



KYF® 2025 7on7 Rules and Guidelines

1. Field Dimensions:

- A. Field Length/Width 2nd & 3rd Grade--30 yards long by 30 yards wide
- B. Field Length/Width 4th thru 8th Grade – 45 yards long by 160 feet (60 feet to hash mark, 40 feet between) wide
- C. End Zone--10 yards deep

2. Team Requirements:

- A. All teams shall consist of 9-16 players and 1-4 adult coaches
- B. All players shall be in grades 2nd -9th

Minimum Play – Each Player must play at least 3 plays per half, 1 set of downs

3. Equipment:

- A. All players must wear shoes. Rubber-cleated shoes and screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited
- B. Pants and/or shorts with belt loops and/or pockets are strictly prohibited.
- C. Pads/helmets/casts and/or other item deemed to be dangerous by the KYF supervisor may not be worn during a game
- D. Ball size is according to division:
 - 1. K2 grade 2nd
 - 2. TDJ grades 3rd - 4th
 - 3. TDY grades 5th – 6th
 - 4. TDS grades 7th – 12th
- E. Full Leather footballs only.
- F. Mouth pieces must be worn at all times while on the field.
- G. A cap-style soft shell helmet is **REQUIRED** and must be worn properly & fully fastened. No player may participate without a fully fastened, properly worn cap-style soft-shell helmet.
- H. A cap-style soft shell helmet is defined as:
 - i. 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>
 - ii. Must provide full head coverage.
 - iii. Must have no metal components, and no hard-plastic component parts.
 - iv. Must have no sharp or hard edges and/or anything that could cause harm to another player.
 - v. Must have a fully functional retention system or chin strap.



4. Starting the game:

- A. TASO Game official on field will keep time. . All games will begin and end on the officials instructions. He/She will also announce the time remaining at the 10, 5, and 2 minute mark
- B. Visitors will have first possession (first team listed on schedule will be the visitor). The home team will have first possession the 2nd half (2nd team listed on the schedule will be the home team). **NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT TEAM SHIRTS!**
- C. Only the KYF® provided team shirts will be worn during the game. Any other T-shirts, Underarmour, or basketball-type sleeveless shirts may not be worn during the game.
- D. Visitors will always align their team on the right sideline facing the end zone; home will always align their team on the left sideline facing the end zone.
- E. Ball is always placed on the right hash mark when at the 45-yard line or 30-yard line (2nd/3rd).
- F. Referee will announce/post score before each offensive possession begins.

5. Substitutions:

- A) Substitutions are allowed between plays.

6. Starting a play:

- A. The offense must have minimum 3 players on the line of scrimmage at the time of the snap, and at least one player must be on LOS on each side of center.
- B. The ball must be snapped in one continuous motion (not necessarily between the center's legs) from the spot. The ball may be moved with approval of the Official due to poor field conditions.
- C. After leaving the huddle, all offensive players must come to a complete stop for at least 1 full second. One offensive player may be in motion, but may not be moving towards the opponent's goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
- D. One offensive and defensive coach is allowed on the field in 2nd – 4th grade divisions. At the offensive huddle break, there shall be no coaching (talking) from neither the offensive, nor the defensive coaches. The defensive coach must make an attempt to move to the sideline as quickly as possible, to avoid hindering the play. **In the 5th/6th grade division one offensive coach is permitted on the field, at the discretion of the offensive head coach. No defensive coach allowed on field in 5th/6th. 7th grade and above no coaches are permitted on the field.**

7. Moving the ball:

- A. Offensive Plays Must All be Passes!! (No Run Plays or Kicking/Punting)
- B. The field is marked at 10-yard intervals with cones (2nd & 3rd grade) or 15-yard intervals with cones (4th thru 9th grade). 3 first downs without a penalty would result in a touchdown)
- C. Possession always begins at the 45-yard line at the right hash. 30-yard line for 2nd & 3rd Grade.
- D. **NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45-YD. LINE/30-YD LINE**



(2nd & 3rd Grade). **LOSS OF DOWN WILL BE ASSESSED INSTEAD.** On an unsuccessful or successful offensive play from the 45 yard line/30 yard line (2nd & 3rd grade) resulting in an offensive penalty: The ball will be returned to the 45 yard line/30 yard line (2nd & 3rd grade) 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.)

NOTE: THIS APPLIES ONLY IF THE BALL IS ON THE 45 YARD LINE or 30 YARD LINE FOR 2nd & 3rd Grade. If the ball has been advanced, and a major penalty must be enforced, the offensive team is penalized half the distance to the goal line (45 yard line or 30 yard line for 2nd & 3rd Grade).

- E. Offenses always move in the same direction
- F. **NO “DOUBLE PASSES” ARE ALLOWED. NO PLAYER MAY RUN WITH THE BALL, ALL PASSES MUST BE FORWARD**
(A pass caught behind the line of scrimmage must be a forward pass)
- G. **ONCE A FORWARD PASS HAS BEEN THROWN, A BACKWARD PASS (lateral) IS ALLOWED.**
- H. Should a swing pass not cross the LOS and a defensive player tags the ball carrier behind the 45 yard line or 30 yard line (2nd/3rd), **it is a SAFTEY**

8. Special Rules:

- A. **No blocking**
- B. Receiver/Ball carrier is legally down when touched below the neck 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 and flagrant).
- C. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 6 or 5 second count remains in effect on snaps.
- D. Two delay of game penalties in the same possession results in a turnover. The defensive team will then put the ball in play on the 45-yard line, or 30-yard line (2nd & 3rd)
- E. Any offensive penalty on the extra point try results in a turnover.
- F. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be loss of down plus 5 yards.
- G. The QB is allowed 6 seconds to throw the ball in the 2nd – 4th grade teams. The QB is allowed to 5 seconds to throw the ball in the 5th – 9th grade team. 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.
 - a. If release is under 6 or 5 seconds, the play goes on.
 - b. If the timekeeper sees that the clock has exceeded 6 or 5 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 one of the TASO officials)
 - c. One offensive coach is allowed on the field in the 2nd – 6th grade teams.
- H. Defensive Pass Interference is the same as NCAA rules. (Automatic 1st down & spot foul up to 15 yards).
- I. Responsibility to avoid contact is with the defense. There will be NO chucking. Deliberate



bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty)

- J. Offensive pass interference is the same as NCAA rules. (15-YARD PENALTY) If the offensive team is on the 45-yd line, or 30-yd line (2nd/3rd), penalty results in a loss of down.
- K. Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45-yard line, or 30-yard line for 2nd & 3rd Grade (the offensive origination point) it is a touchdown and point after attempt should ensue.
- L. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.
- M. The offensive center is not an eligible receiver (teams must have a center). THE BALL MUST BE SNAPPED FROM THE GROUND!
- N. The center will be responsible for setting or re-positioning the Referee's beanbag at the line of scrimmage.
- O. No taunting or "trash talking". (5-yard penalty & expulsion if flagrant).
- P. The offense must gain at least 15 yards (10 yards for 2nd and 3rd) in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15-yard line cone (10-yard line for 2nd and 3rd)(third quadrant).
- Q. Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the league. They will also be disqualified from participating in any championship game.
- R. 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 50-yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down
- S. There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extending 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

9. Scoring:--6 points for TD, 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT is dead ball). Official score is kept by field referee and game manager.

10. Tie Breaker -- *** NO GAME WILL END IN A TIE *** After coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line. A winner is determined when one team scores during its possession and the other does not. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

11. Time:

- A. 20-minute halves (continuous clock for each half--see: "starting the game").
- B. No time outs. (EXCEPTION: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).
- C. 5-minute half-time/15 minutes between games.



12. Secondary Coverage's:

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

13. Squad Members

A. Players: Maximum of 16 players per team.

B. Each player must play at least 3 plays per half (1 set of downs)

14. Officials: (2)--Referee; Field judge

A. Timekeeper: A designated official will keep the 6 or 5 second clock.

15. Coaches.

All team coaches will wear an identifying tag for clarification purposes. A team may not have more than four (4) coaches on the sideline.

16. Playoffs:

A. Top 4 teams from each division make playoffs (games played against teams in another division do not count toward playoff standings). Game 1 - 1st vs 4th, Game 2 - 2nd vs 3rd.

Championship: winner game 1 vs winner game 2, loser game 1 vs loser game 2.

B. Next 4 teams (5th place - 8th place) will play in a Consolation Playoff. Game 1 - 5th vs 8th, Game 2 - 6th vs 7th. Consolation Championship: winner game 1 vs winner game 2, loser game 1 vs loser game 2.

C. Final teams will be randomly picked in consolation games.

D. League Tie Breakers

1. Head-to-Head, Points Allowed, Points Scored will determine the teams to advance.

2. 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.

E. Awards will be given to Champion of Playoff and Consolation Playoff and loser of Playoff Championship only for each division.