

Football 'N' America (FNA) 7 v 7 is a non-contact, one-hand touch football league for boys and girls from grades 7-10. FNA is modified from traditional American Football, providing a safe, positive, and family-friendly environment. Each game is filled with fun, fast-paced play while teaching the basic skills of America's game.

## GAME PLAY

A coin toss at midfield determines first possession.
The ball may be snapped between the legs or at the side of an ineligible player to start play. The quarterback and five remaining players are eligible. The center is not eligible and must stay in position.
The offensive team's possession will start with 3 downs at the 40-yard line. There are two 1st down markers, one located at the 25-yard line and one at the 10-yard line. Once a 1st down marker is crossed the team will receive a new set of 3 downs to reach the next marker. There are no 4 <sup>th</sup> downs; failure to reach a first down after 3 downs results in a turnover on downs.
Regardless of the result of the previous drive (touchdown, turnover on downs, or interception), each offensive possession will start at the 40-yard line going in.
Once a team crosses the 10 yard line, it has 3 downs to score a touchdown. Failure to score results in a turnover on downs.
An interception results in a change of possession and 3 points for the defense (no points for an interception on PAT or in overtime). The play is dead once the ball is intercepted.
Possession in the 2 <sup>nd</sup> half belongs to the team that began the game on defense.
No rushing of the quarterback. Defenders can only cross the line of scrimmage in the event the ball is passed behind the line of scrimmage or the ball is handed or pitched to the running back.

## ROSTERS

Most teams consist of 8-14 players with 7 on the field. Teams must field a minimum of 6 players to play a recorded game. ONLY registered players are allowed to play for their own team. Any coach using a fill-in player not from the team roster will forfeit the game in which they were used. If occurring during the playoffs, the team is immediately disqualified from post-season play.

## COACHING

Coaches are not permitted on the field of play and must coach from the sideline.

## TIMING

2 Halves	20 minutes each
Halftime	5 minutes
Timeouts	1 timeout per team, per half. Timeouts do <u>NOT</u> carry over to 2nd half if unused in 1 <sup>st</sup> half
Play Clock	25 seconds to snap ball once spotted by referee (teams <u>may</u> receive one warning before a delay of game penalty is enforced)
Game Clock Stoppage	With the exception of a timeout, the game clock will only be stopped during the final minute of each half, under the following scenarios: <ul style="list-style-type: none"> <li>- Incomplete passes</li> <li>- A ball carrier steps out of bounds</li> <li>- First downs</li> <li>- Change of possession</li> <li>- Penalties (unless declined)</li> </ul>

## SCORING

Touchdown	6 Points
Extra Point (5-yard line)	1 Point
Extra Point (10-yard line)	2 Points
Interception	3 Points (Not on PATs or during overtime)
Turnover on downs	2 points (For defense, Not during overtime)

## OVERTIME

If the score is tied at the end of 40 minutes, there will be NO overtime in regular season games. During the playoffs, overtime will be handled as follows:

A coin toss determines possession
Each offense is given 3 downs starting at the 10-yard line. One complete overtime period is defined as each offense having had one opportunity to score.
To the extent an offense converts their opportunity into a touchdown, they will then attempt an extra point from the 10-yard line. (Exception: If the first team does not score and the second team does, the game ends. The second team will not attempt an extra point.)
Whichever team is leading (including any extra points) after each team's offense has had its opportunity, is the winner.
If both teams are tied after the first OT, the process above repeats one more time with first possession of the ball alternating between teams.
If after two complete OTs the game remains tied, each offense is given 1 down starting at the 5-yard line. If neither team is able to score, the process is repeated until there is a winner. The first possession alternates with each OT period. There are no extra points during this period
If at any time during OT the ball is intercepted, it will result in a change of possession. There are no points for an interception or turnover on downs in overtime.

## PASSING

Pre-Snap Alignment: <ul style="list-style-type: none"> <li>- No more than one player on the offense may line up within 3 yards of the center, except for the quarterback.</li> <li>- There must be 2 yards between each receiver.</li> <li>- There must be a receiver on the line of scrimmage on both sides of the center.</li> <li>- All other eligible players must be at least 1 yard behind the LOS in the receiver or running back position</li> </ul>
The QB has a four-second "pass clock". If the QB does not get rid of the ball within the four seconds, the play is dead with a loss of down.
Interceptions are a dead ball, and result in 3 points for the defense. (No points for interception in overtime)
Passes may be thrown behind the line of scrimmage but the receiver must advance the ball past the line of scrimmage or the play will be treated like a sack and the ball will be placed back at the line of scrimmage from the previous play. There are no double passes permitted.
A fumbled snapped may be picked up by the QB and thrown. Must be thrown in 4 seconds from time of the snap

## RECEIVING

All players are eligible to receive passes except for the center, who is an ineligible player and counts toward the 7 offensive players. As in the NFL, only one player is allowed in motion at a time. A player must have at least one foot inbounds when making a reception. This one foot must be touching the ground inbounds prior to another part of the body touching the ground out of bounds. Receivers are permitted to dive to catch a forward pass.

## OFFENSIVE RUSHING

The quarterback cannot run with the ball
Hand-offs, laterals and pitches are allowed as per NFL rules.
“Center sneaks” are not permitted as the Center is not an eligible receiver.
The player who takes the hand-off, lateral or pitch must attempt to advance the ball and is not permitted to throw the ball from behind the line of scrimmage.
A forward lateral or pass in the backfield is considered a running play. The ball must cross the line of scrimmage in the air to be considered a forward pass.
Once the ball has been handed off, lateraled, or pitched, all defensive players are eligible to cross the line of scrimmage and pursue the ball carrier.
Spinning and jumping are permitted.
No DIVING. 5-yard penalty will be enforced from the spot of the dive. Note, receivers are permitted to dive for passes that cross the line of scrim
The ball is spotted where the ball is when the player is touched.
Player running with the ball must make an effort to avoid running through or initiating contact on the defensive player. Depending on the severity of the offense, an unsportsmanlike conduct penalty may be assessed.
No double hand-offs
Runs are not permitted on any 3 <sup>rd</sup> down or at/inside the 10 yard line

## DEAD BALLS

The play is ruled dead when...

A defender touches a ball carrier with at least one hand
A ball carrier steps out of bounds
A ball carrier's knee hits the ground
A touchdown is scored
The ball hits the ground as a result of a “fumble”. Note this does not include the Center to Quarterback exchange

## PENALTIES (ALL PENALTIES CAN BE DECLINED)

All penalties will be called by the referee. The referees have to make difficult judgement calls at times. Referees determine incidental contact that may result from normal run of play. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines it. If a defensive penalty defined as “repeat down” results in the ball moving across a 1<sup>st</sup> down line, the offense will receive a 1<sup>st</sup> down. Regardless of penalties called on the field, crossing the 25 yard line and 10 yard line will result in a first down. In the event of an offensive penalty that moves the ball behind a 1<sup>st</sup> down marker, re-crossing a marker will not result in a new set of downs. Offensive penalties that take place when the offense has possession on the 40 yard line will not result in a loss of yardage (the 40 yard line is the boundary of play).

### **DEFENSIVE PENALTIES:**

Offsides	5 yard penalty, repeat down
Pass Interference	5 yard penalty, automatic first down
Holding	5 yard penalty, automatic first down

## DEFENSIVE PENALTIES (CONT.)

Personal Foul: (Contact with QB or above the shoulders on any player, taunting, etc)	Automatic first down, and a loss of 10 yards (possible ejection)
Unsportsmanlike Conduct	Automatic first down, and a loss of 10 yards (possible ejection)
No diving, leaving feet to make a touch	5 yard penalty from spot of the foul

## OFFENSIVE PENALTIES:

Illegal Motion: (false start, more than one player in motion)	5 yard penalty, repeat down
Illegal Forward Pass: (pass thrown from beyond line of scrimmage)	5 yard penalty, loss of down
Offensive Pass Interference: (illegal pick play, pushing off from/away defender)	5 yard penalty, loss of down
Delay of Game	Loss of down
Blocking: (offensive player intentionally blocks a defender)	5 yards penalty, loss of down
Charging: (not making an attempt to avoid the defender, thus causing contact)	5 yards from the spot of the foul and loss of down
Pass Clock Violation: (QB not getting rid of ball in 4 seconds)	Results in a sack
Personal Foul: (Contact above the shoulders on any player, taunting, etc)	Automatic first down, and a loss of 10 yards (possible ejection)
Unsportsmanlike Conduct	Automatic first down, and a loss of 10 yards (possible ejection)

## SPORTSMANSHIP

If the field Referee or Commissioner witnesses any acts of tackling, elbowing, cheap shots, blocking or ANY unsportsmanlike act, the game will be stopped, and the player/coach or fan may be ejected from the game.

### **\*\*FOUL PLAY OR UNSPORTSMANLIKE CONDUCT BY ANYONE WILL NOT BE TOLERATED!!\*\***

Officials have the right to determine what constitutes offensive language. Offensive language towards officials, opposing players, teams or spectators is not acceptable in this league. If this occurs, the referee may give one warning and if it continues, the player(s), coach(es) and/or fan(s) will be subject to ejection from the field and premises. The game will not continue until the ejected party has left the premises. If they do not leave, the referee will forfeit the game immediately and award the Win to the opposing team.

Anyone ejected from a game (player, coach, fan), for any reason, will not be allowed on the premises for the next game. If they are ejected a 2<sup>nd</sup> time during the season, they will be banned from the remainder of the season and are subject to dismissal from the league. In such a scenario, NO REFUND will be issued.

## STANDINGS

Official league standings and playoff seedings are determined based on the following:

- 1) Win/Loss Winning PCT (All games are included)
- 2) Head-to-Head
- 3) Average Points Allowed per game
- 4) Coin Toss

## UNIFORM CODE

Cleats are allowed, except for metal spikes. Inspections will be made at midfield prior to each game. **For the safety of our players, all players must wear a protective mouthpiece: no exceptions!! Players without mouthpieces are not permitted to participate in either games or practices.**

Official league team jerseys and must be worn during play. Shorts must be of a solid color. **No pockets are allowed on the shorts.** FNA commissioners and/or referees will determine if there are any uniform violations. Players deemed in violation of the uniform code are not permitted to play.