



Official Centex Sports Rules



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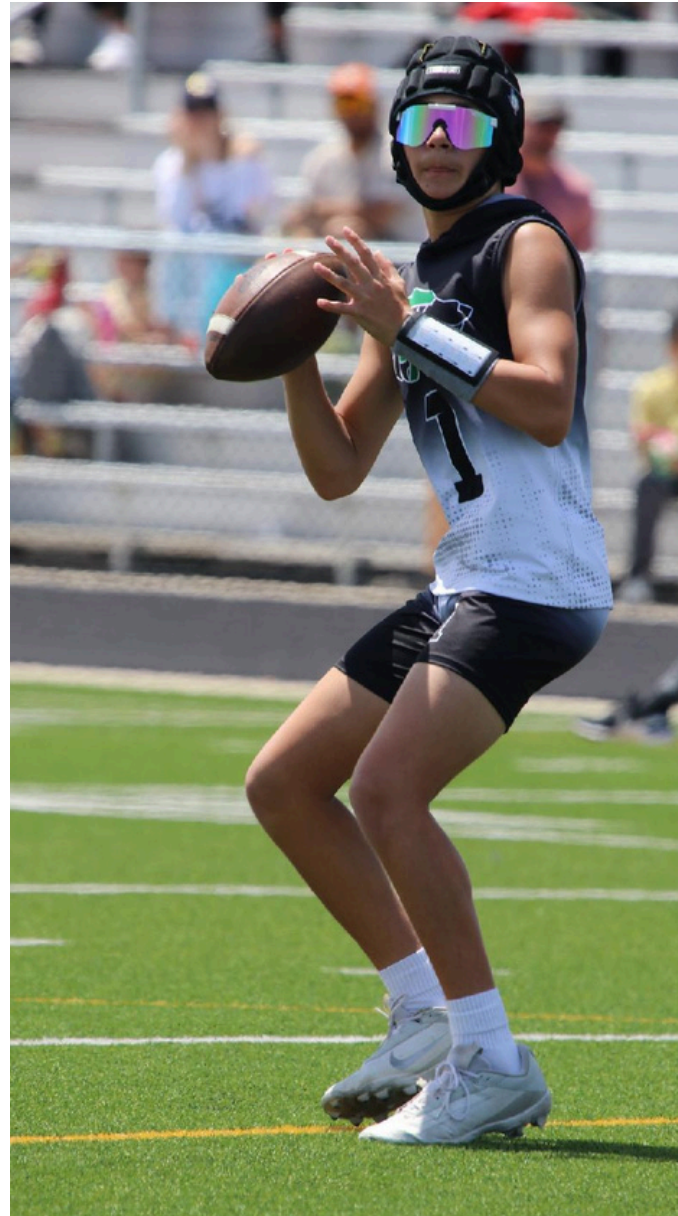
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Centex Sports 7on7 League Rules

I. Field Dimensions

- Field Length-- 45 Yards
- Field Width-- 160 feet (60 feet to hash mark, 45 between)
- End Zone-- 10 yards deep

II. Player Equipment

- T-shirts, compression shirts, or basketball type sleeveless shirts are the only choices of acceptable jerseys. No player will be allowed to participate without a shirt.
- A cap-style soft shell helmet is required and must be worn properly and fully fastened. No player will be allowed to participate without a fully fastened, properly worn cap-style soft shell helmet.
- **A mouthpiece is mandatory.**

III. Ball Size

- **8U– 12U : Junior**
- **14U : Youth**
- **HS : Official**



IV. Starting the Game

- Each field will have their own timekeeper. All games will begin and end on this person's instructions. They will also announce the time remaining at the 5, 2, and 1-Minute mark only.
- **There will be no coin flip. The Away Team will start on offense.**

V. Moving the Ball

- Offensive plays must all be forward passes. **(No Run Plays)**
- Field is marked at 15 yard intervals with cones, 1st Downs are at the 30-yard line and 15-yard line. Each Zone will be 3 downs, except when the ball is inside the 15-yard line. Then, the team will have 4 downs to score.
- Possession always begins at the 45-yard line at the right hash mark. Hash mark placement of the ball must be enforced by the officials, in accordance with NCAA rules, once the ball has been advanced.
- Offensive Coach may be in huddle in divisions 10U and below. No coaches on the field in JV or HS Varsity.
- Offense always moves in the same direction of the field.
- All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.
- **No flea flickers, double passes or laterals at any time**



VI. Special Rules

- **Blocking**
 - Rule: No blocking is allowed at any time.
 - Penalty:
 - 5 yards from the line of scrimmage
 - Repeat down
- **Down by Contact**
 - Rule: Receiver/ball carrier is down when touched with one or both hands below the neck.
 - Excessive force (shoving, pushing, striking, etc.) is not allowed.
 - Penalty:
 - 5 yards from the end of the play and automatic first down
 - Ejection if contact is ruled unsportsmanlike or flagrant
- **Fumbles**
 - Rule: All fumbles are dead balls at the spot.
 - Possession: Last team in control retains the ball.
 - Penalty: None (automatic dead ball ruling)
- **Muffed Snap**
 - Rule: A muffed snap is not a fumble or dead ball.
 - The 4.0 second QB clock continues without pause.
 - Penalty: None (clock continues)



VI. Special Rules Continued.

- **Delay of Game**

- Rule:
 - Two delay of game penalties in the same possession = turnover.
 - On an extra point attempt, delay of game = replay down at -5 yards.
- Penalty: 5 yards (repeated violations may cause turnover as noted)

- **QB Time Limit (Pass Clock)**

- Rule: QB has 4.0 seconds to release the ball (5.0 seconds for 8U-10U).
- If the ball is released on time, play continues normally.
- If released late, the play finishes but is returned to the original line of scrimmage with loss of down.
- Penalty: Delay of game (loss of down, ball returns to line of scrimmage)

- **Pass Interference**

- Defensive PI: Spot foul (max 15 yards), automatic first down
- Offensive PI: 15 yards (NCAA rules)
- Other Notes: The only infractions possible when a 4/5-second count is called are holding, PI, or unsportsmanlike acts.

- **Ball Management**

- Rule:
 - Offensive team must retrieve and return the ball to the spot in a timely manner.
 - The center is not an eligible receiver and is responsible for positioning the referee's cone at the line of scrimmage.
- Penalty: Delay of game (5 yards) if ball not returned properly

- **Taunting / Trash Talking**

- Rule: No taunting or trash talk allowed.
- Penalty: 15 yards and possible ejection if flagrant

- **Zone Advancement Requirement**

- Rule: The offense must gain 15 yards in 3 or fewer plays to maintain possession.
- Penalty: Failure results in turnover on downs



VI. Special Rules Continued.

- **Fighting:** The player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected and denied participation in any league play.
- **Offensive Formation:** The offense (wide receivers) must line up outside the tackle box, with one receiver on the line on each side.
- **No Safeties:** There are no safeties. If a ball carrier is tagged behind the 45-yard line, the ball is spotted at the 45-yard line.
- **Shovel Pass:** A shovel pass can be thrown overhand or underhand but must go forward.
- **Helmet Rule:** If a ball carrier's helmet falls off during the play, the play is ruled dead and the ball is spotted where the helmet came off.
- **Pre-Snap Penalties:** Pre-snap penalties result in a replay of the down and -5 yards. If this occurs at the 45-yard line, it is a replay of the down and 5 yards added onto the 1st down.

VII. Scoring

- All TD's are 6pts
- 1 point for PAT from 5 yard line, and 2 point PAT from 10 yard line
- 2 points if a team returns an intercepted PAT back across the 45 yard line
- Interceptions are 2pts, if returned past the 45 yard line are worth 6pts (2pts or 6pts only)
- All scoring is kept by the Head Official, and he shall announce score to each bench after each score.



VIII. Tie Breaker- Overtime (Playoffs Only)

- No overtime in regular season, only used during playoffs.
- Coin Flip to determine first possession
- Teams will alternate 4 down series from the 15 yard line, winner is determined when one team scores and the other does not.
- If a second over time is necessary, teams will now go for 2 point conversion attempts from the 10 yard line.
- If a winner is still not decided, teams will continue 2 point conversion attempts until a winner is decided by one team not scoring.

IX. Time

- Teams will play two 12-minute halves (continuous clock for each half)
- No time outs. (Exception: Injuries. Both games on the field will halt until player(s) can be removed as soon as safety dictates)
- **There are 1 Minute Halftimes**
- **Forfeit will occur after 5 minutes of the 1st half.**
- Injury timeouts may reduce the amount of time between halves and/or between games to maintain the game schedule.

X. Rosters

- Rosters will be capped at 15 players. Special circumstances may apply, but the coach will need to get approval from the league before the start of the season.
- A player **may not** be on the roster of 2 teams in the same division.
- All players must be on the team's roster in SportsEngine.
 - **Roster Checks will be randomly performed during the regular season and performed during playoffs. If a player is not on the roster they will be removed from the field, and the coach will not be able to coach that game.**



CENTEX POLICIES

I. Fighting

- Fighting will not be tolerated.
- If a player throws a punch, he is ejected immediately, and CAN NOT return to play for the remainder of the day. Evaluation will be done to access if player can continue the season. If decision is for said player to not be able to continue the season, no refund will be given.
- If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be ejected from the tournament in its entirety.
- If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game.
- The staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any tournament and they will have to leave the field immediately.
- A referee can assess a 15-yard unsportsmanlike penalty if the coach and/or players do not leave the field in a timely manner.

II. Personnel on Fields

- Only refs and one offensive coach allowed on the field at any time active.
- No defensive coaches allowed on the field.

III. Celebrating

- Only refs and one offensive coach allowed on the field at any time active.
- No defensive coaches allowed on the field.

IV. Incomplete Teams

- If a team is missing a player(s) to have a complete roster, their options are-
- Play with the number of players available
- Ask their opponent if they are willing to decrease the number of players on their team, the opposing team can disagree, they are not required to agree.
- Forfeit the game

