



**GRIDIRON
FOOTBALL**

7 ON 7

RULES

February 18, 2021

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SUMMARY OF OUR 7 on 7 GAME

Overview

- The game is 7 on 7, minimal-contact, skill position, non-blocking, non-screening touch football.
- Fields are no less than 50 yards wide and 40 yards long, plus end zone.
- Both teams will drive in the same direction when on offense (see Field Diagram, page 7)
- Possessions will begin at the 40-yard line (unless moved by penalty) on the hash mark of the team's choosing.
- Teams will have three downs to gain a new set of downs at the 25-yard line and three downs to gain a new set of downs at the 10-yard line (unless the team is awarded an automatic first down by penalty).
- All plays must include a forward pass that breaks the line-of-scrimmage.
- Fumbles are dead when they hit the ground. Bad snaps are not considered fumbles. Play will continue.
- Receivers must have one foot inbounds with possession to be a legal catch.
- Ball carriers can slightly leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player's safety at risk or initiate noteworthy contact.
- Ball carriers may not dive, lunge, fall forward in an intentional manner or hurdle an opponent to advance the ball.
- There is no kicking in this format.
- Game officials will mark the ball where the ball was at the time it became dead.
- The ball will be spotted at the closest hash mark after the ball becomes dead.
- No foul or penalty flag stops a live play. However, pre-snap fouls will stop the action (see Penalty Chart, page 19)
- The Mercy Rule will be invoked when the score differential is 27 points or more.

Clock Operation

Scheduled Block	Length of Game	Periods	Halftime	Time Outs	"stop clock" or "pro clock"
40 minutes	30 minutes	One 30-minute period	None	None	None

Offense

- The "away" team will have first possession.
- The play clock is 25 seconds.
- All players are eligible receivers except the player who snapped the ball to begin the play.
- There is a 4-second "sack-clock" kept by an official.
- Teams must have center. Snaps may be made between the center's legs or side-snapped.
- Once the snap occurs the snapper must not participate further in the play.
- No player may run the ball through the line-of-scrimmage.

Defense

- The ball carrier is downed by a one- or two-hand touch below the shoulder and above the knee.
- Defenders may safely dive to down a ball carrier but must avoid unnecessary roughness.
- Three- and four-point stances are not permitted.
- Players cannot make contact with another player that is considered unnecessary or provokes roughness.
- “Locking out” at the elbow or “following through” with hands while downing a ball carrier by touch indicates excessive roughness. Purposeful shoving out of bounds is not permitted.
- Stripping or attempting to strip the ball from a player in possession is illegal.
- Whether or not a ball was tipped in the air has no bearing as it pertains to fouls (example: illegal contact, etc.)

Scoring Chart

Touchdown	<ul style="list-style-type: none">• Seven points (in the interest of maximizing scrimmage snaps there are no point-after-touchdown conversion attempts required)
Interception	<ul style="list-style-type: none">• Two points (interceptions during overtime scoring attempts are dead balls and no points will be awarded)
Forfeits	<ul style="list-style-type: none">• Recorded as 27-0

Overtime (used during play-offs, tournament play, and the last week of a season only)

If regulation time ends in a tie, teams will conduct a one-play overtime series to determine a winner.

RULE 1: GENERAL ADMINISTRATION

1. Our Governing Philosophy

- 1) Our mission is to provide a superior football experience to our players, coaches and spectators.
- 2) 7 on 7 football is a finesse game, not the brute strength game of tackle football. Play accordingly.
- 3) Remind yourself and others that no college scholarships are awarded today, so just relax and enjoy.
- 4) We retain the right to amend, update or edit these rules as situations require.
- 5) Our rule book is an evolving document. Your feedback is appreciated. Send comments or questions to chalktalk@gridironfb.com.
- 6) When more details are needed than are outlined in our Rule Book, game officials will defer to the most current National Federation of High Schools Rule Book.
- 7) This document uses the pronouns he, his, and him for readability and is not an act of gender bias; the program seeks and encourages inclusive participation.

2. Our Game Officials

- 1) Please treat our officials with respect.
- 2) Our officials administer the rules of this league not any other organization past or present.
- 3) Our officials are encouraged to use the “preventative style” of officiating which allows them to talk to, remind and help players avoid violations whenever feasible. Cautions and teaching points are appropriate most of the time.
- 4) It is not the mission of game officials to flag every small, nuanced infraction of traditional football rules or other insignificant issues that do not produce a significant unfair advantage.

3. Your Required Personal Conduct

- 1) Players, coaches, spectators, and officials must avoid profanity.
- 2) Disrespectful language; racist, sexist, homophobic remarks; obscene or threatening gestures or behavior; and bullying are prohibited by anyone attending our events to include coaches, parents, players and spectators.
- 3) Foul play will not be tolerated.
- 4) Any staff member who hears or sees anything that in his judgment is an infraction of the required personal conduct standards may require the person responsible to leave the event.
- 5) If a player or non-player fails to comply with our requests, we have the authority to forfeit the game and have that individual(s) removed from the rented complex.
- 6) Fighting will lead to an immediate ejection, possible suspension or even a lifetime exclusion.
- 7) Alcohol, intoxicants, tobacco products, vaping, weapons, and drones are prohibited at our rented facilities.
- 8) Our staff, game officials, players and non-players must comply with the rented facility’s rules.

4. Your Required Team Conduct

- 1) For the safety of our officials and their ability to administer the game all team personnel and spectators must remain at least two yards off the sidelines and inside the designated or notional team boxes.
- 2) Our staff at each site will determine from where spectators can and cannot observe and will err on the side of safety for our players and game officials.
- 3) Officials may require that boom boxes or other noise-producing devices be turned off or eliminated as they interfere with the game official's ability to communicate and administer the game.
- 4) After the game, teams are required to clean up and remove any garbage.

5. Rosters

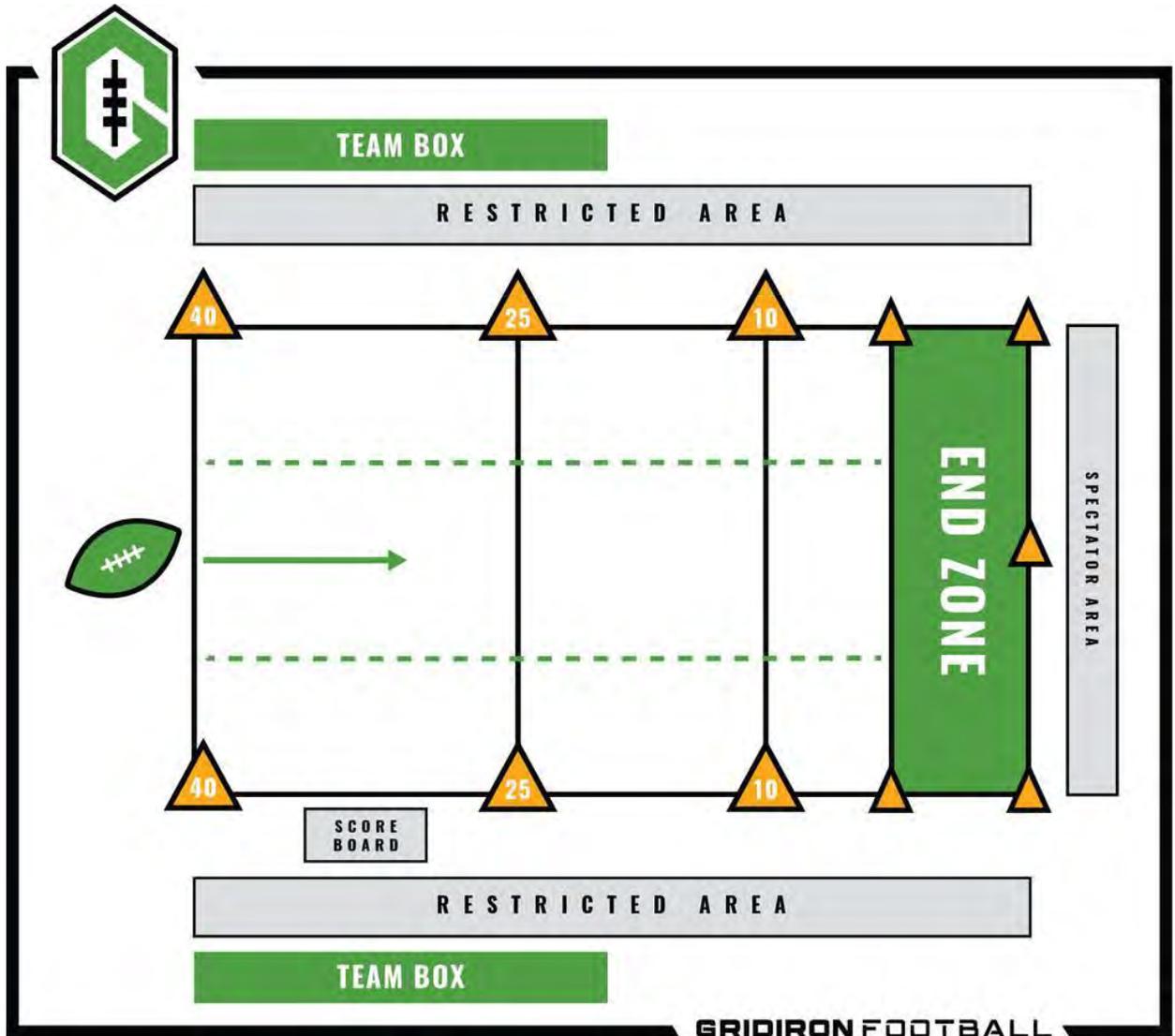
- 1) Only players on an officially approved Gridiron roster may participate.
- 2) Team rosters are limited to 16 players in league play and 20 players in tournament play. Teams must field five players to avoid a forfeit.
- 3) The opposing team is not required to "adjust down" when a team cannot field the required number of players but may do so to show sportsmanship.
- 4) If a team "borrows" a player(s) from another team to give them the required number of players, the game will be recorded as a forfeit and the game may be played.

6. Coaches Conduct and Bench Fouls

- 1) We ask that coaches maintain the spirit and the intent of our rules.
- 2) Coaches are responsible for the conduct of their sidelines to include players, spectators, guests, and their team staff.
- 3) In all our league the offense may have one coach on the field, and they must be 10 yards deeper than their deepest player.
- 4) Coaches who elect to be on the field cannot interfere with a play or imminent play in any physical or verbal way (examples may include inadvertent screening or blocking, blocking the lines-of-sight, impeding a player or official, becoming entangled in the play or distracting from their opponents' cadence). If they do, the team may incur a bench foul.
- 5) Coaches are prohibited from "chasing the play down field" in the way a game official does.
- 6) For convenience and to speed the game along teams may huddle on the field-of-play near the sidelines. However, only seven players and one coach are allowed in the huddle.
- 7) Coaches are responsible to know down and distance. Officials should endeavor to remind them.

7. Our Basic Field Layout and Field Diagram

- 1) Field dimensions are a minimum of 50 yards wide by 40-yards long plus a 10-yard end zone.
- 2) If necessary, the field dimension may be modified if physical space requires it.
- 3) Offensive teams will always move in the same direction.
- 4) Team boxes are established well off the sidelines and between the 40-yard line and the 20-yard line.
- 5) No player or non-player may be in the restricted area during a live ball.



RULE 2: UNIFORM AND EQUIPMENT

1. Safety

- 1) Soft-shelled helmets designed for minimum-contact football must be worn as designed including using the chin strap as designed. Soft shelled helmets may be purchased at www.Gridironfb.com.
- 2) Players may not wear unyielding or stiff material items that in the judgment of the officials may present a hazard to other players. Casts and braces must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick (similar to what doctor's use).
- 3) Players must properly wear a protective mouthpiece *in their mouths* while on the field-of-play.
- 4) Failure to comply is a safety violation, not a foul or penalty. Coaches, officials, and players share responsibility for safety.
- 5) Players must wear pants or shorts that do not have pockets, belt loops, zippers, or exposed draw strings. Shorts with no pockets can be purchased at www.Gridironfb.com. Pockets cannot be taped shut.
- 6) Players must wear closed-toed shoes. Cleats with exposed metal are never allowed.
- 7) Players may wear eye protection to include prescription glasses or flexible sunglasses.
- 8) Players may wear a face shield molded to the face with no protrusions to protect against facial injury.
- 9) Jewelry that might endanger players must be removed before play or taped to the body.
- 10) We recommend all players wear soft gloves that may be purchased at www.Gridironfb.com.

2. Team Jerseys

- 1) Players must wear a Gridiron-approved jersey.
- 2) If a player does not have a team jersey it is permissible, at staff's discretion, to wear a street shirt.
- 3) It is the team coach's responsibility to clear a non-team jersey or street shirt with the game officials before the game.
- 4) All players must wear their team jerseys as an outer garment. It is not permissible to wear jackets, rain gear, etc., over the team jersey while on the field of play. It is permitted while in the team box area.

3. Miscellaneous Uniform and Gear Issues

- 1) Players may wear a headband made of a non-abrasive material. Rubber or elastic bands may be used in hair.
- 2) Players may tape forearms, hands, and fingers.
- 3) Elbow pads, etc., may be permitted at the game official's discretion.
- 4) Teams may provide their own game ball (white balls not allowed) but they must meet these specifications and are subject to the game official's inspection and discretion. Footballs must be pebble-grained leather or rubber-covered and meet these sizes:
 - Pee-Wee Sized Ball: 10U
 - Junior Sized Ball: 12U
 - Youth Sized Ball: 13U-14U
 - Official Sized Ball: 15U-17U

RULE 3: CLOCK MECHANICS

- 1) The game clock will be kept by field management.
- 2) Games are 30 minutes long with a running clock.
- 3) There is a 25-second play clock.
- 4) Officials may stop the game clock to deal with an injury.
- 5) Officials will give a verbal 10-, five- and two-minute warning as close as possible to the actual time marks but will not interrupt a live play.
- 6) The two-minute warning will not stop the clock.
- 7) The time remaining on the clock should be announced regularly during the final two minutes of the game.

RULE 4: FIRST POSSESSION

- 1) The team designated the “away” team will have first possession. The home team will have first possession to start the second half.
- 2) Game officials will confirm with team coaches before the game begins that the teams are prepared to play in a sportsmanlike manner and are properly and legally equipped. Safety is everyone’s responsibility.
- 3) Game officials will issue a warning about unsportsmanlike conduct, excessive rough play, etc., before the game begins.
- 4) The game clock shall start with the blast of an air horn or other device and will be kept centrally by field management.

RULE 5: SCORING

1. Scoring Chart

Touchdown	<ul style="list-style-type: none">• Seven points (in the interest of maximizing scrimmage snaps there are no point-after-touchdown conversion attempts required)
Interception	<ul style="list-style-type: none">• Two points (interceptions during overtime scoring attempts are dead balls and no points will be awarded)
Forfeits	<ul style="list-style-type: none">• Recorded as 27-0

2. Mercy Rule

- 1) The Mercy Rule will be invoked if the score differential is 27 or more points.
- 2) When this occurs, the final score will be recorded as the score at the time the Mercy Rule was invoked. No more score recording will be done.
- 3) If both coaches agree, the game may continue as a “scrimmage”.
- 4) Once the Mercy Rule is invoked and coaches agree to continue the game as a scrimmage, the trailing team will begin their possessions at the 20-yard line for the remainder of the game.
- 5) Officials reserve the right to end the game if teams or coaches are not acting in a sportsmanlike manner (for example, running up the score as punishment, trash-talking, rough play, etc.) Please play and coach in the spirit of the league.

RULE 6: CHALLENGE PROCEDURE

- 1) Only the head coach may ask game officials about rule clarifications and interpretations.
- 2) Generally, officials are happy to answer quick questions during the game if they do not impede the game. The priority is to spot the ball then address questions without impeding the play clock.
- 3) Only procedural issues may be addressed, not an official’s judgment call or no call.

RULE 7: OFFENSE

1. General Offense

- 1) The offense starts on the 40-yard line (unless moved by penalty) at the hash of their choice.
- 2) The offense has three downs to gain a new set of downs.
- 3) New sets of downs will be awarded at the 25-yard line and the 10-yard line.
- 4) Once the ball is marked equal to or inside the 10-yard line, the offense will have three downs to score.
- 5) A hash mark system will be used as in traditional football.
- 6) The player receiving the initial snap is deemed the passer and the passer may never run the ball past scrimmage.
- 7) There is no blocking or screening allowed anywhere on the field.
- 8) Offensive players must come to a complete stop for one second before the ball is snapped. After all players have “set” one player may go “in motion”.
- 9) There are no “free plays” for the offense. After the game official blows the ready-for-play whistle and the snapper puts his hand(s) on the ball, no player may enter the neutral zone until the ball is moved to start the snap.
- 10) Any quick or abrupt movements by a single player or multiple offensive players in unison that simulates the snap is a false start. This includes, but is not limited to, a quarterback thrusting his hands forward when there is not a simultaneous snap.
- 11) It is a dead ball foul if any player on offense enters the neutral zone before the snap.

- 12) Direct snaps are legal to any player not on the line-of-scrimmage. The player receiving the snap is considered the passer and cannot run the ball past the line-of-scrimmage.
- 13) The ball will be declared dead if any portion of the ball carrier's body other than his hands or feet (knee, elbow, buttocks, or ball in hand, etc.) touches the ground.
- 14) To prevent deceptive plays, offensive substitutes must come onto the field no less than 5 yards from their sideline sometime after the ball has been declared ready for play and before the snap.
- 15) The offense is always responsible for retrieving the ball and returning it an official or to the line-of-scrimmage quickly at the end of each play.

2. Blocking and Illegal Screening

- 1) Blocking is obstructing or physically contacting an opponent with any part of the body.
- 2) Illegal Screening is when an offensive player materially impedes the defender from getting to the player with the ball by abruptly stepping in the defender's path or taking a position (two or fewer normal strides away) in a defender's line of travel which forces the defender to abruptly veer around his opponent. This is a judgment call.
- 3) Physical-contact blocking (as seen in traditional football) and non-contact blocking ("screen blocking" as seen in basketball) are not allowed even if unintentional. This is a difficult transition for traditional football players.
- 4) Ball carriers cannot use their teammates as a screen by "juking around" or "hiding behind" them.
- 5) A penalty may be called even when an offensive player accidentally obstructs a defender.
- 6) Offensive players must be aware that they may be penalized for screening by simply chasing the play and providing an inadvertent block or screen.
- 7) "Pick plays" (often seen in basketball) or "rub routes" are not allowed as these plays are designed to initiate contact or to screen-out defenders. Receivers going down field after the snap may not initiate contact with an opponent.

3. Fumbles and Muffs

- 1) The ball becomes dead when it hits the ground.
- 2) Any passed, pitched, muffed (uncontrolled touch) or fumbled ball that is intercepted before becoming dead will result in the intercepting team being awarded two points and possession of the ball.
- 3) Forward fumbles that hit the ground will be marked where the ball carrier's feet were when he lost control and not the spot where the ball hit the ground.
- 4) Backward fumbles are marked where they hit the ground. Backward passes that hit the ground are considered fumbles.
- 5) Muffed snaps are not considered fumbles and may be picked up and put in play if the "sack clock" has not expired.

4. Running/Jumping/Diving

- 1) The player initially taking the snap may not run the ball past the line-of-scrimmage.
- 2) Ball carriers can slightly leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player's safety at risk. This is a judgment call by the game officials.

- 3) Not every insignificant jump or small hop constitutes a safety issue. This is a judgment call.
- 4) Jump cuts or advancing between two defenders is allowed if they do not initiate noteworthy contact with the defender or put another player's safety at risk. This is a judgment call.
- 5) No player may hurdle over another player.
- 6) Ball carriers may not dive, lunge, or fall forward in a perceived intentional manner in order to advance the ball or achieve a line-to-gain. This is a judgment call.
- 7) Ball carriers may extend the ball out in front of them to gain additional yardage.
- 8) Diving by the defense to down a ball carrier is legal. However, game officials may still make judgment calls about illegal contact and excessive roughness.
- 9) If a defender trips a ball carrier while pursuing the offensive player from the rear and the ball carrier goes to the ground (typically seen in break-away plays), even if the defender is making a fair and reasonable attempt to touch the ball carrier, the defender will be called for illegal contact and may be disqualified or ejected. The defender is obliged to make a fair, SAFE, and reasonable attempt. Safety is paramount. **Teaching Lesson:** Coach our players to play safe.
- 10) Ball carriers must make every effort to avoid a defender who has established a stationary position.
- 11) Runners may leave their feet to avoid collision or falling on another player.
- 12) Passers may jump vertically to throw the ball over a taller defender.

5. Pass Plays

- 1) There is a 4 second sack clock administered by the covering official.
- 2) Only one forward pass is allowed per play.
- 3) Once the ball has passed the line-of-scrimmage it cannot be returned to behind the line-of-scrimmage and thrown forward legally.
- 4) To be a legal pass both feet of the passer must be in/behind the neutral zone when the ball is released.
- 5) A passer may jump vertically to throw the ball over a defender.
- 6) All offensive players except the snapper are eligible receivers unless they have stepped out-of-bounds of their own accord.
- 7) Offensive players may not re-establish themselves in the field of play or participate in any way once they have stepped out-of-bounds of their accord.
- 8) When an offensive player touches the ball after stepping out-of-bounds of his own accord it will result in a foul for Illegal Touching.
- 9) If the ball is in the passer's hand when the covering official announces "*sack*", it is a sack.
- 10) There is no allowance given for the passer's arm being in motion at the time of the sack. Ball-in-hand at all equals a sack.
- 11) An underhanded forward pass (shovel pass) is legal and if it is dropped, it is ruled an incomplete pass and not a fumble.

6. Batting

Any ball in flight may be batted in any direction by an eligible receiver.

7. Intentional Grounding

- 1) A passer may not throw the ball into an area behind the line-of-scrimmage where there is no offensive player to avoid a loss of yardage.
- 2) A passer may legally “throw the ball away” if the ball goes beyond the line of scrimmage.
- 3) Passers may not intentionally throw the ball out-of-bounds to avoid a loss of yardage.

8. Catches

- 1) A pass is completed when the receiver simultaneously places at least one foot inbounds and maintains possession.
- 2) If the ball comes out of the receiver’s grasp because of contact with the ground or while going to the ground the pass is incomplete.
- 3) Simultaneous catches between a defensive and offensive player become dead automatically and go to the offense.
- 4) Whether or not a ball is tipped or touched in the air has no bearing on the play as it applies to fouls anywhere on the field (roughing, personal fouls, illegal contact, etc.)
- 5) If a receiver steps out-of-bounds of his own accord and is the first to touch a pass, it is Illegal Touching.

RULE 8: DEFENSE

1. General Defense

- 1) Stripping or attempting to strip the ball from a player’s hand is illegal.
- 2) Defensive teams may not attempt to confuse the offensive team by simulating their pre-snap signals or cadence.
- 3) Whether or not a ball is tipped in the air has no bearing on the play as it applies to fouls (roughing, personal fouls, etc.).

2. Roughing the Passer

Defensive players may not cross the line-of-scrimmage to rush the passer. The sack clock simulates the rush.

3. Pass Coverage

- 1) Press coverage (jamming, bump-and-run, etc.) is allowed above the 8U-level.
- 2) Defenders may not line up nose-to-nose with a potential receiver. There must be a 1-yard separation between potential receivers and defenders at the snap.
- 3) Defensive players may ward off or legally block a receiver until that player occupies the same yard line as the defender.

- 4) Defenders must do so with an open-hand technique inside the frame (between shoulders and hips) of the opponent's body.
- 5) If the receiver is past or moving away from the defender, the defender may not make contact. Contact must be made below the shoulders of the opponent.
- 6) Below the 8U-level this is a “free-release” league. Defenders may not use press-coverage.

4. Pass Interference

- 1) Pass interference normally occurs above the waist; entangled feet are not considered pass interference.
- 2) Incidental contact is not considered pass interference.
- 3) Contact away from the direction of the pass is not considered pass interference but may be a separate foul.
- 4) Pass interference indicators are:
 - a. Shoving or pushing off to create separation
 - b. Making noteworthy contact before the ball arrives
 - c. Playing through the back of an opponent
 - d. Hook-and-turn: grabbing the torso and turning an opponent before the pass arrives
 - e. Early contact by a defender who is not playing or looking for the ball
 - f. Arm bars, restricting, or grabbing.
 - g. Blocking downfield before the ball has been touched, commonly seen through “pick plays”
 - h. Cutting off the path of a receiver by being in front of him and slowing down or being beside him and “riding” him off his path to the ball.
- 5) Whether a pass is catchable or uncatchable has no bearing on pass interference.
- 6) All passes in this league are considered catchable.
- 7) A player may use his arms or hands to obstruct the receiver’s view of the ball (face guarding) without turning his own head to play the ball as long as contact is not made with the receiver.

5. Interceptions

- 1) All legally intercepted passes are dead upon interception. Intercepting teams are awarded two points.
- 2) Intercepting team must secure the ball with “clean hands” to be legal (they must not have committed a foul before or at the same time of the interception to be awarded points).
- 3) Fouls by the intercepting team after an interception will be assessed on the next possession.

RULE 9: OVERTIME FORMAT

NOTE: Used during playoffs, tournament play and during the last week of a season only.

1. General Overtime Rules

- 1) If regulation time ends in a tie, teams will play a one-play series until a winner is determined.
- 2) Teams will go for 2 points from the 10-yard line unless moved by penalty.
- 3) The away team will begin each overtime period on offense.
- 4) Interceptions during overtime scoring attempts are dead balls and no points will be awarded.

2. Penalty Enforcement During Overtime

	Successful Attempt	Unsuccessful Attempt	Penalties That Carry Loss-of-Down	Unsportsmanlike And Personal Fouls
Foul by the Offense	Yardage assessed, Retry the attempt	Attempt no good, no retry	Attempt no good, no retry	Carries over to the next possession
Foul by the Defense	Declined, attempt is good	Yardage assessed, Retry the attempt	Not applicable	Carries over to the next possession

- 1) Penalties and play are administered as during regulation time.
- 2) Penalties that occur during overtime periods will carry over and be enforced from the next spot or possession unless declined. All 10-yard penalties will carry over.
- 3) Personal and unsportsmanlike fouls by the defense on a successful attempt are enforced on the next possession or next spot in overtime periods.
- 4) Fouls committed by the offense on a successful attempt will result in penalty yardage assessed and the down replayed.
- 5) Fouls committed by the offense on an unsuccessful attempt will be declined by rule (exception: personal and unsportsmanlike fouls).
- 6) Fouls by the offense during an attempt that carry a loss-of-down penalty (illegal advancement, illegal pass, etc.) will result in the attempt being “no good” and the attempt will not be repeated.
- 7) Fouls by the defense during an unsuccessful attempt will result in a retry after the options are administered. The offense may opt to accept or decline penalty yardage before the retry.

RULE 10: OFFICIATING

NOTE: Please see your Mechanics Manual for more details.

1. Marking the Spot

- 1) When the ball becomes dead in a side zone it will be re-spotted at the nearest inbound hash mark.
- 2) The ball will be spotted wherever the ball was at the time the runner was downed or wherever the ball carrier left the field-of-play.
- 3) A ball spotter, ball marker or line judge shall be used to mark the line-of-scrimmage. The marker will be placed on the sideline adjacent to the line-of-scrimmage.

2. Forfeits and Ending the Game

- 1) The game may not end with a penalty unless it is declined. All offensive loss-of-down penalties that occur with time expired in either half will end the game or half.
- 2) Offsetting penalties will not extend the half or game.
- 3) Forfeits that occur before the game are recorded as 27-0. Forfeits that occur once the game is underway will be recorded as that score or the actual score when the forfeit occurred, whichever is greater.
- 4) If a team plays in a habitually rough manner the game may be forfeited.
- 5) No period or half can end if there is an obvious timing error or any other irregularity has occurred.

3. Cool Down Period

- 1) All unsportsmanlike conduct and egregious personal fouls will be accompanied by a cool down period at a minimum.
- 2) Before, or instead of, disqualification or ejection an official may order, but is not required to, a player to have a “cool down” period if the official chooses.
- 3) Players should think of this “cool down” as a warning before being disqualified or ejected and be thankful for it.
- 4) This period will consist of five plays and will be tracked by the official who ordered it.
- 5) The player must be off the field for five plays regardless. A score or other event does not release the player back to the field. He must stay off the field for five plays.

4. Disqualifications and Ejections

- 1) Disqualifications, Ejections and Unsportsmanlike Conduct are the only three penalties that cannot be declined. They are completely at the discretion of the game officials. The yardage portion of the penalty may be declined but the infraction itself cannot.
- 2) The difference between disqualification and ejection is completely the determination of the presiding referee and may not be appealed.
- 3) Disqualifications are normally reserved to address lower-level transgressions.
- 4) A disqualification will last for the remainder of the game the player was disqualified for.
- 5) A disqualified player may play in the next scheduled game.

- 6) An ejected player may not play in the next scheduled game. He must sit out at least one additional game.
- 7) Any official may disqualify a player.
- 8) To eject a player all officials must agree and it must be reported to the field manager before play resumes.
- 9) Ejections and disqualifications may occur for but are not limited to:
 - a. A second unsportsmanlike or personal foul on a single player
 - b. Any act deemed egregious by the head official
 - c. Disrespectfully addressing or intentionally touching a game official
 - d. Four unsportsmanlike and/or egregious personal fouls by one team (forfeiture)
 - e. Fighting

5. Unsportsmanlike Conduct

- 1) Disrespect toward an official, coach, spectator or another player will constitute unsportsmanlike conduct.
- 2) Players shall not “showboat”, taunt, spike the ball toward an opponent, or be excessive in any way to include using force against or verbally attack or harass another player.
- 3) Celebrations are fine but keep them short, conservative, and not directed at an opponent.
- 4) Use of inflammatory words or gestures is prohibited.
- 5) If unsportsmanlike conduct occurs during a live play and the team did not score on that play, the penalty will be assessed from the new line-of-scrimmage, i.e., it will be added to or subtracted from the end of the play.
- 6) Players cannot make contact that is considered unnecessary or provokes roughness.
- 7) If roughness is habitual for a single player, disqualification or ejection procedures may apply.
- 8) If roughness is habitual for a team, forfeiture procedures may apply.

6. Fighting

- 1) Fighting will lead to immediate ejection, possible suspension, or lifetime exclusion.
- 2) Fighting is any act or attempt to act by a player or non-player to strike or engage a player or non-player in a combative manner unrelated to football. Such acts include, but are not limited to, attempting to strike or striking with the arms, hands, legs, feet, or foreign object whether or not there was contact.
- 3) Any player who comes off the sideline to participate in a fight will be disqualified or ejected.
- 4) If either team leaves the bench during a fight the game will be forfeited immediately.

7. Bench Fouls or Warnings

Teams may incur bench fouls for a variety of reasons to include but not limited to:

- 1) Players or non-players interfering with play or an official
- 2) Disrespect toward officials or other players or non-players
- 3) Players or non-players in the designated restricted zone during a live play
- 4) Non-players on the field of play
- 5) Teams not remaining in the designated team box
- 6) Coaches on the field or becoming entangled in a live play

8. Inadvertent Whistle

- 1) If an official blows an inadvertent whistle he will declare the ball dead where the ball was at the time of the inadvertent whistle. The team against which the action offended may have the option of accepting the play (i.e., the yards gained and the down advances) or replaying the down from the original line-of-scrimmage.
- 2) If the ball was in the air when the inadvertent whistle occurred, it will be returned to the line-of-scrimmage and the down will be replayed.
- 3) If a penalty marker is thrown before an inadvertent whistle, an accepted penalty will be administered as in any other play situation. When the foul is accepted, the inadvertent whistle is disregarded.
- 4) When an inadvertent whistle is triggered by an unfair act or an act used to deceive or confuse a game official the officiating crew may use their collective judgment to fairly adjudicate the situation. It may result in yardage awarded, a score granted, and/or the guilty player disqualified, etc. It is solely up to the officiating crew to decide.

9. Unfair Acts Rule

- 1) Neither team shall commit an act which, in the judgment of the game officials, tends to make a travesty of the game.
- 2) The head official or other staff members may enforce any penalty or remedy any situation with anything he considers equitable -- including awarding of a first down, a line-zone-to gain, a replay, a score, forfeiture, removal of forfeiture or any administrative issue or situation not specifically covered in these rules.
- 3) If an ineligible player (example: not on the roster, previously disqualified or previously ejected) is discovered by any means (example: observation, challenge, etc.) participating in a live ball play, that team will forfeit the game and the Unfair Act is assessed to the head coach.

10. Last Player Rule and Penalty

- 1) If the last defensive player aggressively pushes the ball carrier out-of-bounds, tackles, attempts to tackle, etc. the offensive team will be awarded at least one line-zone-to-gain distance from the spot of foul and an automatic first down.
- 2) In the spirit of the Unfair Acts Rule, officials have the discretion to award a score if a flagrant foul occurred inside the final line-zone-to-gain if they reasonably believe a foul is the only thing that prevented the ball carrier from scoring. There must be total agreement of all game officials who saw the foul.

7v7 PENALTY CHART

- Penalties will be assessed half the distance when the penalty yardage is more than half the distance available.
- All penalties may be declined except cool downs, personal fouls, unsportsmanlike, disqualifications, or ejections.
- The yardage portion of any penalty may be declined. The automatic first-down portion of penalties may be accepted without accepting the yardage portion of the penalty.
- While the ball is spotted at the 40-yard line all offensive penalties will incur a loss-of-down instead of yardage.
- While the ball is spotted at the 40-yard line all muffed snaps will incur a loss-of-down and the ball will be re-spotted at the 40-yard line.
- Most fouls carry a 5-yard penalty except those that are **bad contact** or **bad conduct**.

5-Yard Dead Ball Penalties	Yards	Signal
Delay of Game (whistle action dead)	5	
False Start / Snap Infraction / Illegal Procedure (whistle action dead)	5	
Offside / Encroachment (whistle action dead)	5	
Illegal Motion / Shift (whistle action dead)	5	 <small>Illegal shift - 2 hands Illegal motion - 1 hand</small>
Illegal Substitution with snap imminent (whistle action dead)	5	

5-Yard Loss of Down Penalties	Yards	Signal
Illegal Advancement (Diving, Hurdling etc.)	5	 + 
Illegal Screen (no physical contact)	5	 + 
Offensive Pass Interference	5	 + 
Intentional Grounding	5	 + 
Illegal Forward Pass / Handling	5	 + 
5-Yard Live Ball Penalties	Yards	Signal
Illegal Rush (Defense)	5	
Stripping or Attempted Strip	5	
Holding	5	
Defensive Pass Interference	5 + Auto First Down	

Illegal Substitution (too many players during live play)	5	
10-Yard Penalties	Yards	Signal
Charging / Bull Rush / Leading with Shoulder (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	
Blocking (physical contact)	10	
Roughing the Passer (Defense) (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10 + Auto First Down	
Unsportsmanlike Conduct	10	
Unnecessary Roughness (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	
Tackling (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	

Illegal Contact (possibly an egregious personal foul, automatic cool down, possible disqualification or ejection)	10	
Disqualification and Ejection	Yards	Signal
Fighting (Auto Ejection)	10	 + 
Second Unsportsmanlike by Same Player / Coach (Disqualification / Ejection)	10	 + 
Second Egregious Personal Foul by Same Player (Disqualification / Ejection)	10	 + 
Intentionally Touching or Disrespectfully Addressing Game Official	10	 + 
Habitual Roughness	10	 + 
Special Enforcement	Yards	Signal
Bench Warning	Warning	
Bench Foul	5, 10, 15 then 15 for all subsequent	
Illegal Touching	Loss of Down	
Last Player Rule	Awarded at least one line-zone-to gain	

Unfair Tactics	Referee's Discretion	
<p>Coach's Choice: The yardage portion of any penalty may be declined.</p> <p>The automatic 1st down portion of penalties may be accepted without accepting the yardage portion of the penalty.</p>	Coach's Discretion	
Offensive penalties while ball is spotted at the 40-yard line (no penalty yardage)	Loss of Down	
Fourth Unsportsmanlike and/or Egregious Personal Fouls by same team	Forfeiture	
Mercy	When the point differential is 27 points or greater	



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