

2024 Youth 7on7 CBYF

Football Rules

1. Field Dimensions

- 1.1. Field Length - 45 yards long (includes end zone)
- 1.2. Field Width- 120 feet

2. Equipment

- 2.1. Players are permitted to wear standard football cleats with plastic or rubber spikes. **NO METAL SPIKES ARE ALLOWED.**
- 2.2. Every player **must** wear a mouth guard.
- 2.3. Each team should use its own ball during offensive possessions. Each grade level shall use the following sized football:
 - 2.3.1. K – 4th grade = Pee-Wee
 - 2.3.2. 5th – 6th grade = Junior
 - 2.3.3. 7th – 8th grade = Youth
- 2.4. Teams may choose to use a larger ball than what is required, but not smaller.
- 2.5. Softshell helmets may be worn by players (not required).
- 2.6. Each team shall have matching team shirts/jerseys. Teams must have a secondary option for a jersey. (reversible jersey, or penny)
- 2.7. The away team on the schedule will have to switch to the contrasting color or wear the penny if the teams playing have similar colored jerseys.
- 2.8. A Timer Tee shall be used to time the countdown seconds from snap to pass. If a Timer Tee is not functioning, the referee will be responsible for timing from snap to pass.

3. Players and Coaches

- 3.1 There shall be no more than 1 Head coach and 3 assistant coaches in the team box. Coaches must be on roster & Identified by a badge on a lanyard. Organization represented, grade level coaching, and coaches USA certification number must be included on the badge. Each team must have a coach that is minimum 18 years of age to accompany it to all games. All coaches must be USA Football noncontact or tackle certified and have passed a current background check.
- 3.2 For all divisions, one coach is allowed on the field for the team's offensive possession. The coach must remain behind all offensive players at all times. For K-3rd Grade Division only, 1 coach will be allowed on the defensive side of ball. For 4th Grade, a defense coach may be on the field for the first two weeks of season only.
- 3.3 Schedule accommodation will not be made during the regular season or tournament for coaches who coach more than one team.
- 3.4 No High school coach may serve as a coach in the 7th/8th grade division.
- 3.5 Assistant coaches must be at least 16 years of age.
- 3.6 Maximum of 20 players per team. CBYF recommends a minimum of 10 players per team.
- 3.7 Players on each team must be from the same high school district. Players may come from different middle schools and/or junior high schools as long as they are scheduled to attend the same high school. (waiver process is the same as outlined in tackle rules)

- 3.8 Player eligibility is grade based. Players may play up 1 division.
- 3.9 All players must register through the league registration software. Rosters will be verified and checked prior to the season and each game.

4. Conduct of Players, Coaches and Spectators

- 4.1 No player or non-player shall act in a manner that is unsportsmanlike, this includes any actions or comment(s) directed at another player, coach, game official or spectator that is intended to influence, embarrass, ridicule, taunt or demean. Profanity will not be tolerated.
- 4.2 No spectator shall be permitted to act in a manner that is unsportsmanlike, this includes any actions or comment(s) directed at another player, coach, game official or spectator that is intended to influence, embarrass, ridicule, taunt or demean. Profanity will not be tolerated.
- 4.3 Any player, non-player or spectator acting in a manner that is unsportsmanlike may be removed from the game and/or game site if the behavior is determined to be flagrant. Game officials will stop play and notify the site/field representative of any player, non-player or spectator that must leave the field and/or game site. Game officials may call unsportsman like conduct penalties on players, coaches, or spectators. Unsportsman like conduct penalties on spectators or coaches will be enforced on the head coach. Any player or coach receiving 2 unsportsmanlike conduct penalties in a game will be ejected from the game and suspended for the following game.
- 4.1. If a team fight occurs, the teams involved will be ejected from the league and denied participation for the remainder of the season. Fighting and/or any penalty given to a coach or player(s) that result in their ejection will be administered by the CBYF Board according to the WIAA rules regarding the length of their suspension.

5. The Game

- 5.1. It is the object of the game for one team to pass or carry the ball across the opponent's goal line. The game is won by the team that accumulates the most points.
- 5.2. The game shall consist of up to 7 offensive players versus up to 7 defensive players. *(Example: if a team can only field 5 players, they can still choose to play against the opposing team's 7 players)*
- 5.2.1. The offense will have 1 quarterback/passers, 1 snapper and 5 eligible receivers.
- 5.3. The offense may use a center/snapper. The center/snapper will be considered a non-player and an ineligible receiver. The center must snap the ball from the timer tee. After snapping the ball, the center must take a knee and is out of play. If not using a center teams are only allowed 5 backs/receivers going out for passes at a time to simulate what is allowed in NFHS rules.
- 5.3.1. Only 5 receivers can go downfield during the play, prior to the pass.
- 5.3.2. The defense will have 7 defensive players.
- 5.4. The game shall be administered by game officials familiar with the rules of the game.
- 5.4.1. Minimum of two (2) - Officials for All Games.
- 5.5. Visitors will have possession at the start of the game.
- 5.6. Team sidelines must be on opposite sides of the field.
- 5.7. Players must sub from the sidelines; they may not stay behind the offense on a knee.
- 5.8. Referee will announce score before each offensive possession begins if no scoreboard is present. The referee will signal ready for play after a score or change of possession.
- 5.9. Any no call/no show games will be counted as a forfeit against the team that fails to show up on time for their game.

6. Putting the ball in play

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- 6.1 No kicking/punting.
- 6.2 1st downs will be at the 20-yard line and the 10-yard line. Teams will have 3 downs to achieve a first down. Inside the 10-yard line, grades K– 4th will have 4 downs to score, all other grades will have 3 downs to score.
- 6.3 Possession for K- 1st & 2nd-3rd grade divisions will always begin at the 30-yard line at the center of the field. No penalty will be assessed in excess of the 30-yard line. If a penalty would move the offense beyond the 30-yard line, the offense retains the ball at the 30-yard line but loses a down. Penalty on 4th down that would move the ball beyond the 30-yard line results in a turnover on downs.
- 6.4 Possession for 4th-8th grade divisions always begins at the 35-yard line at the center of the field. No penalty will be assessed in excess of the 35-yard line. If a penalty moves the offense beyond the 35-yard line, the offense retains the ball at the 35-yard line but loses a down. A penalty on 4th down that would move the ball beyond the 35-yard line results in a turnover on downs.
- 6.5 All offensive plays shall begin with a legal forward pass.
- 6.6 No passer may carry the ball without first throwing a legal forward pass.
- 6.7 All passes from behind the line of scrimmage shall be forward and across the line of scrimmage. A backward or lateral pass may only be thrown from beyond the line of scrimmage, AFTER the completion of a forward pass.
- 6.8 An illegal forward pass is a spot foul, penalized 5-yards from the spot of the foul and loss of down.

7. TIMING

- 7.1. 25-minute game with continuous running clock.
- 7.2. The home team will provide volunteers to operate the scoreboard.
- 7.3. No time outs with the EXCEPTION of injury time-outs. Game and game clock will halt until injured player(s) can be removed safely from the field of play.
- 7.4. No halftime.
- 7.5. Game officials will announce the time remaining at 10 min, 5 min, 2 min and 1 min.
- 7.6. All games will start at the scheduled/designated time to ensure all games are completed in a timely manner, regardless of the number of players available to begin play at the designated time.
- 7.7. **Play Clock**
 - 7.7.1. All grade Divisions will have **35** seconds to run their next play once the previous play has been blown dead; delay of game penalty will result in a loss of down.
- 7.8. **Snap to Pass Clock**
 - 7.8.1. A Timer Tee shall be used to time the countdown seconds from snap to pass. If a Timer Tee is not functioning, the referee will be responsible for timing from snap to pass.
 - 7.8.2. K-4th grade must pass the ball within **6** seconds of receiving the snap.
 - 7.8.3. 5th- 6th grade must pass the ball within **5** seconds of receiving the snap.
 - 7.8.4. 7th-8th grade must pass the ball within **4** seconds of receiving the snap.
 - 7.8.5. If the timekeeper/referee sees that the clock has exceeded the time restriction, the whistle is blown, and the play is dead. This shall count as a down.
- 7.9. If QB is in throwing motion as snap to pass time expires, the play continues.
 - 7.9.1.
 - 7.9.2.

8. SCORING

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- 8.1. Touchdown = 6 points
- 8.2. PAT from the 3-yard line = 1 point
- 8.3. PAT from the 10-yard line = 2 points
- 8.4. Interception = 2 points, except on PAT. Intercepted PAT is a dead ball.

9. Special Rules

- 9.1. No blocking in any division. (offense may not initiate contact, a "screening or shadowing" is allowed)
- 9.2. No Jamming by the defense. (defense may not initiate contact) Receiver should be allowed to run route.
- 9.3. Receiver/Ball carrier is legally down when touched at the shoulder or below, with one or both hands. Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Intentional contact above the shoulders will be penalized with an automatic first down and 5 yards. Players will be ejected if contact is ruled unsportsmanlike & flagrant.
- 9.4. Fumbles are dead balls at the spot with the last team in possession, retaining possession. A muffed snap is not a fumble/dead ball. The snap to pass timer does not stop during a fumbled/muffed snap.
- 9.5. Defensive Pass Interference will be a spot foul (1st down at the closest first down spot). NFHS rules apply, defining pass interference. Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing when the ball is in the air. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).
- 9.6. Defensive offside 5-yard penalty. The defense is not allowed to rush the quarterback but is allowed to cross the line of scrimmage cover a back out of the backfield.
- 9.7. Offensive pass interference is a 5-yard penalty and loss of down.
- 9.8. False Start as well as illegal motion (more than 1 man at a time) will be a 5-yard penalty. (Exception is at 35-yard line, this results in a loss of down.)
- 9.9. If there is an interception, the defense cannot return the ball. The play is blown dead once the defense intercepts the ball. The result is a turnover and 2 points awarded to the defense.
- 9.10. No taunting or "trash talking." (5-yard penalty & a loss of down. Player can be ejected if flagrant or repeated). Any player(s) involved in fighting will be ejected from the game and the following game.
- 9.11. Any dead ball foul committed by the defense after a change of possession, prior to the ready for play for the next series, will result in a loss of down for the next series. The team next to put the ball in play will start their series with 2nd down.

10. OVERTIME RULES (for tournament only)

- 10.1. There is no overtime in the regular season.
- 10.2. There will be a coin toss at the beginning of the overtime period with the home team calling the toss. The winner will choose to be on either offense or defense.
- 10.3. Each team will have 3 plays from the 10-yard line for each overtime period.
- 10.4. Starting with the 3rd overtime and in each subsequent overtime, all PAT's must be 2-point attempts from the 10-yard line.
- 10.5. Overtime periods are not timed.
- 10.6. Scoring methods stay the same in overtime and a game can end on an interception.

11. Rosters

- 11.1. There shall be no additions to rosters after the first league game has commenced. A

roster copy is to be provided to the league prior to starting the first game. Players are not allowed to be on more than one roster.

11.2. Team rosters showing the players name, Grade-level, age and jersey number, and the coach contact information must be provided at time of Book Check Verification by league Secretary and must contain all registered players. Rosters should be typed, and players listed by jersey number in ascending order when possible. Official rosters will be provided to all youth football Charter Presidents.

11.3. Any team that fails to present their roster by that time shall forfeit each subsequent game until rosters are presented.

11.4. Team Roster/Registration Book Check: Each team will be responsible for presenting a book for inspection to the league Secretary no less than 6 days prior to the first league game. The book needs to include for each player on the roster:

- a. signed medical waiver.
- b. signed concussion form.
- c. birth certificate or passport copy for all players.
- d. proof of address, school enrolled in, and Grade enrolled in for Fall (utility bill can be used IF player is new to area)
- g. a picture of the player
- h. a roster needs to be provided that includes the players name, Grade-level, jersey number, and date of birth. Each organization will be responsible for supplying one team admin to help certify books.

12. Season schedule and playoff seeding.

12.1. The CBYF Executive Board will set dates for registration opening, first practice, game schedule, and playoff schedule prior to the start of the season.

12.2. Head-to-Head competition will determine tie position to qualify for playoffs. If head-to-head is not applicable, Kansas City Tie Breaker will be used to determine seed position in the event of a tie position to qualify for the playoffs. Kansas City Tie Breaker to be played from the 25-yard line. Teams may not start practicing until March 1st.

12.3. Head-to-Head competition determines tie position, in terms of seeding, for teams qualified for playoffs. A hat draw will determine seeding in the event that head-to-head is not applicable.

13. Tournament:

The top 12 teams from each age group will qualify for the end of season tournament.

The top 4 teams in each age group will receive a bye in the first round.

The tournament will be single elimination.

Teams will play rock paper scissors prior to the game. The winner chooses offense or defense first.

The Example Bracket is below.

