

Treasure Valley 7v7 PASSING LEAGUE RULEBOOK (Updated 5/12/22)

The Game Highlights

- Passing League 7 on 7 (Center/Snapper is considered 1 of the 7 players on offense).
- SEMI- CONTACT, No Blocking
- 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 with a personal foul and possible ejection if deemed flagrant).
- Team on offense MUST have a center/player to snap the ball (the center may be any player on team). Ball must be snapped back to the QB to start play. Sideways/ Shotgun snap is allowed. Ball must be snapped off the ground. The offensive center is NOT an eligible receiver (should go down to a knee once ball is snapped). The center is responsible for establishing the succeeding spot as designated by the referee.
- QB has roughly 4 seconds to throw the ball before he is sacked (1-Mississippi, 2-Mississippi, etc. to 4).
- No passer may run across the line of scrimmage with the ball.
- All passes must be forward passes from QB (no double passes or backwards passes behind the line of scrimmage.) The QB can throw to a WR/RB AT or beyond the LOS only.
- Defense is allowed one rush per game from anywhere on the field.
- Defense is allowed to bump and run receivers for initial 5 yards (excessive force on press coverage will result in an unnecessary roughness). Contact after 5 yards is illegal.
- Fighting: the player(s) involved will be ejected from the game and league. No taunting or "trash talking". Profanity is not allowed. Any profanity used on the field will result in a personal foul. Any spectators that come onto the field during gameplay will be immediately ejected. If both teams have spectators storm the field during gameplay, the game may be called immediately. Coaches cannot come onto the field to confront each other nor yell at opposing team players, 1 warning will be issued, followed by immediate ejection.
- Coaches must find a ROLE for each player (center does not count), players should not sit the whole game without playing. If caught a warning will be issued from the league director. Parents pay for them to play!

Game Length

- Games are 45 minutes, divided into two halves of 20 minutes. Running time with no clock stoppage is used in both halves. The clock will only stop for serious player injuries and timeouts.
- Coaches get 2 ONE min Timeouts for the ENTIRE game. Timeouts do NOT reset after the half.

Field Dimensions

- High School regulation field split into halves. Games are played from each side of the football fields 40 yard line going in towards nearest end zone.
- FIRST DOWNS: There are two first downs, One at the 25 yard line and one at the 10 yard line

Scoring

- 6 point touchdowns. Chance to go for 1 or 2 point conversion.

- **(PAT)** Going for one: 5 yards from the goal line. Going for two: 10 yards from the goal line.
- Interceptions are an automatic 2 points for Defense, this includes any PAT attempt (No returning interceptions)

EQUIPMENT/JERSEYS

- Players are permitted to wear standard football cleats with plastic or rubber spikes. NO METAL SPIKES!
- The Ball will be provided to all coaches prior to the season.
- Uniforms- Teams must wear similar colored jersey/shirts (It's encouraged to bring both light and dark in case your opponent is wearing a similar color). NO jewelry, headphones, sunglasses, or hats allowed
- Soft helmets are optional and not required. Hard football helmets ARE NOT PERMITTED
- Mouth Pieces are OPTIONAL
- Pregame warmup is about 10 minutes on the field. Teams must be on site, stretched and ready to play when scheduled!
- Captains- at the beginning of the game, each team must designate one captain.
- Starting the game- Referees will flip a coin. Visiting team will call it first. Winner picks who gets ball 1st or 2nd half
- Ball sizes: 5-6 Junior size, 7-8 Junior Size, 9-10 Official High school size

BALL PLACEMENT

- The team that is receiving the ball at the start of the game or after any touchdown will start the ball at the 40 yard line (Note-you can never start further back than the 40 yard line). The offensive team takes possession of the ball at the 40 yard line and has 3 plays to make a first down at or beyond the 25 yard line. If the offensive team crosses the 25 yard line, they will have 3 downs to get to the 10 yard line. If they get past the 10 yard line it'll be 1st and goal.
- The ball is placed in the center of the field to start an offensive possession at the 40 yard line.
- THERE ARE NO FUMBLES, if the ball is fumbled backwards, the ball will be marked where it lands (Note: This does not apply at the starting 40 yardline), ball CANNOT be fumbled forward.

SPOTTING THE BALL

- The ball will be spotted in accordance with the ball when the player is tagged.
- A ball carrier who falls to the ground is considered down and will not be allowed to get back up to continue play (If receiver has a knee down when they catch a pass they will be down at the spot).

OFFENSE

- 7 players on offense (including center)
- Snaps from the center can go between legs, from the side of the center while kneeling down
- Bad Snaps from Center- Any center snap that falls and touches the ground will be ruled live and the 4 second rule in effect.
- Offense always moves in the same direction

- Offense has 25 second play clock that will start at the spot of the ball.
- QB has roughly 4 seconds to throw the ball (1-Mississippi, 2- Mississippi, etc. to 5) . Referee will blow whistle once 4 seconds is up. Ball must leave QB's hand before the whistle is blown. If QB is sacked the offense will start from the previous line of scrimmage (given it's not 3rd down) NOT from the spot the QB was at the time of the sack. If Blitzed, the 4 second throw clock is no longer in effect.
- Run Plays are NOT allowed. THIS INCLUDES a fly sweep with two hand toss.
- No passer may run across the line of scrimmage with the ball.
- All passes must be forward passes from QB (no double passes or backwards passes behind the line of scrimmage-no pitches/tosses to RB's) The receiver can catch the ball AT or BEYOND line of scrimmage, but not behind.
 - Eligible Receivers- All receivers are eligible to run down field and catch passes. The center is NOT an eligible receiver.
 - Direct snaps are NOT allowed (Direct snap: an offensive play in which the quarterback is in the shotgun position and the center snaps the ball directly to a running back or receiver instead of to the quarterback).
 - Motion- Only ONE player can be in motion at the snap of the ball and must be running parallel to or away from the line of scrimmage. More than one player can initially shift, however all players MUST be set for one second before the ball is snapped.
 - Charging- All offensive players once receiving the ball must make an attempt to avoid contact with defense. If an offensive player lowers their shoulder, or attempts to "run over" a defensive player a penalty will be called.
 - 1 foot = "Inbounds" Only 1 foot is needed inbounds with a controlled catch.
 - NO BLOCKING- Offensive team is not allowed to block or impede/ screen defensive players. Any offensive player intentionally Impeding a defender from touching the ball carrier is considered blocking or screening.
 - Offensive coaches are allowed on the field behind offense to call plays. They can remain on the field behind offense during gameplay. Coaches cannot physically move players and must be about 10 yards or more behind players prior to snap. Subs can be with coach but must not be in vision of referee.

Offensive Formation

- Line of scrimmage- Offensive team must have at least (3) players on the line of scrimmage at the time of the snap (center counts as 1).
- There must be at least 1 receiver on both sides of the ball. No more than 2 receivers in the imaginary 3x3 yard tackle box.

Defense

- 7 players on Defense
- Tackling- A legal tackle is defined as touching ball carrier with 1 or 2 hands below the neck. (Excessive force by shoving, pushing, or striking a blow will be penalized with a Unnecessary roughness and possible ejection if deemed flagrant).
- Press Coverage- Defense is allowed to "bump and run" for initial 5 yards (excessive

force on press coverage can result in a personal foul- see unnecessary roughness below). Contact after initial 5 yards is illegal.

- Definition of "Bump and Run": Defensive back lined up directly in front of receiver meant to bump receiver off their route. One or two hands may be put on the receiver at the snap to slightly disrupt the route only.
- NO rush on QB.
- Interceptions result in 2 points for your team and your offense will gain possession.
- Defensive coaches CANNOT be on the field at any time. Any defensive huddles must be player ran.
- Defenses are allowed one Blitz per game. The blitz can come from anywhere or by anyone on the defense. If blitzed, 4 second throw clock is no longer in effect.

Overtime

- (In Regular Season) If both teams are tied after regulation the game will go down as a tie for both teams' records.
- In playoff games there will be overtime for tied games. Each team will have an opportunity to be on offense (Referees will reflip coin for possession). Offensive team will start off the overtime period with the ball on the 10 yard line. It will be 1st and goal. A defensive interception would result in game over. If offense scores they have the option to go for a 1 or 2 point conversion. A defensive interception on a PAT results in 2 points and they receive the ball. (If a team scores a touchdown and then goes on defense and gets an interception the game will be over).
- If a playoff game goes into Double Overtime the following will take place: Possession of the ball goes to team opposite of original coin flip. Teams have to go for 2 point PAT attempts in double OT

Penalties

✓ **Pass Interference**- Offensive/Defensive-Contact that is made when the ball is in the air that hinders the receivers chance at the ball. Defenders must make a play for the ball (Pass interference is NOT simply a contact penalty and will depend on the Referees judgment as to positioning of players and right to the ball)

✓ **Unnecessary Roughness**- Jamming Offensive players into the ground. Offensive players without the ball running over defensive players. Hitting a receiver down while they secure a catch (must play for the ball) Shoving players to the ground when tagging them down.

✓ **Illegal Contact/ Holding**- Defense making contact past the 5 yards allowed to jam, this include holding a receiver. Offense pushing off a defender to advance towards the ball or holding defender.

✓ **Illegal Forward Pass/ Illegal Play**- QB Pass is made downfield past the line of scrimmage. Pass is not AT or BEYOND LOS. NOTE* It is Illegal to throw two forward passes behind the line of scrimmage.

✓ **Offsides**- Defense/Offense- A player is on the wrong side of the line of scrimmage when the ball is snapped.

✓ **Delay of Game**- Each team has a 25 second play clock that starts after ball is spotted.

✓ **Illegal Formation**- Must have 3 players on line of scrimmage (center counts as one of

those players).

✓ **False Start**- Forward motion made by offensive player prior to snap of the ball.

✓ **Illegal Motion**-Multiple players in motion at one time (Once offensive players are set only 1 player is allowed to go into motion legally). Forward motion (Player running towards the line of scrimmage prior to the snap of the ball).

✓ **Snap Infraction**-Ball is faked snapped and put back on ground.

✓ **Illegal Substitution/Participation**- Anytime there are more than 7 players on the field for a team during a live play, illegal substitution will be called. If a player intentionally goes out of bounds during the play and; return to the field, intentionally touches the ball, influences the play, Illegal participation will be called. (Note- if a player is jammed out of bounds by an opponent and returns to the field during the play, he shall return at the first opportunity. This is not considered illegal participation)

✓ **Offensive “Charging” and stiff arm** - Contact initiated by offensive ball carrier (lowering shoulders/initiating contact with defense/ stiff arms) Stiff arm results in a tackle by the Defense

✓ **Blocking/screening**- Any contact that is made to obstruct a defender from pursuing the ball carrier. This penalty is often called even when a player is incidentally obstructing the defender.

Penalty Yardage and Type

1. Only the Head Coach may ask the referee questions about rule clarification and interpretations. Players or assistant coaches cannot question judgment calls. 2. Games cannot end on a defensive penalty, unless the offense declines it. 3. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

Pass Interference (Defensive)	LOS	+10 yards from LOS, Auto first down
Unnecessary Roughness	SPOT FOUL	+/-10 yards from the spot, (Defense)Auto first down or (Offense) Loss of down
Illegal Contact/ Holding	SPOT FOUL	+/-10 yards from the spot (Defense)Auto first down or (Offense) Loss of down
Illegal Forward pass/ Illegal play (double pass, HB pass, catch behind LOS)	LOS and dead ball	Loss of down, same spot
False start, offsides, illegal motion, delay of game	LOS and dead ball *Clock stops in final 2 mins of game	-5 from LOS, replay down
Defensive Offsides	LOS	+5 yards from LOS, replay down
Snap infraction	LOS	-5 yards from LOS, replay down
Illegal Substitution	LOS	+/- 5 yards from LOS
Illegal Participation	LOS	Loss of down
Charging/ Stiff arm	SPOT FOUL	-10 yards from the spot, Loss of down
Pass Interference (Offensive)	LOS	-10 yards from LOS, Loss of down
Blocking/ Screening	SPOT FOUL	-10 yards from the spot Loss of down