

Lexington County Recreation and Aging Commission

7 on 7 Football Rule Book

1) Game

- a) At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- b) The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
- c) The offensive team takes possession of the ball at its 3-yard line and has four (4) plays to cross the next line-to-gain marker.
- d) If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 3-yard line.
- e) If the offensive team fails to cross the line-to-gain, possession of the ball changes and the opposition starts its drive from its own 3-yard line.
- f) All possession changes, except interceptions, start on the offense's 3-yard line.
- g) Teams change sides after the first half. Possession changes to the team that started the game on defense.
- h) Teams will begin the game with 7 players on the field.
 - i) Teams may play the game with as low as 5 players on the field due to injuries or missing players. If a team has less than 7 players, the other team does not have to reduce the number of players on the field.
 - ii) Teams cannot have fewer than 5 players on the field.
- i) All players present at the start of the game must play at least 10 plays during the game.

2) Terminology:

- a) Boundary Lines- The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
- b) Line of Scrimmage (LOS) an imaginary line running through the point of the football and across the width of the field.
- c) Line-to-Gain- The line the offense must pass to get a first down or score.
- d) Offense- The team with possession of the ball.
- e) Defense- The team opposing the offense to prevent it from advancing the ball.
- f) Passer- The offensive player that throws the ball and may or may not be the quarterback.
- g) Rusher- The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
- h) Downs (1-2-3-4)- The offensive team has four attempts or "downs" to advance the ball. It must cross the line to gain to get another set of downs or to score.
- i) Live Ball- Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- j) Dead Ball- Refers to the period of time immediately before or after a play.

- k) Whistle- Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
- l) Inadvertent Whistle- Official's whistle that is performed in error.
- m) Charging- An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
- n) Screen Blocking- Player must be stationary, meaning both feet set, not moving, with hands either down in front, by their side or around their back to make a block. Elbows cannot be extended in any ways. Player setting the screen block cannot be moving.
- o) Flag Guarding- An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
- p) Shovel Pass- A legal pitch attempted beyond the line of scrimmage.
- q) Lateral- A backward or sideway toss of the ball by the ball-carrier.
- r) Unsportsmanlike Conduct- A rude, confrontational or offensive behavior or language.

3) Eligibility

- a) A player plays within the age range according to his/her age on September 1 of the current year.
 - i) All players must have reached their seventh (7th) birthday before September 1, 2019
 - ii) B. Players cannot turn 9 before September 1, 2019
- b) Players are not allowed to play up or down an age division
- c) Players must submit a copy of their birth certificate at registration in order to verify their age.

4) Boundaries

- a) Boundaries for each league will be those areas indicated on the map approved at the preseason meeting. LCRAC recognizes local school district (affiliated high school attendance boundaries) as the official county youth football boundaries.
 - i) If a player wishes to play in a league other than the one he/she is bound to by his/her attendance location, he/she must obtain a written release from the league president and present it to the president the league he/she wishes to play in. If a player cannot obtain a release, they may appeal to the Athletic Director of LCRAC. As a general rule, the LCRAC allows leagues to determine release decisions; however, the LCRAC has the final authority to grant releases should disputes occur. A player that begins their eligibility in one league may continue to play in that league each year until their eligibility expires without obtaining a release even if the player moves outside the leagues boundaries.

5) Equipment:

- a) Each league will provide jerseys for players.
- b) Each league will provide flag belts for the players before the game. All flags worn during games must be issued by the league.
- c) Teams will use footballs provided by LCRAC
 - i) PeeWee Footballs (Size 6) will be the standard issue football size
- d) All players must wear shoes. Cleats are allowed.
 - i) No metal cleats will be allowed
- e) Players may tape forearms, hands and fingers.
- f) Players may wear gloves, elbow pads and knee pads

- g) All players must wear protective mouth guards
 - i) Braces with exposed metal are not allowed.
- h) Players must remove all watches, earrings and any other jewelry
- i) Shorts or pants worn by the players must not have pockets. Any player with pockets will not be allowed to play.
- j) All shirts/jerseys must be tucked into the shorts/pants of the players
- k) Any excess belt must be tucked in to avoid confusion between the belt and flags.
- l) Flags must not be the same color as the shorts/pants worn by players.

6) Field:

- a) The field dimensions are 30 yards by 50 yards with two 5-yard end zones, and a midfield line-to-gain. No-run zones precede each goal line by 5 yards.
- b) There will be two additional line-to-gains added at the halfway point between midfield and the goal line.
- c) No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
- d) Stepping on the boundary line is considered out of bounds.
- e) LCRAC reserves the right to amend these specifications when deemed necessary.

7) Rosters:

- a) Teams must consist of at least 7 players with a maximum of 12 players.
- b) Teams must start a game with at least 5 players on the field.
 - i) In the event of an injury, a team cannot continue playing with fewer than 5 players on the field.

8) Timing and Overtime:

- a) Games are played on a 40 minute continuous clock with two 20 minute halves unless one team gains a 28-point advantage in the second half, which will then end the game. Clock stops only for timeouts or injuries.
- b) Halftime is three minutes.
- c) Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- d) Each team has one 30-second timeout per half.
- e) Officials can stop the clock at their discretion.
- f) In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- g) If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner.
- h) Overtime format is as follows:
 - i) A coin flip will determine the team that chooses to be on offense or defense first
 - ii) Each team is given 4 downs to score from the mid field marker. If the team scores, the other team will have the opportunity to equal the score. If the other team fails to score, the winner is determined.
 - iii) Teams must decide on how many points they will try for on the PAT after a touchdown (1 point or 2 points)

- iv) If after both teams have the ball and the score is still tied, the process is repeated with the teams switching the order of offensive and defensive teams. The first offensive team will be on defense first in the second overtime period.
- v) If the score is tied after the second overtime period, each team will have one play to score from the 10 yard line. This process will continue until one team is determined the winner.
 - (1) Teams will alternate possessions and each team will have the opportunity in each over time period to score.
- vi) All regulation period rules and penalties are in effect
- vii) There are no timeouts

9) Scoring:

- a) Touchdowns: 6 points
- b) PAT(point after touchdown):
 - i) 1 Point- 3 yard line
 - (1) Must be a pass play since the team will be located inside of the no-running zone
 - ii) 2 Points- 5 yard line
 - (1) Teams must notify the officials on their decision for either 1 point or 2 points. If a team wishes to change their decision, they will be charged a time out.
- c) Safety: 2 points
 - i) A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone or the quarterback is holding the ball at the end of the 7 second pass clock.
 - (1) When a safety occurs, the team awarded the points will receive the ball at the 5 yard line on their side of the field.
- d) After one team is winning by 28 points or more in the second half, the game is over.
- e) Forfeits are scored 28-0 for the winning team.

10) Coaching:

- a) Coaches are expected to adhere to LCRAC No Tolerance philosophies, coaching guidelines and code of conduct.
- b) One coach is allowed on the field to direct players according to need. Coaches must move to the sidelines or 15 yards behind the closest player before the snap of the ball.
- c) NO coach at any time is allowed to interfere, as determined by the officials with the play on the field.
- d) Coaches will not say/yell or identify anything about a player from the opposing team. One warning will be issued to the offending coach. Any further violation will result in ejection from the game and removal from the complex.
 - i) Coaches will be subjected to the guidelines in the NO Tolerance Policy on dealing with ejections from games.
- e) Teams will be allowed 3 coaches in total.
- f) Head Coaches must be at least 21 years of age. Assistant coaches may be 18 years of age.
- g) All head coaches and assistant coaches must submit a completed background check form to LCRAC before the first practice.

- h) C. All head coaches and assistant coaches must become certified in Heads UP Training from the CDC/Heads Up website. All certificates must be submitted to LCRAC before July 15th, 2019
- i) All coaches not certified or who do not submit their certificates will not be permitted to coach until all the proper paperwork has been submitted.
- j) LCRAC recommends that all coaches obtain a Coaching Certification from USA Football/NFL Heads Up Coaching Certification classes.
- k) Head coaches are in charge of their players at all times. They are responsible for their own actions and the assistant coaches and the actions of their players. They are also responsible for the conduct of any person connected to his/her team at all times. This includes conduct to the officials. He/she is also responsible so far as can be reasonably expected to control the spectators associated with his team.

11) Live Ball/Dead Ball:

- a) The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- b) The official will indicate the neutral zone and line of scrimmage.
- c) It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- d) A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
- e) The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- f) Substitutions may be made on any dead ball.
- g) Any official can whistle the play dead.
- h) Play is ruled "dead" when:
 - i) The ball hits the ground.
 - ii) If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - iii) The ball-carrier's flag is pulled.
 - iv) The ball-carrier steps out of bounds.
 - v) A touchdown, PAT or safety is scored.
 - vi) The ball-carrier's knee or arm hits the ground.
 - vii) The ball-carrier's flag falls out while in possession of the ball .
 - viii) The receiver catches the ball while in possession of one or no flag(s).
 - ix) The 7 second pass clock expires before a pass is attempted.
 - x) Inadvertent whistle.
- i) There are no fumbles. The ball is spotted where the ball-carrier's feet were at the time of the fumble.
- j) In the case of an inadvertent whistle, the offense has two options:
 - i) a. Take the ball where it was when the whistle blew, and the down is consumed.
 - ii) b. Replay the down from the original line of scrimmage.
- k) A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the

timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

12) Running:

- a) The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- b) The quarterback cannot directly run with the ball.
 - i) The quarterback is the offensive player who receives the snap.
- c) Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- d) Absolutely NO laterals of any kind.
- e) No-run Zones are located 5 yards before each end zone Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only one no-run zones in each drive – one 5 yards from goal line to score a TD).
- f) Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- g) Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- h) Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
 - i) Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - i) Players spinning out of control will be called for flag guarding.
 - j) No blocking or "screening" is allowed at any time.
- k) Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- l) Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction deliberately obstructed flags will be considered flag guarding.

13) Passing:

- a) All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage. Quarterbacks will have 7 seconds from the snap to attempt a pass.
 - i) All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - ii) The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage. Quarterbacks will have 7 seconds to attempt a pass beyond the line of scrimmage.
 - (1) If the quarterback has the ball at the end of the 7 second pass clock, the ball will be spotted where his/her front foot is located.
- b) Shovel passes are allowed but must be received beyond the line of scrimmage.

14) Receiving:

- a) All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- b) Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.

- c) A player must have at least one foot inbounds when making a reception.
- d) In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- e) Interceptions change the possession of the ball at the point of interception.
- f) Interceptions are the only changes of possession that do not start on the 5-yard line.
- g) Interceptions are returnable but not on conversions after touchdowns.
- h) There is no jamming/checking of receivers at the Line of Scrimmage.

15) Rushing the Passer:

- a) No players are allowed to rush the passer. The Quarterback will have 7 seconds to attempt a pass. If the Quarterback still has the ball after the 7 second clock has expired, the play will be blown dead and the offensive team will lose a down. The ball will be placed where the quarterback's feet are when the clock expires.
- b) Once the ball is handed off, all defenders may go behind the line of scrimmage.
- c) The umpire will keep track of the 7 second clock on the field.
- d) A penalty may be called if:
 - i) The rusher crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - ii) Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
- e) A sack occurs if the quarterback has not attempted a pass before the 7 second clock expires. The ball is placed where the quarterback's front foot is located.
- f) A safety is awarded if the sack takes place in the offensive team's end zone

16) Flag Pulling:

- a) A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- b) Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- c) It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- d) If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the player gains possession of the ball.
- e) A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- f) Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jerseys.

17) Formations:

- a) Offenses must have a minimum of four players on the line of scrimmage
- b) The quarterback must be off the line of scrimmage.
- c) One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
- d) No motion is allowed toward the line of scrimmage.
- e) Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

- f) All players are eligible to receive a pass including the quarterback.
 - i) In order for the quarterback to receive a pass, he/she must first hand the ball off behind the line of scrimmage.
- g) The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

18) Penalties:

- a) The referee will call all penalties.
- b) Referees determine incidental contact that may result from normal run of play.
- c) All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
- d) Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- e) Games may not end on a defensive penalty unless the offense declines it.
- f) Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- g) Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- h) Defensive Spot Fouls:
 - i) Defensive Pass Interference- Automatic first down
 - ii) Holding- Automatic first down
 - iii) Stripping- 10 yards and automatic first down
- i) Offensive spot Fouls:
 - i) Screening, blocking or running with the ball -10 yards and loss of down
 - ii) Charging- 10 yards and loss of down
 - iii) Flag Guarding- 10 yards and loss of down
- j) Defensive Penalties
 - i) Defensive unnecessary roughness- 10 yards and automatic first down
 - ii) Defensive unsportsmanlike conduct- 10 yards and automatic first down
 - iii) Offside- 5 yards from the line scrimmage and automatic first down
 - iv) Illegal Rush - 5 yards from the line of scrimmage and automatic first down
 - v) Illegal Flag Pull(pulling flag before player has the ball) 5 yards from line of scrimmage and automatic first down
 - vi) Roughing the Passer- 5 yards from the line of scrimmage and automatic first down
 - vii) Taunting- 5 yards from the line of scrimmage and automatic first down
- k) Offensive penalties
 - i) Offensive unnecessary roughness- 10 yards and loss of down
 - ii) Offensive unsportsmanlike conduct- 10 yards and loss of down
 - iii) Offside/False Start- 5 yards from the line of scrimmage and loss of down
 - iv) Illegal Forward Pass- 5 yards from the line of scrimmage and loss of down
 - v) Offensive pass interference- 5 yards from the line of scrimmage and loss of down
 - vi) Illegal Motion- 5 yards from the line of scrimmage and loss of down
 - vii) Impeding the rushing- 5 yards from the line of scrimmage and loss of down
 - viii) Illegal procedure- 5 yards from the line of scrimmage and loss of down
- ix) Delay of game- 5 yards from the line of scrimmage and replay the down