VALLEY COMMUNITY FOOTBALL LEAGUE
7ON7 GAME RULES

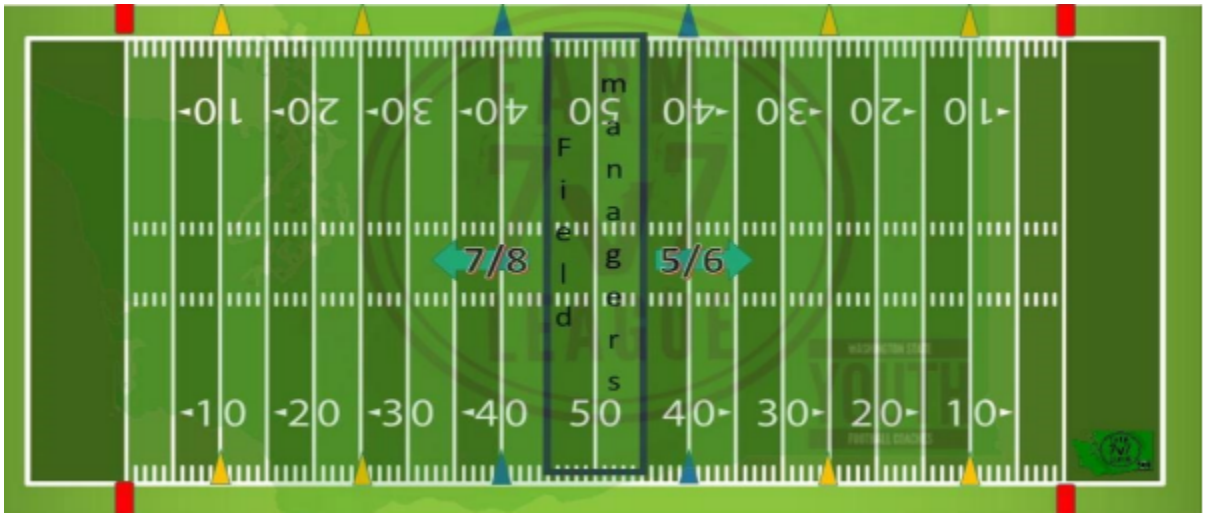
League Overview - Elevating our football experience with the 7's Spring Passing League, an innovative touch football league designed to bring excitement and skill to the field.

- No tackling, just fast-paced touch football.
- Minimal equipment – mandatory soft shell helmet & mouthguards
- Developed to meet the demand for a dynamic football experience and the rise of 7's across North America.

NOTE: Rules listed below are subject to adjustments during inaugural season

Rules
1 Hand touch below the neck
1 QB & 5 Receivers vs 7 defenders
25 Minute games, running time, no timeouts

Field Size
53 1/3 Yards Wide (50 if using back to back 5 on 5 Fields)
40 Yards Long plus a 10 yard End Zone



Roster
All Players U19 (born in 2006 or later)
Minimum 10 Players
No Maximum amount of Players
Minimum Dressed is 6 players

Offence - Starts from 40 yard line going in, QB Tees mandatory for 4 second timers (can still shotgun snap though).
4 downs to get to 25 yard line
4 downs to get to 10 yard line
4 downs to score
No runs, no double passes, no down field blocking. Forward passed behind the LOS (screen passes) are allowed
1 Offensive Coach and 1 extra offensive player allowed behind play

Offensive Scoring – Touchdowns are counted as 6 points; offensive teams can elect to take the single point after scoring with no additional plays (7 points total) or Offenses can elect to go for a 2-point conversion from the 10-yard line after a scoring play (will end up with either 6 or 8 points).

Defense – No Blitzes. *There is no yard off the ball for defensive players. Players are allowed to play press coverage against the offensive team for up to 5 yards as long as they are not lined up in the neutral zone. Defensive players are deemed offsides if they are lined up in the neutral zone across the LOS. **No Defensive Coaches allowed on the field*

Defensive Scoring – Defensive players are allowed to contribute to the teams score as well. Interceptions by players are counted as 2 points to a team's total score. They will then go on offence. Intercepted converts are not worth 2PTS

Scoring
TD = 6 points
TD = Automatic 1PT Convert (if no 2PT attempt)
2PT from 10 yard line = 2 points
INT = 2 points

Overtime – Teams tied with the same score at the end of regulation will get 1 play each starting at the 40 yard line. Most yards wins. If both score a TD on their play switch order and go again

Offensive Penalties
Because 2 games are occurring at once, no penalty will take the LOS beyond the 4o yard line.
QB's have 4 seconds to throw the ball to an eligible receiver. If the QB fails to do so, this action results in a sack (Loss of Down)
QB making a forward pass while across the LOS – considered a sack (Loss of Down)
Receivers that are lined up offsides at the LOS results in a Loss of Down,
Illegal formation, not enough eligible players on the LOS – Loss of Down.
Delay of Game (30 second game clock) – Loss of Down
False Start - Loss of Down
Blocking Downfield - Loss of Down at Original LOS
Pass Interference – Loss of Down

Unnecessary Roughness – 15 yards – LOS & Loss of Down
Objectional Conduct/Unsportsmanlike – 15 yards & Loss of Down *Player ejected with 2 in one game*

Defensive Penalties
As noted unless near the goal line then ½ the distance as applicable
Defensive offsides/Encroachment – 5 yards
Defensive holding – 10 yards, Repeat Down (or First Down if past the sticks)
Pass Interference – 15 yards, First Down
Unnecessary Roughness – 15 yards from Line of Scrimmage
Objectional Conduct/Unsportsmanlike – 15 yards from Line of Scrimmage
Illegal Participations – 5 yards, repeat down

All Teams Participating in 7on7 events are required to follow all rules and code of conduct of the VCFL.