

# RFL 7 on 7 Football Rules 2014

## Divisions - 9U, 11U & 14U

- **FIELD DIMENSIONS**

- A. Field Length -- 50 yards long
- B. Field Width – 50 yards wide
- C. End Zone -- 10 yards deep

- **FOOTBALL SIZE**

9U = K2

11U = TDJ

14U = TDY

- **STARTING THE GAME**

- A. Each team will use its own ball during offensive possessions.
- B. Ball always placed on right hash mark when at the 40-yard line.
- C. Referee will announce score before each offensive possession begins.

- **MOVING THE BALL**

- A. No kicking/punting.
- B. Field is marked at 10 yard intervals with cones. (2 first downs without a penalty would result in a TD).
- C. Possession always begins at the 40 yard line. No penalty will be assessed in excess of the 40 yard line. If a penalty would move the offense beyond the 40 yard line, the offensive team shall be charged with a loss of down.

- D. Offenses always move in the same direction.
- E. 14U & 11U - NO RUNNING PLAYS INCLUDING QB.
- F. 9U – RUNNING PLAYS ARE PERMITTED, BUT QB OR PASSER MAY NOT RUN THE BALL.
- G. ALL PASSES MUST BE FORWARD. A pass caught behind the line must be forward. The only laterals that will be allowed will be laterals that occur AFTER the completion of a forward pass. If the receiver of a forward pass behind the LOS laterals to another player that person now becomes the QB and therefore cannot run the ball.

- **SPECIAL RULES**

- A. No blocking. No screening when a ball has been intercepted. All defensive players must stop and allow the passing team's players unrestricted access to the player that intercepted the ball.
- B. Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player will be expelled if ruled unsportsmanlike & flagrant).
- C. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 5.0 second count remains in effect on snaps. A muffed snap is not a fumble. The 5.0 second count remains in effect on muffed snaps.
- D. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty.
- E. The QB is allowed 5.0 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.
  - 1. If release is under 5.0 seconds, the play goes on.
  - 2. If the timekeeper sees that the clock has exceeded 5.0 seconds, he waits until the play is over (the play is not blown dead), then brings

the ball back to the original line of scrimmage with loss of down.  
(The timekeeper will be an official or coach from a team that is not playing).

- F. Defensive Pass Interference will be a spot foul (1st down at the spot).
- G. Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).
- H. Offensive pass interference, ball placed back to previous spot (loss of down).
- I. Interceptions may be returned however, defensive players may not block anyone subsequent to an interception. If an interception is returned beyond the 40-yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. If not returned beyond 40-yard line a change of possession will occur at the 40-yard line.
- J. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.
- K. The offensive center is an eligible receiver (teams must have a center). The ball must be snapped between the center's legs.
- L. No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).
- M. The offense must gain at least 20 yards in the first 3 or less plays or the defense takes over at the 40-yard line. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 20-yard line cone.
- N. Fighting: the player(s) involved will be ejected from the game.

- **SCORING**

6 points for TD, 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT is dead ball). Official score is kept by field referee.

- **OVERTIME RULES**

After coin flip to determine first possession, teams will alternate 4 down series from the 20-yard line. A winner is determined when one team scores during its possession and the other does not. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

- **TIME**

- A. 25-minute halves (continuous clock for each half--see: "starting the game").
- B. No time outs. (EXCEPTION: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).