

## **NCTPW FALL 2020 7 ON 7 RULES**

**S1:** Minimum number of players: 8 Maximum number of players: 16

**S2:** Each play must be run within 30 seconds after the ball has been reset.

**S3:** Each team is allowed up to two games per week.

**S4:** Each team must complete six hours of practice before playing their first game.

**S5:** Each team is allowed up to 6 hours of practice a week with no more than 2 hours of practice per session. A week goes from Monday to Sunday.

**S6:** The playing field will be 40 yards in length, plus a 10-yard end zone.

**S7:** There will be two divisions of play:

Traditional (8U, 10U, 12U, 14U)

Hercules Division (Ages 7-10) (11-14) Linemen including ends

Every effort must be made to fill the traditional teams before the teams in the Hercules Division.

**S8:** Appropriate ball size for level according to Pop Warner Rules

**S9:** The player's "play age" is how old the player will be on July 31st of the current year (i.e. the same registration age as a Tackle Player).

**S10:** All teams must have insurance approved by Pop Warner. Rosters must be submitted and approved through the PW Roster system.

Rosters must be printed and validated before the 1st game.

**S11:** The goal of this program is to provide a safe learning environment for players to build their skills while having FUN!

**S12:** 4 Quarters of play: 10 minutes running clock each quarter.  
10-minute halftime.

**S13:** 2 time-outs per half. Clock stops for time-outs. Time-outs are 90 seconds each.

**S14:** Each player must play a minimum of 12 plays per game.

**S15:** Playoffs must not exceed two rounds of play.

**S16:** Each team may have up to three (3) coaches. The head coach must have PW football certification.

**S17:** All coaches/volunteers must fill out the volunteer application and have a current passing background check.

**S18:** Each play ends when a “defensive” player touches the receiver with one hand below the neck or the pass falls incomplete.

**S19:** The quarterback has five seconds to pass the ball across the line of scrimmage or the play is blown dead and it is a loss of down. A defender can't cross the line of scrimmage until the quarterback passes the ball.

**S20:** First downs are in 15-yard intervals. (2 possible 1<sup>st</sup> downs)

**S21:** No running plays are allowed. All players are eligible receivers.

**S22:** This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The Referee's decision is final on all plays; there will be no tolerance for arguing and only a Head Coach may ask for a rule clarification. All rules in the Pop Warner Member/Adult Codes of Conduct will apply.

**S23:** If a player/coach is ejected, they are not eligible to play/coach in the next game. If ejected a 2nd time during the season, the player/

coach is finished for the season and may be subject to additional sanctions that carry over into the Fall Tackle season.

**S24:** All passes must be forward. No laterals.

**S25:** All possessions will start at the 40-yard line.

**S26:** No punting, kicking PAT's or field goal attempts.

**S27:** No protests. The decision of the game officials is final.

**SCORING** • Touchdown scores 6 points. • 1 extra point attempt. Attempt will be from the 10-yard line. • Interception is a dead ball and the intercepting team takes over on Offense at the 40-yard line. • No fumbles, the ball is dead if it touches the ground.

## **PENALTIES**

### **OFFENSE**

- A. Blocking or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation
- B. Illegal Motion/False Start: 5 yards
- C. Offensive Pass Interference: 10 yards from line of scrimmage
- D. Delay of Game: Clock stops, 10 yards from line of scrimmage.
- E. Any penalty assessed at the 40-yard line will result in a loss of down.

### **DEFENSE**

- A. Tackling or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation
- B. Offside: 5 yards from line of scrimmage
- C. Pass Interference: 10 yards from line of scrimmage
- D. Illegal Rushing of the Quarterback: 10 yards from line of scrimmage
- E. Delay of Game: Clock stops, 10 yards from line of scrimmage

### **GAME OFFICIALS:**

\$70 each for 2 1/2 hours

2 Officials per game