

## Fredericksburg Fieldhouse "Friday Night Lights" 7v7 Rules

The FFH will host a 7 versus 7 High School Football League with the goal of promoting athletic competition and good sportsmanship for your kids. The rules below are for our league only. If there is anything not covered or mentioned in the rules below as it pertains to the playing and administration of the games in our league, we will refer to the NFHS rulebook for any clarification. The referee's decisions are final in all matters pertaining to the game.

### Coaches:

1. Every coach is responsible for knowing the rules and educating their team on them.
2. Coaches are responsible for maintaining the conduct of their sideline and can be penalized by the referees/Fieldhouse for obsessive or disorderly conduct. Good Sportsmanship is a MUST in this league.
3. Any coach, player, or parent that uses physical force, aggressive language or threats, will be removed from the Fieldhouse and subject to suspension.
4. Teams are allowed a maximum of 4 rostered coaches and 1 rostered parent on the sideline.
5. One offensive coach and no more than (4) substitute players are allowed on the field during their team's possession and must be at least 5 yards behind the deepest player before the ball is snapped.
6. Defensive coaches are not allowed on the playing field during play.

### Players:

1. ALL players must be on the team roster prior to the game starting in order to participate in any game.
2. ALL players must check in before the game and be verified. NO players can show up late and participate without checking in and being verified by Fieldhouse staff.
3. ALL players must have their temperatures checked prior to playing in any game.
4. ALL players must wear athletic gloves and mouth pieces as prescribed by the NFHS. The Quarterback is NOT required to wear gloves. Soft helmets are recommended but not required.
5. No metal spikes or cleats with metal parts shall be worn.

### The Game:

1. Each game will be set to a 20 minute running clock kept by the referees. There are no time outs during regular season play. 1 (30) second time out per game will be given during playoff games.
2. Each game will begin with a coin toss. The team winning the toss will choose whether to start on Offense or Defense.
3. Each game will begin from the 40 yard line. Teams will have 3 downs to gain a 1st down, or to score.

4. 1st downs will be gained at the 25 and 10 yard lines. A team will have 3 downs to score after crossing the 10 yard line.

5. A player is considered down after he/she is tagged with at least one hand by an opponent. Tags must occur from the shoulders down.

*A defender that intentionally tags above the shoulder will earn an "unnecessary roughness" penalty and must sit out a play. A player that uses excessive force or adds an additional unnecessary tag will be penalized an extra 5 yards and may be subject to ejection depending on the severity of the excessive force.*

6. Overtime winner will be determined by the team that gains the most yards from the 40 yard line on one play. If a defensive penalty occurs on the play and a pass is completed the offense can choose to replay the entire down or add the penalty yardage to the spot where the player was ruled down. If a defensive penalty occurs and the pass is incomplete the offense will get another play after the penalty yardage is marked. If the penalty yardage is accepted and it puts the LOS past the mark needed to win the game, the game is over.

Offense:

1. The game will be played with a 25 second play clock and will be kept by the officials. **It is the offense's job, NOT the referee, to retrieve the football after plays.** Defenders may not keep the offense or referee from getting the ball in any way. If they do, they may be subjected to a Delay of Game or Unsportsmanlike penalty.

2. To begin a down, the offense will "snap" the ball using a "Football Tee". The Offense will have 4 seconds to throw a pass. The "Football Tee" will be used to time each play, with an audible sound indicating when the 4-second timer has expired. If any part of the ball is touching the QB's hand when timer goes off it is a sack. Referees have FINAL decision on determining a sack. No yardage is loss from a sack.

3. To begin a down, the offense may choose to have the ball snapped by a kneeling player. If a kneeling player is used to snap the ball, that player must remain in a kneeling position during the entire play and it will be up to the official to determine when 4 seconds has passed. All snaps from the 40 yard line must be taken off the "Football Tee".

4. If the QB fumbles the snap, the ball is still in play and the 4 second clock will continue.

5. All offensive formations must be LEGAL formations as described in the NFHS rulebook.

6. The QB cannot run to advance the ball.

7. There will be NO handoffs, pitches or shovel passes. No pitches can be made from a Receiver once a pass is completed. (i.e. no hook and ladders)

8. QB's may complete a swing pass but it must be outside the Free Blocking Zone as described by the NFHS.

9. No blocking. This includes players running beside a ball carrier impeding defenders from a tag.

*Players without the ball are advised to stop moving after a completion to eliminate grey areas. However, if a team is in a situation trying to get to the line of scrimmage before the clock runs out, it is understandable, as long as they stay behind the runner and don't interfere with the outcome of the play.*

10. Once a fumble hits the ground, the play is over and the ball will be spotted at the spot where the ball carriers feet were when he lost control of the ball. No yards can be gained on a forward fumble. No yards can be lost on a backwards fumble.

Defense:

1. Defensive backs may NOT press (Due to COVID restrictions), however reasonable hand checking is allowed once a WR gets 2 yards pass the line of scrimmage. Excessive pressing will result in an "unsportsmanlike conduct" penalty.

2. No one is allowed to rush the Quarterback.

3. A team that runs a defense with 8 players initially in pass coverage (ex. A 3-4 defense) may use their regular defense. However, that 8th player must run as if he is blitzing the QB and must take a knee at the line of scrimmage inside the tackle box. That player CANNOT under any circumstances effect the play. If an 8th player effects an offensive play, it will result in "unsportsmanlike conduct" penalty that will be added to the end of the play, and the team will be given a warning. If an infraction occurs again, not matter if it's the same player or not, the team must remove the 8th player and can no longer continue operating with 8th players for THAT game only. (So the next game they can start back in that defense.)

4. Defenders may not cross the line of scrimmage to cover any players. However, once the ball is released by the Quarterback, they may converge across the line of scrimmage to make a tag.

Scoring:

1. 6 Points for a touchdown

2. 1 Point for a PAT from 5 yard line.

3. 2 Points for a PAT from 10 yard line

4. 2 Points for a Defensive Stop on downs

5. 3 Points for Interception

6. (Points for a defensive stop and interception are NOT added together)

7. 0 Points for turnover on a PAT – It is dead ball

8. Official score will be kept by Head Referee

Penalties:

A. Offense

No Penalty can be assessed that would move the offense behind the 40 yard line. If a penalty occurs and the starting LOS was the 40 yard line, the offense will only incur a loss of down. Pre-snap offensive penalties will NOT result in a loss of down unless 2 consecutive pre-snap penalties occur.

Encroachment/False start = loss of 5 yards

Illegal Formation = loss of 5 yards

Illegal Shift = loss of 5 yards

Illegal Motion = loss of 5 yards

Delay of Game = loss of 5 yards

Blocking = loss of down and ball placed back at the spot where play began

Offensive Pass Interference = loss of down and ball placed back at the spot where the play began

Unsportsmanlike conduct / Unnecessary Roughness (including profane language) = 15 yards

*Please Note: The Referee has the option to sit player out for at least one play or for the remainder of game at his/her discretion. That player will be charged with an unsportsmanlike penalty. 2 Unsportsmanlike penalties is an automatic ejection and 1 game suspension, however the Referee and eject a player after 1 unsportsmanlike penalty if he deems the infraction to be flagrant.*

Excessive Celebration (will not be tolerated) = 15 yard penalty and loss of down.

*Please Note: If excessive celebration occurs the player/players involved will be assessed an unsportsmanlike penalty. If it occurs after a touchdown there will be no extra point and the opposing Offense will begin the next series on the 30 yard line, effectively giving them a 1st and 5.*

Charging/Trucking = 15 yards and loss of down (it is the offensive player's job to attempt to avoid the contact)

B. Defense

a. Face guarding is ALLOWED, which is in alignment with NFHS rules, but do not touch the offense above the shoulders.

b. Encroachment = 5 yards

- c. Defensive holding/Illegal use of hands = 5 yards and replay down (Not an automatic 1st down)
- d. Defensive Pass Interference = ball is marked at next 1st down marker and automatic 1st down is awarded.
- e. For all plays beginning inside the 10 yard line, Defensive penalties are half the distance to the goal and an automatic 1st down.
- f. Unsportsmanlike conduct / Unnecessary Roughness (including profane language) = 15 yards  
*Please Note: The Referee has the option to sit player out for at least one play or for the remainder of game at his/her discretion. That player will be charged with an unsportsmanlike penalty. 2 Unsportsmanlike penalties is an automatic ejection and 1 game suspension, however the Referee and eject a player after 1 unsportsmanlike penalty if he deems the infraction to be flagrant.*
- g. Illegal participation = 15 yards and replay
- h. Illegal Substitution- 5 yards and replay the down.
- i. Excessive Celebration (will not be tolerated) = 15 yard penalty and automatic 1st down.

*Please Note: If a player punts/heaves or does anything unnecessary with the opposing team's football he will be given an "unsportsmanlike conduct" penalty. If a dead ball penalty occurs on the defense during a change of possession after a touchdown, that same team's offense will begin on 2nd down.*

Records/Seeding:

Overall Record

Head to Head

Points Against

Points For