

RRQB TRAINING ELITE FOOTBALL LEAGUE
7 ON 7 RULE BOOK 

RYAN ROBERTS

OUTDOOR 7 ON 7 RULES & REGULATIONS

1. Select League:

The RRQB TRAINING ELITE FOOTBALL LEAGUE is a select league that is developed primarily to cater to the 'serious and competitive' football player that desires to gain an EDGE through ELITE instruction and competition in order PREPARE themselves for how to compete at a high level and perform well amidst challenging and difficult scenarios. Coaches and players will be instructed by former Division I players and certified high school coaches on some of the most advanced and crucial aspects of the spread offensive passing attack and the defensive strategies needed to defend it. The Outdoor 7 on 7 League will provide an opportunity for skill position players to play on a regulation size football field under the same UIL 7 on 7 rules with certified UIL officials. The 7 on 7 game provides quarterbacks with an opportunity to be more precise with the delivery of the football, recognize coverages, and make reads similar to what they will be asked to do in middle and high school and beyond, receivers to run more precise routes and catch passes, and defenders to communicate and focus on proper coverage techniques and maximized turnover capabilities. Teams are welcome to register as a team and free agents who register as an individual will be placed on team based on the discretion of Ryan Roberts and RRQB TRAINING Staff and personnel.

2. Registration:

Registration forms must be fully completed online at www.RRQB.net. All teams must register with a minimum of 7 players and can have up to 20 players total. Every player on each team must complete the mandatory registration/liability waiver form online. All payments by check must be made out to 'Ryan Roberts' or 'RRQB TRAINING' and credit cards can be accepted online via PayPal or credit card at www.RRQB.net. Players who cannot register along with a particular team are also able to register as a free agent but placement cannot and will not be ensured but will be on a team need basis. All teams will be approved and chosen based on the discretion and approval of Ryan Roberts. In the instance that a team registers or an individual registers but is not chosen to play in the league due to maximum capacity, they will be fully refunded.

3. Grade Divisions:

There will be 5 separate grade divisions for the outdoor winter season:

- Varsity (9th-12th)
- Junior (7th-8th)
- Starter (5th-6th)
- Rookie (3rd-4th)
- Beginner (K-2nd)

Note: grade levels are based on current grade placement. Players wishing to play up a division can do so but must first be approved by Ryan Roberts.

4. League Fees:

\$700 per team. \$80 if registering as a free agent.

5. Playbooks:

Each team in the league will be provided with the RRQB TRAINING ELITE FOOTBALL LEAGUE 7 on 7 PLAYBOOK which will include both offensive plays and defensive coverages. Teams will be allowed to run plays within the given playbooks or their own playbooks as well.

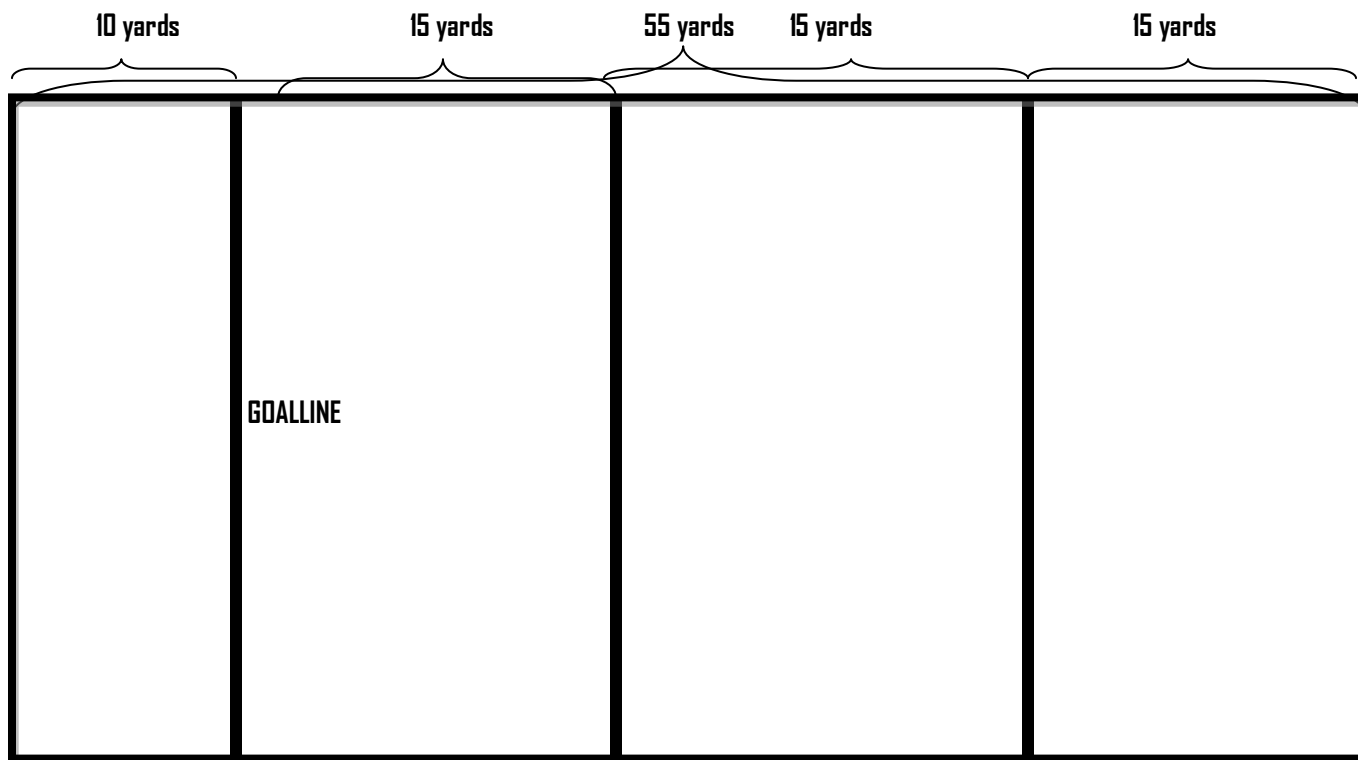
6. Coaches: Fathers or Parental Guardians.

No high school or middle school coaches may serve as a coach or stand with the team on the sideline.

- a. All high school and middle coaches may sit and watch from the designated bleachers or standing areas surrounding the field of play.
- b. All coaches will be asked to attend a coaches meeting prior to the first game of the season to discuss details regarding rules and the overall implementation of the RRQB TRAINING ELITE FOOTBALL LEAGUE 7 on 7 PLAYBOOK.
- c. Coaches will be solely responsible for setting practice dates and times, and fielding a team each of week of at least 7 players.

7. Field Dimensions:

- Field Length: 55 yards
- Field Width: 54 yards
- End Zone: 10 yards
- Field Diagram



** all field dimensions are extremely close approximations.*

8. Starting the Game:

The referee will serve as the central time keeper. All games will begin and end on the referees instructions. A running 20 minute clock will be kept by the referee.

- The designated 'visiting' team will start the first half with possession of the ball starting on the 45 on the right hash. The designated 'home' team will start the second half with the football on the right hash at the 45.
- All players **MUST** wear protective mouth pieces. Players are permitted to wear standard football cleats!
- The ball will always be placed either on the right, middle, or left hashes depending on the spot of the referee.
- Each team will use it's own football during offensive possessions. 8th and younger divisions may use high school, middle school, or youth sized footballs based on their own preference.

9. Moving the Ball:

There will be **NO** kicking/punting.

- Offensive Plays Must All Be Passes! (No Kicking/Punting)
- Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
- Possession always begins at the 45 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.
- No penalty will be assessed in excess of the 45 yd line. On an unsuccessful or successful offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
- Offenses always move in the same direction
- All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.
- Once a forward pass has been thrown, a backward pass (lateral) is allowed.
- Should a swing pass not cross the LOS and before the 4 second count has expired, a defensive player tags the ball carrier behind the 45 yard line, it is a safety.

10. Special Rules

No blocking.

- a. 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 if ruled unsportsmanlike and flagrant.)
- b. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on all snaps.
- c. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game will be a loss of down plus 5 yards.
- d. The quarterback is allowed 4.0 seconds to throw the ball. The official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the quarterback releases the ball.
 - i. If release is under 4.0 seconds, the play goes on.
 - ii. If the time keeper 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) The only infractions possible when a 4 second count is called are: defensive holding, personal fouls, and unsportsmanlike acts. There CAN'T BE: an interception, offensive touchdown, or pass interference (offensive or defensive).
- e. Defensive Pass Interference will be a spot foul (1st down at the spot).
- f. 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).
- g. Offensive pass interference is the same as NCAA rules.
- h. Interceptions may be returned (no blocking rule still applies). If an interception is returned beyond the goalline, it is a touchdown and point after attempt should ensue.
- i. 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 of returning the ball to the referee will result in a delay of game penalty and 5 yard penalty from the succeeding spot.
- j. The offensive center is not an eligible receiver (teams must have one player snap the ball each play).
- k. The center will be responsible for setting or re-positioning the referees bean bag at the line of scrimmage.
- l. No taunting, trash talking, or cursing tolerated. (5 yard penalty and expulsion if flagrant).
- m. Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the game and denied participation in the league and future leagues as well.
- n. Two delay of game penalties on the same possession results in a turnover. The opposing team will then begin play on the goalline.
- o. 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 goalline will result in a loss of down penalty. The defense, not the offense would be starting play with 2nd down.
- s. Penalty Breakdown: all penalties are assessed from the original line of scrimmage.
 - False Start: 5 yards
 - Offsides: 5 yard
 - Interference: spot foul and 1st down at spot
 - Illegal Contact: 5 yards
 - Illegal Rushing: 5 yards
 - Illegal Pass Rush: 5 yards
 - Delay of Game: 5 yards
 - Unsportsmanlike Conduct: 10 yards and loss of down

11. Scoring:

6 points for TD, 1 point for PAT from the 5 yard line. 2 point from the 10 yard line (interception on PAT is a dead ball). 2 points for a safety. Official score is kept by the referee and is called out during the game.

12. Overtime:

A coin flip will determine who gets the first possession, and there will be a sudden death overtime period from the 5 or 10 yard line depending on the first teams preference. A winner is determined when one team scores and the other does not. If time runs out before a winner is decided, the game will result in a tie (exceptions will be made during playoff games).

13. Time:

20 minute halves (continuous clock for each half—see: starting the game)

- a. No time outs. (Exception: Injuries)
- b. 2 minute pre-game time
- c. 3 minute half-time
- d. The RRQB TRAINING ELITE FOOTBALL LEAGUE will require that all games start/end at the same time. If a team(s) are late and cannot start when the official starts, they will begin play with whatever time is left on the clock. (Not to exceed 10 minutes of 1st half. Forfeit will occur

after 10 minutes of the 1st half) IT IS IMPERATIVE TO KEEP TO THE LEAGUES TIME SCHEDULE. Teams must be on site and ready to play when scheduled. Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

14. All Players, Coaches, and Parents:

Although the games are primarily focused on developing players within a highly competitive atmosphere, they are also designed to be FUN as well. Fair Play and Good Sportsmanship is expected by ALL. Please be respectful to the Officials. This includes not arguing calls made by Officials. The officials call is the Last Word on the subject and will not be changed except at his discretion. Failure to be respectful of the officials could result in, but is not limited to, a verbal warning, you being asked to leave the arena or facility, or being banded from the facility. Games will be played at one of the Keller ISD turf football fields in Keller on Sunday afternoons between 1:30pm & 5:30pm.

15. Disputes:

If there is an issue with an official's call and/or conduct, please contact Ryan Roberts (817.343.4912; ryan_roberts@rrrqb.net) to discuss concerns.

16. Sportsmanship:

Unsportsmanlike, Foul, or Dangerous play will NOT be tolerated at any point. If the official witnesses any acts of tackling, elbowing, blows to the head, trash talking, cursing, or fighting... play will stop and the offending player(s) will be immediately ejected for a minimum of one minute of one quarter up to a maximum of the entire game at the official's discretion, or removal from the game or league.

17. Gear:

All players are required to wear team jerseys (t-shirts) and each team is responsible for purchasing their own jerseys. Players are encouraged to wear either matching shorts or sweat pants. All players are advised to wear a protective mouth-piece. Football cleats are encouraged.

18. Parents:

Parents are encouraged to bring umbrellas and lawn chairs to all contests (there will be bleachers but parents can sit along the sidelines as well if they wish) . Parents and coaches are asked to provide their own water for their players.

19. Game Scheduling: Schedules will be consistently updated online at www.RRQB.net in the announcement board and coaches are also responsible for communicating well with their parents in terms of schedule changes and alterations. All games will be played on Sunday afternoons.

20. Regular Season Play & Bowl Games: each team will be given a guaranteed 8 game season including bowl games. Bowl games will be decided based upon regular season record, strength of schedule, coaches poll, and RRQB TRAINING discernment.