

OFFICIAL WCC FOOTBALL 7ON7 AND LINEMAN 5ON5 RULES

RULE 1: PLAYING RULES

- S1:** Skill Players: 8 min/ 16 max. Lineman: 2 min/ 10 max.
- S2:** The season starts in January. It can end no later than July 15th.
- S3:** Each play must be run within 30 seconds after the ball has been reset.
- S4:** Each team is allowed up to two games per week.
- S5:** Each team must complete six hours of practice before playing their first game.
- S6:** Each team is allowed up to three two-hour practices a week. A week is defined as Monday through Sunday.
- S7:** The playing field will be 40 yards in length, plus a 10-yard end zone.
- S8:** The quarterback is NOT allowed to rush with the football. He must throw a pass on every play. He cannot scramble beyond the line of scrimmage.
- S9:** The field will be marked with two (2) lines -- a 10-yard line and a 25-yard line.
- S10:** Following team age divisions: 14, 13, 12, 11, 10, 9, & 8
- S11:** Teams will use age division appropriate footballs per National Pop Warner Rules.
- S12:** The player's "play age" is how old the player will be on July 31st of that current year (i.e. the same registration age as a Fall Tackle Player).
- S13:** All teams must have insurance approved by Pop Warner. Rosters must be submitted and approved through the PW Roster system.
- S14:** All competition is within your conference. Any travel outside of your conference must have an approved event request form.
- S15:** The goal of this program is to provide a safe learning environment for players to build their skills while having FUN!
- S16:** 2 halves of play: 20 minutes total. 10 minutes each half. Running clock 3-minute halftime.
- S17:** 1 timeout per half. Clock stops for timeouts. Timeouts are 60 seconds each.
- S18:** Each player must play a minimum of 5 plays per game.
- S19:** You can have playoffs, but they must not exceed two rounds of play.
- S20:** Each team may have up to three (3) coaches. The head coach must have PW football certification.
- S21:** All coaches/volunteers must fill out the volunteer application and have a current passing background check.
- S22:** Each play ends when a "defensive" player touches the receiver one hand below the neck, or the pass falls incomplete.
- S23:** The quarterback has four seconds to pass the ball across the line of scrimmage or the play is blown dead. A defender can't cross the line of scrimmage until the quarterback passes the ball.
- S24:** Only two first downs per series are possible, achieved when reaching the 25-yard line within four (4) downs and the same is true when they cross the 10-yard line.
- S25:** NO running plays are allowed. Skill players are eligible receivers.
- S26:** This is a non-contact game, and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The Referee's decision is final on all plays; there will be no tolerance for arguing and only a head coach may ask for a rule clarification. All rules in the Pop Warner Member/Adult Codes of Conduct will apply.
- S27:** If a player/coach is ejected, they are not eligible to play/coach in the next game. If ejected a 2nd time during the season, the player/coach is finished for the season and may be subject to additional sanctions that carry over into the Fall Tackle season.

- S28:** All passes must be forward. No laterals.
- S29:** No fumbles; the ball is dead if it touches the ground.
- S30:** All possessions will start at the 40-yard line.
- S31:** No punting or field goal attempts.
- S32:** No protests. The decision of the game officials is final.

RULE 2: SCORING

Offensive Scores:

- A:** Touchdown scores 6 points.
- B:** 1 extra point attempt. Attempt will be from the 10-yard line.

Defensive Scores:

- A:** Defenses can also score in 7v7 football. Defenses score three (3) points each time they intercept a pass.
- B:** If the defense is able to turn the offense over on downs, they score two (2) points.

RULE 3: PENALTIES

Offensive Penalties:

- A:** Blocking or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation.
- B:** Illegal Motion/False Start: 5 yards.
- C:** Offensive Pass Interference: 10 yards from line of scrimmage
- D:** Delay of Game: Clock stops, 10 yards from line of scrimmage.

Defensive Penalties:

- A:** Tackling or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation.
- B:** Offside: 5 yards from line of scrimmage
- C:** Pass Interference: 10 yards from line of scrimmage
- D:** Illegal Rushing of the Quarterback: 10 yards from line of scrimmage
- E:** Delay of Game: Clock stops, 10 yards from line of scrimmage.

RULE 4: LINEMAN

- A:** All teams must have at least two linemen minimum, and 10 maximum.
- B:** All linemen must play a minimum of 5 plays per game.
- C:** During the game, linemen are to only go through gaps + max 3 steps in. Legal Football Lineman techniques.
- D:** Linemen cannot go after the Quarterback. They must stay within their lineman box.
- E:** Teams with a full set of linemen will equally pair up with a team who has less.

RULE 5: 5ON5 LINEMAN CHALLENGE

- A:** Before the games, teams shall do a 5on5 big man challenge competition where the lineman can go after a tackle dummy, cone, or some point of reference that will be counted as a sack and point.
- B:** Point System: 3 second time clock. 5 linemen set up, but only one pair will participate at a time. Object shall be placed 5 yards behind the LOS. If a defensive lineman gets within 1 foot of the cone, then a point is awarded. If they reach the object, they get 3 points.
- C:** Offensive lineman will get 3 points if he holds him off for the 3 seconds. If he "pancakes" (dominates) the defensive lineman by holding him off or putting him on his back that will be 4 points.
- D:** There will be three rounds. Each player will get three reps.