

Francis Howell North  
Rules for 7 on 7 Football League

Dates and Times

1. **June 10, 17, 24, July 1, 8, 15. Varsity 5:00 PM, JV immediately after.**
2. **July 18 Varsity only 7 on 7 tourney. 8:00 AM start**
3. All games will be played on the 3 practice fields at Francis Howell North High School behind the main stadium.

General Rules

1. Teams are encouraged to practice offenses and defenses they will run during the regular season.
2. Varsity games will begin a 5:00 pm, JV will play immediately after.
3. Varsity games will consist of two 30 minute games with 5 minutes between (Running Clock.) 3 team rotations on each field. Two teams play while one is off.
4. Junior Varsity games will consist of two 20 minute games with 5 minutes between (Running Clock.) 3 team rotations on each field. Two teams play while one is off.
5. Players have to contact ball carriers with two hands anywhere on the body (Two Hand Touch).
6. Draws are permitted as long as they are to a running back.
7. QB's cannot run or be rushed by the defense.
8. Teams must provide a center to snap the ball.
9. At the snap of the ball QB's have four seconds to throw the ball or a sack will be enforced. (Coaches are responsible for honestly keeping time. Stopwatches will be available)
10. **PLAYACTION** the quarterback 4 second count will not begin until the fake occurs
11. Yardage is not lost on a sack, but the down is taken.
12. Anytime the ball hits the ground on a snap or fumble it is a dead ball and the offensive team will maintain possession except on 4th down when a first down has not be reached.

Down and Distance

13. Playing fields will be approximately 75 yards long.
14. The closest 15 yard line from the spot of a 1<sup>st</sup> down play will be the next first down.
15. Teams will begin with the ball on their own 5-yard line and have 3 downs to make a first down. (10 yards in 3 plays)
16. If the team does not make the first down, the ball will be automatically spotted on the opposing team's 5-yard line. (Automatic punt)
17. If the team does make the first 1<sup>st</sup> down, they will have 4 downs to make the next first down.
18. Teams have the option to not attempt the fourth down try and move the ball to the opposite 5 yard line simulating a punt.
19. If the team attempts the fourth down and doesn't make it; the opposing team will assume possession from the spot of the ball.

Scoring

20. Touchdowns are worth six points.
21. If a touchdown is scored the scoring team may attempt a one-point try from the 5 yard line or a 2-point try from the ten-yard line.
22. Interceptions may be returned for touchdowns.
23. **NO BLOCKING IS ALLOWED**