



Philosophy & Rules

NCA Sports 7 on 7 PHILOSOPHY

The NCA Sports 7 on 7 leagues are for the players. Kids need to enjoy the sport to want to improve. The key focus is FUN & GROWTH! This is an opportunity to develop football skills in a fun & competitive environment. We encourage healthy competition in which kids play hard and play to win but not at the expense of belittling opponents, yelling at officials or displaying poor sportsmanship. This is a zero tolerance league and we ask that players, parents, & coaches conduct themselves appropriately and exhibit good sportsmanship.

PARENTS/GUARDIANS

- ❖ No profanity, arguing, or fighting with refs, coaches, parents, and/or officials. If this rule is violated you and your athlete will be removed from the facility and might not be able to join the league again. TREAT EVERYONE WITH RESPECT & PUT THE CHILDREN FIRST!

- ❖ All players need completed liability waivers signed by a parent/guardian to participate. If short players, teams may bring subs. Subs are required to have a completed liability waiver.

- ❖ Take the time to THANK A REF or staff member who did a great job.
- ❖ PLEASE Help to keep the facility clean. Please pick up garbage and water bottles at the end of your games.

COACHES CONDUCT

- ❖ Respect other coaches, athletes, and refs!
- ❖ Don't argue with refs, approach them in a respectable manner. If you have any conflicts with a ref please contact us and **WE WILL HANDLE THE CONFLICT.**
- ❖ Don't argue with parents, approach them in a respectable manner. You are in charge of your sideline. A failure to do so will result in an automatic loss or end of game for your team. If you have any conflicts with a parent please contact us and **WE WILL HANDLE THE CONFLICT.**
- ❖ We **love** and **appreciate** everything you do for our youth and our league! Let us handle conflict so that you can focus on making your athletes the best they can be and doing what you love the most!
- ❖ Coaches need to have a **physical or digital** copy of their players **birth certificate and current report card** or school ID for every game.
- ❖ Coaches will also need to send a digital copy to Coach Crossley of their roster, (9-14 players), player birth certificates, and report cards or school ID's.
- ❖ Coaches will need to bring their own game balls. The sizes will be the following.

- 2nd-3rd: Pee-Wee
- 4th-5th: Junior
- 6th-7th: Youth
- 8th-11th: Official

PLAYER CONDUCT

- ❖ No swearing, taunting or inappropriate verbal or physical behavior. Unsportsmanlike play may result in: 1) Warning; 2) Sitting out (ref discretion); or 3) ejection from the game or league.
- ❖ If unnecessary fouls occur, the ref may impose a "unsportsmanlike foul"
- ❖ League shirts should be worn. Teams may wear matching uniforms.
- ❖ Players will demonstrate good sportsmanship and shake hands with their opponents after the game.

GAME PLAY

1. Field Dimensions

- A. Field Length--40 yards long
- B. Field Width--160 feet (60 feet to hash mark, 40 feet between)
- C. End Zone--10 yards deep

2. Player Equipment

A. All teams will have at least one jersey with player's number on the front and/or back. Jerseys need to be the same color with the exception of the QB.

B. No football jerseys of any type shall be worn. 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.

C. A mouthpiece is required. No player will be allowed to participate without a mouthpiece.

D. 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.

E. A cap-style soft shell helmet is defined as:

1. Must have a Virginia Tech rating of 4 star or higher. Search "Virginia Tech Soft Shell Helmet Ratings. You may also try this link:

<https://www.helmet.beam.vt.edu/flag-football-headgear-ratings.html>

2. Must have no metal components.

3. Must have no hard-plastic component parts.

4. Must have no sharp or hard edges and/or anything that could cause harm to another player.

5. Must have a fully functional retention system or chin strap.

6. The helmet manufacturer must carry a combined General Liability/Excess Liability insurance policy on their soft shell helmets

3. Starting the game

A. A central timekeeper will be designated. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10, 5, and 2 minute mark.

B. Visitors will have first possession and wear white (top team in bracket or first team listed will be the visitor). The home team will have first possession the 2nd half and wear a dark color (bottom team in bracket or 2nd team listed will be the home team).

C. Teams will wear their team colors and uniforms

D. Ball is always placed in the middle of the field at the 40 yard line.

E. Referee will announce/post score before each offensive possession begins.

4. Moving the ball

A. Offensive Plays Must All Be Passes in front of the line of scrimmage! (No Run plays or Kicking/Punting) The ball must be thrown or tossed ahead of the line of scrimmage.

B. Field is marked at 15 yard intervals with cones, 2 first downs. (25 & 10 Yard)

C. Possession always begins at the 40 yard line in the middle of the field.

D. No penalty will be assessed in excess of the 40 yd line. On an unsuccessful or successful offensive play from the 40 yard line

resulting in an offensive penalty: The ball will be returned to the 40 yard line and THE NEXT SUCCEEDING PLAY WILL BE FORFEITED. I.e. 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.

E. Offenses always move in the same direction

F. No "Double Passes" are allowed.

G. No safeties .

5. Special Rules

A. No blocking. Wrs have to stop or take a knee once the ball is caught.

B. Receiver/Ball carrier is legally down when touched with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).

C. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is a fumble/dead ball. The 4.0 second count remains in effect on snaps.

D. Two delay of game penalties in the same possession results in a turnover.

E. Any offensive penalty on the extra point try results in a turnover.

F. The QB is allowed 4.0 seconds to throw the ball for 6th graders and up. (5 seconds for 2nd - 5th graders). The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as

soon as the QB releases the ball. THE BALL HAS TO BE OUT OF THE QB'S HAND BEFORE 4.0 SECONDS. If not it results in a dead play.

1. If release is under 4.0 seconds, the play goes on.

2. If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official or coach from a team that is not playing)

G. Defensive Pass Interference is the same as NCAA rules. (automatic 1st down & spot foul up to 15 yds)

H. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping, or grabbing. These actions will result in a 5 yd. penalty and an automatic 1st down.

I. Offensive pass interference is the same as NCAA rules. (15 yard penalty)

J. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.

K. The offensive center is an eligible receiver (teams must have a center). The ball must be snapped from the ground between the snapper's legs or on a knee.

L. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line. (centers on both teams responsible).

M. No taunting or "trash talking". (5 yard penalty & expulsion if flagrant). Celebrations on the sidelines after are fine.

N. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking).

O. Fighting: the player(s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any/all **NCA** tournaments/leagues! Throwing a punch will be disqualification for that NCAT.

P. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 40 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.

Q. There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extends 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

R. Offense of players without the ball will need to stop moving once the ball is caught by their teammates. They can't block for their teammates or run down field to "set picks"

6. Scoring

A. 6 points for TD

B. 1 point for PAT from 3 yard line, 2 point PAT from 6 yard line, 3 Point PAT from 10 yard line

C. 2 points for defense stop

D. 3 points for INT

E. Official score is kept by the field referee and game manager.

7. Tie Breaker

A. After a coin flip to determine first possession, teams will alternate 3 down series from the 15 yard line.

B. A winner is determined when one team scores during its possession and the other does not. (Federation rules).

C. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

8. Time

A. teams will play 2 24 minute games.

B. Half-time is 1 minute long

C. Each team has 2 30 second timeouts. During Injuries the current games will halt until player(s) can be removed as soon as safety dictates).

D. Approximately 5 minutes between games - games should start every 35 minutes in NCA League play.

E. 7 on 7 tournaments require that all games start/end at the same time.

F. Teams must be on site and ready to play 15-30 minutes before when scheduled.

G. If a team(s) are late and can not start when the tournament/games officially starts, they will begin play with whatever time is left on the

tournament clock – not to exceed 10 minutes of the game. They will also be down 3 points at the start of the game.

H. Forfeit will occur after 10 minutes of the 1st half.

I. Injury time outs may reduce the amount of time in games and/or between games to maintain the game schedules.

9. Secondary Coverages

A. Coverage will be the choice of each participating team.

10. Squad Members/Tournament Fees (Tournaments are separate from League Play, its not the playoffs)

A. Players: Maximum of 14 players per team. This rule will be strictly enforced in all Tournaments/League play! Teams that don't have 14 players can have up to 4 alternates until they get to 14 players.

B. League fees (Regular Season & Playoffs):

1. 2nd-11th grades: \$89 per player for 9 player roster or \$58 per player for 14 player roster. (\$800 Per Team)

C. Tournament Fees (Not apart of league play):

1. There will be a flat fee of \$400 per team (must be paid online before arrival). This is regardless of the minimum number of players (9 player min.) on the roster. Maximum roster size is 14 players.

11. Officials

- A. 2/3 - Referee; Field Judge; Back Judge (Playoffs)
- B. Timekeeper: A designated official will keep the 4 second clock.
- C. May use 2 officials in NCAT play.

12. Coaches

- A. Each team must have a coach accompany it to any/all events to serve as an administrator on duty for their particular team(s). This individual is responsible for the actions of those representing his team.
- B. All team coaches will wear an identifying tag for clarification purposes. A team may not have more than six (6) coaches on the sideline.
- C. There can be only 1 coach on the field for offense during play.

14. Team Area

- A. No team shall have additional athletes on the sideline or in the team tent partially dressed in a team uniform. (exceeding the maximum of 14 that are listed on the roster)
- B. The Team Zone will be an area on the sideline where only team members may be during game play. This will be the area from the 15 yard line to the 30 yard line. Players and coaches may not be out of the Team Zone during game time.

16. League/Tournament Tiebreaker

A. Head-to-Head, Points Scored, Points Allowed will determine the winners or teams to advance.

B. In a three way tie, only the scores of games between teams in the tie will be counted. Once a winner has been declared, the remaining two teams will revert back to head-to-head to break the remaining tie.

C. The team forfeiting or the team that has qualified will not count in the tiebreaker scenario when determining head to head, points scored or points allowed.

17. Fan Seating

A. Fans MUST sit behind their team when they are playing. However, after the contest, they must relinquish their position to the fans of the team scheduled to play.

B. Fans may not sit behind someone else's team during a contest.

18. Event preparation:

A. Teams can practice the moment they pay their team fees.

B. Coaches determine practice days, times, & locations.

C. Coaches will decide when/where they practice