



McKinney Sports Connection

7 on 7 Spring League

7th and 8th Grade

- **ALL PLAYERS MUST WEAR MOUTHPIECES**
- All games are 30 minutes with a running clock.
- Fields are 45 yards long.
- **A central time keeper will be designated. All games will begin and end on this persons instructions. He will also announce the time remaining at the 10, 5, and 2 minute mark.**
- **1st Possession will be determined by a coin flip.**
- **Possessions will begin on the 45-yd line, you have 3 downs to get to the 30-yd line for a 1st down, then 3 more downs to get the 15-yd line for another 1st down, then 4 downs to score inside the 15-yd line.**
- **There will be no time outs. (Exception: Injuries. Both games on the field will halt until player(s) can be removed as soon as safety dictates).**
- **Offenses always move in the same direction.**
- **All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass. Once a forward pass has been thrown, a backward pass (lateral) IS allowed.**

- **The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15-yd line cone (third quadrant).**
- **The QB has 5 seconds to release the ball. Any play taking longer will be ruled an incompleteness regardless of the outcome.**
- **TD's are worth 6 points. A team can go for 1 point from the 3-yd line or can go for 2 using one play from the 10-yd line.**
- **Interceptions are worth 3 points. Plus the ball.**
- **Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45-yd line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball MAY trail the runner so as to be positioned to take a backwards pass. THEY MAY NOT BLOCK FOR OR SCREEN FOR THE RUNNER.**
- **Interceptions on extra points are worth NO points.**
- **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.**
- **The offensive center is not an eligible receiver (teams must have a center). THE BALL MUST BE SNAPPED FROM THE GROUND BETWEEN THE SNAPPERS LEGS. (mirror the game of football)**
- **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)**
- **No blocking.**
- **Receiver/Ball carrier is legally down when touched with one or two 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 or flagrant).**
- **All penalties are 10 yards: Defensive Penalties you replay the down, Offensive Penalties you do not replay the down.**

- **Each team will have 25 seconds to snap the ball once it has been marked ready for play.**
- **Defensive pass interference will be a spot foul (1st down at the spot).**
- **Responsibility to avoid contact is with the defense. There will be NO chucking or deliberate bumping or grabbing. These actions will result in a “tack on” penalty at the end of the play (5yd penalty).**
- **Offensive Penalties will result in a loss of down- 10 yard penalty**
- **No taunting or “trash talking” (5yd penalty and expulsion if flagrant)**
- **All penalties that are deemed flagrant by the referees will result in ejection from that game.**
- **Any unsportsmanlike conduct will result in ejection from the game.**
- **All fumbles are dead at that point with that team retaining the ball.**
- **Tie Breaker:**
 - A). After coin flip to determine first possession, teams will alternate 4 down series from the 15-yd line.**
 - B). A winner is determined when one team scores during its possession and the other team does not.**
 - C). If a second overtime period is necessary, each team must then go for two points on the conversion attempt.**