



Indian Nations

7 v 7

## 2017 LEAGUE RULES

UPDATED 2.8.17

1. Team Composition
  - 1.1. Minimum: 10 players per team
  - 1.2. Maximum: 16 players per team
2. Team territorial or recruiting boundaries: None
3. Registration & Fees (Coach, Team & Player):
  - 3.1. Registration for all coaches and players will be online.
    - 3.1.1. Players must register online
    - 3.1.2. Assistant coaches must register online
    - 3.1.3. Head Coaches must register and pay team fee's online
  - 3.2. Team fees are set at \$675.00
  - 3.3. Teams must submit on paper, a team entry form listing player information supplied by INFC.
4. Gate Fees: None during league play
5. Team practices: No more than 1 practice per week
6. League Play:
  - 6.1. 5-week regular season scheduled play beginning April 9<sup>th</sup>, 2017.
  - 6.2. 2 games played per week.
  - 6.3. Games scheduled for Sunday afternoons @ Nienhuis Park in Broken Arrow (due to field availability and weather; dates, times and locations are subject to change)
  - 6.4. Team and/or individual awards received for regular season champion per grade level
7. Post-Season Play: Tentative Tournament scheduled for May.
8. Grade based league – 2016/2017 calendar year students
  - 8.1. Current 4<sup>th</sup> graders with INFC age limits
  - 8.2. Current 5<sup>th</sup> graders with INFC age limits
  - 8.3. Current 6<sup>th</sup> graders with INFC age limits

- 8.4. Current 7<sup>th</sup> graders with INFC age limits
9. Weight Limits: None (Stripers are allowed & welcomed).
10. Equipment:
- 10.1. Each team must provide an INFC sanctioned leather or composite football.
    - 10.1.1. 4<sup>th</sup> & 5<sup>th</sup> grade teams: pee wee or junior size football
    - 10.1.2. 6<sup>th</sup> and 7<sup>th</sup> grade teams: junior or youth size football
  - 10.2. Mouth Pieces: All players are required to have and use during play
  - 10.3. Cleats: Only screw in or molded rubber style cleats are allowed. Metal or Baseball style cleats are not permitted for play.
11. Uniforms:
- 11.1. Teams must maintain uniformity throughout the team.
  - 11.2. 2 jerseys or t-shirts in opposing colors (one colored, one white) are required with no less than a visible 6-inch number on the back. Reversible uniforms are acceptable.
  - 11.3. In the event colors of each team are similar, the visiting team will be required to change.
12. Coaching:
- 12.1. Offensive coaches must maintain a 10-yard buffer from the line of scrimmage (behind the offense) at the snap of the ball.
  - 12.2. Defensive coaches must be on the sidelines and may not be on the field of play once the ball is snapped.
13. Volunteers:
- 13.1. Each team is required to furnish one volunteer each week per game.
  - 13.2. Volunteers must check in with the game official before the game.
14. Starting the game:
- 14.1. A designated captain from each team will meet for an official coin toss. The winner of the coin toss will claim Offensive possession either the first half or second half of the game.
15. Game times and clock:
- 15.1. 2 halves per game, each with a 15 minute running clock
  - 15.2. 5-minute half time
  - 15.3. Game clock will stop only for following reasons:
    - 15.3.1. Serious injuries to players, coaches or officials which effect play
    - 15.3.2. Reasons deemed necessary by the official
    - 15.3.3. Coaching time outs are not permitted
16. Game Rules
- 16.1. Play begins at the 40 yard line
  - 16.2. Offense receives four attempts to advance past the 20-yard line for a 1<sup>st</sup> down. After advancing past the 20-yard line, the offense then has 4 attempts to score. Carryover of downs will not be permitted.
  - 16.3. Scoring:
    - 16.3.1. Touchdown: 6 points
    - 16.3.2. Point after attempt (PAT):

- 16.3.2.1. Automatic 1-point from the 5 yard line
- 16.3.2.2. Automatic 2-points from the 10 yard line
- 16.3.3. 2 points are rewarded for a defensive interception (including PAT attempts). No runbacks, i.e. dead ball upon interception.
- 16.4. Possession changes after:
  - 16.4.1. Touchdown/extra point attempt
  - 16.4.2. Failure to make a first down
  - 16.4.3. An offensive possession turnover
- 16.5. Teams must maintain no less than three (3) players on the line of scrimmage (one on left side, the center and one on the right side).
- 16.6. Eligible receivers must line up outside 4 yards to either side of the center.
- 16.7. Player motion before and during the snap of the ball:
  - 16.7.1. Only one (1) player in motion at the time of the snap
  - 16.7.2. Players in motion must be moving parallel to or away from the line of scrimmage
  - 16.7.3. All players must be set before any player goes into motion.
- 16.8. No running plays allowed and no laterals after a pass reception.
- 16.9. No laterals beyond the line of scrimmage.
- 16.10. No laterals behind the line of scrimmage (No Double Passes).
- 16.11. No shovel passes.
- 16.12. Bubble Passes are approved so that it is a forward pass.
- 16.13. One hand touch by defender (anywhere on the body) is considered a tackle.
- 16.14. Ball is ruled dead when it hits the ground (team keeps ball).
- 16.15. After a catch, there will be no downfield blocking.
- 16.16. Each team must utilize a center to snap the ball to the QB. The QB will have 4 seconds for the ball to leave his hand. If the ball leaves after 5 seconds, it cannot be completed to an offensive player, but it may be intercepted.
- 16.17. Teams will have 25 seconds from the officials' spot of the ball to begin the next play. Failure to do so will result in loss of down.
- 16.18. Offense: 7 on the field with the center and quarterback being ineligible receivers.
- 16.19. Defense: 7 defenders on the field.
- 16.20. No Defensive rushing will be allowed.
- 17. BALL CARRIER INADVERTENTLY FALLS TO THE GROUND – A ball carrier who falls to the ground is considered down and will not be allowed to get back up to play.
- 18. FUMBLES – There are no fumbles. When the ball carriers loses control of the ball and the ball or the ball carrier touch the ground the play is ruled dead and the ball will be spot at the point it touched the ground as long as the spot is at or behind the ball carriers forward progress.
- 19. BAD SNAP FROM CENTER – A center snap that falls and touches the ground will be ruled live and the 4-second rule will be in effect.
- 20. OFFENSIVE & DEFENSIVE PENALTIES

- 20.1. ENCROACHMENT/OFFSIDES – A player will be considered offside when he/she breaks the 2-yard neutral zone at the line of scrimmage. The penalty will be 5 yards and replay down.
- 20.2. ROUGHING – When the offensive or defensive players makes contact with a player in a manner that is aggressive or that is not deemed as an attempt to legally touch, this will be considered roughing.
  - 20.2.1. Offensive Roughing: penalty will be 10 yards and loss of down.
  - 20.2.2. Defensive Roughing: penalty will be 10 yards and an automatic first down.
- 21. Pass Interference:
  - 21.1. Defensive:
    - 21.1.1. Outside 10-yard line infraction: 10-yards and replay of down.
    - 21.1.2. Inside 10-yard line infraction: ½ distance to the goal.
    - 21.1.3. End Zone infraction: spot of ball at 1-yard line and replay of down.
  - 21.2. Offensive:
    - 21.2.1. 5-yards and loss of down (teams may not surpass the 40-yard line).
- 22. Offensive blocking/shielding downfield: 10-yards from the spot of the foul
- 23. Defensive holding: 5-yards and automatic first down.
- 24. Overtime:
  - 24.1. League Play – no overtime.
  - 24.2. Tournament Play – TBD
- 25. Unnecessary roughness, fighting and/or unsportsmanlike conduct – ZERO TOLERANCE:
  - 25.1. Fighting, taunting and all other unsportsmanlike conduct will not be tolerated. Coaches and players ejected for striking an opponent or official can face criminal charges.
  - 25.2. All suspensions for unsportsmanlike conduct will carry over to the next game.
  - 25.3. First infraction: 10-yards and verbal warning.
  - 25.4. Second infraction: 10-yards, player/coach ejection & suspension of following game.
- 26. The commission will be empowered to remove permanently any player, coach or observer they so deem necessary.
- 27. The Commissioner and or Commission will have the authority to make a final ruling or change a rule on any disputed situation.