

**TCYFL**  
**7-ON-7**  
**Youth Passing League Rules**  
**4-5th, 6-7th, 8th Grade Levels**

**We are here to teach football not to win games! Every participant should be given the opportunity to play on offense and defense. TCYFL wants to see constant rotation throughout the course of the game with equal playing time and sitting out time. NO EXCEPTIONS!**

**Mouth Guards- It is required that a mouthpiece be worn!!!**

**1. Field Dimensions:**

- Field Length - 40 yards long
- Field Width – 160 feet (Regulation HS field width (53 1/3 yards)
- End Zone - 10 yards deep

**2. Starting The Game: 7-7**

- Visitors will have first possession and the Home team will have first possession in the 2<sup>nd</sup> half.
- Teams must be on opposite sides of the field.
- Youth football jerseys are acceptable. T-shirts, Compression-type shirts, personal jerseys or basketball-type sleeveless shirts are permitted. We would like all players dressed as a team so we request that everybody wears the same style and color. No team will be allowed to participate without shirts. Team Uniform must be worn outside of cold-weather gear.
- Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes allowed.
- No Jewelry will be allowed. It must be removed before game play. Including any Piercings, Chains/Necklaces, and Bracelets.
- Ball is placed in the center of the field at the beginning of each half and for extra points. The placement of the ball after the first snap will depend on what side of the field the player is down. If the player is down on the left hash the ball is placed on the left hash, etc.
- Each team will use its own ball during offensive possessions. 8th grade teams may use TDY or High School standard size footballs. 6<sup>th</sup>/ 7<sup>th</sup> grade teams can use either TDJ or TDY, depending what level their QB will be at in the fall. The 4/5<sup>th</sup> grade teams will use the TDJ.

### 3. Moving the Ball

- No kicking/punting
- Field is marked at 20 yard intervals with cones or number markers. (2 first downs would result in a TD.) Start at the 40 yard line, have 4 downs to get to the 20. Once at the 20 you will have another 4 downs to get into the endzone.
- Possession always begins at the 40 yard line in the middle of the field.
- Offenses always move in the same direction.
- No passer may run across the line of scrimmage with the ball. All passes must be forward
- All passes must be completed over the line of scrimmage. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass. (Limit 1) The only player that may attempt a pass is the QB

### 4. SPECIAL RULES

- NO BLOCKING ALLOWED- Offensive Player without the ball cannot impede any defender trying to down a player with the ball.
- 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 ejected if ruled unsportsmanlike and flagrant. (If this does occur, TCYFL Tackle Ejection Rules will apply.)
- 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. If the ball is at 40 yard line, it cannot be taken backward beyond the 40. If the ball is at the 40, then it will be a loss of down.
- The QB is allowed 4.0 seconds to throw the ball at the 6<sup>th</sup>/7<sup>th</sup> and 8<sup>th</sup> grade levels. The QB is allowed 5.0 seconds at the 4<sup>th</sup>/5<sup>th</sup> grade level.
- If release is under 4.0/5.0 seconds, the play goes on.
- Clarification on timer: the QB needs to release the ball before the timer goes off. If the QB is in the act of throwing, they may continue the throw. However, the play will not count and would result in a dead ball.
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0/5.0 second count remains in effect on snaps.
- NO RUSH
- Defensive Pass Interference will be a spot foul (Automatic 1<sup>st</sup> down)
- Illegal contact- the 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). No bump and run defense.
- Offensive pass interference is the same as NCAA rules
- Interceptions may NOT be returned and the play is whistled dead immediately. An interception simply results in a change of possession and the ball is placed at the 40 yard line.
- 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 the offense in retrieving and returning the ball to the center will result in a delay of game and loss of downs.

#### **4. SPECIAL RULES CONTINUED**

- The offensive center is NOT an eligible receiver (all teams must have a center- the center may be any player.) The center is responsible for establishing the succeeding spot as designated by the Referee.
  - The center will be responsible for setting the line of scrimmage, Shotgun and Under Center snaps are allowed. The center MUST snap the ball between their legs. The referee will be responsible for counting as soon as the ball starts movement. The center will not move until play is over and then they will establish a new spot of play by ref.
  - No taunting or “trash-talking” allowed. (5 yard penalty and ejection if flagrant or repeated)
  - The offense must gain at least 20 yards within 4 plays while the offense is in the first 20 yards of the field (the first 20 yard segments of the field) or the defense takes over. Once the team has entered the 20 yards of the field, the offense must score within the first four downs. There are no field goals.
  - Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the team involved will be ejected.
  - For all levels, one coach is allowed on the field for offensive possessions. It is encouraged for 8<sup>th</sup> grade teams to use wrist coaches.
- Only players playing in the series are allowed on the field. Everyone else is required to be on the team's correct sidelines.

#### **5. SCORING:**

- This league is intended to be a developmental experience for the players and therefore no win\loss record is kept. However, this year we will keep track of scores for the 8th grader level for the end of the season tournament.
- Following a touchdown, teams receive an additional play for a point after an attempt. Any legal offensive play is allowed.
- Once a team has scored a touchdown, the other team will take over possession on the 40 yard
  - 6 points for a touchdown
  - 1 point for a PAT from the 3 yard line
  - 2 points for a PAT from the 10 yard line
  - 1 point for an interception
  - 2 points for an intercepted PAT
  - Official score is kept by the Field Referee

#### **6. TIME**

- 2- TWENTY FIVE(25) MINUTE HALVES (continuous clock for each half)
- Each team will be allowed one time out (1 minute) in the 2<sup>nd</sup> half only. Exception: injuries.

- 4 minute halftime (Halftime may be shortened if the schedule is running behind.)
- 6 minutes between games (the between game time may be shortened if the schedule is running behind.)

## **7. ROSTER MEMBERS/COMMUNITY REPRESENTATIVE**

- One approved representative per community or town. This representative is responsible for organizing teams from their respective community and approving community coaches/teams.
- No minimum for amount of players per roster
  - If a team does not have at the start of, or at any point during the game. The coaches will agree to either share players or match numbers so the game can continue.
  - You play with what you have, we will make it work! We expect EVERYONE to show up for all of their scheduled game times no matter what!

## **8. OFFICIALS:**

- There will be Two (2) IHSA/TCYFL Patched Officials during this levels' game.

## **9. 7-ON-7 COACHES**

- A team may not have more than 4 pre-approved coaches on the sidelines.
- Each team must have a 7-on-7 team coach accompany it to any/all events!  
One (1) coach may be on the field for offensive play calling. It is strongly encouraged at the 8<sup>th</sup> Grade level to use wrist coaches.  
One (1) coach may be on the field for defensive play calling. However, they must be on the sideline no closer than teams near the hash mark. Once the offense breaks the huddle they must walk off of the field and back onto the sidelines.

## **10. Weather**

We will play in all types of weather. The only time we will not play is when lightning occurs. Then we will follow our fall tackle guidelines on return to play. We will do our best to let everyone know if games are going to be canceled. Unless you are notified, expect to be playing.