

7U RULES

A. The purpose of this classification is primarily for instruction, with posted scores and a playoff system.

B. All punts are dead ball plays until the ball is kicked. The offensive team must announce its intention to punt. Once a punt is declared, the clock will stop and will restart as soon as the ball is punted. The offense must then punt the ball and the defense may not interfere with such attempts. No player may cross the line of scrimmage until the ball is kicked. Penalty for violation of this rule is 5 yards. The punting team must assume a normal punt formation with no more than 18-inch splits tackle-to-tackle and remain in the same formation until the ball is kicked. The punter must remain within the tackles and behind the line of scrimmage until the ball is punted. The receiving team must line up with a minimum of 6 players within two yards of the line of scrimmage anywhere along the line of scrimmage and may not move until the ball is punted. Alternate Punting Rule: The punting team may choose to mark off a declared punt of 20 yards rather than actually punting the football.

C. Field goals and extra-point kicks will be a free kick (like the punt). Neither the offense nor defense shall move across the line of scrimmage at the snap of the ball. The kicking team shall be allowed to take a direct snap and must place the ball on the block directly behind the center, and at least 5 yards behind the line of scrimmage. A successful extra point kick is worth 2 points and field goals are worth 3 points.

D. The defense must have five (5) players line up at least five (5) yards off the line of scrimmage, leaving a maximum of six (6) players lined up within 5 yards of the line of scrimmage. Once the offense has come to the line, any defensive player lined up outside of five yards of the line of scrimmage may not move forward until the ball is snapped. Once the ball is snapped all players can advance. No defensive player can advance inside of five yards from the line of scrimmage before the snap regardless of how many defensive players are there when the offense comes to the line. Penalty for this violation is five (5) yards; this is a live ball foul and the offense has the choice of the play or the penalty.

E. On Defense - No defensive players can line up in the center-guard gaps (A gaps) or directly over center within 5 yards of the line of scrimmage, nor may they shift through the A gaps prior to the snap. Defensive tackles may be head up on the guards and tackles or on the outside shoulder (B & C Gaps) of the guards and tackles.

F. The defense may employ a goal line defense when the offense has five (5) or less yards to go for a TD, allowing the defensive lineman to be in the offensive gaps between the center and guards. However, no one is allowed directly over the center within three yards of the line of scrimmage. Linebackers and other defensive players can be 3 yards from the L.O.S.

G. The center may position and grip the ball as necessary to snap the ball. This would include placing the ball parallel to the line of scrimmage, allowing his hand, head and shoulders to be in the neutral zone.

H. Two (2) coaches from each team will be permitted on the field during the game. Once the offense is set or the ball is on the kicking tee on a kickoff the coaches on the field cannot speak or coach in any way and must remain ten (10) yards behind the team's most distant player from the line of scrimmage for the duration of the play. Failure to comply will result in a ten (10) yard penalty and possible disciplinary action by the Rules Committee.

I. Offensive Guards can have no more than 18 inch splits.