

NCT 7on7 FOOTBALL RULES

Section 1

AGE GROUPS & DIVISIONS: Divisions will be established as defined below. If a division fails to make a 4-team minimum, it may be combined with another division.

(A) **2nd Grade:** Players may not turn the age of 9 before September 1st.

(B) **3rd Grade:** Players may not turn the age of 10 before September 1st.

(C) **4th Grade:** Players may not turn the age of 11 before September 1st.

(D) **5th Grade:** Players may not turn the age of 12 before September 1st.

(A) **6th Grade:** Players may not turn the age of 13 before September 1st.

No 7th Graders. (*The age cut-offs are based on the age of the player in 2021.*)

(B) 7on7 coaches must maintain a team book with a copy of a birth certificate or legal proof of birth along with a current picture of the child. This book must be available at all games and a challenging/opposing coach can request to review the book before or immediately after a game only. Failure to provide a team book upon request will be a violation and subject to normal punishment by NCT officers as regulated by the NCT By-Laws.

(E) Any player residing within a NCT Member Association area that does not offer or participate in the NCT 7on7 League, are eligible to play for other NCT Member Associations for 7on7 only.

Section 2

FIELD DIMENSIONS:

(A) Field Length

1. 2nd & 3rd Grade Divisions – 30 Yards

2. 4th, 5th, 6th Grade Divisions – 40 Yards

(B) Field Width--160 feet (60 feet to hash mark, 40 feet between)

(C) End Zone—10-yards deep

Section 3

STARTING THE GAME:

(A) Both games (when both ends of the field are being utilized) will begin at the same time. The official shall blow his whistle indicating the game has begun. The game time will be displayed on a visible scoreboard.

(B) Visitors (TBD before kickoff), will always align their team on the right sideline facing the end zone, home will always align their team on the left sideline facing the end zone.

(C) Ball is placed on the right hash mark or the center of the field when at the 40-yard line (30-yard line for 2nd and 3rd Grade divisions).

(D) Referee will announce score and time remaining before each offensive possession begins.

Section 4

MOVING THE BALL:

(A) No kicking/punting is allowed.

(B) The fields will be marked in (3) separate intervals with cones or yard markers.

(C) **4th, 5th & 6th Grade Division:** Division will receive 4 downs at each interval.

1. The first interval will be from the 40-25-yard line.

2. The second interval will be from the 25-10-yard line.

3. The last interval, which is “Goal-To-Go”, 10-yard line to the End Zone.

4. If the offensive team fails to make a first down the opposing team will take possession of the ball at the 40-yard line.

(D) 2nd & 3rd Grade Division: Each team will have 4 downs at each interval.

1. The first interval will be from the 30-20-yard line.
2. The second interval will be from the 20-10-yard line.
3. The third interval, which will be goal to go, 10-yard line to the End Zone.
4. If the offensive team fails to make a first down the opposing team will take possession of the ball at the 30-yard line.

(E) Possession always begins at the 40-yard line (30-yard line for 2nd/3rd) at the right hash. No penalty can be assessed in excess of the 40/30-yard line. A loss of down will be assessed instead.

(F) Offenses always move in the same direction.

(G) All coaches, players and any other personnel on a team's sideline will not be allowed past the 10 yard line on that team's field of play. It is the responsibility of the team's Head Coach to make sure no sideline personnel are in violation of this rule during game play.

Section 5

SCORING:

(A) Touchdowns are worth 6 points.

1. Teams will be automatically awarded the 1-point for the PAT following the score of a touchdown, unless the scoring team immediately informs an official of their intent to attempt a 2-point conversion.
2. 2-pt conversion attempts will be from the 10-yard line.

(B) Interceptions are worth 2 points.

1. Interceptions that occur on 2-Point conversions are worth 2 points for the defensive team.

(C) Official game score is kept by the officials.

Section 6

BREAKING TIES:

(A) NO GAMES IN 7on7 SHALL END IN A TIE.

(B) Each team will receive (1) offensive possession during each overtime period.

(C) A coin flip will determine which team receives the first possession. The coin flip will be called by the visiting team.

(D) Each team will begin their offensive possession from the 15-yard line and have 4 downs to score. If a team scores on their offensive possession in the first overtime period, that team may accept the automatic 1-pt PAT or elect to attempt 2-pt conversion from the 10-yard line.

(E) In the event that additional overtimes are required, each team will be required to attempt 2-pt conversions from the 10-yard line until a team can be declared a winner.

RULE 1

P.A.T.'s:

(A) 1-Pt Conversion - The "extra point" will be automatically awarded to a team following the score of a touchdown, unless the scoring team immediately informs an official of their intent to attempt a 2-pt conversion. Teams will be given less than 10 seconds to make this decision from time the touchdown is scored.

(B) 2-Pt Conversion – The 2-pt conversion is achieved by scoring from 10-yard line.

(C) Interceptions on a PAT attempt are dead balls and worth 2 points to the defense.

RULE 2

GAME CLOCK AND TIME OUTS:

(A) Neither team receives any time outs during the game.

(B) The game clock is continuous during both halves of play.

(C) Games will be two 17-minute halves, 1-minute halftime w/ continuous clock.

(D) Games will start 10 minutes after the completion of the previous games.

(E) All teams must show up 15 minutes before game time. It is imperative all games begin and end on schedule to prevent delays of other games.

(F) If a team is not present at the start of a game, the present team can elect to receive a win by forfeit or allow the other team 10 minutes on the game clock before electing the win by forfeit.

(G) A scoreboard clock shall be used to display game time. In the event of an injury to a player that requires stoppage of play to occur, the official shall use a stop watch to track the amount of time lost due to the injury timeout. At the completion of the regulation 20-minute time period, the official shall extend the game to account for time that was lost. The extended time shall not exceed 5 minutes. This time will be kept by an official.

RULE 3

OFFENSIVE FORMATIONS:

Standard offensive formations must be used to simulate contact football situations. The following Offensive formation rules apply:

(A) Must be 3 players on LOS. Center must not have anyone within 4 yards of his spot.

(B) Any player on the LOS that is "covered" by another player on the LOS is ineligible to receive a pass. Example: TE is aligned 4 yards from the center on the LOS; a WR is aligned on the LOS between the TE and the sideline. The TE is ineligible to receive a pass by the formation because the WR is "covering" the TE. In order to be eligible, the WR needs to be off the LOS.

(C) A maximum of 4 players can be on one side of the center on the initial alignment.

(D) Only one player is allowed to be in motion at any one time.

(E) The QB can be aligned under center or in the shotgun formation.

(F) The center IS an eligible receiver at any time during a play. The center must snap the ball between the legs or underhand to the quarterback.

RULE 4

QUARTERBACK PASS CLOCK: The quarterback only has (4) seconds to throw the ball (6 seconds for the 2nd & 3rd Grade divisions). Time starts when the ball is snapped and stops when the quarterback releases the ball. If the time is over 4 (or 6) seconds, it will result in a loss of down for the offensive team.

(A) If the QB releases the football in 4.0/6.0 seconds or less, the play will stand.

(B) If the QB clock has exceeded 4.0/6.0, the official will wait until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with a loss of down.

(C) The official will blow his whistle to signal the end of the play, approx. 2 seconds after the expiration of the 4.0/6.0 second allotment if the ball has not been thrown by the offensive team.

(D) In the event the defense intercepts a pass that is thrown after the allotted 4.0/6.0 seconds and before the official has whistled the play dead, the defense will be awarded the 2 points and possession of the ball.

RULE 5

OFFICIAL GAME BALLS: Each team will use its own ball during offensive possessions.

(A) K2 balls for the 2nd & 3rd Grade divisions only.

(B) 4th, 5th & 6th Grade Division may use a TDJ or TDY sized ball.

(C) The intent of this rule is to ensure that the higher levels do not use an undersized ball to gain an advantage. Synthetic or genuine leather balls are permitted.

RULE 6

TURNOVERS:

(A) Fumbles and interceptions are dead balls at the spot with the last team retaining possession.

(B) An interception will award 2 points and possession to the defense.

(C) All fumbles will be considered dead balls with the offensive team retaining possession at the spot where the fumble occurred.

(D) A muffed snap is not a fumble/dead ball. The 4.0(6.0) second count remains in effect on snaps.

RULE 7

GAME CLOCKS:

(A) Each team will have 40 seconds to snap the ball once the previous play was whistled over by an official.

(B) Delay of game penalty will be loss of down plus a 5-yard penalty.

(C) Play clock is typical for all divisions and teams.

(D) It is the responsibility of the offense to get the ball back to the line of scrimmage. The center must refer to referee's spot for official marking and placement of ball.

RULE 8

LEGAL PASSES:

(A) All passes must be forward and have a 3-yard separation between passer and receiver.

(B) No double passes, lateral passes, pitches or handoffs are allowed as that would constitute an illegal pass.

(C) "Shuffle" passes are permitted as long as the 3-yard separation is achieved between passer and receiver.

RULE 9

BLOCKING:

(A) Once a receiver catches a ball, **all other offensive players must stop at their current position**. They **cannot block** or be eligible to obtain the ball in any manner (i.e. hook and latter/ hitch and pitch). If an offensive player blocks for another, the play will be blown dead at the spot of the block.

RULE 10

END OF THE PLAY:

(A) Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down plus 5 yards. Expulsion of a player(s) may occur if fouls are ruled unsportsmanlike & flagrant).

RULE 11

MARKING THE FOOTBALL:

(A) The offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot.

(B) The play clock does not stop and any delay by the offense in retrieving and returning the ball to the line of scrimmage while attempting to verify the spot with an official will result in a 5-yard delay of game penalty from the succeeding spot.

(C) The center must correctly spot the ball with the official and place the ball correctly prior to running an offensive play. If an offensive play is run from an inaccurate spot, a 5-yard penalty will be assessed or loss of down if ball is at the original LOS.

RULE 12

DELAY OF GAME/DEAD BALL FOULS:

(A) Two delay of game penalties in the same possession results in a turnover. The defensive team will then put the ball in play on the 40 (30 for 2nd/3rd) yard line.

(B) Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 40 (30 for 2nd/3rd) yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.

RULE 13

DEFENSIVE PASS INTERFERENCE:

(A) Defensive Pass Interference will be the same as NCAA rules. (15 yard penalty).

(B) Defensive pass interference in the end zone will be an automatic 1st and goal at the 5-yard line. If the ball is closer to the end zone than the 5-yard line at the time of defensive pass interference, the spot closer to the end zone will be utilized with an

automatic 1st down.

RULE 14 **OFFENSIVE PASS INTERFERENCE:**

- (A) Offensive Pass Interference is the same as NCAA rules, (15 YARD PENALTY). If the offensive team receives a 15-yard penalty that cannot be fully administered, then the penalty will result in loss of down.
- (B) Offensive receivers are **NOT** allowed to run "**PICK**" plays that create physical contact with defenders to allow other receivers to become open.

RULE 15 **ILLEGAL CONTACT:**

- (A) Responsibility to avoid contact is with the defense.
- (B) There will be **NO** chucking, or deliberate bumping, jamming or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty) or the down will be replayed with a 5-yard penalty should the result of the play be an incomplete pass.

RULE 16 **UNSPORTSMANLIKE CONDUCT:**

- (A) No taunting or "trash talking" (5-yard penalty & expulsion if flagrant) is allowed at any time during game.
- (B) Any players involved in a physical confrontation will be immediately ejected from the game.
- (C) A team removed from a game for fighting will not be allowed to participate or play for the remainder of year.

ALL GRADE DIVISION COACHES: A coach shall be allowed on the field during a team's offensive possessions ONLY. The coach shall remain a minimum of 10 yards behind the line of scrimmage. After the ball is snapped, the coach on the field shall not be allowed to provide verbal instructions to players. 1st offense of verbally instructing players during play will result in a warning. Second and subsequent offenses will result in a loss of down and 5-yard penalty.

MOUTH PIECES: All players are required to have mouth pieces at all times during the play of the game.

DRESS CODE: Players will not be allowed to wear caps, hats, visors or sunglasses (excluding prescription) on the field during the game.

TEAM NO-SHOW POLICY: This rule pertains to teams that have been scheduled to play in a NCT 7on7 game and do not show without providing at least 24 hours' notice of the team's inability to play the scheduled game. If a team "No-Shows" for a game without prior notification, that team will be immediately removed from the schedule for the remainder of the 7on7 season.

(A) It is the responsibility of a forfeiting team's Head Coach to notify the affected parties if unable to play a scheduled NCT 7on7 game. Head must contact the opposing head coach, hosting location official and a NCT Executive Board member.

(B) Forfeiting team will seek to find a substitute team to allow opposing team opportunity to play at the original scheduled game time. Replacement game will not count against the official standings and the opposing team will receive a 17-0 win for the standings.

(C) The member association of forfeiting teams will be responsible for the cost of the game officials and field fees at \$100 per forfeited game. Fine payment must be before the completion of that same NCT 7on7 season.

(D) Head Coach of a forfeiting team may face a suspension by the NCT Executive Board. Multiple forfeited games by the same coach may result in a coach being suspended from all NCT activities for a minimum of year.