



**Fall 2020**  
**7 vs. 7 COVID-19 Modified Rule Book**  
**For Elementary and Middle School**  
**Grades K-8th**

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## I. PREFACE

We at the Eastern Massachusetts American Youth Football & Cheer League (EMAYFC) recognize and understand that COVID-19 makes traditional flag and tackle football not feasible this year. Despite this major obstacle, we know our kids want to play and have decided to move forward with a modified season for the fall of 2020. This document outlines the plan we've built for our middle school grade kids to safeguard our players, coaches, and officials while allowing everyone to have fun, exercise and compete!

It is important to state upfront that 7v7 is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsman like conduct will be cause for ejection as well. The official's decision is always final on all plays. And, there will be no tolerance for arguing, fighting or use of profanity of any kind by players, coaches or a team's spectators.

Finally, with regard to operating the season in the context of the COVID-19 pandemic. EMAYFC programs will operate under the below policies and procedures and in alignment with state and local guidelines. As local guidelines on social distancing, gathering size limits and youth activities change, our protocol level in an area may change accordingly.

Our ultimate goal is to provide a safe, fun, skill-building experience for each participant.

- EMAYFC will closely follow and monitor all CDC, State and Local guidelines related to youth-specific activities and sports/league related policies.
- EMAYFC coaches, board members, participants and any family members must not be or have been sick within the immediate preceding 14-days prior to any activity; practice, team meeting or game. Any coach, board member or participant who does not comply will not be allowed to participate in anything else this season. Coaches will forfeit their positions, participants will be expelled from the program for the year and forfeit any fees paid. Board members will be expected to resign their seats immediately.
- EMAYFC will comply with MASSACHUSETTS EXECUTIVE OFFICE OF ENERGY AND ENVIRONMENTAL AFFAIRS WORKPLACE SAFETY and REOPENING STANDARDS FOR

BUSINESSES and OTHER ENTITIES PROVIDING YOUTH and ADULT AMATEUR SPORTS ACTIVITIES – **Phase III, Step 1**  
Expansion of Activity Number 1 as **Amended on August 13, 2020**  
and **Effective on August 17, 2020**

## II. RULE SUMMARY

1. Teams consist of 10-15 players together with 2/3 adult coaches
2. The playing field will be 50 yards in length, plus a 10-yard end zone.
3. Games times will be as follows
  - a. Middle School grades: Game will consist of two (2) 30:00 minute halves and 5-minute halftime.
  - b. Elementary School grades: Game will consist of two (2) 20:00 minute halves and a 5-minute halftime.
  - c. Continuous running game clock except for last two minutes of the game.
4. Offense always moves in the same direction. All possessions start at the 40-yard line. No matter where the defense stops the offense, they take over at the 40-yard line.
5. Initial possession goes to home team, no coin toss.
6. A center must snap the ball
  - a. Middle school grades must hike by a conventional method. Shotgun snaps recommended.
  - b. Elementary school grades may use whatever method works best for their team and players.
7. Offense has four downs to make a first down. First downs are made by crossing the 25-yard line and the 10-yard line.
8. Clock starts on snap of ball.
  - a. Middle School Grades: 4 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (5.01 or greater).
  - b. Elementary School Grades: 6 seconds to get a pass off. It will be a loss of down and treated as a sack if not thrown in time (7:01 or greater)
  - c. NOTE: Passes may be thrown behind the line of scrimmage(LOS) but receiver must advance beyond LOS or play will be treated as a sack.
9. Running Plays
  - a. Middle School Grades: No running plays allowed, No Handoffs. All plays must be a pass play.
  - b. Elementary School Grades: Allowed two running plays per every four downs

10. No blocking of any kind. No deliberate contact by any receiver with a defender or by any defender with a receiver
11. 7 defenders and 7 offensive players. Center is an eligible receiver.
12. No more than two pass rushers at any one time. Pass rushers must start 10 yards off the line of scrimmage.
13. No Jam, No press coverage.
  - a. Middle School: Defensive backs must line up 1 yard back from any offensive player
  - b. Elementary School: Defensive backs must line up 2 yards back from any offensive player
14. Illegal contact – the responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. Excessive force by shoving, pushing, or striking a blow will result in the player being ejected.
15. A player needs one foot or body part to touch inbounds to complete a catch.
16. Interceptions can be returned for a touchdown by crossing the 50-yard line prior to the ball carrier's flags being pulled
17. Scoring: All Grades: Touchdown scores 6 points. 1 extra point by passing from the 5-yard line. 2 extra points by passing from the 10-yard line. Interception scores 3 points, plus possession at the 40-yard line. Interception returned for Touchdown 6 points.
18. Possession changes after: PAT attempt, failure to make a first down; turnover.
19. Clock will stop during injury and resume when the injured player is safely off of the playing field.
20. All offensive formations must be legal sets. Three players which includes the "CENTER" must be on the line of scrimmage
21. (30) Second play clock
22. One-hand touch anywhere. (Replaced with flag pull do to COVID-19 guidelines)
23. No Fumbles. Ball is dead if it touches the ground.
  - a. Middle School Grades: A muffed snap is NOT a fumble/dead ball
24. Coaches on the field:
  - a. Middle School Grades: One offensive coach is allowed on the field behind huddle and out of the field of play, Defensive coach from the sidelines. (ok to huddle with team on hash near side line)
  - b. Elementary School Grades: One offensive and one defensive coach are allowed on the field behind the huddle and out of the field of play
25. Face covering required. Eye covering recommended.

26. No hurttles by any ball carrier.
27. Two officials per game at all levels.
28. Overtime - A tiebreaker will occur with a flip of a coin to determine possession. After a 2-minute break, the teams will each have 4 plays to score from the 20-yard line, until the tie is broken. There is no defensive scoring in overtime.
29. Defensive Penalties:
  - a. Tackling or holding - 10 yards from line of scrimmage and loss of down; ejection for contact violation
  - b. Offsides - 5 yards from line of scrimmage and loss of down
  - c. Pass Interference - 10 yards from line of scrimmage and replay down
  - d. Illegal Rushing - 10 yards from line of scrimmage and replay down
  - e. Delay of Game - Clock stops, 10 yards from line of scrimmage and replay down
30. Offensive Penalties:
  - a. Blocking or holding - 10 yards from line of scrimmage and loss of down; ejection for contact violation.
  - b. Illegal motion - 5 yards from line of scrimmage.
  - c. Offensive Pass Interference - 10 yards from line of scrimmage and loss of down
  - d. Delay of Game - Clock stops, 10 yards from line of scrimmage and loss of down

### III. COVID-19 GENERAL PROCEDURES & SAFETY RULES

7 on 7 touch football is categorized “**Higher Risk**” by the Commonwealth of MA Guidelines based on the risk of transmission of COVID-19 inherent in the sport or recreational activity itself as traditionally played. In Phase III, Step 1 as amended on **August 13, 2020** and **Effective on August 17, 2020**, through this Expansion 1 sports and recreational activities are subject to the limitations and guidelines set forth below:

*“Sports and activities included in the Higher Risk category can participate in Level 1 as traditionally played. Level 2 and Level 3 play are only allowed if the Minimum Mandatory Standards for Modification to Play are met.”*

There will always remain an inherent risk in participating in sports. To minimize the COVID-19 risk presented by participating in 7 on 7 football activities we will implement modifications that lower such risks. EMAYFC

has considered and implemented state mandated guidelines aimed at reducing the spread of COVID-19.

The following was taking into consideration to plan for the activity.

**Modify Play to limit contact and increase distancing for participants by:**

1. Eliminate Deliberate Contact
2. Minimize Intermittent Contact

By making such changes to the sport EMAYFC seeks to meet competition requirements and the ability to participate on LEVEL 2 and LEVEL 3 PLAY.

For the purposes of the state mandated guidelines, a “Competition” is defined as multiple participants or two teams competing against one another in a single contest. A competition includes inter-team games, matches, shows, meets, and races.

**MINIMUM MANDATORY STANDARDS FOR MODIFICATION TO PLAY**

1. Measures implemented to significantly limit contact:
  - a. One hand touch replaced by the use of flags
  - b. No blocking, No jamming, No press coverage
  - c. Excessive incidental contact results in ejection
2. Measures implemented to significantly increase physical distancing:
  - a. No running plays allowed & no handoffs in middle school
  - b. Limited running plays and handoffs in elementary school
  - c. All formations must be of legal sets with 1/2 yard separations between players at middle school and elementary school respectively
3. Measures implemented to significantly shorten activities, practices, and game play:
  - a. Games will have a running clock
  - b. 1 timeout per half
  - c. No hurtles
  - d. 30 second play clock
  - e. 90-minute maximum practice times
4. Measures implemented to perform the activity with fewer participants to the extent possible:
  - a. 14 players on field vs. 22 in traditional football

- b. Removed need for sideline markers/down managers
- c. Reduced number of officials from five to two
- d. Limited number of players to 14 on a team; max number of players on sidelines at any one time just 7 players
- 5. Measures implemented to reduce the sharing of equipment:
  - a. No community water or sharing of water bottles
  - b. All participants must have their own water bottle with name
  - c. All players required to have their own equipment bag, and will be required to separate bags on sidelines a minimum of six feet from all other player's bags
- 6. Measures implemented to incorporate protective equipment:
  - a. Football gloves are mandatory
  - b. Neck gators (face coverings) are mandatory
  - c. Protective eyewear is being highly recommended
  - d. Mouthpieces are mandatory

## **IV. COVID-19 GUIDELINES/PROTOCOLS**

- a. Game Day/Game Play
  - i. Players should arrive 30 minutes prior to their game to ensure all pre-game COVID protocols can be followed.
  - ii. Each team will have a COVID protocol volunteer(CPV) on their sidelines to monitor the players and coaches and ensure protocols are being followed by their town's team
  - iii. Each player will be temperature checked by their head coach or CPV as they arrive at the game field
  - iv. Pre-game protocol checklist inclusive of temp checks of each player, parent verification letter for each player, Football sanitization confirmation, sideline sanitization station setup are all completed and documented for each team by that team's head coach or CPV
  - v. All games will start with 4 disinfected footballs, 2 per team.
  - vi. Football will remain in possession of that team and the game officials ONLY throughout the game. (in case of turnover, ball will be swapped and sanitized)
  - vii. Game officials will be expected to sanitize the ball prior to replacing it before each snap. The home team will provide the officials with sanitization wipes to be used during the game prior to the game beginning.
  - viii. Flags should be collected and sanitized at the end of every game/practice by the league to ensure properly completed
  - ix. A hand & equipment sanitize station should be established by each team on their sidelines prior to game start so that



participants, coaches and volunteers can sanitize their hands throughout the course of the game

- x. All participants must have their name on their water bottle, and water bottles must be separated by at least 6' on each sideline
- xi. Towns will allow for 15-30 minutes between games to clear field and reset

b. Practices

- i. Parent check-in letter collected and verified for each player prior to every practice by coaching staff
- ii. No spectators. No exceptions.
- iii. All footballs and any other shared equipment will be sanitized before, after and during practices as drills require
- iv. A hand & equipment sanitize station should be established by each team on their sidelines for every practice
- v. Face coverings required at all times on field or on sidelines unless otherwise directed by coaching staffs
- vi. Practices will not exceed 90 minutes in length
- vii. Flags should be collected and sanitized at the end of every game/practice by the league to ensure properly completed

c. Players

- i. All players must have a signed waiver in order to participate, no exceptions.
- ii. All players will provide a parent verified and signed check-in document before all practices and games.
- iii. All players/families are expected to self-evaluate and STAY HOME if they show any symptoms of illness
- iv. All players will enter fields through a central location where they will be required to use hand sanitizer upon entry and exit.
- v. All players will have face coverings and always be wearing them unless otherwise instructed by a coach.
- vi. All players must have a personalized bag for water bottle, mouth guard, gloves etc.
- vii. All players will be required to wear football gloves

d. Officials & Coaches

- i. Two officials per game at all levels
- ii. Officials and coaches must wear masks throughout games and practices
- iii. Officials will have no direct contact with players or flags
- iv. Officials and coaches should not make any physical contact with participants.
- v. Officials will be responsible for regular sanitization of footballs in-between each offensive play during games

- vi. Officials will enforce strict contact rules and remind players of distancing etc. as needed
  - vii. Coaches & officials must achieve proper hand hygiene at the beginning and end of all activities, either through hand washing with soap and water or by using an alcohol-based hand sanitizer.
- e. Spectators
- i. All spectators must wear a mask at every town's field/complex. 100% of the time no exceptions.
  - ii. Families are asked to limit spectators to one per player. The standard will be one spectator per game unless otherwise notified by the home town. The total spectators may also change based on any modifications in state or local board of health regulations.
  - iii. Spectators must maintain distance of at least 6 feet between spectator groups. Towns are encouraged to mark off spectator/chaperone viewing sites to allow for social distancing and all spectators must be at least 6 feet away from the playing field.
  - iv. No spectators will be allowed at practices. No exceptions.
  - v. Exit fields quickly after games to allow for next game
  - vi. Self-evaluate, if you have any symptoms of illness STAY HOME
  - vii. All spectators will be required to maintain social distancing in stands or wherever the home town designates as the approved location for spectators
  - viii. Everyone but players, coaches and officials must stay in the stands and sit six-feet apart from folks who they do not shelter with.
  - ix. No congregating in common areas or parking lots following practices or games.
- f. Other
- i. No more than 25 participants (players, coaches, volunteers & officials) allowed on a single sideline.
  - ii. Sportsmanship should continue in a touchless manner – no handshakes/slaps/fist bumps
  - iii. **Should a team member test positive for COVID-19, such TEAM will be removed from the schedule for two weeks/games. Any teams who played against that team will be removed from the schedule for two weeks until that team is also clear.**

- iv. Officials, coaches, quarterbacks and any other person who may touch a ball through the course of the game, must sanitize hands before, during and after each game.

## **V. ELIGIBILITY**

- a. All Participants must adhere to EMAYFC participation waiver and COVID-19 waiver
- b. All participants must agree to State Covid-19 Protocols
- c. All Teams must register through their town's registration process and follow AYF guidelines for paperwork submission
- d. Age verification: A child's age on July 31 is his/her age for the season.
  - i. K,1<sup>st</sup> & 2<sup>nd</sup> Grades – Ages 5-6-7
  - ii. 3<sup>rd</sup> Grade – Ages 6-7-8
  - iii. 4<sup>th</sup> Grade – Ages 7-8-9
  - iv. 5<sup>th</sup> Grade – Ages 8-9-10
  - v. 6<sup>th</sup> Grade – Ages 9-10-11
  - vi. 7<sup>th</sup> Grade – Ages 10-11-12
  - vii. 8<sup>th</sup> Grade – Ages 12-13-14
- e. Coaches
  - i. All Coaches must be registered with AYF and complete all required AYF training and paperwork
- f. Rosters
  - i. Roster size: 10 to 15 players/1 to 3 coaches

## **VI. EQUIPMENT**

- a. Ball Sizes
  - i. 5<sup>th</sup> Grade & Below - Pee Wee Football or K2
  - ii. 6<sup>th</sup> Grade – Junior Football(TDJ)
  - iii. 7<sup>th</sup> Grade – Junior Football(TDJ)
  - iv. 8<sup>th</sup> Grade – High School Football(TDY)
- b. Uniforms
  - i. Mouthpieces are required for each player
  - ii. Official uniforms must be worn by all players
  - iii. All players must be in team uniform
  - iv. Players must wear Football cleats; however, cleats with exposed metal are not allowed.
  - v. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.

- vi. Player jerseys must be tucked into the pants if they hang below the belt line.
- vii. Pants or shorts with belt loops or pockets must be taped.
- viii. No hats
- ix. Jerseys must have numbers on the front and back
- x. Face coverings are mandatory
- xi. Football gloves are mandatory (except for QB)
- xii. Shorts or pants must be a different color than the flags being worn
- xiii. Protective eyewear recommended as protection against the spread of respiratory particles that could spread the COVID-19 virus

## **VII. TIMING**

- a. Game Times:
  - i. Middle School games consist of two (2) 30:00 minute halves. The clock runs continuous during both halves. Except last two minutes of the game.
  - ii. Elementary School games consist of two (2) 20:00 minute halves. The clock runs continuous during both halves. Except last two minutes of the game
  - iii. Halftime is five (5) minutes long.
- b. 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.
- c. One timeout per half
- d. Officials can stop the clock at their discretion.
- e. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
- f. If the score is tied at the end of 75 minutes, the game should be determined a tie.
- g. Overtime: A tiebreaker will occur with a flip of a coin to determine possession. After a 2-minute break, the teams will each have 4 plays to score from the 20-yard line, until the tie is broken. There is no defensive scoring in overtime.

## **VIII. RULE DETAILS**

- a. **LIVE BALL/DEAD BALL**
  - i. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

- ii. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
- iii. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
- iv. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike penalty.
- v. Substitutions may be made on any dead ball.
- vi. Any official can whistle the play dead.
- vii. Play is ruled “dead” when:
  1. The ball hits the ground.
  2. The ball carrier steps out of bounds.
  3. A touchdown, PAT or safety is scored.
  4. The ball carrier’s knee or arm hits the ground.
  5. The 4 second pass clock expires.
  6. Inadvertent whistle.
- viii. There are no fumbles. The ball is spotted where the ball carrier’s feet were at the time of the fumble.
- ix. In the case of an inadvertent whistle, the offense has two options:
  1. Take the ball where it was when the whistle blew and the down is consumed.
  2. Replay the down from the original line of scrimmage.

**b. STARTING THE GAME**

- i. Teams must be on opposite sidelines.
- ii. The game clock is controlled at the registration table. Games are started and finished by Air Horn. Plays started before the final air horn count.
- iii. Offenses always move in the same direction.
- iv. The home team starts with the ball in regular season. In the Playoffs there will be a coin flip for the ball.

**c. MOVING THE BALL**

- i. The Offense starts at the 40-yard line and has 4 downs to make a first down.

- ii. First downs can be picked up by moving the ball past 25-yard line, 10-yard line or by penalty.
- iii. The offense must use a legal formation. Motion and/or shifts are allowed.
- iv. The offense has 30 seconds to snap the ball once it is spotted and/or blown into play.
- v. Once the ball is snapped you have 5 seconds to attempt a pass.
  - 1. 6<sup>th</sup> Grade will have 7 Seconds
- vi. A center must snap the ball. The center is eligible to catch the ball. The ball must be hiked in a conventional method.
- vii. Running plays and double passes are not allowed but the ball can be lateraled.
- viii. The QB can pass the ball behind the LOS, However, the defense can cross the LOS, after the pass to pull flags on the ball carrier.
- ix. If a player sacked behind the LOS it becomes the new LOS. If this is behind the 40 yard line the possession is OVER. No points are awarded.
- x. A play is over when a player's flags are pulled, the ball is fumbled (no change of possession, marked at the spot of the fumble), or the player runs out of bounds.
- xi. If the ball hits the ground or a player with possession of the ball is on the ground the down is over. No change of Possession. This includes the SNAP.
- xii. After a 1st down the ball is placed at the attained LOS.
- xiii. The offense CAN NOT block. Blocking is when an offensive player extends his hands onto, leans into, or changes his path to intentionally impede a defensive player. Example – a player without the ball, running towards the goal line, changes course to impede a defender who can make a play on the ball.  
Penalty.
- xiv. A player needs ONE foot or body part to touch inbounds to complete a catch.

**d. PASSING**

- i. All passes must be from behind the line of scrimmage.
- ii. Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.
- iii. Shovel passes are allowed, but must be received beyond the line of scrimmage.

- iv. The quarterback has a 5 Sec (Middle School) or 7 Sec. (Elementary School) “pass clock.” If a pass is not thrown within the clock, play is dead, the down is consumed and the ball is returned to the line of scrimmage.
- v. Once the ball leaves the QB’s hands, the 7-second rule no longer is in effect.
- vi. If the QB does not release the ball by the end of the clock, the penalty is loss of down and the ball is returned to the line of scrimmage (LOS).

**e. RECEIVING**

- i. Center/snapper is eligible to receive passes
- ii. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
- iii. A player must have a least one foot inbounds when making a reception.
- iv. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- v. Interceptions change the possession of the ball at the 40-yard line and the defense is awarded 3 points.

**f. FORMATIONS**

- i. All Offense formations must be legal sets. 3 athletes must be on the line of scrimmage (2 eligible receivers and the center (snapper))
- ii. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
- iii. No motion is allowed towards the line of scrimmage.
- iv. 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.
- v. 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.
- vi. The center must snap the ball with a rapid and continuous motion to a player in the backfield, and the ball must completely leave his/her hands.

**g. SCORING**

- i. Touchdown - 6 points
- ii. Interception - 3 points
- iii. PAT - 1 point from 5-yard line (may opt for 2 pts from 10-yard line)

- iv. Turnover on PAT is dead ball
- v. Official Score will be kept and reported by referee
- vi. Games ending in a tie will play overtime to determine the winner. The winning team is awarded one extra point - so a 28- 28 tie would have a final score of 29-28.

#### **h. PENALTIES**

- i. Games cannot end on a penalty, unless it is declined or will not determine the winner. Play 1 untimed down.
- ii. Coaches or players may not challenge plays in an effort to delay the game.
- iii. The officials/director can start the 30 second clock in such a situation or award the untimed down.
- iv. Defensive Penalties:
  - 1. Tackling or holding - 10 yards from line of scrimmage and loss of down; ejection for contact violation
  - 2. Offsides - 5 yards from line of scrimmage and loss of down
  - 3. Pass Interference - 10 yards from line of scrimmage and replay down
  - 4. Illegal Rushing - 10 yards from line of scrimmage and replay down
  - 5. Delay of Game - Clock stops, 10 yards from line of scrimmage and replay down
- v. Offensive Penalties:
  - 1. Blocking or holding - 10 yards from line of scrimmage and loss of down; ejection for contact violation.
  - 2. Illegal motion/False start - 5 yards from line of scrimmage.
  - 3. Offensive Pass Interference - 10 yards from line of scrimmage and loss of down
  - 4. Delay of Game - Clock stops, 10 yards from line of scrimmage and loss of down

#### **i. UNSPORTSMANLIKE CONDUCT**

- 1. Excessive or prolonged contact will result in a "Tack on" penalty at the end of the play (5-yard penalty)
- 2. Fighting / unsportsmanlike conduct: 1st offense = ejection from game. 2nd offense = ejection from league.
- 3. Fighting / unsportsmanlike conduct (team): if any player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE LEAGUE FOR THE SEASON



4. Unnecessary Roughness (Unsportsmanlike Conduct – if excessive will be ejected) Dead Ball Unsportsmanlike Conduct penalties will be treated as follows;
  - a. If off-setting both players are ejected for the game
  - b. Offensive – Loss of next down and possible ejection.
  - c. If after 3rd down, the other team will start the next offensive drive at the 30
  - d. If the game is over and tied the other team will get 5 yards added to their overtime position.
  - e. Defensive – 10 yards and Automatic 1st down and possible ejection.
  - f. If after a 3rd down, your Offense will lose a down on the next series
  - g. If the game is over and tied the other team will get 5 yards added to their overtime position.

**j. POINTS OF EMPHASIS – LESS CONTACT AT THE BEGINNING AND END OF PLAYS**

- i. Defensive players must play the ball – if deemed excessive ejection. - A defender must play the BALL at all times or concede a catch. A defender can challenge any pass but CANNOT tackle, bring to the ground, play thru/or ram a receiver to defend. Roughing (10 yards and automatic 1st down)
- ii. Defensive Player contact – if deemed excessive ejection - Defensive players are allowed to make contact with an offensive player with their hands only. Using a forearm, leg, shoulder or other body part to strike an offensive player is not allowed. Roughing (10 yards and automatic 1st down)
- iii. Ejection Policy (All ejections are final)
  1. An Official or EMAYFC 7v7 Representative can eject a player or coach for; swearing, taunting, unnecessary roughness, repeated verbal abuse to an official and fighting (Done for the day)
  2. Any player or coach ejected must leave the sideline and is out for the remainder of the game.
  3. If a player or coach is ejected twice he is disqualified from the league for the season.

