

BOYS & GIRLS CLUBS OF LAREDO

R. C. COLA

2025 7-on-7 FOOTBALL LEAGUE RULES

1. Coach's Preseason Obligations

- 1.1 All coaches and team managers must complete a background check on bgcsports.com by being added to a roster and completing the process online.
- 1.2 All coaches and team managers must complete Child Sexual Abuse Prevention training on BGCA.net. Instructions may be found on bgcsports.com/downloads.
- 1.3 All coaches must be registered as volunteers at the campus where they coach.
- 1.4 All coaches must complete their roster on bgcsports.com (Team Sideline), and all parents must register their children on bgcsports.com (Team Sideline).
- 1.5 All players must be registered by their parents as members of the Boys & Girls Clubs of Laredo. To register, visit bgclaredo.com and complete the registration process under Program Registration.
- 1.6 All coaches must submit a photo to (956)722-7549 or photo@bgclaredo.com via email with the team(s) name they are coaching for and their full name. The photo will be used to create an ID Card for coaches, verifying the completion of a background check. ID Cards for coaches are required to coach on the sideline. Must ensure that rosters are completely turned in before the first game.
- 1.7 Open Roster-Players may be added up until the last game of the season. Once the last game of the season begins, your playoff roster is locked. Players must be added to the roster and register during the registration period. Opening the roster to add players will come with a \$25 charge

2. There are no height or weight restrictions on players.

3. Divisions

6 th Grade- May not be 13 years old on 09/01/2025.

- a. A younger player may play in a higher grade level, but an older player MAY NOT play in a younger division. Once a player plays in a game, he/she cannot be promoted or demoted to another team or division. A player may only play on one team. Players must play for the school they attend.
- b. Divisions are determined using a number of factors.

4. Playing Time

- 4.1 If a coach desires, the best 7 players may play both offense and defense. However, every coach must make an effort to play all players.

5. Number of Players

1. A team may only have 7 players on the field at one time.
2. A minimum of 6 players are needed to start a game.
3. If at any point, a team has less than 6 players on the field due to injury or ejection, the game must stop.
4. Each team must have at least one captain on the field at all times during game. The captain will address referees only on matters of interpretation and to obtain information.

6. Field Dimensions

- A. Field Length--45 yards long
- B. Field Width--160 feet (60 feet to hash mark, 40 feet between)
- C. End Zone--10 yards deep

7. Player Equipment

- A. All jerseys should have a number on them.

B. T-shirts, compression shirts, football jerseys, 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 not required. It is however, encouraged to wear one.
- D. No sideline-to-player communication devices may be used.
- E. The following headgear mandates apply to all participants:
 - 1. Headgear is not required, but is allowed.
 - The following are the only headgear that currently meets our safety standards:
 - a. Adidas Force PRO Softshell Headgear
 - b. GameBreaker-PRO Soft Shell Headgear
 - c. GameBreak Multi-Sport Soft Shell Headgear

8. Starting the game

- A. A central timekeeper will be designated (usually the referee). 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 (if the team has a reversible jersey). The home team will have first possession the 2nd half and wear a dark color (if the team has a reversible jersey).
- C. Visitors (team in white) will always align their team on the right sideline facing the end zone. Home (dark jersey) will always align their team on the left sideline facing the end zone.
- D. Ball is always placed on the right hash mark when at the 45 yard line.
- E. Referee will announce/post the score before each offensive possession begins.

9. Moving the ball

- A. Offensive Plays Must All Be Passes! (No Run plays or Kicking/Punting)
- B. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty results in a touchdown)
- C. 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.
- D. 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 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. 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, it is a safety.
- I. The offense has 40 seconds between downs to snap the ball. The 40 second play clock will start immediately after the ball has been ruled dead by a game official after a down.

10. Special Rules

- A. No blocking.
- 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 not a fumble/dead ball. The 5.0-second count remains in effect on snaps.
- D. Two delays 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 5.0 seconds to throw the ball. The Official timekeeper starts a count on the snap of the ball from center and stops the count as soon as the QB releases the ball.
 - 1. If release is under 5.0 seconds, the play goes on.
 - 2. If the timekeeper sees that the clock has exceeded 5.0 seconds, the play is blown dead, then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official)
 - 3. All penalties will be marked off on a 5 second count EXCEPT for pass interference.
- G. Defensive Pass Interference is the same as NCAA rules. (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. Interceptions may be returned (“no blocking” rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.
- K. 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.
- L. The offensive center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground. [ball does not have to travel between the snapper’s legs]. QB tee may be used in place of a center, but the offensive team is responsible for moving it to the new line of scrimmage and taking it off the field on a turnover.
- M. 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).
- N. No taunting or “trash talking”. (5 yard penalty & expulsion if flagrant).
- O. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over.
- P. There is no kicking. Four down territory occurs only after offense proceeds to or inside the 15 yard line cone (third quadrant).
- Q. 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 game. They will also be disqualified from participating in the playoffs if deemed necessary. Throwing a punch will be disqualification. BGC Laredo will review all incidents and issue proper repercussions.
- 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 extends 3 yards deep into the backfield. No eligible receiver may align within the tackle box.
- T. No electronic communication devices or aids may be used by coaches, players, or team personnel on the field. Such devices include (but are not limited to): headsets, mobile phones, still photography cameras, video recording cameras, mobile tablets, laptops, internet devices.

11. Scoring

- A. 6 points for TD
- B. 1 point for PAT from the 3 yard line, 2 point PAT from 10 yard line.
- C. 2 points if a team returns a PAT back across the 45.
- D. Official score is kept by the field referee and game manager.

12. Tie Breaker (Overtime)

- A. After a coin flip to determine first possession, teams will alternate 4 down series from the 15 yard line.**
- B. A winner is determined when one team scores during its possession and the other does not.

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

13. Time

- A. Teams will play two 15 minute halves (continuous clock for each half - see: “starting the game”).
- B. No half-time (teams simply reset to 45 yd line & begin 2nd half with home team in possession)
- C. Time outs: 1 time out in the first half. 2 time outs in the 2nd half. Time outs do not carry over. No time outs in overtime. (Exception: Injuries. All games will halt until player(s) can be removed as soon as safety dictates).
- D. Approximately 15 minutes between games - games should start every 45 minutes in regular season play.
- E. Teams must be on site and ready to play when scheduled.
- F. If a team(s) are late and can not start when the game officially starts, they will begin play with whatever time is left on the game clock – not to exceed 10 minutes of 1st half.
- G. Forfeit will occur after 10 minutes of the 1st half.
- H. Injury time outs may reduce the amount of time between halves and/or between games to

maintain the game schedules.

14. Secondary Coverages

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

15. Squad Members

A. Minimum 6 players per team. BGC Laredo recommends that teams keep maximum number of players to 20 players per team.

B. Squad members must be from the same school. No Select Teams. Players must be of the proper age AND grade. 5th graders may move up to play 6th grade as long as the player belongs to a feeder school.

16. Coaches

A. All coaches must complete all requirements to coach and must have their coaches tag to coach.

B. Each team must have a coach accompany it to any/all events.

This individual is responsible for the actions of those representing his school (i.e. players, coaches, spectators).

C. All team coaches will wear an identifying tag for clarification purposes. A team may not have more than two (2) coaches on the sideline.

D. Teams may have as many registered coaches as they need.

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. Uniform Colors

- a. If teams have reversible or multiple jerseys: Home teams wear dark color jerseys. Visiting teams wear light color jerseys. It is suggested that teams have reversible jerseys, but it is not a requirement.

19. The Ball

6th will use the junior sized ball.

TEAMS AT ANY AGE MAY CHOOSE TO USE A LARGER SIZE BALL. IT IS PROHIBITED FOR TEAMS TO USE A BALL SMALLER THAN THE SIZES LISTED ABOVE.

20. Unsportsmanlike Conduct

Article 1: Intentional Contact

If the field monitor or official witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!

- a. Players may not physically or verbally abuse any opponent, coach or official.
- b. Ball-carriers MUST make an effort to avoid defenders with an established position.
- c. Defenders are not allowed to run through the ball-carrier when touching opponent down.

Article 2: Offensive Language

Offensive or confrontational language is not allowed. 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 will be ejected from the game.

Article 3: Spectator Conduct

Fans must also adhere to good sportsmanship as well:

- 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.

Article 4: Field Safety

Fans are required to keep fields safe and kid-friendly:

- a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.

- b. Dispose of ALL trash in designated trash cans.

Article 5: Unsportsmanlike Conduct Penalty

Unsportsmanlike conduct penalties:

- a. Defense + 10 yards from line of scrimmage and automatic first down
- b. Offense - 10 yards from line of scrimmage and loss of down.

21. Officials

Basic Responsibilities:

- a. The Referee has general oversight and control of the game, has final authority for the score and their decisions upon rules and other matters pertaining to the game are final.
- b. The Referee shall inspect the field and report any irregularities to game management, coaches and other officials.
- c. The Referee has jurisdiction over player equipment.
- d. The Referee shall indicate that the ball is ready for play, award new series of downs and administer penalties.
- a. The Referee shall notify both head coaches of any disqualifications.
 - 1. This includes players, coaches, and spectators.
 - 2. A player that is disqualified may not reenter a game.
 - 3. A coach or spectator that is disqualified must leave the field and at minimum must go back to the parking lot. Refusal to do so may result in a forfeit of the game and suspension from BGC Laredo leagues.

22. Field Supervisors

Basic Responsibilities

- a. Assist referees in rule interpretation and assignments.
- b. Assist spectators in finding the field their game will be played on.
- c. Inspect the field and report any irregularities to office.
- d. Assist coaches with answering questions regarding the game.
- e. Ensure all incidents are reported back to the office.

23. Warm-up and Start Time

- 1. Teams must warm up prior to the listed game time. Teams must be ready to play when the referee signals for the game to start. The clock will start upon the referee's direction, but no sooner than the beginning of the hour unless agreed upon by both teams.

24. Bench Etiquette

- 11.1 Only two coaches per team may be coaching on the bench during a game.
- 11.2 Coaches and players must remain between the 45-yard line and the 15-yard line.
- 11.3 The coach is responsible for his player's conduct and the conduct of the team's fans.
- 11.4 Players and coaches must be at least 1-yard from the sideline to give referees and players room on the sideline.
- 11.5 Home team and their spectators will be on sideline towards the middle of the field. Visitors and their spectators will be on the sideline towards the outside of the field.

25. Playoffs

- 1. End of the season playoff tournament
 - A) Top 5 teams make the playoffs in any division with 8 or more teams. All teams make the playoffs if the division is 7 or less teams.

- B) Tie breakers will be determined by Team Sideline's tie breaker process which may be seen by clicking on "Tie Breaker List" on your standings page.

26. Conduct

1. All parents, spectators and coaches must read and abide by the Boys & Girls Clubs of Laredo Code of Conduct. The Boys & Girls Clubs of Laredo Code of Conduct may be found on bgcsports.com/downloads
2. Coaches
 - A) Do not criticize players in front of spectators
 - B) Accept decisions of game officials on the field as being fair and called to the best of said officials ability.
 - C) Refrain from excessive "sideline coaching."
 - D) Together with game officials, be jointly responsible for the conduct and control of team fans and spectators.
 - E) Do not criticize an opposing team, its players, coaches, or fans by word of mouth or by gestures.
 - F) Refrain from using abusive and profane language.
 - G) Refrain from running up the score.
 - H) Do not permit an ineligible player to participate in the game.
 - I) Do not deliberately incite unsportsmanlike conduct.
 - J) Abstain from drinking alcoholic beverages at both the game and practice fields.
3. Parents and Spectators
 - A) Parents and spectators are not allowed to approach the scorer's table or officials (score keepers and referees) before, during, or after a game. Violation of this rule could lead to a personal foul to the related team's bench and/or ejection from the field of the parent in question. The Boys & Girls Clubs of Laredo will review every case and may issue further actions.
 - B) Parents and spectators are not allowed on the field unless invited on to the field due to an injury.
 - C) Parents and spectators may not make contact with players, parents, coaches, and spectators from an opposing team.

27. Eligibility of Players

1. Players must play for the school they attend and be of the proper grade level or below.
Example 1: A 5th grade player may play in 6th grade, but a 7th grader may not play in 6th grade.
Example 2: A player from School A does not have a team at their school, he may NOT play for school B.
 - a) Exceptions:
 - 1) Any player that exhibits the skill to move up a grade level may be allowed to do so, ONLY under these circumstances:
 - Coach must notify the Boys and Girls Club of Laredo of the situation.
 - The Boys and Girls Club of Laredo must verify that player is playing for the correct feeder school.
 - ALL FINAL DECISIONS are made by the Boys and Girls Club of Laredo.
 - 2) Special Needs Provision (see #16)
2. Player can play in one grade division only. He/she cannot change to another age division once the season starts. If a player transfers to another school during the season, he/she has the option to play for either school, but must pick which school.
3. Using an INELIGIBLE player will cause team to forfeit all games said player played in and coach is subject to suspension.
4. If any coach feels an opposing team has an ineligible player, please call/text the Boys and Girls Club Sports Department at (956) 722-7549 or email sportsdirector@bgcsports.com . We will then conduct an investigation. To avoid hard feelings, coach requesting verification of age will be kept confidential.
5. Player can only play for one team. Once team is eliminated, players cannot transfer to another team.
6. All coaches must verify roster.

28. **Student Special Needs Provisions:** As a service to the growing number of special needs students that want to participate in our sports leagues, the Boys & Girls Clubs of Laredo would like to provide all special needs students with options to play when deemed safe & enjoyable for the student. These conditions are put in place for the student to feel comfortable & part of a competitive team and in no way should be used to gain

an edge over other teams within the league. When these conditions can be satisfied the student will be allowed to play:

- a. Permission from the school sponsoring the student must obtain prior approval from the principal
- b. Student must be qualified special needs
- c. Students must be able to play the sport in a safe manner where he/she will not injure themselves or others
- d. Student attends school that has no participating teams in his/her grade level for a sport that they are asking for the transfer
- e. Student must play in his/her grade level at sponsoring school provided the school is within his/her school district "LISD & UISD"
- f. A student may also play for a school they intend on transferring to, or is a feeder school to the middle school they intend on transferring to as long as the principal of the sponsoring school has given approval.
- g. All final approval for students requesting team transfers remain at the discretion of the Boys & Girls Club of Laredo.

29. School Principal

1. The Boys & Girls Clubs of Laredo will work closely with the schools' principal. The principal has the ability to hold a player(s) and/ or a team out from participating in any BGC league due to conflict with grades, disciplinary violations, etc.

30. Facility Conduct

1. No outside food or drinks allowed at any of our gyms.
2. Water bottles are allowed to be brought in for players and coaches only.
3. Coaches are responsible for team benches to be clean after a game (i.e. all trash must be disposed of). Sports bottles are not responsibility of the Boys and Girls Club of Laredo and will be thrown out after the 2nd day.
4. Spectators are asked to be sure to dispose of trash properly and to leave a clean area after the game.
5. Snacks must be distributed outside BGC facilities or gyms. Please dispose of trash properly.
6. Satellite gyms (i.e. school gyms) may have their own rules that are expected to be followed.