



# WAYA-7 on 7 Youth Football League-2021



**When:** Tuesday Evenings, 6:00-7:00  
During: August, September, & October

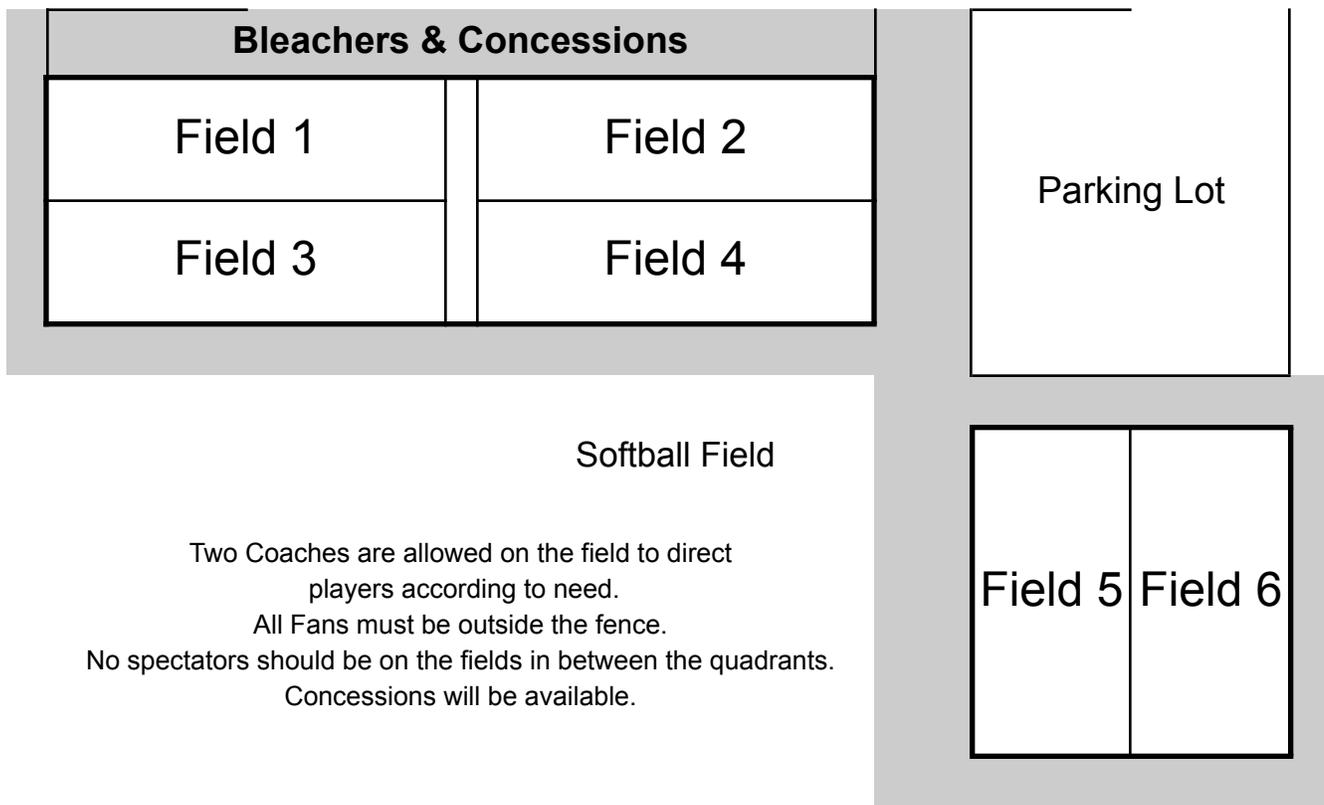
**League Description:** The 7-on-7 WAYA Flag Football League is a semi-competitive league focused on having younger athletes learning some of the basic football fundamentals. The WAYA Football League will be working with Committee Recreational Departments, so all players have the opportunity to play through an open enrollment policy through their committee. The league will be officiated by high school football players. Coaches will be able to be on the field with the players working with their athletes. We will set up 4 quadrants on the high school game field and 2 quadrants on the practice field by the softball field with the dimensions approximately 25yd x 40 yds, and fields will share the center sideline. Teams will always be starting on the 40 yard line and going into the endzone.

Colored pinnies will be available if needed and plunger belts each week. These will be returned after each game to help keep league cost as low as possible. On game days, we will run a 1 hour game with no practices. Teams should schedule practice times outside of the game night to work on fundamental skills and league rules. Depending on the number of teams that sign up, will determine the game schedule.

**Where:** Whitehall High School Game Field

**Divisions:** 3rd - 4th Grade Division  
5th - 6th Grade Division

**Cost per Player:** \$150.00 per Team. The number of players per team is up to the school. Schools can enter more than one team per division. The league will be capped at 14 teams for the year.



## **Whitehall Flag Football Rules 2021**

### **Eligibility and Rosters**

1. Boys and girls currently in 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade are eligible to participate. Players must participate on a team that matches their current grade level in school. Exceptions must be approved by the WAYA flag football board.
2. There is no limit to the number of players that may be on a roster, but only 7 will play at any given time.
3. **A player is only allowed to play Quarterback for one half of the game, which means every team at minimum will need at least two Quarterbacks.**
4. **WAYA strongly encourages all Rec Departments to talk to their coaches about players receiving adequate playing time in each game.**

## Equipment

1. The league provides each player with a flag belt and pinnies if needed. Belts and pinnies will be distributed before each game and must be returned after each game.
2. Players must wear shoes. Football cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
3. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
4. **Players' flag belts must be worn over the jersey if the jersey hangs down below the belt line. The entire flag belt and flags must be exposed.**

## Field

1. The field dimensions are approximately 40 yards long by 25 yards wide, a 10-yard end zone on one end, and a one first down line at the 20 yard line. **No-Run Zones precede the first down line-to-gain by 5 yards AND the END ZONE.**
2. **No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before a first down and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays beyond the line of scrimmage, even with a handoff.**

## Coaches

1. TWO (2) Coaches are allowed on the field to direct players according to need. When a team is on defense, Coaches should make every effort to stay out of the action. When a team is on offense, Coaches may remain on the field, 5 yards behind the offense. Coaches may huddle with the offense and may use a playbook to assist them. Coaches are expected to avoid all interference with play. **In the event a coach inadvertently effects play, the play will be called dead and the ball will be placed at the spot of interference with no loss of down.**
2. Coaches will respect the calls of the referee(s). Any rude or belligerent behavior towards our referees will not be tolerated. If such behavior is observed, the referee and/or the flag football commissioner reserve the right to remove the coach from the playing field, subsequently resulting in a loss/forfeit for their team. If this behavior is recurring, the team will not be allowed to return to play for the remainder of the season.

## Game

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss. The winner of the toss will have the ball first. The loser of the toss will have the ball at the start of the 2<sup>nd</sup> half.
2. **The offensive team takes possession of the ball 40 yds and offense goes toward the end zone. The Offense has four (4) plays to cross the initial first down marker at the 20 yard line. Once a team crosses a first down line, they have four (4) plays to cross the goal line.**
3. **If the offense fails to score, the ball changes possession and the new offensive team starts its drive at the 40-yard line.**
4. **If the offensive team fails to make a first down at either first down line, possession of the ball changes and the opposition starts its drive at the 40-yard line.**
5. **All possession changes, including interceptions not returned for a td, start on the 40-yard line.**

6. Games are played on a 40 minute continuous clock with two 20 minute halves. The clock stops only for timeouts or injuries. There will be a halftime of 3 minutes.
- 7. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of- game penalty is enforced.**
- 8. Each team has ONE 90-second time out per half.**
9. Officials can stop the clock at their discretion. Time will be kept by an official on the field. An effort will be made to keep coaches informed of remaining time with a two-minute warning each half, although time will not stop at that warning.
10. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

### Scoring

1. Touchdown: **6 points**
2. No PAT this season. The ball will be placed on the 5 yard line and teams will need to go for **2 points conversion**. Teams must pass the ball and are not allowed to run. Passes must be beyond the line of scrimmage.  
**Note: Interceptions on PAT cannot be returned.**
3. Safety: **Defense cannot get a safety. The 40 yard line is only an endzone for a pick six. If a pick six occurs the ball will be placed 5 yards from the 40 yard line for 2 point conversion. Officials will stand on the 50 yard line to mark the back of the endzone.**
4. **If the score is tied at the end of 40 minutes, overtime will be played.**
  - a. **Each team is allowed an equal number of possessions.**
    - i. First possession goes to the winner of the regulation coin toss.
    - b. There are no time-outs.
    - c. **Possession starts at the first down line nearest the end zone with 3 (three) plays to score.**
    - d. On the first possession of OT, a team that scores a TD can choose to go for a 1 or 2 PAT
    - e. If the score remains tied after each team has a 1<sup>st</sup> possession of OT, each team will get a 2<sup>nd</sup> possession. Teams scoring TDs on the 2<sup>nd</sup> possession must go for a 2 PAT
    - f. **If the score remains tied after each team has a 2<sup>nd</sup> OT possession, the game will end in a tie.;**

### Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the line of scrimmage. It is an automatic dead ball foul if any player on defense crosses the line of scrimmage prior to the snap. If an offensive or defensive player is lined up in a position where they are already across the line of scrimmage, the referee may give them a courtesy warning to reset in a legal position.

3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.

**4. Substitutions may be made on any dead ball.**

5. Play is ruled “dead” when:

- a. The ball hits the ground.
- b. The ball carrier’s flag is pulled.
- c. The ball carrier steps out of bounds.
- d. A touchdown, PAT or safety is scored.
- e. The ball carrier’s knee or arm hits the ground.
- f. The ball carrier’s flag falls out.**
- g. The receiver catches the ball while in possession of one or no flag(s).**
- h. The 6 second pass clock expires.
- i. Inadvertent whistle.

NOTE: There are no live fumbles. The ball is spotted where the ball carrier’s feet were at the time of the fumble.

**6. In the case of an inadvertent whistle, the offense has two options:**

- a. Take the ball where it was when the whistle blew and the down is consumed.**
- b. Replay the down from the original line of scrimmage.**

7. A team is allowed to use a time out to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a time out. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

## Running

1. The ball is spotted where the runner’s feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player’s front foot.

2. **The quarterback cannot directly run with the ball.** The quarterback does have the ability to scramble in the back field, but **CANNOT** advance the ball beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.

3. Only direct handoffs or pitches behind the line of scrimmage are permitted. **(No screen passes.)** Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage. The offense may use multiple handoffs.

- a. “Center Sneak” play – The ball must completely leave the center’s hands on the snap and he/she must step backwards off the line of scrimmage in order to receive a direct handoff from the QB before advancing the ball.

**4. Absolutely NO laterals or pitches of any kind once the ball has crossed the line of scrimmage.**

5. The player who takes the handoff can throw the ball from behind the line of scrimmage.

6. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.

7. Runners may not leave their feet to advance the ball or avoid a flag pull. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
8. **Ball carriers MUST make an effort to avoid defenders with an established position.** Ball carriers may not stiff-arm.
9. Spinning is allowed, but if a ball carrier initiates contact with a defender in the act of a spin the official may blow the play dead.
10. **No blocking or "screening" is allowed at any time.** Any offensive player other than the ball carrier running downfield must avoid contact/interference with all defensive players. Contact or interference whether on purpose or inadvertent will result in the play being ruled dead at the spot of the foul.
11. **Center Blocking. The center is the only player allowed to block and all blocks should be made standing upright with hands clasping the front of their own shirt at all time. There is no blocking below the waist, flying blocks, or crack back blocks.**

### Passing

1. **All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.**
2. Shovel passes are allowed, but must be received beyond the line of scrimmage.
3. The quarterback has a SIX-second "pass clock." The back field official will count 1, 2, 3, 4, 5, SACK. If the QB still has the ball when the official says, "SACK". Play is called dead with a loss of down and no loss of yardage.

### Receiving

1. All players are eligible to receive passes (including the quarterback, if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession. The team that made the interception is now the offense. Teammates of the player who intercepted the ball may run down the field, but MAY NOT block or impede the other team from getting the ball-carrier's flag.
6. Interceptions are returnable for scores in normal play. but not on PATs.
7. **An interception not returned for a td results in possession at the 40-yard line, starting the same as any other possession.**
8. No player, offense or defense, can make contact when a pass is in the air. If an official determines that contact (other than inadvertent) has occurred, an interference call will be made.

## **Flag Pulling**

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can NOT dive to pull flags. Defenders cannot tackle the runner when pulling the flags. If the runner is tackled there will be a 5 yard penalty assessed at the end of the run.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

## **Formations**

1. Offense must have three players on the line of scrimmage, the center and at least one player on the line on each side of the center. The quarterback and all other receivers or backs must be off the line of scrimmage.
  - a. One player at a time may go in motion parallel to the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs or with a side snap to a player in the backfield, and the ball must completely leave his/her hands.
5. Any defensive formation is legal but coverage must be man-to-man with exception of the Seventh man. The seventh man on defense, covering the quarterback, is allowed to play anywhere on the field from Safety to perimeter.

## **Penalties**

1. The officials will call all penalties.
2. Officials will determine incidental contact that may result from normal run of play.
3. Only the coaches may ask the referee questions about rule clarification and interpretations. Players may not question judgment calls.
4. Games may not end on a defensive penalty, unless the offense declines it.
5. All penalties on the offense will be assessed as a 5 yard penalty with the exceptions of flag guarding and blocking/interference with a ball carrier who has passed the line of scrimmage; those two penalties will result in a dead ball with the ball placed at the spot. The BLOCKING PENALTY will be the loss of the down. The INTERFERENCE PENALTY will be a repeat of the down unless the team got a first down.
6. All penalties on the defense will be assessed as a 5 yard penalty from the spot of the foul (i.e. 5 yds from line of scrimmage for offside, etc.)

7. The Referees' first job is player safety and player instruction. In most cases, a warning and instruction will occur on first-time penalties.

### **Unsportsmanlike Conduct**

1. Coaches are encouraged to monitor their own players' attitudes and temperament and substitute for players to allow them to cool off and avoid situations that are too aggressive or out of control.
2. If a referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be warned or ejected from the game at the referee's discretion. A 2<sup>nd</sup> warning will result in automatic ejection. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
3. Offensive or confrontational language from any person (parents, players, coaches, etc) is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players, coach(es), parent(s) will be ejected from the game.
4. Fans must also adhere to good sportsmanship as well. **Coaches will please encourage their fans to:**
  - a. Yell to cheer on your players, not to harass officials or other teams.
  - b. Keep comments clean and profanity free.
  - c. Compliment ALL players, not just one child or team.
  - d. Please remove all personal items and any items for disposal after games.

### **Other items /Weather/Announcements**

1. Each team is responsible to maintain their own roster and set up their own practice times if desired. Each team is encouraged to bring a first aid-kit as appropriate
2. In the event of inclement weather, players/parents/guardians will be asked to first check the Whitehall Flag Football League Facebook page. In the event that you are unable to access Facebook, your next option will be to call your Team Coach. Coaches will also have the option of phoning player/parents/guardians directly to give information. Other announcements as necessary will be given via Facebook or by telephone or email from the league or Coaches.
3. Rain cancellations will not be made up

**All Fans must be outside the fence. No spectators should be on the fields in between the quadrants.**

***All rules may be changed at the discretion of the WAYA Board.***