

2023 MYFA Flag/7on7 League Rules

PLAYER ELIGIBILITY RULES

- The cut-off date for all age groups is **May 1, of the current year**. A player's age as of April 30 is the age the player will play for that season.
- The Association will play by the following age groups: 5/6U (combined), 7U, 8U, 9U, 10U, 11U, 12U, 13U, and 14U.
- No weight restrictions in any age group. Players playing up will be limited to one (1) year and require written consent from parent/guardian.
- Grade Exception: A player that has a date of birth prior to the May 1 cut-off but is in the appropriate grade for the particular age group, may play in that age group given the player does not turn 2 years older prior to December 1st. Documentation must be provided to qualify for grade exception.
- No player may be carried on more than **TWO** rosters, **one** with the age group the player is registered with and **one** with the next grade **up** during the current season or playoffs.
- All Head Coaches must assure all paperwork for each player is complete and turned into MYFA including:
 - PLAYERS CONTRACT
 - PLAYERS INFO SHEET
 - BIRTH CERTIFICATE
 - PHYSICAL
 - CODE OF ETHICS
 - TEAM SEASON ROSTER
- **Head Coach must also have organized copies of the paperwork listed above on their person during every game.** Failure to comply with the above will disqualify a player from playing. All documents submitted to MYFA will not be returned, so legible copies are required – not originals. All required documents are located on the MYFA website.

EQUIPMENT

- Football Type - must be a traditional football color (**brown/tan**), must be made of a **composite or leather** material, **No Rubber Footballs Allowed**.
- Football Size - 5/6U through 9U will use a **K2 (pee wee)** football. 10U and 11U will use J series (**junior**) football. 12U and 13U will use Y series (**youth**) football. 14U will use an official **full-size** football. Each team will provide their own **FULLY** inflated game ball.
- Cleats – Only molded cleats or screw in style cleats are allowed for use. Baseball spikes and metal tipped cleats will **NOT** be allowed.
- Jewelry – Will **NOT** be allowed to include but not limited to watches, rings, necklaces,

earrings, and bracelets.

- Uniforms - Teams will be **REQUIRED** to wear a team matching Dri-fit style or T-shirt. Teams **MUST** check with the 7 on 7 director to get the color approved for play.
- Soft Shell Helmet - is **OPTIONAL** and may be worn at the players or parents' discretion.
- Mouthpieces – Are **REQUIRED** and must be worn by the player. The QB for 7 on 7 is the only player not required to wear a mouthpiece.
- QB Tee - will be provided at each field where 8U through 14U games are being played.

TYPES OF GAME AND TEAM ROSTERS

- **FLAG FOOTBALL** – is exclusive to 5/6U and 7U. The game is played by two teams of 7 players each with three down linemen on offense including a center. Flag is more traditional football rules with hand-offs and passing concepts due to the nature of pulling the flag to end the play.
- **7on7 FOOTBALL** – is exclusive to 8U through 14U. The game is played by two teams. When a team is on offense there is one quarterback, a QB Tee (Center, only if the QB is malfunctioning), and 5 receivers. When on defense there are 7 total defenders. 7on7 is forward passing only game with no hand-offs and one touch by the defender to end the play.
- For both Flag and 7on7, it is **ILLEGAL** to have **MORE** than 7 players on the field, while less than 7 players **IS** legal with a minimum of 5 players needed to play. A 5-yard penalty is given for illegal substitution or 10 yards for illegal participation.
- Team Rosters – Flag and 7on7 Teams can carry **NO MORE** than 14 players on their roster. Team rosters are frozen at a date specified by MYFA. All players on a team's roster must actively play during the season (**at least 70% of the regular season games**) to be eligible for the playoffs.
- **GameDay Rosters** – Teams must fill out and distribute a digitally typed (not hand-written) completed MYFA Gameday Roster to the opposing head coach before each game to ensure roster accountability. The head coach is responsible for having additional copies for every gameday event in case a MYFA Representative requests an “on the spot copy” to verify the roster with league registration.

PLAYERS AND COACHES AREA

- There will be a designated area for players and certified coaches located on **EACH** (Home & Away) side of the playing field. The Home side is the side with a scoreboard. These **ARE** mandatory locations during games for teams. **ONE** coach may remain on the field with their team during play. Coaches may not interfere with the outcome of the play, or they will be penalized.

PRE-GAME CHECK-IN

- Teams will meet **15 minutes** prior to scheduled game start time behind the endzone of their

respective game field for check-in and roster exchange. Players participating in the game must have the jersey they will wear for that game. The gameday roster is located on the MYFA website.

- Coaches shall bring at least **3** typed (not hand-written) completed **MYFA Gameday Rosters** that gameday and plan on releasing one copy at the pre-game check-in. The Gameday Roster will be distributed to the opposing head coach for each game. **Handwritten game day decisions are exceptions to the digital format and can only be corrections to a typed copy.**
- Players must be lined up and organized in numerical order as shown on the roster. Notations as to players not in attendance shall be listed on the roster throughout the entire season.
- The MYFA board can ask for rosters at any time, and they **MUST** be made available.
- Coaches who fail to submit a roster to the opposing coach at the time of check-in will set out for half of that game and will not be allowed to coach or communicate with the coaches or players of their team under any circumstance outside of individual player health or safety.
- A team found guilty by MYFA of violating rules regarding falsifying a roster will be subject to the forfeiture of the game. The coach/coaches shall also be subject to additional suspensions, fines and/or penalties.

GAME TIMING

- Length of game – 25 minutes running clock with **NO** time stoppage. Exceptions are as follows:
 - Serious injuries, if a player is seriously injured, the games at both ends of the field will stop until the injured player is removed from the field of play.
 - 2) Offense will receive **ONE** untimed chance to score an extra point if they scored touchdown on the final play of the game.
- The clock will be kept on the scoreboard started by the referee for both ends of the field (both games will start at the same time), if the scoreboard is not available, the time will be managed by the referee.
- Starting each game – A coin toss will determine the first possession. Once the teams are ready on each end of the field the game clock will start on the officials' whistle.
- Time outs – There are **NO** time outs allowed. Exception: the referee will allow ample time to help an injured player off the field and or fix an equipment issue in which the time will still **NOT BE STOP.**
- Between plays – The offensive team will have **25 SECONDS** to snap the ball once the referee has spotted the ball. It shall be the offense's responsibility to retrieve the ball and **HAND** it to the referee after every play. The referee will let the offense know when they have 10 seconds left by signaling them with his arm.
- Forfeit – If a team is late and can't start when the game officially starts, the late team will forfeit 5 minutes after time has run off the game clock. Victory will be scored as 6 – 0. If the coaches agree and the late team arrives with time left on the clock, they may scrimmage, however the forfeit will still stand, and the Late team **WILL** pay for the officials.

OFFENSE

- QB Tee – **For 7on7**, (8U through 14U), the QB Tee will be placed at the line of scrimmage by the referee or offensive coach. The football will be placed in the cradle by the coach or referee. The timer will be set for 5 seconds. As soon as the ball is removed from the cradle by the QB, the timer will start. The buzzer sounds when the timer runs out.
- Center – **For 7on7**, in the event of a QB Tee malfunction, the QB Tee will be placed behind the 40-yard line out of the game area and a center/coach will enter the game. The center is **NOT** an eligible receiver. The center must snap the ball to the QB; however, the ball does **NOT** have travel between the center's legs.
- Center – **For Flag Football**, the center is **NOT** an eligible receiver. The center must snap the ball to the QB; the ball **MUST** travel between the center's legs.
- Line of Scrimmage – The Offense **MUST** have at least 3 players on the LOS at the time of the snap. The offense **MUST** also have at least one player on each side of the QB Tee or Center. Failure to correctly line up will result in a penalty.
- Motion – Only **ONE** player can be in motion at the snap of the ball and **MUST** be running parallel from the LOS. Please note that more than one player may initially shift, however all players must be set before the player goes in motion.
- Passing – **For 7on7**, only one **forward** pass is allowed per play, no double passes, with the addition of the QB Tee, any “shovel” pass must be clearly a pass and beyond the line of scrimmage. **For Flag Football**, passing is more traditional football rules, multiple passes can happen behind the line of scrimmage.
- Hand offs- **For 7on7**, hand offs are not allowed. **For Flag Football**, traditional handoffs are allowed.
- Charging – All offensive players once receiving the ball **MUST** try to avoid contact with the defense. If an offensive player lowers their shoulder, or attempts to bull through a defensive player, this includes a **STIFF ARM**.
- Blocking/Screening – **For 7on7**, blocking/screening is **NOT** allowed. Neither the offensive nor defensive player may initiate contact at **ANY TIME**.
- Blocking – **For Flag Football**, blocking can only be initiated by the 3 down linemen (the center and two guards) and the blockers must cross their arms over their chest in the shape of an X with their elbows and hands flat against their bodies. Any pushing or extending of arms to the body or face will result in an unnecessary or unsportsmanlike penalty.
- Eligible receivers – All players are eligible to run down field and catch a pass except the center.
- Time of pass – **For 7on7**, the QB is allowed **5 SECONDS** to throw the ball. If the ball is still in the QB hands after 5 seconds, this will count as a sack and the ball will be placed at the original LOS.
- Neutral Zone – **For Flag Football**, a 2-yard neutral zone will be established by a marker supplied by the referee between the Line of Scrimmage and defensive players.
- Neutral Zone – **For 7on7**, no defensive player can cross the line of scrimmage until ball **LEAVES** the QB's hands.

DEFENSE

- Rushing the passer – **For 7on7**, there is **NO** rushing.
- Tackling - **For 7on7**, a legal tackle is touching the player with 1 or 2 hands below the shoulders, without impeding his forward movement. Incidental contact does not constitute a penalty against the offense or defense. Tackling a ball carrier is **ILLEGAL** and this includes **aggressively shoving or pushing the ball carrier** to the ground or out of bounds. This will result in a penalty.
- Stripping the ball – Players may not attempt to strip the ball **ONCE** the ball has been deemed a catch. Both the offense and defense have rights to the ball while it is in the air.
- Interceptions – An interception is worth **2 points** and the play is blown dead immediately. An interception results in a change of possession and the ball will be spotted at the 40- yard line.
- Jamming – Is only allowed at the line of scrimmage and will consist of **ONE** bump to the **chest area** of the wide receiver. The defender must release the receiver after the one and only bump. Any over aggressive jamming or throwing the receiver to the ground will result in an unsportsmanlike penalty.

FIELD AND BALL POSITIONING

- Spotting the ball – The ball will be spotted according to the position of the ball when the player was touched. The football will and QB Tee will be carried by the official to the new Line of Scrimmage for the next play in the series.
- Ball carrier inadvertently falls to the ground – A ball carrier who falls to the ground is considered down and will **NOT** be allowed to get back up and advance the ball.
- Fumbles – There are **NO** fumbles. When the ball carrier loses control of the ball, and it touches the ground the play is dead.
- Bad snaps from center or fumbles off the tee– Any snap that hits the ground will be considered **LIVE** and the QB has 5 seconds to pick up the ball and attempt a pass.
- Ball placement and advancement – The team that is receiving the ball at the start of the game, change of possession, or after any touchdown will start with the ball on the 40- yard line. The offensive team has 3 plays to make a 1st down at or beyond the 25- yard line. If the offensive team crosses the 25-yard line, they will have 3 downs to get to the 10-yard line for another 1st down. Inside the 10-yard line is 4 down territory. If the offense fails to score it is a turnover and the ball is placed in the center of the field for the opposing teams' offensive possession at the 40-yard line. After that the ball may be placed at the hash marks on the side of the field where the play ends.
- Kicking/punting – There is no kicking or punting.
- Overtime – If both teams are tied after the regulation the game will go down as a **TIE** for both teams' records. In playoff games there **WILL BE** overtime for tied games. The format will follow OSSAA rules of each team getting 1st and goal from the 10-yard line. Both teams get equal chances to score. This will be repeated until we have a winner. Teams must go for

2 points after the second overtime.

SCORING

- Touchdowns = 6 points
- Extra point from the 3-yard line = 1 point
- Extra point from the 5-yard line = 2 points
- Interceptions = 2 points for the defense whether it is during the offense's possession or on the extra point.
- If an offense scores with **NO** time left on the clock, they will receive 1 untimed down to try for the extra point.

PENALTIES

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play. This is considered a judgement call.
- Players cannot question judgement calls.
- Only the head coach may ask the referee questions about rule clarification and rule interpretations. Note: The game time and play clock will not stop for play clarification or interpretation.
- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- Games cannot end on a defensive penalty unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
- Loss of down (LOD) means that down is consumed.
- Any penalty on the offense while the ball is on the 40 will result in a loss of down.

SPOT FOULS:

DEFENSIVE	
Defensive pass interference	Automatic First Down
Holding	5 yards & Replay Down or First Down Depending on Yards Gained
Defensive unnecessary roughness	10 yards & First Down
OFFENSIVE	
Screening, blocking	10 yards & Replay Down or First Down Depending on Yards Gained
Charging/Stiff Arm	10 yards & Replay Down or First Down Depending on Yards Gained
Flag guarding	5 yards & Replay Down or First Down Depending on Yards Gained

Unnecessary roughness	10 yards & Replay Down or First Down Depending on Yards Gained
Diving	5 yards & Replay Down or First Down Depending on Yards Gained

DEFENSIVE PENALTIES:

Offside	5 yards from LOS & Replay Down
Tackling/Aggressive Shoving Pushing	10 yards from LOS & Automatic First Down
Illegal flag pull	5 yards from LOS & Replay Down
Roughing the passer	10 yards from LOS & Automatic First Down
Taunting	10 yards from LOS & Automatic First Down
Unsportsmanlike conduct	10 yards from LOS & Automatic First Down

OFFENSIVE PENALTIES: If penalty is committed at the 40 yard line; it is a LOD.

Offside/false start	5 yards from LOS & Replay Down
Offensive pass interference	5 yards from LOS & Replay Down
Illegal motion	5 yards from LOS & Replay Down
Delay of game	5 yards from LOS & Replay Down
Illegal Procedure	5 yards from LOS & Replay Down
Taunting	10 yards from LOS & Replay Down
Unsportsmanlike conduct	10 yards from LOS & Replay Down
Not enough players on the Line of Scrimmage	5 yards & Replay Down

UNSPORTSMANLIKE PENALTIES AND CONDUCT

- Unsportsmanlike penalties and conduct including fighting and taunting will **NOT** be tolerated. The head coach is responsible for the other coaches, players, and parents. The head coach and party at fault will be ejected by the referee for any type of physical assault,

obscenities, taunting or threatening an opponent, spectator or official will be suspended, period. All suspensions will follow OSSAA rules and will be held for that game and the next scheduled game. (Example: if suspended during your second game of the day you **WILL** have to miss the first game next week).

- An appeal to a suspension judgement requires evidence and an appeal fee of \$100.00. The MYFA executive board will review the appeal and if overturned the appeal fee will be returned and the suspension will be nullified. All decisions are final once the situation has been reviewed by the MYFA board. All spectators and coaches who are suspended must attend **PAYS** class at the Moore community center before they can return to the MYFA facility.

DRUG USE, PETS, AND WEAPONS AT THE FACILITY

- Drinking of alcoholic beverages, use of marijuana or controlled substances is **NOT** allowed before, during or after games within the facility or in the parking lot of the facility. Spectators found in violation of this rule will **NOT** be allowed to be in the facility. Anyone who is believed to be under the influence of any substance will **NOT** be allowed to remain in the facility.
- Tobacco Use - MYFA is a tobacco free park, this includes all forms; Smoke, smokeless, and electric, water vapor or any other forms not listed.
- Pets – Per City of Moore Facility Rules, pets of any type are **NOT** permitted within the MYFA facility, unless it is registered as a companion pet. Registration must be provided to MYFA upon request.
- Weapons - Absolutely **NO** weapons will be allowed in the park, this includes permit holders concealed or otherwise.
- Insurance – MYFA will provide accidental supplemental insurance coverage for injuries received by its participants.