

2026 Celina 7on7 Spring League *Team Packet*



Presented by: Celina Parks and Recreation

8 game regular season + Playoffs for top 50% of teams in each division

All weeks will be doubleheaders (unless we get behind with rainouts, have used tripleheaders in one soaked season)

If we have rainouts, they will be played on the Sunday of the following week.

Assuming we hit the maximum of 80 teams, then every team will have one bye week.

General Information

- NO SELECT TEAMS – Ideally, players should be zoned to the same H.S, or within same school district. *Contact league officials for exemption request information. (i.e., Frisco ISD with so many campuses)*
- Divisions: rising 5th, rising 6th, rising 7th, rising 8th, rising 9th
 - Determined by the grade status in Fall 2026
 - Example – current 6th graders would be “*Rising 7th Division*”
- Teams provide Jerseys. See rules for jersey info
- Game ball
 - 5th and 6th grade- Wilson TDJ or GST;
 - 7th and 8th grade Wilson TDY or GST
 - 9th grade uses a High School ball

Celina 7on7 Team Entry Form 2026



EVENT: * Spring League *

Team Name	School	Division

Coaches	Email	Phone Number
Head Coach:		
Asst. Coach:		
Asst. Coach:		
Asst. Coach:		
Team Mgr:		

Team Roster	Email	Phone Number	Jersey #
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			

7on7 Game Rules



Updated 1/15/2020 – Soft shell helmets WILL be mandatory Starting 2020. Below are the State 7on7 rules for helmets: we will NOT be following #1, but keep their standards in mind if you plan to play SQTs.

1. Must have no metal components.
2. Must have no hard-plastic component parts.
3. Must have no sharp or hard edges and/or anything that could cause harm to another player.
4. Must have a fully functional retention system or chin strap.

1. Field Dimensions

- A. Field Length--45 yards long (lines to gain are the 30- and 15- yard lines)
- B. Field Width--160 feet (60 feet to hash mark, 40 feet between)
- C. End Zone--10 yards deep

2. Starting the Game

- A. Each field will have its own timekeeper, usually a referee. They will also announce the time remaining at the 10, 5, and 2 minute mark.
- B. Teams are recommended to have two jerseys, light and dark. In the event that two teams show up with the same jersey and a resolution cant be worked out, whichever team is not in accordance with Rule 2.C will wear mesh cover tops.
- C. Visitors will have first possession and wear white/light (top team in bracket or first team listed will be the visitor). The home team will have first possession the 2nd half and wear a dark color (bottom team in bracket or 2nd team listed will be home team).
- D. No team will be allowed to participate without shirts, mouth pieces, or headgear.
- E. No football jerseys of any type shall be worn. T-shirts, compression, or basketball type sleeveless shirts are the only choices of acceptable jerseys.
- F. Visitors (team in white/light) will always align their team on the right sideline facing the end zone. Home (dark jersey) will always align their team on the left sideline facing the end zone.

- G. Ball is always placed on the right hash mark when at the 40 yard line. Ball will be spotted normally as ball moves down the field.
- H. Referee will announce/post score before each offensive possession begins.
- I. Coaches are to remain on sideline during the game. EXCEPTION: rising 5th division teams may have one offensive coach in the huddle to call plays. Coach must be quiet once the ball is snapped. (i.e., cannot call out where the QB should look or throw)
This rule is different from State 7v7 rule.

3. Moving the Ball

- A. Offensive Plays Must All Be Passes! (No Run plays or Kicking/Punting)
- B. Lines to gain are the 30- and 15-yard lines for fresh set of downs. Each zone is now 3 downs.
- C. Possession always begins at the 45 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.
- D. No penalty will be assessed in excess of the 45 yd line. On an unsuccessful or successful offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line and THE NEXT SUCCEEDING PLAY WILL BE FORFEITED. I.e. 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
- E. Offenses always move in the same direction
- F. No “Double Passes” are allowed.
- G. Once a forward pass has been thrown, a backward pass (lateral) is allowed.
- H. Should a swing pass not cross the LOS and a defensive player tags the ball carrier behind the 45 yard line, it is a safety. 2 points for defense + change of possession
- I. Snapper will position the ball within 3 seconds at the next scrimmage spot. (Delay of game if not set).
- J. Play clock is 25 seconds once the ball is spotted by a referee.

4. Special Rules

- A. No blocking.
- B. Receiver/Ball carrier is legally down when touched with one or both hands.
(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).

- C. Fumbles 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.
- D. Two delay of game penalties in the same possession results in a turnover.
- E. Any offensive penalty on the extra point try results in a turnover.
- F. The QB is allowed 4.0 seconds to throw the ball. 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.
 - 1. If release is under 4.0 seconds, the play goes on.
 - 2. If the timekeeper 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 timekeeper will be an official or coach from a team that is not playing.)
 - 3. An interception on a ball thrown after 4 seconds does not count as an INT. Think of the 4 second count as a sack – cannot throw INT if sacked.
 - 4. All penalties will be marked off on a 4 second count EXCEPT for pass interference.
- G. Defensive Pass Interference is the same as NCAA rules. (automatic 1st down & spot foul up to 15 yds)
- H. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping, or grabbing. These actions will result in a spot foul and 5 yd. penalty “tacked on” at the end of the play.
- I. Offensive pass interference is the same as NCAA rules. (15 yard penalty)
- J. Interceptions are immediately dead. Non-PAT plays result in 3 points for defense and change of possession. INT on PAT results in 2 points for defense whether the offense was going for 1 or for 2.
- K. 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.
- L. The offensive center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground, does not have to be between legs (this is different from state 7v7 rules). Teams may use a stool if they wish but still must have center on the field to move the stool.
- M. The center will be responsible for setting or re-positioning the Referee’s bean bag at the line of scrimmage. On change of possession, the team moving to offense will

- ensure the bean bag gets to the new scrimmage line. (centers on both teams responsible).
- N. No taunting or “trash talking”. (5 yard penalty & expulsion if flagrant).
 - O. Failure to get a first down in 3 plays results in turnover. There is no kicking.
 - P. Fighting: the player(s) involved will be ejected from the game and must sit the remainder of the day. If a team fight occurs, the teams involved will be ejected from the league and forfeit all remaining games.
 - Q. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 40 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
 - R. There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

5. Scoring

- A. 6 points for TD
- B. 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line.
- C. 2 points for safety (would occur if a swing pass happens behind the LOS and the ball-carrier is downed behind the 40 yard line.)
- D. 3 points for INT on a non-PAT play
- E. 2 points for INT on a PAT, regardless of whether 1- or 2-point try
- F. Official score is kept by field referee.

6. Tie Breaker (only for playoff day. Regular season games CAN end in a tie.)

- A. After coin flip to determine first possession, teams will alternate 3-down series from the 15 yard line.
- B. A winner is determined when one team scores during its possession and the other does not.
- C. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

7. Time

- A. 20 minute halves (continuous clock for each half--see: "starting the game").
- B. No time outs. (Exception: referees may stop clock for injury, etc)
- C. 5 minute half-time/ 5 minutes between games.
- D. Teams must be on site and ready to play when scheduled.
- E. If a team(s) are late and cannot start when the game officially starts, they will begin play with whatever time is left on the tournament clock – not to exceed 10 minutes of 1st half.
- F. Forfeit will occur after 10 minutes of the 1st half.
- G. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.
- H. Play clock is 25 seconds once the ball is spotted by referee

8. Coaches

- A. A team may not have more than four (4) coaches on the sideline.
- B. Must have at least one parent on each team sideline.

9. Rainouts and Weather Delays

- A. League directors and The City of Celina will determine all rainouts and weather delays. Makeup games will be determined by league officials (check league schedule of events.)
- B. Information will be communicated to team Head Coaches about weather-related information.
- C. Coaches will be responsible for relaying information to players and parents.
- D. For this league, we have teams coming from a very large area. We must consider this fact when severe weather is expected in North Texas so that we keep as many people as possible out of harm's way.