

Cleveland Muny Football 7 on 7 Football Passing League Rules/Guidelines

The 7-on-7 Passing League is a fun competitive, non-contact way to play football. It is all passing, played on a 40-yard field plus end zone, and allows scoring both on the offense and defense. Passing is now the feature offense, and thus defense, of most teams. Passing and catching take a great deal of practice to master. Participating in a 7-on-7 league offers athletes an exceptional, competitive way to hone their skills.

ELIGIBILITY: Any enrolled student 11-14 yrs of age is eligible to participate in appropriate divisions. *Ages 11-14 participate in the CMFL 7on7 Passing League with no running plays allowed.

DIVISIONS:

- A) 12U
- B) 14U
- C) Teams consist of 10-14 players together with 1-3 adult coaches.

Field Dimensions:

Field Length will be 50 yards. 40-yard playing field with a 10-yard end zone. 53 yards wide.

Starting Each Game:

1. A coin toss will determine which team gets the ball first. That team will begin possession of the ball on the 40-yard line with their choice of hash.
2. A whistle will begin each game.
3. Each game lasts 21 minutes with a running clock. The clock runs continuous during the 1st 20 minutes & stops according to rules during the final 1:00.
4. The official will declare when the clock is under 2 minutes.
5. The clock never stops, with the exception of an injury, team timeout (1 per team) or referee timeout.
6. A whistle will end each game.
7. The field monitor will keep the official score and time on the field for each game.
8. There will be a 25-second play clock in effect. In case of injury the clock will stop at the discretion of the Referee, if that occurs the player must leave for at least one play.

Moving the Ball:

1. Offense always starts on 40-yard line with their choice of the hash. After any change of possession.
2. Each team will have 7 players on the field at all times. There will be a center, which will be one of the three offensive players on the line of scrimmage.
3. First downs are made by crossing the 25-yard line and the 10 yard line.
3. Three downs to make a first down; even inside the 10-yard line.
4. The Quarterback has 4 seconds to release the ball or it is blown dead, returning to the line of scrimmage for the next down. There is no rushing the Quarterback or crossing the line of scrimmage, until after a pass is thrown.
5. The first person to control the football off the snap is the QB. The QB is never eligible to run.
6. No running plays allowed: Everyone (except the center) is eligible to receive passes.
7. Play ends with: One hand touch below the neck.
8. Quarterback can NEVER run the ball.

Overtime:

A tiebreaker will occur, with a flip of a coin to determine possession. After a 2-minute break, the teams will each have 4 plays to score from the 20-yard line, until the tie is broken. There is no defensive scoring in overtime.

Scoring:

- Touchdown scores 6 points
- 1 extra point by passing from the 10 yard line
- 2 extra points by passing from the 15 yard line
- Interception scores 3 points, plus possession at the 40-yard line
- No fumbles, the ball is dead if it touches the ground

Coaching your Team:

1. No coaches on the field, coach from the sidelines.
2. The coach must send in plays from the sidelines.
3. Coaches are not allowed to challenge any official ruling.
4. Remaining team coaches can work from the sidelines.
5. NO defensive coaches allowed on the field.
6. Coaches will be given 1 sideline warning during play. Second warning will result in a 10-yard penalty or half the distance to the goal. Third warning will result in coach's ejection.
7. Any form of cheating qualifies for automatic team disqualification for the season!

Special Rules:

1. NO BLITZING ALLOWED in the ENTIRE game (INCLUDING overtime). If a team blitz's, they will be penalized 15 yards, un-sportsman.
2. NO blocking.
3. Face guarding is allowed.
4. Blocking will result in a loss of down, return to the previous spot.
5. Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground. A defender CAN leave his feet to make a tag. The offensive player can leave his feet also.
6. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
7. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
8. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
9. Defensive pass interference will result in a 5-yard penalty and an automatic first down.
10. Defensive holding = Automatic first down and 5 yards from original line of scrimmage. In the event there is defensive holding and a sack on the same play, the defense will be penalized according to the above and the sack will be ignored.
10. Offensive pass interference will result in a return to the previous spot plus a loss of down.
11. QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed.
12. An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 30-yard line. If an un-sportsman penalty is given to the interception team, they will be penalized 10 yards and will start from the 40-yard line.
11. Illegal procedure (offense) = Loss of down.
12. Defensive off-sides = 5 yard penalty.
12. Delay of game = Loss of down and clock stops in final 1:00.
13. Excessive celebration is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating or clearing of the sideline, the result is a 15-yard unsportsmanlike penalty and a loss of down.
14. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
15. The offense (wide receivers) has to line up outside the tackle box, and one receiver has to be on the line on each side.
16. Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and can NOT return to the game. If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be ejected from the season in its entirety. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game. A referee can also give a 15-yard un-sportsmanlike penalty.

Penalties:

Personal Foul Penalties:

° Offense = loss of down and 5 yards from original line of scrimmage.

° Defense = 1st down and 5 yards from original line of scrimmage.