



NYFO 7on7 Spring League (13U, 15U & 18U)

7on7 Leagues

The National Youth Football Organization (NYFO) offers “No Contact” Football Leagues! Now devoted athletes can continue to enhance their skills and become a better player. High energy excitement and competition! This fast paced, speed sensitive passing league will get athletes in great shape while having a blast. All NYFO locations offer Spring 7on7 Leagues. Some NYFO locations offer 7on7 Leagues for multiple seasons during the calendar year.

7on7 FOOTBALL LEAGUE

7on7 football has become the approved and encouraged activity in the off-season across the United States. Organized by former NFL Players and experienced coaches, the mission is to provide the structure for football players of all ages whereby they can develop their skills, competing in the off-season at organized local, regional and national events.

7on7 PASSING LEAGUE GUIDELINES

The 7on7 Passing League is a fun competitive, non-contact way to play football. It is all passing and allows scoring both on the offense and defense. Passing and catching take a great deal of practice to master. Participating in the NYFO 7on7 League offers athletes an exceptional, competitive way to hone their skills.

ELIGIBILITY:

Any enrolled student 5-19 yrs of age is eligible to participate in appropriate divisions. All student athletes need to check with their coach, league and state sport governing body to insure that high school and or college eligibility is not jeopardized by participating in any leagues or tournaments.

DIVISIONS:

- A) 18U- Varsity
- B) 15U - JV
- C) *13U - Rookie
- D) *10U and 8U

- * 13U- If the athlete is an (eligible) rising 9th grader he will play on 15U,
- * If the athlete is an (eligible) rising 8th grader he will play 13U
- 10U and 8U teams rules are modified and include running plays please see 8U- 10U rules

TEAMS:

Teams consist of 12-22 players together with 1-3 adult coaches.

Athletes can register as an "individual athlete" and be placed on a team (after evaluation), or Athletes may register with their organized "Fall teams"

We will make every attempt to keep athletes with their Fall team participants. Input and assistance from Fall coaches is accepted and encouraged, as allowed by their governing bodies and/or schools. In these instances the Spring League will run the offensive formations, route trees, and defensive formations of their organized Fall teams.

Please check with your local League 'Contacts' for information on dates for the following:

- Registrations
- Testing
- Practice
- Season
- Camp
- Tourney

SANCTIONS:

National Youth Football Organization

REGISTRATION:

Spring/Summer registrations begin each January 1

Fall Registrations begin each June 1 (8U, 10U and 13U)

TESTING:

Spring Testing - First Week of March (varies per league)

Fall Testing- Last week of July

PRACTICE:

Spring- Second week of March

Fall- First week of August

REGULAR SEASON:

Spring- Mid April thru May

Fall- Late August thru October (Dates and times vary per league)

TOURNEYS:

SPRING

League Championships- First week of June

Open NYFO Tournaments- (June/July) after regular season before State and National Tournaments (see your state for dates and details)

National Championship - mid July each year [\(click here for details\)](#)

EQUIPMENT: Mouthpiece & cleats will be worn at all practices and games- but no pads.

COSTS:

Leagues fees per player:

\$125 Registration

\$15 NYFO Membership (includes supplemental medical and liability insurance)

\$29 Uniform, NYFO jersey (yours to keep) shorts optional

All interested athletes and coaches can begin registering now.

RULES

Rules of Play National Youth Football Organization 7on7

13U, 15U, & 18U

1. 7 defenders (may not line up 8 & drop one before snap) and 7 offensive players (must use an "ineligible" center or extra player to snap as 1 of the 7).
2. Each possession starts on the 40 yard line – going in." 3. First downs are made by crossing the 25 yard line and the 10 yard line.
3. 4 downs to make a first down.
4. a) 1 point PAT snaps are at the 5 yard line, offensive choice of hash. b) 2 point PAT conversions will be from 10 yard line with choice of hash.
5. 4.0 seconds to get pass off. It will be a loss of down and treated " as a sack if not thrown in time (4.01 or greater). The clock will be stopped on a sack in the final 1:00 of the game. NOTE: Passes may be thrown behind the

line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.

6. 4 second clock starts on snap of ball.
7. Possession changes after a) PAT attempt, b) failure to make a first down, or c) turnover.
8. Games consist of two (2) 25:00 minute halves and 5 minute half- time. The clock runs continuous during both halves.
9. CLOCK WILL STOP during injury and resume when player is safely removed from field
10. Overtime in tournament play consists of 3 plays from 10 yard line. Each team has an attempt to score in each overtime period. Starting with the 3rd and subsequent overtimes, all PAT's must be 2 point attempts from the 10 yard line. Overtime periods are not timed.
11. One time-out per team per half (clock will continue to run). One additional time-out per overtime.
12. All offensive formations must be legal sets. (3 players which includes the "CENTER" must be on the line of scrimmage.
13. (25) seconds to get the play off.
14. One-hand touch anywhere.
15. No running plays allowed, No Handoffs.
16. No Rushing by Defense
17. No Fumbles. Ball is dead if it touches the ground
18. A muffed snap is NOT a fumble/dead ball
19. No double passes or shuffle passes.
20. Two Offensive coaches allowed on the field behind huddle and out of the field of play, Defensive Coach from the sidelines. (ok to huddle with team on hash near side line)
21. **Scoring:**
 - A) Touchdown - 6 points
 - B) Interception - 3 points (no runbacks for safety reasons, no points for INT on PAT)
 - C) Turnover on downs - 2 point
 - D) PAT - 1 point from 5 yard line (may opt for 2 pts from 10 yard line)
 - E) Turnover on PAT is dead ball

*Official Score will be kept and reported by referee
21. **Penalties**
 - OFFENSE:**
 - A) Offsides/Illegal Procedure = Loss of Down
 - B) Delay of Game = Loss of Down
 - C)Pass Interference = 5 yard penalty and loss of down
 - D)Exceeding 4 seconds to release the ball = loss of down

- E) No Blocking (including Screens)
- F) Personal Foul = loss of down and 5 yards from original line of scrimmage.
- G) If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void

DEFENSE:

- A) Offside = 5 yard penalty
- B) Defensive Holding = 5 yard penalty
- C) Defensive Pass Inference = first down at the spot of the foul
- D) Any dead ball penalty on the defense AFTER a change of possession would result in loss of down for that team's offense when they begin their ensuing possession.
- E) Personal Foul: = 1st down and 5 yards from original line of scrimmage.
- F) Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption, and the must cover.
 - * Excessive or prolonged contact will result in a "Tack on" penalty at the end of the play (5 yard penalty)
 - * Fighting / unsportsmanlike conduct: 1st offense = ejection from game. 2nd offense = ejection from tournament.
 - * Fighting / unsportsmanlike conduct (team): if any player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE TOURNAMENT OR GAME

22. UNIFORMS:

- A) Mouthpieces are required for each player
- B) Official NYFO uniforms must be worn by all players
- C) All players must be in team uniform
- D) Soft-shell Helmets are highly encouraged

23. TOURNAMENT RULES: may vary slightly