 4 v Team #8
10:50	15	Team # 3 v Team #7	Team # 3 v Team #7
11:10	15	Team # 2 v Team #6	Team # 2 v Team #6
11:30	15	Team # 1 v Team # 5	Team # 1 v Team # 5
12:00	15	Team # 2 v Team #1	Team # 2 v Team #1
12:20	15	Team # 4 v Team #3	Team # 4 v Team #3
12:40	15	Team # 6 v Team #5	Team # 6 v Team #5
1:00	15	Team # 8 v Team # 7	Team # 8 v Team # 7
		Single Game elimination ( highest seed always plays lowest seed)	Single Game elimination
1:30	15	Team # ? v Team #?	Team # ? v Team #?
1:50	15	Team # ? v Team #?	Team # ? v Team #?
2:10	15	Team # ? v Team #?	Team # ? v Team #?
2:30	15	Team # ? v Team # ?	Team # ? v Team # ?
		Semi Finals	Semi Finals
3:00	15	Team # ? V Team # ?	Team # ? V Team # ?
3:20	15	Team # ? V Team # ?	Team # ? V Team # ?
		Championship Match	
3:40	15	Team # ? V Team # ?	Team # ? V Team # ?

## BATTLE IN THE TRENCHES

### Son5 Lineman Challenge Rules (*\*updated 3/20/19*)

#### 1. Starting the game





The game will start with a coin toss. The winner of the toss will choose offense or defense to start the game.

The game will begin with 5 linemen on defense and offense.

Each team will get a chance 2 reps per lineman per round from both sides of the ball.

The Offense will be in pass protection form only. Only one player can play one position in a round. (exception for teams with 3 or 4 players)

O-LINE coach from each team will set up behind cones and coach their players BEFORE/AFTER play

-Start with **Left Offensive Tackle go 2 times then work to the Right Offensive tackle.** Then will go back to the Left Tackle. One by one. (Rest of the OL still get set )

### **TEAMS:**

Teams will be categorized based on numbers from farm league organizations”

A: Full 5 or more lineman

B: 4 or 3 lineman team

**C: Mix team combine from orgs and extra players. (MAX 6 Lineman per org) Goal is to get repetitions for lineman.**

A team will play as an org team. Versus a Team with less than 5, they can choose their best lineman for defense only (Defense can play a position twice in a round)

B Teams will play as an org team. “A” team can choose their defensive lineman only (playing multi-position) versus a Team less than 5 lineman.

C teams will be mixed with other orgs that have less than 3. *Examples, 8 players from 4 different orgs would be 2 C teams. Also mix teams may consist of all grades too. Example if there are only 2 5/6 graders left than they will play in C team, playing up.*

A and B Team must have a uniform. Once registered at check in those players must remain with their team for the remainder of the tournament.

### **2. RULES**

Each team will get a chance 2 reps per lineman per round from both sides of the ball.

The Offense will be in pass protection form only. Only one player can play one position in a round. (exception for teams with 3 or 4 players).





O-LINE coach from each team will set up behind cones and coach their players BEFORE/AFTER play

### **Defensive lineman will move on their defenders(OL) movement.**

-Start with Left Offensive Tackle go 2 times then work to the Right Offensive tackle. Then will go back to the Left Tackle. One by one. (Rest of the OL still get set )

**Team with less than 5:** “A “Teams can choose their best lineman for defense only (Defense can play a position twice in a round)

The defender has **3 SECONDS** to get to the designated area (typically a cone ) to earn a point.

### **3. POINTS**

#### **The Offensive Line (OL) Player can score if:**

**2pts:** Holds his block at the line of scrimmage, halfway to bag for 3sec or pancake.

**1 pt:** (pressure)OL is pushed back to the bag and maintains block without DL touching bag.

#### **The Defensive line (DL) Player can score if :**

**2Pts:** DL blows right by OL and reaches bag

**1pt:** If DL reaches bag battling before time expire

**50/50 situation:** Close call for OL holding block or DL reaching bag 1pt towards both OL/DL

**BULLRUSH:** OL is awarded 1pt same as if OL holds or throws down DL is awarded 1pt

Each OL will get 2 reps then switch sides or 15 mins total time of event for winner whichever comes first.

Defender will have to go off the movement of their defender.

### **4. SUDDEN DEATH**

If the game ends in a tie then the game will go to a sudden death. The winner of the coin flips the team will choose whether they want offense of defense. Both teams will then be able to select any 3 players on their team line up for a 3 on 3 showdown best 2 of 3 wins the game.

### **5. MIX TEAM**

Organization that have less than 3 Lineman or extras from orgs will combine with other orgs to create a “Mix “Team or it can be a combo of all grades (if not enough players in one division) They will compete together thru the pool play and Goal is to get their reps in.





## 6. PENALTIES

A. Penalties will result in a point, no replay (I.E If an Offensive player gets a holding penalty the defense will be awarded a point and rep ends)

B. Types of penalties. Offense: Holding, False Start and hands to the face. Defensive of penalties: Hands to the face, Bull rush and False Start. Throwing opponent down is Illegal, 1point.

## 7. SPECIAL RULES

A. FIGHTING: PLAYER (S) Involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament with NO REFUNDS.

**B. No Bull Rush: OL will be awarded 1 pt.**

C. Use of profanity will be highly discouraged and can result in a penalty at the referee's discretion.

D. It is highly encouraged that coaches get every player a chance to participate in a series. There Are enough plays to get every player in the game.

**E. Headgear is mandatory, no exceptions.**

## Organization Agreement

**Organization Name:** \_\_\_\_\_

**Org President/ Rep:** \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

**Contact Email:** \_\_\_\_\_





**The Guarantee:**

- 1) All orgs have to guarantee that at a minimum one (1) team for each grade (5th/6th & 7th/8th grade) will be present in an 8 game tournament circuit. **INT:** \_\_\_\_\_
- 2) Each org will Host one(1) Tournament event at their location of choice. Orgs can chose not to host and will be open to all others either by draft or first to reserve their field.  
**INT:** \_\_\_\_\_
- 3) Host Organizations will not charge more than \$200 per WYFC Farm League organizations ( ONE 5th/6th & 7th /8th grade team only per org) Additional teams will be at the Host organizations discretion on fee. **INT:** \_\_\_\_\_
- 4) WYFC Farm League organization have first priority when filling your tournament.  
**INT:** \_\_\_\_\_
- 5) \$1600 non- refundable check ONLY (8-200 checks) (Due 12/1/19) Will get cashed by each org hosting tournaments. League coordinator will collect checks from all Farm orgs and distribute to hosting org prior to start of event. If your org can't make it, Tournament Coordinator will make every effort to fill your spot if you can't make it.

**INT:** \_\_\_\_\_

By signing this agreement, I understand the WYFC Farm League Philosophy, Guidelines and 7on7/5on5 Rules. My organization, its affiliates, volunteers,spectators, participants and their families will comply with rules set forth. My organization will be part of the WYFC Farm League for the 2020 Spring season!

Organization President/Rep: \_\_\_\_\_ Date: \_\_\_\_\_

Checks received/date: \_\_\_\_\_

