

Kansas City
EAGLES ELITE
Football Academy



Rule Handbook

**7 on 7 Spring Football LEAGUE
RULES 2023**

All players are Encouraged to wear softshell Helmets.

FIELD:

- The playing field will be 40 yards in length, plus a 10-yard end zone. Field (A) is always the scoreboard side of the fields.

BALL:

- Teams will use their own football. Regulation size to fit each age group.

TIME:

- The game is 40 minutes long with a running clock.

Each team will have one 60 second time-out per game (In case of injury the clock will stop at the discretion of the referee. Any stoppage by the referee will require the injured player to leave the field for a single play). Two 20-minute halves.

A 4-second play clock is in effect when the quarterback gets the ball.

POSSESSION OF THE BALL:

- Possession will be decided by a coin toss. All possessions start at the 40-yard line to start a half, or after a turnover on downs.

PLAY:

- Play is limited to seven on seven.
- Coaches are not allowed in the offensive huddle, must coach from the sideline.
- Defensive coaches must be on the sideline. Any player not in a play must stand on the sideline.
- Included in the offense's seven players must be a center. Once the ball is lifted off the T-stand the 4 second count begins.
- Offense must be lined up in a legal formation (Receivers must line up outside the tackle box).
Everyone is eligible to receive passes, except the QB.

NEW RULE: 1st/2nd/ 3rd/4th Grade Division is allowed to run the ball.

NO RUN Zones from the 30 – 25-yard line and from the 15 yard line in.

5th/6th and 7th/8th & no run plays all pass.

NO RUNNING Plays allowed.

Running Backs going out for a pass must release from the offensive tackle position on out. No releasing over the center's path.

NOTE: pass may be thrown behind the line of scrimmage but must be advanced be-on the line or play will be treated as a sack.

- No fumbles or stripping. The ball is dead if it touches the ground, and the offense retains possession. If an offensive player attempts to lateral a ball, and it is intercepted by a defensive player, then possession goes to the defensive team at the 40-yard line. Play ends with one hand touch below the neck.

The QB has 4 seconds to release the ball, or it is blown dead with a 5-yard penalty and a loss of down. If the QB drops the snap the 4 second count starts immediately, and the play continues.

There is no rushing the QB. No RB passes.

2 first downs are possible per possession, achieved when reaching the 20-yard line in 3 downs and reaching the 10-yard line in 3 downs. Once you reach the 10-yard line you have 3 downs to score.

The game cannot end on a defensive penalty unless the offense declines it.

Regular substitution rules apply. There is no mandatory playing time.

SCORING:

- Touchdown scores 6 points
- PAT is 1 point (OT may for 2) from 10 yardline, No 2PT conversions in pool play
- Interceptions are 3 points.
- Turnover on downs are 2 points

PENALTIES:

- All penalties will be enforced. Emphasis is placed on pass interference, holding, unnecessary roughness, and unsportsmanlike conduct.
- No blocking, or screening of opponents.
- ***Only one bump is allowed off the line within 5 yards***, and all bump and run must be executed with hands. No forearms or shoulders allowed. Safety is of utmost importance during the contest.
No downfield blocking
- This is a minimal-contact game, and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The referees' decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches control profanity and are expected to eliminate profanity on their team.

Offensive Penalties:

- (No penalty can move the ball beyond the 40-yard line) Blocking or Holding: 10 yards from spot of foul and replay the down.
- Illegal Motion/False Start: 5-yard penalty and replay the down.
- Illegal Formation: 5-yard penalty and replay the down.
- Offensive Pass Interference: 5-yard penalty **AND LOSS OF DOWN!!!**
- Illegal forward pass: 5-yard penalty and **LOSS OF DOWN!!!**
- Delay of Game: 5 yards penalty.
- Unsportsmanlike Conduct: 10-yard penalty, and possible ejection

Defensive penalties:

- Holding/Illegal Bump: 5-yard penalty replay the down.
- Offsides: 5 yards penalty replay the down.
- Pass Interference: 5-yard penalty and replay down.
- Unsportsmanlike Conduct: 10-yard penalty, and possible ejection

BLOOD RULE:

- When an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and an excessively bloody uniform is changed.

Mercy Rule

21 points or greater after that clock runs continuously for the rest of the game even if the score becomes less than 21.

Tournament tie breakers are as follows:

Head-to-Head

Fewest points allowed.

Most points scored.

Coin Flip

Players must wear mouth pieces during play.

COVID PLANS

3rd/4th grade divisions – players are encouraged to wear mask

5th/6th grade divisions – players are encouraged to wear mask 7th/8th

grade divisions – players MUST wear mask

High School Division – players MUST wear mask

All Coaches on the sideline MUST wear mask

Coaches:

1. Make sure you maintain control over your team's parents. Be proactive and take care of the problem before it escalates.
2. We expect all games to be fast paced. Do not waste time trying to talk with officials or explain every call. There will be time for explanations after the game. Let us keep the game moving and get the maximum number of plays per game. The reps will make your players better.
3. Please pick up trash at the end of your game.
4. Coaches must coach from the sideline.

League rules may be changed at any time if problems arise due to concerns with safety conditions, sportsmanship, or any other unforeseen issues.