



GRAND VALLEY YOUTH FOOTBALL

7 on 7 Rules

7 on 7 football is a variation of football that focuses on passing and skill positions. It is often played in the offseason as a way for players to improve their passing, catching, and defensive skills in a fast-paced, non-contact environment.

Article 1. Eligibility – Players will be assigned to teams according to their age on the cut-off date established by School District 51 (July 31, 2025). All players must provide a copy of their birth certificate.

Article 2. Team Rosters – Team rosters shall be a minimum of 7 players.

Article 3. Equipment – Players will be provided with a mouthpiece and game shirt by GVYF. Players must wear the GVYF provided game shirt for all contests.

- A. No modifications to the game shirt are permissible except for the ability of the player and/or team to embroider or heat press the player's last name or appropriate nickname and number on the back of the shirt.
- B. All contests will be played with a football of the following size:
 - i. 12U – Wilson TDY or GVYF approved equivalent.
 - ii. 14U – Wilson TDS or GVYF approved equivalent.

Article 4. Game Clock – The game clock shall run continuously for 20 minutes. Time will be kept on the field by the official.

- A. **There are no timeouts**
- B. At the official's discretion, the clock may be stopped for an injured player.
- C. The play clock between plays is 40 seconds. Time starts at the conclusion of the previous play. Delay of game is a loss of down. Offensive players are responsible to bring the ball back to the line of scrimmage.

Article 5. Game Field – Games are played on a 40-yard field with full-width and 10-yard endzone. Teams must provide their own ball.

Article 6. Coaching – Per the GVYF bylaws, coaches must be registered with the league, pass a background check, and obtain current USA Football Youth Coach Certification.

- A. Team sidelines are reserved for designated coaches only. A maximum of 3 coaches per team will be allowed on the sidelines.
- B. One offensive coach is permitted on the field of play. All other coaches must coach from the sideline.
 - i. The offensive coach must be aligned behind the deepest offensive player by a minimum of 5 yards once the huddle has broken.
 - ii. Once the ball is snapped, the offensive coach cannot direct the QB where to throw the ball.
 - i. After one official warning, the official(s) may restrict the coach to the sideline for the remainder of the game.

Article 7. Game Play – To begin the game or at any change of possession, the offense starts with the ball at the 40-yard line.

- A. **First Downs** – The offense has 3 plays to reach the 25-yard line, 3 plays to reach the 10-yard line, and then 4 plays to score once inside the 10-yard line.
- B. **Coaches** – one coach is allowed in the offensive huddle. Defensive coaches must coach from the sideline.
- C. The defense is allowed to jam receivers at the line of scrimmage for 5 yards.

- D. The play is ended with a single hand touch from a defender.
- E. All offensive plays must be forward passes. Backwards passes, including laterals, and runs are not allowed.
- F. Offenses are permitted to have 5 eligible receivers. Formations must be legal football formations (no more than 4 receivers to a single side).
- G. Pre-snap penalties are the same as regular football
- H. QBs can take the snap from a center or from the line of scrimmage. Either way, centers are not eligible receivers.
- I. At the snap, the QB has 4 seconds to throw the ball. If the ball is not thrown before 4 seconds, the play will be ruled dead and the defense awarded a sack.
- J. The defense cannot blitz
- K. Defensive pass interference or holding will result in a 5-yard penalty and replay of the down.
- L. All offensive penalties result in a loss of down.
- M. Offensive players cannot block defenders.
- N. Tackling or excessive force to tag a player down will result in an automatic first down. Two such penalties from the same player will result in an ejection.
- O. Fumbled snaps can be picked up and played within the 4 second clock
- P. A fumble after a completed pass results in a dead ball. The offense keeps possession.

Article 8. Scoring – Teams are awarded points for touchdowns and interceptions.

- A. A TD is worth 7 points. However, teams can forfeit the automatic point and attempt to go for 2 points. A 2 point try is from the 10-yard line. If successful, a total of 8 points will be awarded for the TD. If unsuccessful, teams will be awarded 6 points for the TD.
- B. Interceptions are worth 2 points and the intercepting team takes control of the ball on offense.
- C. If a game ends in a tie during the regular season, the game ends in a tie.
- D. If a game ends in a tie during the playoffs, the following overtime rules are used. The team that scored last will be given the choice between playing offense or defense first. Each team will be given a single play from the 40-yard line. The team that gains the most yards on a completed pass wins. If neither team completes a pass, overtime continues.
- E. In the event of a forfeit, the score will be recorded as 13-0.