

# YOUTH FOOTBALL AND CHEER FEDERATION (YFF)

## Official Playing Rules - 7v7 Football



Approved Version 2020

### General

The base rules for YFF 7v7 football is based on Pylon's ruleset. Pylon is a nationally recognized 7v7 football organization from youth to high-school-aged players. The YFF has integrated modifications it believes will enhance the game, improve safety measures, and facilitate a steady flow to game days.

### Article I - Competition Divisions

Youth Divisions: 8U, 9U, 10U, 11U, 12U, and 13U

Additional divisions (High School) can be added if there is sufficient demand.

### Article II - Field Dimensions

The official game field will be a total of 50 yards in length. This includes 40 yards in the field of play with a 10 yard endzone area.

### Article III - General Game Start/Play

1. Player Equipment: Each player MUST wear a soft helmet and mouth pieces at all times during game play. Players cannot participate without either of the required player equipment pieces.
2. Coin Toss: There shall be a coin toss to determine which team gets possession first for each game. The referee shall determine a team captain to call the toss prior to the coin flip. The team winning the coin toss will have the initial possession of the ball at the 40-yard line on their choice of hash mark.
3. The referee's whistle will start the game.
4. Each game will last 25 minutes with a running clock.
5. The referee will declare to both teams when there are less than 2 minutes remaining.
6. The game clock shall not stop for anything other than a player injury.
7. The referee will signify the end of the game via a long whistle.

### Article IV - Moving The Ball

1. Each offensive possession always starts on the 40-yard line with the offensive team's choice of hash mark placement.
2. The Offense has 3 plays to gain a first down. First downs are achieved at the 25-yard line and the 10-yard line.
3. Once inside the 10-yard line, the Offense has 3 plays to score a Touchdown.
4. The Offense may run the ball on any down. The QB is NOT allowed to run the ball at any time. The Offense is allowed only one exchange from the QB (handoff, toss) for allowed running plays (Dive, Draw, Sweep, Jet Sweep, etc.). Reverses and RB Pass plays are NOT allowed.
5. Defensive players cannot cross the Line of Scrimmage on a running play until the QB hands the ball off to the RB or motion Receiver.

### Article V - Scoring

- Touchdowns - 6 Points.
- PAT - 1 Point from the 5-yard line, 2 Points from the 10-yard line.
- Tie-Breaker Victory - 1 Point

### Article VI - Coaching Your Team

1. There will be one Offensive coach allowed on the field at any time.
2. The Offensive coach must be positioned behind the offensive huddle.
3. Coaches are not allowed to challenge any referee ruling.
4. Remaining Offensive coaches can work from their sideline only.
5. No Defensive coaches are allowed on the field at any time.

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### Article VII - Special Rules

1. No Blocking is allowed. Blocking will result in a penalty with a loss of down, and return to previous spot.
2. Ball carriers are is legally down when touched below with one hand. Defenders MAY leave their feet to make a one-handed tag.
3. Fumbles (including the snap) are dead balls at the spot with the Offensive team retaining possession (unless the fumble occurs on the 3<sup>rd</sup> down attempt).
4. Interceptions shall result in an immediate stoppage of play and change of possession with the Defense (intercepting team) gaining possession at the 40-yard line.
5. The Offensive team has 25 seconds to put the ball in play. Delay of game will result in loss of down.
6. The Offensive team is responsible for retrieving and returning the ball to the officials. The clock does not stop and any delay by the Offense in retrieving and returning the ball to the official will result in delay of game and loss of down.
7. Defensive pass interference of defensive holding will result in a first down at the spot of the foul.
8. Offensive pass interference will result in a return to the previous spot and a loss of down.
9. The QB is allowed 4 seconds to throw the ball on pass plays. Game officials should stop play if 4.0 seconds is surpassed. When the Defense blitzes, the 4.0 second rule is not in play, allowing the QB to avoid the rush as long as possible and get off a pass. On blitzes, the QB is still NOT allowed to cross the line of scrimmage.
10. The Defense is allowed one, and only one blitz per game. If a game goes into OT play and a blitz was executed during regulation, the Defense may not blitz during the OT. Conversely, if the Defense has not executed a blitz during regulation, it carries over into the OT.

### Article VIII - Tie-Breaker Rules

Any game that ends in a tie will immediately move into an OT period as follows.

1. The team in possession of the ball at the end of regulation will begin as the Offensive team in the Tie-Breaker (OT).
2. Each team will have one (1) snap from the 40-yard line and hash mark of choice. Play must be a pass play.
3. The team with the deepest completion will be declared the winner of the tie-breaker and awarded 1 point.
4. If there is no completion by either team or both completions are equal, the tie-breaker will be repeated. The tie-breaker format should be repeated until there is a winner.

### Article IX - Penalties

Offensive Penalties	Defensive Penalties
A. False Start or Illegal Motion (Loss of Down only)	A. Encroachment/Neutral Zone Infraction (5-yard Penalty, Replay Down)
B. Delay of Game (Loss of Down only)	B. Defensive Holding (Spot Foul, First Down for Offense)
C. Blocking (Ball to LOS, Loss of Down)	C. Defensive Pass Interference (Spot Foul, First Down for Offense)
D. Offensive Pass Interference (Ball to LOS, Loss of Down)	D. Unnecessary Roughness (15-yard Penalty, Loss of Down)
E. Unnecessary Roughness (15-yard Penalty, Loss of Down)	E. Unsportsmanlike Conduct (15-yard Penalty, Loss of Down)
F. Illegal Play [Reverse, HB Pass, etc.] (5-yard Penalty, Loss of Down)	
G. Unsportsmanlike Conduct (15-yard Penalty, Loss of Down)	

### Article X - Fighting

Fighting will not be tolerated. If a player throws a punch, he will be ejected immediately and cannot return. If the teams' benches clear and it results in a larger fight both of the teams will be ejected. If players are pushing and shoving they will be ejected for the game. Shoving determination is at the officials' judgement and discretion.

**PLEASE HELP US TO KEEP THE FACILITY CLEAN, ENCOURAGE YOUR TEAM TO PUT ALL TRASH IN THE AVAILABLE RECEPTACLES. IT IS YOUR RESPONSIBILITY TO KEEP THE FIELD THAT YOU ARE ON CLEAN.**

### **Article XI - Standings**

All league standings (all divisions) will be maintained by the League office and posted on the Federation's website.

Playoff seeds will be determined at the end of the regular season play in the following precedence:

1. Best Overall Record (as determined by winning percentage)
2. Head-to-Head regular season match-up(s) of tied teams (may include more than two teams) (as determined by winning percentage)
3. Highest Point Differential
4. Tie-Breaker - Coin Flip

### **Article XII - Uniforms and Equipment**

**Player Uniforms/Equipment:** Each player must have the following minimum equipment:

1. Game Jersey issued by Team/Organization (no duplicate jersey numbers or switching is allowed).
2. Soft-shell helmet (no metal content allowed).
3. Mouth guards are required for all players.
4. Prescription eyewear or protective eye gear shall only be worn if constructed with a non-shattering material or contact lenses.
5. The use of "stickum", grease, oils, or other slippery substance is strictly prohibited from use on any part of the uniform or person of a player. Violations of this rule can result in a 15-yard personal foul penalty and/or suspension from game play for each occurrence noted.

**Game Balls:** All game balls must be made by Wilson or Nike, and be made of leather or composite leather. Rubber balls are not permitted. The usage of an illegal ball may result in game forfeiture and/or fines.

Age Division	Game Ball Size
8-Under	Wilson K-2 or Nike Pee Wee
9-Under	Wilson K-2 or Nike Pee Wee
10-Under	Wilson TDJ or Nike Junior
11-Under	Wilson TDJ or Nike Junior (Optional TDY / Youth)
12-Under	Wilson TDJ or Nike Junior (Optional TDY / Youth)
13-Under	Wilson TDY or Nike Youth

**QB-TEE:** The QB-Tee must be used to start each play (simulated snap) and programmed for 4-seconds to get off each pass.

