



**FPYC FOOTBALL
7 ON 7 PASSING LEAGUE RULES
2020**

Effective - September 1, 2020



FPYC 7 on 7 PASSING LEAGUE RULES 2020

Content

Spirit of FPYC Football	3
Dimensions of the Field	4
Eligibility	4
Summary of Rules	5
RULE 1 – General	6
RULE 2 - Balls	6
RULE 3 - Equipment	7
RULE 4 – Timekeeping	8
RULE 5 – Scoring.....	8
RULE 6 – Game Play	9
RULE 7 – Sportsmanship.....	11
RULE 8 - Penalties.....	12



FPYC 7 on 7 PASSING LEAGUE RULES 2020

Spirit of FPYC Football

It's simple: BE A GOOD SPORT AND HAVE FUN!

This code of conduct has been developed as a reminder that everyone's conduct is expected to be in the Spirit of FPYC Football.

- a) Teams and spectators should demonstrate good sportsmanship! Players, coaches and spectators' comments should not be derogatory or demeaning towards opposing teams/players/coaches.
- b) Spectators and coaches will be a positive role model for players and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, spectators, officials, and staff at every game, practice or league event.
- c) Spectators, coaches and players will not engage in any kind of unsportsmanlike conduct with any official, coach, player or spectator such as booing, taunting, and refusing to shake hands, or using profane language or gestures.
- d) Spectators, coaches and players will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- e) Spectators and coaches should praise their team members for competing fairly, trying hard, but for their opponent, regardless of the score.
- f) The use of drugs, tobacco, and alcohol at league events is prohibited.
- g) Parents remember that coaches are volunteers! Respect the fact that they are willing to give their time to your child.
- h) Officials and league director have the authority to remove a player, coach, or spectator from a game and can declare the game a forfeit due to unsportsmanlike conduct.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

Dimensions of the Field

7 on 7 is played on a regulation sized football field where the dimensions are 40 yards long plus a 10-yard endzone. Field width and hash marks are in accordance with the National Federation of State High School (NFHS) Associations rules.

Eligibility

ARTICLE 1 – Middle School Division

Rising 7th and 8th graders and players who are 13 and 14 years old are eligible for the Middle School Division. A player's football age is determined as of 1 October of the current year.

Age will be verified upon request of the league by providing a valid birth certificate, state issued ID, or passport.

ARTICLE 2 – High School Division

Rising 9th – 12th graders are eligible for the High School Division. The High School Division will be Varsity, Junior Varsity, and Freshman teams.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

Summary of Rules

SUMMARY OF PLAYING RULES		
FIELD	Standard football field beginning at the +40-yard line	
TEAMS	Teams consist of a minimum of 7 players.	Rule 1
POSSESSION OF THE BALL	+40-yard line, on hash or choice. Four downs to reach the 20-yard line for a 1 st down.	Rule 6
TIME	25-minute running game clock, 30 second play clock	Rule 4
GAMES	2 games will run simultaneously, 2 game minimum per week	Rule 1
QUARTERBACK	Has 4 seconds to pass the ball after the snap.	Rule 6
SCORING	TD=6, XP 1pt from 5-yards, pts from 10-yards, INT 3 points	Rule 5
OVERTIME	1 play from the 10-yard line. If the offense scores, they win. If no score, the defense wins.	Rule 4
TACKLING OR HOLDING	Physical tacking is not allowed. A player is down when touched with 1 or 2 hands below the neck.	Rule 6
BALLS	Preferred - Wilson GST	Rule 2
DOUBLE PASS	Not allowed	Rule 6
SUBSTITUTIONS	Allowed	Rule 1
HARD CAST RULE	Must be wrapped and approved by the league director	Rule 3



FPYC 7 on 7 PASSING LEAGUE RULES 2020

RULE 1 – General

ARTICLE 1. Competition Rules

- a) Teams are encouraged to arrive at least 15 minutes prior to their scheduled game to begin warmup on the sidelines, away from any games occurring on the field of play.
- b) A Team consists of at least seven (7) players. Teams must field a minimum of six (6) players at all times. A team will have 15 minutes to field a minimum of 6 of their rostered players to start the game. The opposing team can choose to play with 6 or 7 players. If less than 6 players are available, the game is forfeited by the side that is unable to field a team.
- c) There will be up to 2 games running simultaneously, one on each half of the field.
- d) If a player gets injured causing an open wound or abrasion, they must leave the game until the wound or abrasion is attended and properly covered.
- e) Standard substitutions are allowed.

ARTICLE 2. Officials

The game shall be played under the supervision of 1 or more officials.

ARTICLE 3. Team Captains

Each team shall designate to the official no more than 2 players as its field captains.

RULE 2 - Balls

Wilson GST is the preferred football type. However, footballs may be obtained from various manufacturers as long as they meet the same dimensions of the standard Wilson GST football for high school's in accordance with the National Federation of State High School (NFHS) Associations rules. Middle School division will use a TDY size ball.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

RULE 3 - Equipment

ARTICLE 1. Jerseys and Shorts

- a) Unless the league provides shirts, teams must wear their game jerseys that all look alike in color. No shirtless players will be allowed.
- b) Players should avoid wearing shorts or athletic pants with pockets. Apparel with loops are discouraged to ensure the safety of players' hands/fingers.

ARTICLE 2. Shoes

- a) Football cleats are encouraged; however, cleats with exposed metal or metal spikes are NOT allowed under any circumstance.

ARTICLE 3. Mouth Pieces and Accessories

- a) Mouthpieces are required.
- b) Braces with exposed metal are not allowed.
- c) Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and kneepads.
- d) Players must remove all watches, earrings, bracelets and any other jewelry that the officials deem hazardous.
- e) If a player wears eyewear, a strap must secure it. No sunglasses are allowed unless they are for prescription purposes and then a strap must secure them.
- f) Softshell helmets are encouraged, though not required.

ARTICLE 4. Hard Cast Rule

- a) No player is permitted to participate in any league practice or game with a hard cast, splint, brace, or any other protective appliance except when padded and protected.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

- b) Any player wishing to play with such a device must first gain permission from the league director.
- c) During play, should the official or league director determine that a player is using their cast in a way that could cause harm to themselves or an opposing player, a ruling shall be made to determine continued eligibility of the player.

RULE 4 – Timekeeping

ARTICLE 1. Game Regulation Time

- a) Games are played on a 25-minute running clock. The scoreboard on the stadium field will keep the official time.
- b) Games will begin and end based on this time. The PA announcer/timekeeper will announce the time remaining at 10, 5, and 2-minute mark of each game. The clock will not stop at any of these warnings.
- c) The 25-minute running game clock will only stop in the event of injury or at the official's discretion.
- d) There is a 30-second play clock between plays.

ARTICLE 2. Overtime

Overtime is untimed. The winner of "Rock-Paper-Scissors" will be given the choice of offense or defense for 1 play from the 10-yard line. If the offense scores, they win. If no score, the defense wins.

RULE 5 – Scoring

- a) Touchdowns result in 6 points, with option for 1- or 2-point conversions.
- b) One-point conversions begin from the 5-yard line; 2-point conversions begin from the 10-yard line.
- c) Interceptions results in 3 points for the defense.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

RULE 6 – Game Play

ARTICLE 1 – Starting the Game

- a) Teams Captains will do “Rock-Paper-Scissors” to determine the first possession.

ARTICLE 2 – Offense

- a) The offense takes possession of the ball on the hash or choice at the 40-yard line going towards the near endzone and has four (4) downs to cross the 20-yard line (line of gain) for a first down. The offense then has an additional 4 downs to score.
- b) All offensive formations must be legal sets. Motion is allowed.
- c) Snaps can either be under center or shotgun. The Center can be a player assigned to play that position or a designated bench player. The offensive center is not an eligible receiver.
- d) The quarterback has 4 seconds to pass the ball. The official will count out loud and give a hand signal of 1-one thousand, 2- one thousand, 3-one thousand, 4-one thousand, and will blow the whistle upon ending their count, thus resulting in a sack/loss of down.
- e) Ball carriers **MUST** make an effort to avoid defenders with an established position and may not lead with their head at any time.
- f) Ball carriers are downed on first touch/contact by a defender **below the neck**; “one hand touch.”
- g) The offensive team is responsible for returning the ball to the referee to spot and begin the next play (retrieve incompletions that go out of bounds, give the ball to the ref after a catch, etc.).
- h) If the offense fails to score, the ball changes possession and the opponent’s offense takes over in accordance with Article 1a above.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

- i) No punting, kicking, or offensive blocking is allowed. Offensive players may place themselves between a defender and ballcarrier, but their arms must remain at their sides.
- j) No trick plays allowed, including double passes, hitch-and-pitch, hook-and-ladder, etc.
- k) Fumbles result in a dead ball at the spot of the fumble, the offense retains possession. A muffed snap is not a fumble, and the 4-second count remains in effect. A muffed snap that rolls beyond the line of scrimmage results in a loss of down.
- l) Any dead-ball penalty on the offense resulting in a touchdown or extra point will be assessed on the following change of possession. For example, their defense will start 15 yards back and the opposing offense will start on the 25-yard line.

ARTICLE 3 – Defense

- a) Defenses may play man to man, zone, or any combination thereof.
- b) Press man technique and receiver rerouting is allowed within 5 yards of the LOS.
- c) Ball carriers are downed on first touch/contact by a defender **below the neck**; “one hand touch.”
- d) Defenders WILL NOT run through the ball carrier when touching them or to knock a player out of bounds.
- e) Tackling, holding, and unnecessary roughness are not allowed.
- f) Any dead-ball penalty on the Defense, on a play that results in the defense taking possession, their team’s offense will begin their possession at the 40-yard line, but it will be 2nd down.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

ARTICLE 4 – Coaches

One offensive coach can remain on the field behind the offensive huddle. All other coaches and players must remain on the sideline.

RULE 7 – Sportsmanship

ARTICLE 1 – Players

- a) If the official or league director witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, acts that are deemed to be intentional, the game will be stopped, and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED. NO ON FIELD APPEALS WILL BE CONSIDERED.**

- b) Players **MAY NOT** physically or verbally abuse any teammate, opponent, coach or official. Bad conduct, trash talking, and taunting is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking or taunting occurs, the referee will give one warning, followed by a 4-play “cool down” period. If it continues, the player or players will be ejected from the game.

- c) Players **MAY NOT** mimic the offensive team’s signal in an effort to confuse the offensive players.

ARTICLE 2 – Spectators

- a) Spectators are expected to adhere to the Spirit of FPYC Code of Conduct.
 - 1. Do not to harass opponents or officials.
 - 2. Keep comments clean and profanity free.
 - 3. Compliment ALL players, not just one player or team.

- b) Unruly fans will result in an Unsportsmanlike penalty to the associated team’s bench.



FPYC 7 on 7 PASSING LEAGUE RULES 2020

RULE 8 - Penalties

- a) Only the team captain or head coach may ask the official questions about rule clarification and interpretations. Players cannot question judgment calls.
- b) Games cannot end on a defensive penalty, unless the offense declines it.

Defensive Penalties:

Offsides	+5 yards from the line of scrimmage
Defensive Pass Interference	+10 yards from previous spot, replay and an automatic first down, if the foul is committed on 4 th down
Defensive Holding	+5 yards from previous spot, replay and an automatic first down, if the foul is committed on 4 th down
Offsides	+5 yards from previous spot
*Unsportsmanlike Conduct/Unnecessary Roughness	Spot Foul +10 yards & Automatic First Down

Offensive Penalties:

Offsides/False Start	-5 yards from line of scrimmage, replay, or loss of down if committed at the 40-yard line
Illegal Forward Pass	-5 yards from the previous spot and loss of down
Offensive Pass Interference	-10 yards from the previous spot, replay, or loss of down if committed at the 40-yard line
Illegal Motion	-5 yards from previous spot, replay, or loss of down if committed at the 40-yard line
Delay of Game	-5 yards from line of scrimmage, or loss of down if committed at the 40-yard line
Blocking	-10 yards from the previous spot, replay, or loss of down if committed at the 40-yard line
*Unsportsmanlike Conduct/Unnecessary Roughness	10 yards from the previous spot and loss of down
*Unsportsmanlike Conduct/Taunting	Spot Foul, -10 yards from the spot and loss of down

Penalties inside the 20-yard line will half the distance.

*Two Unsportsmanlike Fouls will cause ejection from the game, the game field and a one game suspension.