



National Youth Football Organization "NYFO" offers “No Contact” year round 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 non-contact league will get athletes in great shape while having a blast.

7 on 7 Football League

7 on 7 football has become the approved and encouraged activity, for football players ten years of age and under, in the off-season across the United States. The mission is to provide the structure for football players tens years of age and under whereby they can develop their skills, competing in the off-season at organized local, regional and nationals events.

7 on 7 Football League Guidelines

The 7 on 7 League is a fun competitive, non-contact way to play football. It allows scoring both on the offense and defense. Participating in the NYFO offers athletes an exceptional, competitive way to hone their skills. 7 on 7 for (8U and 10U) consists of running, passing, and defending both.

ELIGIBILITY: Any enrolled student 5-10 yrs of age is eligible to participate in appropriate divisions. *Ages 11-18 participate in the NYFO 7on7 leagues with no running plays allowed

DIVISIONS:

A) 8U

B) 10U

* some leagues may choose to have younger divisions when there are enough athletes to warrant. See your state for details

TEAMS:

Teams consist of 8-22 players together with 1-3 adult coaches. 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.

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

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

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 (varies per league)

PRACTICE:

Spring- Second week of March (varies per league)

Fall- First week of August (varies per league)

SEASON:

Spring- Mid April through May (varies per league)

Fall- Late August through October (varies per league)

TOURNEYS:**SPRING**

Open Tourneys- (June/July) after regular season until State and National Championships

State Championships- Late June

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

FALL

Fall- State Championships November

SANCTIONS: National Youth Football Organization NYFO

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

COSTS: Fall and Spring Leagues per player fees:
\$125 Registration
\$15 (NYFO Membership) includes \$1M Liability Insurance & \$25K Supplemental Medical
\$29 Uniform, NYFO team jersey (yours to keep) Shorts are optional

RULES

I: League Rules of Play for 7on7 - 8U and 10U NYFO

** Running plays by offense and one rusher on defense are allowed for 8u and 10u only*

1. Coin Toss - Visiting team makes call. Winner has choice of offense or defense. Second half possession belongs to opposing team.
2. 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).
3. Each possession starts on the 40 yard line – going in.
4. First downs are made by crossing the 25 yard line and the 10 yard line.
5. No-Run Zones precede each first down line by 5 yards (25-20 yard line, 15 to 10 yard line, and 5-goal line). Teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
5. (4) downs to make a first down.
6. (7) 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. All offensive formations must be legal sets. (3 players which includes the "CENTER" must be on the line of scrimmage.
9. One-hand touch anywhere.
10. No Fumbles. Ball is dead if it touches the ground
11. A muffed snap is NOT a fumble/dead ball
12. Two (2) Coaches may be in Offensive Huddle. Defensive Coach must remain on sidelines
13. Tournament Rules: may vary slightly

II. Terminology

Offense: the team with possession of the ball.

Defense: the team opposing the offense to prevent them from advancing the ball.

Boundary Lines: the outer perimeter lines around the field. They include the sidelines, and back of the end zone lines.

Line Of Scrimmage:(LOS) an imaginary line running through the point of the football and across the width of the field.

First Down Lines: the line the offense must pass to get a first down.

Goal Line: the line the offense must pass to score.

Downs (1-2-3-4): the offensive team has four attempts or “downs” to advance the ball. They must cross the line to gain to get another set of downs or to score.

Rush Line: an imaginary line running across the width of the field 7 yards (into the defensive side) from the line of scrimmage.

Rusher: the defensive player assigned to rush the quarterback to prevent him/ her from passing or handing off the ball by tagging him or by blocking the pass.

Live Ball: refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.

Dead Ball: refers to the period of time immediately before or after a play.

Charging: the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.

Shovel Pass: a legal pass attempted beyond the line of scrimmage by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.

Lateral: a backwards or sideways toss of the ball by the ball carrier.

Unsportsmanlike Conduct: a rude, confrontational, or offensive behavior or language.

III. Eligibility:

1. All players' legal guardians must agree to the online waiver form at PLAYNYFO.com for their specific league before participating.
2. All Players must be an official National Youth Football Organization Member

IV. Equipment:

1. Mouthpieces are required for each player!
2. Official NYFO jerseys must be worn during play.
3. All players must be in team uniform!
4. Approved youth footballs are provided by each team
5. Players must wear shoes. Football cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.

6. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
7. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
8. Players' jerseys must be tucked into the pants if they hang below the belt line.
9. Pants or shorts with belt loops or pockets must be taped.

V. Field:

The field dimensions are 40 yards by 53.33 yards (*no less than 50 yards without League Commissioner approval*) with a 10-yard end zone. However, field size may vary based on field availability for each league.

No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before first down lines and before the end zone), Stepping on the boundary line is considered out of bounds.

VI. Rosters

1. All players must be registered on the National PlayNYFO.com website
2. Teams must consist of at least seven (7) players, with a maximum of 22 players.
3. Teams must start a game with a minimum of seven (7) players. In the event of an injury, a team with insufficient substitute players may play with six (6) players on the field, but no fewer than six (6).

VII. Timing and Overtime

1. Games consist of two (2) 25:00 minute halves. The clock runs continuous during both halves.
2. Halftime is five (5) minutes long.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has one 60-second time out. (Clock will continue to run). 1 additional time-out per overtime.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of fifty (50) minutes, the game should be determined a tie. (However, some leagues may decide to institute an overtime period).
8. In tournament or playoff situations, an overtime (OT) Period will be used to determine a winner. OT format is as follows:

Overtime consists of 3 plays from 10 yard line. Each team has an attempt to score in each overtime period. In the event of a 3rd overtime. The winning team will be determined by score or total yards gained on 3rd overtime period.

Overtime periods are not timed.

VIII: Scoring

- A) Touchdown - 6 points
- B) PAT - 1 point from 5 yard line (Must be a passing play)
2 pts from 10 yard line)
- C) Interception - 3 points (no runbacks for safety reasons, no points for INT on PAT)
- D) Turnover on downs - 2 points
- E) Turnover on PAT is dead ball!

*Official Score will be kept and reported by referee

IX: Coaches

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all time.
2. Coaches are expected to adhere to NYFO philosophies, coaching guidelines and codes of conduct.
3. Two Offensive coaches allowed on the field behind huddle and out of the field of play, Defensive Coach must move to the sidelines before the snap of the ball

X: Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier steps out of bounds.
 - c. A touchdown, PAT or safety is scored.
 - d. The ball carrier’s knee or arm hits the ground.
 - e. The 7 second pass clock expires.
 - f. Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball carrier’s feet were at the time of the fumble.

8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew and the down is consumed.
 - b. Replay the down from the original line of scrimmage.
9. A team is allowed to use a time out to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a time out. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

XI: Running

1. The ball is spotted where the ball is when the runner is tagged.
2. The quarterback cannot directly run with the ball. The quarterback does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.

“Center Sneak” play – The ball must completely leave the center's hands on the snap and he/she must step backwards off the line of scrimmage in order to receive a direct handoff from the QB before advancing the ball.
4. Absolutely NO laterals or pitches of any kind.
5. “No-Run Zones,” located 5 yards before each first down line and 5 yards before the end zone are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE.
6. The player who takes the handoff can throw the ball from behind the line of scrimmage.
7. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
8. Runners may not leave their feet to advance the ball. (No diving, leaping, or jumping)
9. Spinning is allowed, but players may not leave their feet to avoid a tag. Lateral moves to the left or right are permitted.
10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a penalty enforced.
11. No blocking or “screening” is allowed at any time.
12. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

XII: Passing

1. All passes must be from behind the line of scrimmage.
2. 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.
3. Shovel passes are allowed, but must be received beyond the line of scrimmage.
4. 7.0 Seconds- The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
5. If the QB does not release the ball by the end of the 7-second clock, the penalty is loss of down and the ball is returned to the line of scrimmage (LOS).

XIII: Receiving

1. All players except the center/snapper are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have a least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the 40 yard line and the defense is awarded 3 points.
6. Interceptions are NOT returnable.

XIV: Rushing the Passer

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Only one (1) player can rush the quarterback before he passes and hands off the football. Players not rushing the quarterback may defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.
 - iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
 - b. A penalty may be called if:

- i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – Offside (5 yards LOS).
 - iii. Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – Illegal Rush (5 yards).
- c. Special circumstances:
- i. Teams are not required to rush the quarterback, seven second clock in effect.
 - ii. Teams are not required to identify their rusher before they play, however, if they do send a rusher, the rusher must verify with the official that they are in the correct position.
 - iii. If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as defender with no offside penalty enforced.
4. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
5. A sack occurs if the quarterback does not release the ball within 7 seconds or is tagged behind the line of scrimmage. (The ball is placed where the quarterback’s feet are when he is tagged.)

XV: Formations

1. All Offense formations must be legal sets. 3 athletes must be on the line of scrimmage (2 eligible receivers and the ineligible center (snapper))
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands. The snap can be between his/her legs or to the side.

XVI: Unsportsmanlike Conduct

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee’s discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!

2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when making a tag.
6. Fans must also adhere to good sportsmanship, as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.

XVII. Penalties

i. General

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question judgment calls.
5. Games may not end on a defensive penalty, unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. Defensive Penalties

Offside- + 5 yards from line of scrimmage

Illegal Rush (Starting rush from inside 7-yard marker) + 5 yards from line of scrimmage & Automatic First Down

Roughing the Passer- + 10 yards from line of scrimmage & Automatic First Down

Taunting- + 10 yards from line of scrimmage & Automatic First Down

Defensive Pass Interference- SPOT FOUL, Automatic First Down

Holding- + 5 yards

Defensive Unnecessary Roughness/Personal Foul- +5 yards & Automatic First Down

iii. Offensive Penalties

Offsides/False Start/ Illegal Procedure - 5 yards from line of scrimmage & Loss of Down

Illegal Forward Pass- - 5 yards from line of scrimmage & Loss of Down

(Pass received behind the line of scrimmage or throwing a pass beyond the line of scrimmage)

Offensive Pass Interference- 5 yards and Loss of Down

Illegal Motion (More than one person moving) - 5 yards from line of scrimmage & Loss of Down

Delay of Game- Loss of Down

Exceeding 7 seconds to release the ball- Loss of Down

Impeding the Rusher - - 5 yards from line of scrimmage & Loss of Down

Screening, Blocking or Running with the Ball Carrier- SPOT FOUL, - 5 yards & Loss of Down

Charging- SPOT FOUL, -10 yards & Loss of Down

Offensive Unnecessary Roughness- SPOT FOUL, -5 yards & Loss of Down

* If Defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void.
