

All American Youth Football & Drill Team

7 ON 7 RULES

Equipment

- Mouth Pieces - required for practice and games (May be purchased at Sporting Good Store)
- Game Day Jersey - provided by AAYFDT - must be tight to body and tucked in
- Shorts - loose fitting designed for playing sports - must have draw string
- Shoes - No Metal or Screw in Cleats (Example - Nike Sharks)

Field Dimensions

- Field Length - 45 yards long
- Field Width - 140 foot wide
- End Zone - 10 yards deep

Start of the Game

- Visitors will have first possession and wear White side of Jersey, will always align their team on the right sideline facing the end zone
- Home team will have first possession of the 2nd half and wear the Blue side of Jersey, will always align their team on the left sideline facing the end zone.
- One coach will be on the field for age group 7-8 and when huddle is broken the coach must move toward their sideline to stay out of the play

Offensive

- Offensive Plays will start with a snap of the ball from the center position with at least three players on the line.
- Motion is allowed per NCAA, UIL or AAYFDT football rules apply.
- Quarterback (QB) is the player who directly receives the ball from the Center that snapped the ball. The QB has 5 seconds in which to pass, toss, or handoff the ball to another player. Once the ball leaves the QB's hands the 5 second count stops and that player is now eligible to be rushed or treated like an eligible receiver.
- A running back going out into a pass pattern is treated as an eligible receiver and can be covered, even in the backfield. NO motioning towards the QB (by the defender) to rush his throw. NO rushing the QB
- Offenses always move in the same direction starting from the 45 yard line toward the goal line
- Field is marked at 15 yard intervals with cones. (3 first downs without a penalty results in a touchdown)
- Possession always begins at the 45 yard line. Ball placement is done by officials, once the ball advances.
- The offensive center is an eligible receiver (teams must have a center). **THE BALL MUST BE SNAPPED FROM THE GROUND BETWEEN THE SNAPPERS LEGS!**
- No blocking permitted
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 5.0 second count remains in affect on snaps.
- Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty. (centers on both teams responsible).
- The offense must gain at least 15 yards in the four plays or a change of possession takes place
- Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The intercepting team MAY trail the runner so as to be in position to take a backwards pass. **THEY MAY NOT BLOCK FOR OR SCREEN FOR THE RUNNER.**
- All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass. **ONCE A FORWARD PASS HAS BEEN THROWN, A BACKWARD PASS (lateral) IS ALLOWED.**
- Should a swing pass not cross the LOS and before the 5 second count has expired, a defensive player tags the ball carrier behind the 45 yard line, it is a SAFETY

Defense

No Rushing towards the Quarterback is allowed until ball leaves the quarterback hands
No bumping or contact with the receiving players

All American Youth Football & Drill Team

Penalty

- No blocking - Ball is placed at penalty
- Offensive pass interference is the same as NCAA rules. (15 YARD PENALTY)
- Receiver/Ball carrier is legally down when touched 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 or flagrant).
- Each team will have 25 seconds to snap the ball once it has been marked ready for play. Two delay of game penalties in the same possession results in a turnover. A DELAY OF GAME PENALTY ON THE EXTRA POINT ATTEMPT RESULTS IN A TURNOVER!
- The QB is allowed 5.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball. If release is under 5.0 seconds, the play goes on. If the timekeeper sees that the clock has exceeded 5.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down.
- The only infractions possible when a 5 second count is called are unsportsmanlike acts.
- 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. Deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty)
- No taunting or "trash talking". (5 yard penalty & expulsion if flagrant).
- Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the league (no refund of registration fee)
- Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 45 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
- NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45 YD. LINE. On an unsuccessful or successful offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line resulting in the loss of down.

Scoring

- 6 points for Touchdown
- 3 points for a kick (must kicked within 5 seconds of snap), 1 point for pass or run from 3 yard line (interception on PAT is dead ball) (Passing rule applies)
- Interceptions count as a touchdown if returned back to the 45 yard line
- Official score is kept by field referee

Game Time:

- 20 minute halves (continuous clock for each half)
- No time outs (EXCEPTION: Injuries)
- 5 minute half-time
- 15 minutes between games
- Teams must be on site and ready to play when scheduled.
- Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

Officials: - Two (2) Referees per game - A designated official will keep the 5 second clock

Coaches - A team may not have more than four (4) coaches on the sideline.

Registration Fee

\$80 Per Player - All fees must be paid in full before Jersey will be issued (NO EXCEPTIONS!)

COMMON SENSE

This is a "KIDS GAME"

All participants and fans should show sportsmanship on and off the field

Fans may sit behind their team when they are playing. However, after the contest, they must relinquish their position to the fans of the team schedule to play.

All Players, Coaches, Parents and Fans must adhere to the above rules or they will be asked to leave program without refund. This is a Kids Game and we are here for the Kids to grow and develop an understanding of football fundamentals including teamwork, competition and sportsmanship.