



7 on7 Passing League Rules:

1. Field Length- 40 yards and a 10 yard end zone
2. Starting the Game – Coin flips to determine initial possession. Winner of coin toss will have the choice: Offense (receive the ball) or defer their option until 2nd half.
3. Moving Ball- All possessions will begin on the 40-yard line. - 4 downs to go 20 yards for a first down and then 4 downs to score. - Each change of possession will be reset to the 40-yard line.
4. Special Rules:
 - A. No Blocking
 - B. Ball carrier is down when he is touched with 2 hands.
 - C. Fumbles ball is down when it hits the ground (no fumbles).
 - D. 35 second play clock once ref spots ball play clock spots. (Delay of game penalty will be KHSAA rules loss of 5 yards)
 - a.) If delay of game occurs while the ball is on the 40 and unable to go back 5 yards result will be loss of down and any yardage that can be marked-off.
 - E. Quarterback is allowed 4.0 seconds to throw the ball. If allowed seconds are surpassed the play is blown dead, ruled an incomplete pass, and the ball will be spotted at the line of scrimmage. The officials will be in charge of keeping the time on the field.
 - F. No Passes behind line of scrimmage, No Run plays. No Laterals. Shovel Passes will be permitted (Palm of quarterback's hands must be pointed out toward the receiver when the pass is released.) Receiver must be moving forward to be a legal shovel pass. NO underhand passes will be permitted.
 - G. Players are not allowed to leave their feet. There is no diving or jumping to advance the ball.
 - H. The center will snap the ball to the QB. This player must take a knee and is NOT an eligible receiver. There are 5 eligible receivers.

I. A team must have 7 players to start a game. - Can play with no less than 5 on the game field. - Defensive Coaches are not allowed on the playing field. - 1 Offensive Coach on the playing field but can't speak once the QB starts the play (If coach speaks during the play the play will be called dead and loss of play) - 3 on the line of scrimmage (which includes center)

J. Interceptions awarded 3 points ball is dead and change of possession ball is reset to the 40 yard line.

K. All KHSAA High School Football Rules apply where needed. All penalties will be enforced.

L. Unnecessary Rough Play (NO Tackling) will be a personal foul penalty of 10 yards & 1st down or loss of down.

M. No Fighting Players will be automatically expelled and a 2 game suspension. Coaches will no longer be allowed to coach at any capacity and cannot attend any future LSA league games.

N. Scoring: - 6 points for TD, 3 points for interception. - Extra point – 1 point from 10 yard line, 2 points from 15 yard line (Interceptions during extra points are awarded 1 point if attempt was from 10 yard line, 2 points if attempt was from 15 yard line)

O. Overtime: - Coin flip to determine first possessions. Both teams will have 4 plays from the 20 to score. After each team has a possession flip coin again and go through same process until a winner is determined.

P. Time: - 20 minute halves (Running Clock) 1 timeout per half - Halftime is 3 minutes (Running Clock) - Official on field controls time - Clock will stop during the last 2 minutes of 2nd half only.

Q. Uniforms: - LSA will provide each team with a specific color t-shirt. - Mouth pieces must be worn at all times... no mouth piece/ no play

R. Official Game ball sizes: - K2 – Grades $\frac{3}{4}$ -TDJ- Grades 5/6 -TDY- Grades 7/8
- Highschool Regulation size KHSAA

**Each team is responsible for their own Game ball both teams must approve or agree to share the same ball at beginning of the game.

**** Golden Rule: Officials are in charge of games at all times. This is for learning and developmental purposes for players. Let them learn and have FUN!!! Sportsmanship at all time by Coaches, players and spectators.