



7 on 7 Spring 2022 League Rules

Updated 12/10/2021

Ball Size:

3rd/4th- Wilson K2 Pee Wee (or equivalent)

5th/6th – TDJ or TDY (or equivalent)

7th/8th – TDY or TD (or equivalent)

Teams provide their own game balls.

Field Dimensions:

Field length will be 50 yards. 40 yard playing field with a 10-yard end zone.

League Format:

10 game regular season. Friday night doubleheaders. Scores and standings will be recorded; however, a League Champion will not be recognized. ALL PARTICIPANTS will receive an Ogden 7 on 7 T-shirt*.

*12 shirts per team, if additional are needed for roster they must be purchased for \$7.00 each.

MOUHPICES FOR EACH PLAYER ARE REQUIRED FOR PARTICIPATION. FOR SAFETY PURPOSES, ANY PLAYER WITHOUT A MOUTHPIECE WILL NOT BE ALLOWED TO PARTICIPATE.

A. Starting Game:

1. A central timekeeper will be designated. All games will begin and end on the timekeeper's instructions. Time remaining will be announced at 10-, 5-, and 2-minute mark (if visible scoreboard is not available).
2. We will "rock, paper, scissors" to determine possession.
3. No team will be allowed to participate without jerseys (shirts).
4. Possessions begin at the 40-yard line.

B. Timing:

1. 25-minute games. The clock will run continuously. If the final play results in a TD, the scoring team will be allowed to attempt the PAT.
2. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
3. No time-outs. EXCEPTION: Injuries. Both games on the field will be stopped until player(s) can be safely removed from playing area.

4. Teams must be on-site and ready to play when scheduled. If teams do not have 7 players at game-time, a forfeit will be declared. **There will be no grace period due to having multiple games that MUST start at same time.**
5. Injury time-outs may reduce the amount of time between games to maintain the playing schedule.

C. Overtime:

Longest Yard Overtime. If a game is tied at end of regulation, captains will be called to rock-paper-scissor for possession. Winner chooses offense or defense. Each team gets 1 offensive play from the 40-yard line. Longest yardage wins. An interception is an automatic game winner. If no winner after 2 rounds, game will be declared a tie.

D. Moving the ball:

1. Possessions ALWAYS begin at the 40-yard line.
2. Offenses always move in the same direction.
3. All offensive plays **MUST** be forward passes or runs. A pass caught behind the line of scrimmage must be a forward pass. **NO FLEA FLICKERS OR DOUBLE PASSES.**
4. Once a forward pass has been thrown, a backward pass (lateral) is allowed.
5. Offensive teams will have 3 downs to gain a first down. First down markers will be at the 25- & 10-yard lines.
 - Once inside the 10-yard line, the offense has 3 downs to score a TD.
6. The offense may run the ball as many times as they want on any down during the game. The QB can make one exchange (ex. Pass, handoff, or toss). No toss passes, reverses, or "hook and ladder".
7. The Quarterback can never run the ball. If any foot of the QB passes the line of scrimmage, it is an illegal forward pass.
8. There is no blitzing by the defense.
9. No penalty will be assessed in excess of the 40-yard line. On an unsuccessful or successful offensive play from the 40-yard line resulting in an offensive penalty: The ball will be returned to the 40-yard line and 1st down will become 2nd down; 2nd down will become 3rd down; 3rd down will result in a turnover.

E. Scoring:

1. 6 points for TD
2. 1 point for PAT from 5-yard line; 2 points for PAT from 10 yard line. Teams must declare to game official prior to attempt. Once declared, team may not change to different point attempt.
3. 2 points to defensive team for any Interception including PAT.
4. Field referee and game manager keep official score.

F. Special Rules:

1. Rosters must be submitted electronically, and waivers signed BEFORE participating in games. Players can be on more than 1 roster in same league. **NOTE: League Fee of \$400 includes T-Shirts for 12 players. You will be required to pay an additional \$7 per player if you want to purchase additional shirts.** Playing illegal (un-rostered) player(s) may result in game forfeit.
2. Z players (OBL) from 2020 WFFL are permitted to play down with Ogden City Recreation approval.
3. No blocking is allowed.
4. Receiver is legally down when touched with one OR both hands below the neck. Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike and flagrant.
5. Fumbles are dead balls at the spot with the last team retaining possession. **A muffed snap is not a fumble/dead ball.** The QB may pick-up ball and attempt to complete pass before 4.00 count.

6. Offensive team has 25 seconds FROM WHEN THE BALL IS SPOTTED to snap ball. Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the PAT attempt results in a turnover.
7. The QB is allowed 4.00 seconds to throw the ball. The official timekeeper starts a stopwatch **on the snap of the ball from center** and stops the watch as soon as the **QB releases** the ball.
 - If release is 4.00 seconds or under, the play goes on.
 - If the release is 4.01 seconds or later, timekeeper will wait until the play is over (the play is NOT blown dead) to announce SACK. The ball is then brought back to the original line of scrimmage with loss of down.
 - Interceptions after a 4.01 count DO NOT count. The play is considered a sack.
 - The only infraction possible when a 4.01 SACK is called are defensive holding and any unsportsmanlike act.
8. Defensive Pass Interference will be a spot foul (1st down at the spot). Defensive pass interference in the end zone will result in a first down at the 1-yard line. Defensive pass interference on extra point play will be ½ distance to goal and repeat try.
9. Excessive contact (referee's discretion) will result in a "tack on" penalty at the end of the play (5-yard penalty).
10. Offensive Pass Interference is a loss of down.
11. Motion (false start) penalties are 5 yard AND LOSS OF DOWN.
12. All interceptions by defensive team ENDS the play (whistle, play is dead). Interceptions are NOT RETURNABLE.
13. The offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
14. The offensive center is not an eligible pass receiver, but teams MUST have a center. Center should immediately take a knee following snap to avoid confusion as eligible receiver.
15. Offense has 5 eligible receivers. You cannot start a play with 5 receivers on one side of the ball, must be legal football formations.
16. The center is responsible for setting or re-positioning the Referee's cone at the line of scrimmage. On change of possession, the team moving to offense will ensure the cone gets to the new scrimmage line. (Centers on both teams responsible).
17. There will be one (1) offensive coach allowed on the field at any time and THREE (3) active athletes ON A KNEE behind him. The coach should position himself behind the offensive huddle.
18. All other coaches, both offense and defense, must remain on the designated sidelines.
19. Excessive celebration, taunting or "trash talking" will not be tolerated.
 - 5-yard penalty and MAY include expulsion if deemed flagrant or continual (referee's discretion).
20. Player/Coaches/Fans ejected from game will have 2 minutes to leave the premises or team will be subject to forfeit. Ejected player/coach/fan will also be suspended for the following game. League supervisor has absolute autonomy to enforce or negate any suspensions. Referee's AND Ogden City staff have the right to eject any player, coach, team or spectator/fan.
21. Fighting: the player(s) or coach(es) involved will be ejected from the game. If a team fight occurs, the teams involved will be banned from further participation in the league.