

# LAYAC

Lake Area Youth Athletic Conference

## 2016 Flag and 7 on 7 Football Rules

1. 5 On 5 Flag- Suggested no more than 10 players per team.
2. Field Size- Width-26 yards (1/2 of the width of a football field). Length 40 yards.
3. One end zone- The offense always starts at the 40 yard line.
4. This design would allow 4 games to be played in 1 football stadium at the same time if necessary.
5. Mandatory mouth pieces for all age groups.
6. Footballs - Grades 1-4 K2 Grades 5-8 TDY - Game balls provided by the league.

## FLAG

If the flag falls out while the player is running with the ball, the play is down.  
If the flag falls out and the player catches the ball, the play is down where he catches it.

Must Pull Flag/No Flag Guarding

When flag is pulled, defensive player should immediately hold flag above head.

TIME: ALL Games 40 Minutes in Length 35 minute running Game Clock. Last 5 Minutes by Referee of each game and can be stopped with Timeout(s). Last 5 minutes the clock will stop only after touchdowns and will not start back up until the ball is set at the 40 for the new series to begin. Clock will also stop for timeouts, interceptions, and by the referees.

Clock will also stop on penalties during the last 5 minutes a  
25 Second Play Clock after Ball Spotted

TIMEOUTS: 2 per game 1 Minute each \*Last 5 minutes clock will stop INJURY:

Ref can add time to game if injury stoppage occurs

BLOOD: Player/Blood removed open cuts must be covered to return SUBS:  
May substitute freely

COACHES: 3 Per Sideline 1 per Team on Field/Huddle No Headphones Allowed Prior to the snap, the coaches on the field must be 5 yards behind the deepest player on their side of the ball.... 5 yard penalty from previous spot and loss of down.

2nd infraction by coach on the field, he will be required to leave the field for the remainder of that game.

VIDEO: NO taping of games

Play Begins: 40yd Line

4 Downs to Reach 20yd Line for a 1" down

4 Downs to Score when reach 20yd

RULES: Ball Must be Center Snapped

No Blocking, Tackling, NO contact

Center Snap each play AND is Eligible Running Plays Allowed

QB is the person that receives the center exchange QB

cannot Run unless Rushed from Defense Defender(s)

can Rush-Must be 7yd from LOS at Snap and spotted by the Ref.

QB can hand off to another player (except within the 5 yard line) and run or throw the ball.

7 Seconds QB to Throw Ball-Ref Count Aloud

When Reach 5yd Line or closer-MUST Pass Ball(NO RUN ZONE)

Scoring:

TD=6 Pis \*EP 5yd=1pt(pass only) 10yd=2pt \* Run or Pass Interception= 3

Pis/Possession @ INT

No points for extra point Interception

### **Offense Penalties**-\*10 yd penalty and Loss of Down

Running Back with the ball must avoid contact with defenders. Cannot run straight *over* defender. If defender has position, must run around him(This would be considered initiating contact by the RB)-10 yard penalty and loss of down

\*Blocking/Holding/Pass Interference-10 yard penalty from the spot of the foul and loss of down

(Blocking/Shielding) - There can NOT be a player from the same team as the player running the with the ball, running beside him, parallel to him, at the same angle as him, or in any way prevent a defender the opportunity to approach the player with the ball.

\*Delay of Game 25 second play clock Illegal

Motion- 5 yds only from LOS

Flag guarding 5 yard penalty from spot of foul and loss of down.

### **Defensive Penalties**-10yd Penalty from LOS Tackling/Holding/Pass

Interference/Illegal rushing Delay of Game Offsides- 5yds from LOS

Inside 10yd Line-Pass Interference Ball @ 2yd Line

Prior to the snap, the coaches on the field must be 5 yards behind the deepest player on their side of the ball.... 5 yard penalty.

### **Scoring:**

TD=6 Pts \*EP 10yd=1pt 15yd=2pt

Interception= 3 Pts & Possession at 40yd No

points for extra point Interception

**Overtime:** Flip Coin/Ball on 20 -4 Downs Each team

has a possession

**Ejection**-Flagrant Contact Violation(s) Flagrant Unsportsmanlike conduct/Arguing

/ Profanity WILL NOT BE TOLERATED! **Coaches  
Code of Conduct-Mandatory**

**All coaches must read and sign the rules prior  
to first game.**

All other rules are same as NCHSAA EX: 1 foot in  
play, no "uncatchable" pass on Interference Call,  
Player w/Ball Falls down Without being  
Flag Pulled is down at spot