

7 on 7 League Rules & Regs 2014

The Field and Equipment:

- UFFL is not responsible for providing safety equipment for players.
- 35 yards wide and 80 yards long, including end zones.
- A first down is obtained by crossing the next zone line.
- All balls are to be at least high school equivalent. Referees judgment. With an adequate amount of air.
- We will Provide the Flags
- One cone will mark where the ball is placed before the snap
- Mouth protectors are recommended to be worn by all players.
- No metal cleats are allowed.
- All jerseys/shirts must be tucked.

Blocking:

- Blocking is to obstruct the path of the defender without initiating contact.
- A blocker may only use the natural width of his body. With a firm setting of his feet.
- There is to be no extension of the arms or legs.
- Any use of an elbow will be flagged as a personal foul and may carry an ejection.
- All players must avoid contact. Any flops will be seen as such, may carry an impeding foul.
- There is to be NO blocking below the waist or lowering of head or shoulders. Anyone who does should be flagged, while running or avoiding a defender.

The Game:

- The 1st half is a 20-minute running clock. The 2nd half is a 20-minute running clock with a clock stoppage after the 2-minute warning.
- Each team must have at least 5 players to begin or continue a game.
- Game time is forfeit time.
- A captain must be designated prior to game time.
- The winner of the coin toss chooses to receive or defer the choice to the second half.

- The kicking team will choose which side they will defend.
- The ball will be marked from where the ball is when the runners flag is pulled.

Punts:

- Punts are to be announced, the punting team may change the decision only after a time out has been taken.
- The punter must punt the ball immediately upon receiving the snap. Game clock will not run until the ball is punted, if within the two minute warning. The defensive team lineman may jump to block the kick. If a punted ball is blocked it will be blown dead upon contact with the ground. If the ball is caught in the air behind the LOS by the kicking team, it may be advanced only by running in attempting to attain the first down marker.
- There is to be no downfield movement until the ball is kicked.
- A return man must be given a 2-yard cushion to catch the ball.
- Players shall ignore any signals given by the receivers. The ball remains live.
- The receiving team may return a rolling or ball that has hit the ground. If dropped or muffed the ball will be blown dead upon the ball contacting the ground.
- Any and all touchbacks will be spotted at the X.
- The X will be marked at the 10 yard line.

At the Snap:

- Ball Must Be Called Live Before Snapping: Offence must wait for a verbal and/or whistle notice from the referee that the ball is live before being able to snap the ball at anytime
- Any ball that contacts the ground is downed at that point even during snap.
- All players shifting must come set for at least 1 second prior to snapping the ball.
- Only 1 player may be in motion at a time and not towards the opponents goal.
- Any time a defensive player crosses over the defensive marker, he may return back prior to snap, no live ball infraction has occurred.

Handing and Passing:

- The placement of player's feet will determine if he has crossed the line of scrimmage.
- If a lateral or snap is dropped, it will be marked at that spot. This will not stop the clock within college

time.

- All receptions require 1 foot in bounds to be considered legal.
- If a pass, forward or backwards, is simultaneously caught by both teams members, the ball becomes at the spot and possession goes to the team with prior possession.

Players/Substitutions:

- No extra player may step on the field during a live ball play. 10 Yard Penalty.
- No player may step off the field and be the first to touch a live ball.
- All players/coaches must stay 2 yards off the sideline.
- No Sideline popping. You may not force a player out of bounds by pushing.
- Any number of substitutes may switch as long as the switch is completed. Any substitutes must enter and leave completely. A team may not break the huddle with eight. That is a 5 yard penalty.

Inadvertent whistles:

- The play is replayed if the ball was in the air at the time of the whistle.
- The offense has the choice of a replay or taking the ball at the spot where the runner was when the whistle blew if the ball was in possession at the time of the whistle. Possession cannot be forfeited on an inadvertent whistle.

Ball Carriers:

- Ball carriers are not to obstruct the path to their flags with any body part or the ball. No flag guarding.
- Flags are to be attached in a way that 1 pull will deflag the runner.
- If a flag falls off, a 1-hand tag will mark the runner down.
- FLAG GUARDING IS A JUDGEMENT CALL MADE BY AN OFFICIAL.
- Tampering with a flag belt in any way to gain advantage is illegal.
- Intentional deflagging of a non ball carrier will be called for an unsportsmanlike conduct foul.
- A player who scores must proceed to an official to be deflagged, without touching his flag belt.
- It is the scoring players responsibility to go to the nearest official to be deflagged.
- All players must have a flag on at the start of each play. If not, an illegal participation penalty shall be called. 5 yard penalty , replay down.

- After deflagging a ball carrier, anything besides dropping the flag may be unsportsmanlike and warrant a penalty.
- No player may contact a passer other than attempting to deflag him. THERE IS NO CONTACTING A PASSER! 10 yards and a first down will be added from the end of the play if the pass was completed.
- You can NOT strip the ball from anyone.

Holding:

- No defensive player may slow a receivers pattern by chucking, hand checking, or cutting off his route unless making a play on a passed ball.
- No player shall hold a runner while attempting to grasp a flag. If a player is held and restrained the penalty may become more severe, up to awarding the offense a touchdown.
- The referee has authority to rule promptly on any situation not specifically covered in the rules. This decision is final in all matters pertaining to the game.