

CQL Spring 7 on 7 Football Rules

Register Online at www.cqlfootball.com

Age Groups & Cost:

9U, 11U and 14U – Age as of 7/31/18. Age groups match fall age groups.

\$20 per player (includes t-shirt and fee for entire spring session) – To be collected by the team to turn in to CQL.

Practice & Game Schedule:

Each team sets their practice schedule.

Tentative Game Schedule – Saturdays – 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19 (Tournament)

Game Rules:

Field

The 7 on 7 game will be played on a 40 yard field (100 yard field split in half) with two 20 minute halves (running clock).

There is a 25 second play clock in between plays.

Offense

All possessions will start on the 40 yard line and the offensive team can achieve only one first down when they reach the 20 yard line. The offense must have a center to snap the ball to the quarterback (under center or shotgun). Only pass plays are allowed and the quarterback only has four seconds to pass the ball. Double passes are allowed as long as the first pass is within four seconds and the second pass must be a forward pass.

The center is eligible to receive a pass. A fumble is considered a dead ball. No blocking or contact is allowed. Offensive receivers not catching the ball must stop when the ball is caught.

Scoring

Touchdown – 6 points

Extra point from 10 yard line – 1 point

Extra point from 15 yard line – 2 points

Interceptions – Dead ball at the point of interception. Intercepting team gets ball at 20 yard line.

Overtime – Each team has a chance to score in each overtime from the 20 yard line until a winner is declared. Max 3 overtimes.

Defense

Tackling or other contact is not allowed. The defensive player must make an effort to pull the flag of the offensive player. The defense can't rush the QB.

Penalties

Offensive penalties include: blocking, pass interference, unnecessary roughness, false start. Penalties will result in a 10 yard loss and loss of down.

Defensive penalties include: pass interference and unnecessary roughness. Penalties result in a 10 yard gain for the offense and an automatic first down.