

MYFA 7 on 7 Pass League Rules

Teams: Teams will be by grade divisions based on the current grade of the player. There will be a 4th & 5th grade division and a 6th and 7th grade division.

Teams will be determined in accordance with current Flag Team procedures. MYFA will provide team shirts. (No more than 16 per team)

Playing Field: Each field will be 40 yards in length with a 10 yard end zone with the standard 53 1/3 yards in width. Field will be marked with lines every 10 yards from the end zone to the 40 yard/start line.

Offensive Players: All players are eligible to play on offense. Offenses will have only 6 players on the field at any one time; 1 Quarterback and 5 eligible receivers. Offensive players may align in any legal formation. A legal formation requires that there is 1 player on the line of scrimmage on either side of the QB (who would represent your ends) and all other players should be off the line of scrimmage. The center, which would be the 7th player, has been replaced with a QB tripod. One offensive coach is allowed on the field but must remain behind the line of scrimmage and not interfere with gameplay. Players not involved in the current play must be on the sideline.

Defensive Players: All players are eligible to play on defense. The defense is allowed 7 players on the field at one time. The defense can use any combination of LBs or DBs. There is no pass rush. Defensive coaches must remain on the sidelines.

Gameplay: The game begins with a coin flip between the captains of the two teams. The winner of the flip has the choice to be on offense or defense first. Games will consist of 3 offensive & 3 defensive possessions for each team. The first 2 possessions will each last 10 minutes and all plays will start from the 40 yard line. The third possession will last 5 minutes and all plays will start from the 10 yard line.

Plays will start when the QB removes the ball from the tripod tee which will start a 6 second timer. If the QB has not released the ball before the timer alarm goes off, it will be considered a sack. The QB must throw the ball beyond the line of scrimmage. **NO RUNNING PLAYS ALLOWED.** The offense may choose to start the play from the center of the field or from either the left or right hash mark.

Tied games will result in a three play overtime period. There will be another coin flip and the winning team will decide whether they will start on offense or defense. Each team will get three offensive plays. If still tied, each team will play offense for one play from the 10 yard line until a winner is determined.

Offensive scoring: The offense will score points based on where the receiver is downed by contact after catching a pass.

0-9 yard completion - 1 Point

10-19 yard completion - 2 Points

20-29 yard completion - 3 Points

30-39 yard completion - 4 Points

Touchdown - 6 points

Defensive Pass Interference - Spot Foul. Points are awarded based on where foul occurs. (ie. A pass interference foul 15yds from the line of scrimmage will result in 2 points.)

Defensive scoring: The defense can score points by making defensive plays.

Sack - 1 Point

Tip or bat down a pass and be directly responsible for the ball being uncatchable - 1 Point

Interception - 3 Points (There are no returns)

Offensive Pass Interference - 3 Points

Officials: Each field should include a minimum of two officials. The first official stands behind the QB. He is the official time keeper and will determine whether a sack occurred or not. He will also assist in watching for complete passes and penalties. The second official watches the play from about 20 yards downfield. His job is to watch for catches, interference, and how many points should be awarded. The second official will also act as the official scorekeeper. League representative officials have final say on all calls and may overturn calls made by officials. Each game takes Approximately 50 minutes.

Coaches cannot challenge official calls/decisions.

General Rules:

Teams will provide game balls. 5/6 grade will use Intermediate size ball

All players will wear a mouth piece with the first one to be provided by MYFA.

No jewelry will be worn by any player.

Solid molded rubber or plastic cleats only.

No blocking of any kind is allowed. The receiver will be called down at the spot of any block.

Responsibility to avoid contact is on the defense. There will be no chucking, or deliberate bumping or grabbing. A receiver is considered down when touched by a defender with 1 or 2 hands on the body below the neck.

The offensive team is responsible for retrieving the ball on any incomplete pass and returning it to the tripod tee.

Any intentional Pass Interference by the defense may result in an unsportsmanlike penalty and the ejection of the player and/or coach. (This is a judgement call by the officials.)

Any personal foul penalties will result in 2 points awarded to the offended team for the equivalent of a 15yd offensive play.

Excessive intentional contact by any player will result in a warning. A repeat offense will result in an ejection from the remainder of that day's games.