

Yankton Sertoma 7 on 7 League

2018 Rules

Fall Schedule

1. Duration, September 8th to October 13th 2018. 6 Weeks.
2. Deadline to enter teams, July 31st
3. Teams will Typically play 2 games on Saturday mornings (dependent on teams)
4. Games will be played Saturday Mornings at Yankton HS from 9am to 12pm (est.)
5. Practice times and locations are at the discretion of each team. Limit 1 per week.
6. Jerseys will be provided by the YSF, and must be worn for players to participate.

Field Dimensions

1. Field length shall be 40 yards with a 10 yard end zone.
2. Two games may be played at the same time on 1-100 yard field.
3. First downs will be every 10 yards. Marked with cones.

Game Length

1. Game duration: 25 minutes, running clock.
2. Refs or field manager will declare when 10, 5, and 2 minutes remain to all teams.
3. A whistle will begin, and end each game.
4. Game may not end with a defensive penalty, unless the offense declines the penalty.
5. Injury time outs will stop game until player(s) are safely removed from the field of play. Refs will stop and start the game clock when ready to play with whistle.
6. Overtime will occur as needed.

Start of Game

1. 5 minutes prior to game start with Ref or Field Manager, one Paper-Rock-Scissors with team captains will determine first possession.
2. 10-minute delay of posted start time by a team will result in a forfeit.

Point Values

1. Offensive TD with NO PAT attempt = 7 points (offense option)
2. Offensive TD with PAT attempt = 6 points (offense option)
3. Offensive First Down = 2 points
4. PAT from the 10 yard line = 2 points.
5. Defensive Stop = 2 points
6. Defensive Interception = 3 points
7. Defensive PAT Interception = 2 points
8. Tie Breaker victory = 1 point

Tie Breaker

1. Paper, Rock, Scissors with team captains will decide possession. Winner will have the option of offense or defense first.
2. Each team will have 1 offensive play from the +40, and choice of hash.
3. Team with the most yards gained will be awarded 1 point.
4. If no completion the process will be repeated with team offense/defense choice switching.

Teams

1. Player min/max 9 -10.
2. Divisions are 3rd/4th Grade and 5th/6th Grade. With the intention to have divisions for each grade.

Eligibility

1. Any enrolled student going into the 3rd, 4th, 5th or 6th (fall 2018) grade is eligible to participate in appropriate divisions.
2. Player must follow South Dakota state age/grade guidelines and participate in their appropriate grade.

Equipment

1. Mouthpieces must be worn at all times by all players except the QB.
2. Soft Helmets are NOT REQUIRED, but RECOMMENDED for anyone with a previous Head injury. Some options are:
 - a. Schutt Youth Soft Cap.
 - b. Rock Solid
 - c. Or approved equal.
3. Hard helmets are NOT allowed.
4. YSF will provide Team Jerseys must be worn at all times.
5. Teams must provide their own footballs. (3rd/4th TDPW, 5th/6th TDJ, or equal)
6. Proper Football Cleats, no metal allowed.

Coaching

1. 1-offensive and defensive (15 yards off ball at snap) coach will be allowed on the field at any time. Limit of 3 total coaches.
2. The coach must be positioned behind the offense huddle.
3. Coach challenges are not permitted.
4. Remaining coaches must be on the sideline and off the field. Limit of 3 total coaches
5. Teams will be given 1 sideline warning during game play. Second sideline infraction will result in a 10 yard penalty (offense) or half the distance to the goal (defense). Third sideline infraction will result in coach(s) ejection.
6. Coaches are responsible for their players and parents.

Offense

1. Offense always starts on the +40 yard line with their choice of hash or middle.
2. Offense will have 25 second play clock kept by ref.
3. Offense is responsible for retrieving and returning the ball to the LOS. can result in a delay of game.
4. Offensive formations must have 3 men on LOS, including center.
5. Lateral motion is allowed by 1 player prior to snap.

Snapping the ball

1. Offense must provide a center at all times.
2. The center is not eligible, and may be a coach or player.
3. There will be 4 - 6 second Pass clock, depending on division. Officials will have the clock.
4. The snap must come from the LOS each play.
5. Snaps may mimic shotgun or under center at the discretion of the offense.
 - a. Shotgun snaps the center will snap from the LOS to the QB.
 - b. Under Center snaps the QB will simply take the ball from the center or coach.
6. Center will assist with resetting the ball and ref bean bag (LOS).
7. Muffed snap is not a fumble, 4 second passing clock remains.

First Downs

1. Offense has 3 downs to gain a first down or touchdown. First down markers are every 10 yards.

Passing

1. Whoever receives the snap is the QB.
2. QB is allowed 4 seconds (kept by the Official) to RELEASE the ball. After 4 second the play is dead and loss of that down.
3. 4-second clock violation on 3rd down will result in a turnover. 2 points awarded to the defense.
4. A pass caught behind LOS must be a forward pass.

Defense

Tackling

1. Ball carrier is down once touched below the neck with one hand.
2. Excessive force by shoving, pushing, or striking will be penalized by automatic first down and 5 yards from spot. Expulsion of player if deemed unsportsmanlike and flagrant.
3. A tag behind the +40 will result in the ball being returned to the +40 and the next down.
4. Responsibility to avoid contact is with the defense.

Coverage

1. Defensive coverages will be at the discretion of the defense.
2. Interceptions will stop play immediately and change possession starting at the +40 yard line and choice of hash.
3. Pressing / bumping is allowed within 5 yards of LOS. No contact after 5 yards.

Penalties

Offense

	Assessed	From Result
1. Illegal Formation	LOS	Loss of Down
2. 4 Second Violation	LOS	Loss of Down
3. False Start / Illegal Motion	LOS	Loss of Down
4. Delay of game	LOS	Loss of Down
5. Illegal Play	LOS	- 5 YDS & Loss of Down
6. Blocking (anywhere)	LOS	Loss of Down
7. Offensive Pass Interference	LOS	Loss of Down
8. Un-sportsmanlike	LOS	-15 YDS & Loss of Down

Defense

	Assessed	From Result
1. Blitzing	LOS	-15 YDS & Repeat Down
2. Encroachment Neutral Zone	LOS	-5 YDS & Repeat Down
3. Pass Interference	Infraction	Spot Foul up to -15 YDS & 1stD
4. Holding	Infraction	Spot Foul up to -15 YDS & 1stD
5. Un-sportsmanlike	LOS	-15 YDS & 1stD
6. Illegal Play / Participation	LOS	-5 YDS & Repeat Down
7. Excessive Celebration	LOS	-15 YDS & Repeat Down
8. Excessive force tackle	Infraction	-5 YDS & 1stD

Notes:

1. Penalties may not be assessed beyond the 40 yard line.
2. Loss of Down on 3rd Down will result in a Turnover. Defense awarded 2 pts.
3. 2-Delay of Game penalties within 1 possession will result in a turnover, Defense awarded 2 pts.
4. Excessive Celebration on TD's or PAT's will result in -15 YDS penalty being assessed at the start of the next possession. I.e. Offense will start 1st down at the 25.
5. No blocking at all, the ball is released by the QB all other offensive players must stand still.
6. Face guarding is not allowed.
7. Fumbles (not including snap) are dead ball at the spot with team remaining possession.
8. **No kicking or punting.**
9. Delay of game penalty on 2 point conversion results in a failed try no point awarded.
10. **No Blitzing:** Defensive players may not cross the LOS unless the QB hands off to a RB/WR player. Crossing the LOS prior to a run play is considered a blitz.