



Northwest 7 on 7 Football and General Rules



MISSION STATEMENT

Northwest 7 on 7 functions under Northwest Texas Youth Football Association (NWTYFA) and is a non-profit, amateur, youth athletic association formed for the betterment of the youth of the Association and its member associations for the purpose of football competition and cheerleading activities. The goals of the Association are to allow every child the opportunity to play competitive football and cheerleading; to teach fundamental football skills; to develop good sportsmanship and character within each player; to create an atmosphere of teamwork, dedication, and a healthy, competitive spirit among the players; to encourage athletic participation in future years; and to have fun while learning. The Association's philosophy is "the child's learning experiences first, the outcome of the game second."

LEAGUE SPECIFIC RULES Structure and General League Rules

Age Specifics/Team Size

1. NWTYFA for 7 on 7 will have age divisions defined as 8U, 9U, 10U, and 12U. Players in 12U division must be in 6th grade to be eligible.
2. 1 player that is of higher age level will mean whole team will play higher (Ex a team with (12) 7 year old and (1) 8 year old the whole team will play 8U.
3. Age is defined as age on Sept 1 of previous year (ex. Birthday 08/20/2013 would make this participant 7 years old for year 2021 spring league)
4. At any point any team that chooses to play up they will never play down during tournament/league play.
5. Minimum 6 players on the field to participate; opposing team decides if they want to reduce number of kids on field however, it is optional.
6. Team Size limit – teams must split after 20 players, but teams may choose to split before hitting the 21-player mark.
7. Rosters: The association is responsible for providing a picture of any new players (chest up) copy of birth certificate.
8. The association is also responsible for providing picture of returning players (chest up), birth certificate for returning players is not required if player played in the fall of same spring season.
9. Players may ONLY play on one team in the league. Any violation will result in a forfeit of game player played. Second violation will result in suspension for the next 2 Sundays for violating Head Coach.
10. Team Notebooks shall consist of completed Roster Form and Team Pictures
11. Rosters will be in the Team Notebook and is required for roster checks at the beginning of each game
12. The Director on Duty of facility where playing game, at least 15 minutes prior to each game. The DOD will check your books at least 30 minutes prior to the game.
13. All Roster Forms shall be completed by Member Association and turned in by the established date each season and Team Books completed by designated third party neutral representative.



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14. No player shall be added to a roster after the established cut-off date unless approved by the Association.

Field

1. Field Length – 50-yards long
2. End Zone – 10-yards deep
3. Markers to be placed at the 40, 25, 10, and Goal line

Starting Game

1. A referee will be designated time keeper. All games will begin and end on this person's instructions. They will also announce the time remaining at the 10, 5, and 2 minute mark.
2. Visitors will have first possession. The home team will have first possession the 2nd half.
3. All players must have uniform, soft shell helmet, and mouth-piece and must have a strap or lip cover.
4. All uniforms must have a number on the front or back and two players with same number can't be on field at the same time from same team.
5. Visitors will always align their team on the right sideline facing the end zone. Home will always align their team on the left sideline facing the end zone. Ball is always placed in the center of the field when at the 40-yard line.
6. Each Team must have correct ball size (8u – Wilson K2 or Pee wee, 9u-12u Wilson TDJ size)

Moving the ball

1. Offense always begins at the 40-yard line at the center of the field. No penalty will be assessed in excess of the 40-yard line. On an unsuccessful or successful offensive play from the 40-yard line resulting in an offensive penalty: The ball will be returned to the 40 yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will become 4th down and 4th down will result in a turnover.
2. Offense will receive 4 downs at each interval.
 - i. The first interval will be from the 40-25-yard line.
 - ii. The second interval will be from the 25-10-yard line.
 - iii. The last interval, which is "Goal-To-Go", 10-yard line to the End Zone.
3. If the offensive team fails to make a first down the opposing team will take possession of the ball at the 40-yard line.
4. Offenses always move in the same direction.
5. All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.
6. Once a forward pass has been thrown, a backward pass (lateral) is allowed.



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7. Play Clock is 30 seconds (Once the Play is blown dead) Offensive is responsible for retrieving their own football after each play.

Offensive Formations

1. There must be 3 players on the line of scrimmage (LOS). The QB stand must not have anyone within 4 yards of his(or ball stand) spot.
2. Any player on the LOS that is "covered" by another player on the LOS is ineligible to receive a pass.
 - i. Example: TE is aligned 4 yards from the QB stand on the LOS; a WR is aligned on the LOS between the TE and the sideline. The TE is ineligible to receive a pass by the formation because the WR is "covering" the TE. In order to be eligible, the WR needs to be off the LOS.
3. A maximum of 4 players can be on one side of the QB stand on the initial alignment.
4. Only one player is allowed to be in motion at any one time.
5. The QB can be aligned under center or in the shotgun formation (if no QB stand).
6. The center if needed is not an eligible receiver at any time during a play. The center must snap the ball between the legs or underhand to the quarterback.
7. NWTXYA will use electric QB stands with timer if in the result of mechanical error or physically broken a center will be used with all alignments being the same as with QB stand.

Special Rules

1. No blocking.
2. No Bump and Run Coverage
3. Receiver/Ball carrier is legally down when touched with one or both hands below the neck. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
4. Fumbles and Stripped balls are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps.
5. Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.
6. The QB is allowed 4.0 seconds to throw the ball. (Official timekeeper will be electronic QB stand unless mechanical error or physically broken). Once ball is removed from stand timer will start automatically.) If stand is not working the following will apply along with #7 and #8 below: The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
7. If release is under 4.0 seconds, the play goes on.
8. If the referee sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. The only infractions possible when a 4 second count is called are unsportsmanlike acts.



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9. Defensive Pass Interference will be 5-yard penalty automatic 1st down.
10. Responsibility to avoid contact is with the defense. There will be NO chucking. Deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty)
11. Offensive pass interference is 5-yard penalty and loss of Down.
12. Interceptions may not be returned and the defense will be awarded 2 points.
13. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
14. Offensive will have 7 players on the field. (Quarterback, 6 receivers.
15. **For clarification** the use of the QB stand timer **is not optional** it will be used for all games, unless has machinal error or is physically broken. In the event that stand can't be used referee will control the 4 second throw clock for the remainder of the game. Center will be utilized if stand can't be used, and the offensive will only have 5 receivers and 1 quarterback on field. (if stand is able to hold ball but timer is broken may still use stand and referee will control throw clock)
16. The Defense will have 7 players on the field.
17. Offensive team will be responsible for setting or re-positioning the Referee's LOS cone at the line of scrimmage. On change of possession, the team moving to offense will ensure the cone gets to the new scrimmage line.
18. No taunting or "trash talking". (5-yard penalty & expulsion if flagrant).
19. There is no kicking
20. All levels--1 Coach allowed on the field on offense only. No Defense coaches on the field.
21. No coaches or personnel allowed past the 10-yard line. The coach shall remain a minimum of 10 yards behind the line of scrimmage.
22. After the ball is snapped, the coach on the field **shall not be allowed to provide verbal instructions to players**. 1st offense of verbally instructing players during play will result in a warning. Second and subsequent offenses will result in a loss of down and 5-yard penalty.

Scoring

1. 6 points for TD
2. 1 point for PAT from 5-yard line, 2-point PAT from 10-yard line.
3. Official score is kept by field referee.
4. Defensive Interception 2 points
5. PAT Defensive Interception is worth the amount the Offense was attempting.



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Time

1. 16-minute halves
2. No time outs. (Exception: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).
3. 3 minute half-time
4. 10 minutes between games or game time.
5. League requires that all games start on time.
6. Teams must be on site and ready to play when scheduled. (All players must check-in before participating in the game. All check-ins must be done 30 minutes before your 1st game time.
7. If a team(s) are late and cannot start when the game time officially starts, they will begin play with whatever time is left on the tournament or league clock - not to exceed 10 minutes of 1st half. And the team that is prepared to start will be awarded 1 point per minute the opposing team is late.
8. Forfeit will occur after 10 minutes of the 1st half.
9. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.
10. Any team knowing they will forfeit is required to advise NWTYFA 48 hrs. before game time.

Tie Breaker: (ONLY FOR TOURNAMENT)

1. After coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line.
2. A winner is determined when one team scores during its possession and the other does not.
3. If a second 3rd, 4th, 5th etc. overtime period is necessary, each team must then go for two points on the conversion attempts from the 10-yard line. The game will continue until winner is declared.

Game Officials/Referee (added everything below to match 9 on 9)

1. A Game Official/Referee organization shall be approved by the Association prior to the start of each season, and from time to time, as needed thereafter. If such Game Official/Referee organization does not require background checks, all officials must be subject to background checks as used by the Association.
2. The official/referee organization chosen to officiate Association games must have a representative present at any and all coach's clinics and/or training as prescribed by the Association and shall understand the Rules of the Association and abide by and officiated by them at all times.
3. No official/referee shall be on the Association board, a Member Association board, coaching staff of team and cannot be related, by blood or marriage, to any participant of the game officiating.
4. Association shall schedule 2 officials/referees for each 7 on 7 Spring Game.



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Insurance

See NWTYFA General Football Rules.

Protests

See NWTYFA General Football Rules

Background Checks of Association Representatives

1. Background checks shall be conducted by the Association or the Member Association on every person who will be in continuous contact with players in an official capacity of the Association or a Member Association, including but not limited to, head and assistant football and cheer coaches, water persons, photographers, directors, and officers.
2. No person convicted of a felony violent crime, a sex crime requiring reporting as a sex offender, and/or a crime against a child shall be allowed to be in continuous contact with players in an official capacity of the Association or a Member Association, including but not limited to, head and assistant football and cheer coaches, water persons, photographers, directors, and officers. Felonies will be decided on a case-by-case basis.
3. No person currently on parole and/or probation and/or convicted within the past two years for any assaultive or alcohol related crime or any crime above a class "C" misdemeanor shall be allowed to be in continuous contact with players in an official capacity of the Association or a Member Association, including but not limited to, head and assistant football and cheer coaches, water persons, photographers, directors, and officers.
4. The Association reserves the right to allow or disallow continuous contact with players in an official capacity of the Association or a Member Association, including but not limited to, head and assistant football and cheer coaches, water persons, photographers, directors, and officers, in its sole discretion.
5. Any minor who is in continuous contact with players in an official capacity of the Association or a Member Association, including but not limited to, head and assistant football and cheer coaches, water persons, photographers, directors, and officers, must be continuously supervised by an Association approved adult.

B. Players/Parents

Players/Parents/Coaches Code of Conduct

See NWTYFA General Football Rules

Coaches

1. All coaches within the Association shall agree to and accept the background check policy and procedures adopted by the Association, shall agree to a Code of Ethics/Conduct, attached hereto



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as Exhibit "2" and incorporated herein for all purposes, as adopted by the Association and shall agree to abide these Association Rules.

2. There shall be no communications between coaches, from coaches to players, or to coaches on the field during a game from the stands or elsewhere via electronic devices.
3. Coaches violating any rule(s) of the Association and/or rule(s) of a Member Association and/or committing conduct unbecoming an Association representative is subject to discipline from the Association. Discipline for any Member Association representative shall be determined by Association Board after investigation and review of facts and can include suspension or expulsion from the Association as determined by the Association at its full discretion.
4. Ejections of a coach and/or parent of player is to be immediately reported to the Director on Duty of the facility who will report to the Association immediately upon completion of the day's events at the facility. The Association and/or the Member Association, at its discretion, may consider, on a case-by-case basis, further punishment for a first ejection and/or subsequent ejections, including but not limited to, expulsion from the Association activities for an extended period of time, indefinitely or forever. If a person is expelled from a Member Association indefinitely and/or forever, such person may not participate in Association activities for another Member Association.
5. Any coach shall not use alcohol, illegal drugs and/or tobacco while participating in Association activities.

Miscellaneous

1. Players shall not wear any jewelry during games.
2. The gate income for tournament; after field and referee fees, will be sent to NWTYFA to cover costs of tournament, including trophies, rings, and medallions etc. Host town keeps gate in regular season.
 - a. Gate Fees: \$6 Adult, \$4 kids & Senior Citizens