

# MNMYF 7TH GRADE FOOTBALL RULES

All games shall be played under the rules and regulations of the National Federation of State High School Associations with the modifications specified below and elsewhere in these rules.

1. Periods shall be fifteen minutes of running time. The last two minutes of the second and fourth quarters will be stop time. The clock will also stop for penalties, injuries and team changeovers.
2. There will be a two minute intermission between quarters and a six minute halftime. Players may meet with coaches on the sidelines between quarters.
3. Each team will have three timeouts each half. One coach may be on the field during the time out or the team can go to the team bench area. Unused timeouts from the first half do not carry over to the second half.
4. The ball will be placed on the two yard line for the point after touchdown. Running the PAT into the end zone is worth one point and passing the PAT is worth two points.
5. The officials will administer a coin toss prior to the game with the visiting team calling heads or tails. The winner of the coin toss has the option of taking the ball at the thirty yard line, playing defense, defending a goal or deferring their choice until the second half. After a safety the offense will start at the thirty five yard line.
6. The team bench shall be determined by field layout. One coach and two players may follow their team along the entire sideline. At least one coach must remain with the team in the designated bench area.
7. Players can ask for a coaches help on penalty enforcement decisions.
8. All decisions of the officials are final with no appeal.
9. **Coach/Parent Communication:**
  - a. Any restriction of playing time for disciplinary reasons must be communicated to a parent before the games is played.
  - b. Advise parents that unexcused absences are treated differently than excused absences and may result in consequences to the player.
10. Games will be played at various sites during the week and at South Central Community College on Saturday mornings. Games will be played at 8:30 AM and 10:15 AM on Saturdays.

11. Any game ending in a tie will remain tied. No overtime periods will be played.

**12. Weight Restrictions:**

a. There are no weight restrictions at 7<sup>th</sup> grade.

**13. Offense:**

a. Any legal formation may be used at 7<sup>th</sup> grade.

b. All linemen must be in a three point stance.

c. Ends may only block defensive players to their outside and therefore are not allowed to “crack back” on any defensive player to the inside.

d. Motion is allowed.

e. The quarterback may be under center or in a shot gun formation.

f. Fumbles may be recovered and advanced by the offense or defense.

**14. Punting:**

a. In a punt situation the team on offense shall declare their intention to punt.

b. The defense may rush the punter after the punter has the ball in hand and signals to the officials that he/she is ready to punt the ball. From that point on the punt will be treated as a live play.

c. A touchback will be spotted at the fifteen yard line.

**15. Snap Count:**

a. The longest version is: Down-Ready-Set-Hike-Hike-Hike. They are allowed to go on a silent count.

**16. Defense:**

a. Any defense may be used by the 7<sup>th</sup> grade.

b. All defensive linemen must be in a three or four point stance. Ends may be in a two point stance.

c. Linebackers must be at least two yards off of the line of scrimmage. No blitzing or fake blitzing is allowed. Once the ball carrier is outside the tackles, linebackers are allowed to cross the line of scrimmage. Linebackers may also cross the line of scrimmage once the ball has been handed off, or when a fake handoff is made.

d. No stunting is allowed.

d. The nose tackle must be one yard off of the line of scrimmage at the snap.

e. Goal line defense: At the defensive ten yard line or less, the defense may bring the nose tackle and the linebackers up to the line of scrimmage. If they are on the line of scrimmage they must be in a three or four point stance.

f. Defensive linemen must be lined up head up to the offensive player across from them.

**17. Coaches on the Field:**

a. No coaches will be allowed on the field of play at 7<sup>th</sup> grade.

### **18. Playing Time:**

a. The goal of MNMYF is equal playing time for all players. In order to accomplish this goal, quarters will be broken in half to allow for substitutions; each half quarter will be 7:30 long. ALL SUBSTITUTIONS WILL TAKE PLACE AT THE END OF EACH HALF QUARTER. No substitutions shall be made during each half quarter, other than for injury or disciplinary reasons.

Game officials will notify the teams when the half quarter change has arrived. At that time, All players on the field must leave the field, and all players on the sidelines will enter the game and remain in the game until the end of the next half quarter, except where roster numbers require a player to play more than one consecutive half quarter. No player shall play more than two consecutive segments. (15 minutes).

b. Coaches shall plan substitutions so that, over the course of a game, no player plays more than one half quarter more than any teammate.

### **19. Ejections:**

a. If a player is ejected during the first half of a game that player will be removed from the field of play and remain with his/her team at the sideline. They will not be allowed to play in the remainder of that game. If the ejection occurs during the second half of a game the player will be removed as stated prior, and will miss from the moment of ejection through the end of the game and also the first half of the next game they play.

b. If a coach is ejected the coach must leave the facilities for the remainder of the game and will not be allowed at the field for the next game.