



Midwest Youth Elite Football Conference (MYEFC) 2026 Official 7v7 Rules & Regulations

SECTION 1: FIELD & GAME FORMAT

1.1 Starting Possession

- The offense will begin each possession at the **40-yard line**.
- The offense may choose either hash to start.

1.2 First Downs

- First downs are awarded at:
 - **25-yard line**
 - **10-yard line**
- Once a first down is achieved inside the 10-yard line, the offense will have **three (3) downs to score**.

SECTION 2: POSSESSION RULES

2.1 Coin Toss

- Coin flip determines first possession.
- **winner** receives first possession.

SECTION 3: PLAYER STATUS (DOWN BY CONTACT)

- A player is ruled down when:
 - Touched with **one hand** between the **neck and ankle**
 - Any part of the body (other than hands or feet) touches the ground (e.g., knee)

SECTION 4: PASSING & RECEIVING

4.1 Legal Catch

- A catch is legal when **at least one foot** is in bounds with control of the ball.

4.2 Diving

- **Diving is allowed.**

SECTION 5: QUARTERBACK RULES

5.1 Pass Clock

- The quarterback has **4.0 seconds** to release the ball
- Officials will use a **3-chop + whistle mechanic**:
 - 3 visible chops
 - Whistle on the 4th count
- A stopwatch may be used for verification.
- The clock begins at the **snap of the ball**.

5.2 Running

- The quarterback **may not run past the line of scrimmage**.
- Designed QB runs are **not permitted**.

SECTION 6: BLITZ RULE

- Each team is allowed **one (1) blitz per game**.
- The **Head Referee and Field General** will track blitz usage.

SECTION 7: RUNNING RULES

- Offensive players are permitted to run the ball.
- The quarterback may not cross the line of scrimmage.

SECTION 8: GAME CLOCK

30:00 running clock that stops only in the last minute

- There are **no untimed downs**, except:
 - An **extra point attempt** if a touchdown is scored as time expires
- The **Field General** may stop the clock to ensure proper rule enforcement.

SECTION 9: TEAM STRUCTURE

9.1 Roster Size

- Maximum roster size: **24 players**
- No bands will be issued beyond 24 players

SECTION 10: SIDELINE CONDUCT

- Players must remain on their **assigned sideline**
- Teams must:
 - Respect games in progress
 - Not warm up on another team's sideline
 - Keep sidelines clear and organized
 - Clean up all trash after games

10.1 Coach Conduct

- Coaches may not confront or rush officials:
 - **1st offense:** Warning
 - **2nd offense:** 15-yard penalty

SECTION 11: COACHING REGULATIONS

- Maximum of **three (3) coaches per team**

11.1 On-Field Coaching

- Only **one Offensive Coach** is allowed on the field
- Up to **two (2) players** may be on the field:
 - Must remain on **one knee**
- Violations:
 - **1st offense:** Warning
 - **2nd offense:** Delay of Game (**Loss of Down**)

11.2 Defensive Coaching

- No defensive coaches are allowed on the field at any time

SECTION 12: FIELD ACCESS & SETUP

- The offense may not take the field until the opposing team reaches the **15-yard line**
- Penalty: **Delay of Game + Loss of Down**

SECTION 13: GAME OFFICIALS

- Each game will have:
 - Minimum **three (2) referees**
 - One **Field General**

13.1 Responsibilities

- Field General:
 - Maintains order
 - Ensures rule enforcement
- Head Official / Field General:
 - Announces score after each scoring play
- Coaches:
 - Must verify and sign final score sheet after each game

SECTION 14: MULTIPLE TEAMS & PLAYER ELIGIBILITY

14.1 Multiple Teams per Organization

- Organizations may enter **multiple teams**

14.2 Player Eligibility (Team Integrity Rule)

- A player may only be rostered on **one (1) team** within MYEFC
- **Players are prohibited from playing on multiple teams** during the same event or season

14.3 Enforcement

- Violations will result in:
 - Immediate **player disqualification**
 - Possible **game forfeiture**
 - Additional disciplinary action as determined by league officials