



**SPORTS AND ATHLETICS SECTION  
DIVISION OF COMMUNITY RESOURCES**

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**2019 7v7 HIGH SCHOOL TOUCH FOOTBALL LEAGUE  
GENERAL RULES AND REGULATIONS**

**I. LEAGUE LEADERSHIP**

- A. The Summer High School Touch Football League has been established to accommodate high school teams interested in playing 7v7 football in preparation for their upcoming season.
- B. The League will be under the direction of a League Executive Committee that will consist of the Sports Administrator, a team manager / representative from the league, the League Coordinator(s) and the assignor for the officials.
- C. It shall be the duty of the Sports Administrator to call all meetings of the Executive Committee. Three or more team managers may request a special meeting in order to address any issues that may arise during the season.
- D. Summer league coaches may be members of the football coaching staff of the school their team represents. Please refer to the DIAA Handbook for regulations regarding coaching out of season. A coach and / or adult supervisor, aged 21 and over, must be present at all times or the game will be declared a forfeit by the officials. ***This ruling will be strictly enforced.***
- E. Emphasis by coaches throughout the season should be placed upon ***skill development and enjoyment for players rather than winning.***

**II. ELIGIBILITY OF PLAYERS**

- A. Teams are required to carry a roster that has a minimum of 15 players and a maximum of 25 players.
- B. The League shall be open to any high school player eligible for participation on the school's varsity football team during the 2019-20 school season. All DIAA eligibility rules shall apply. **Questions concerning the eligibility of a player to play in the program should be brought before the Sports Administrator who shall rule on the issue within the scope and spirit of the program.**
- C. Completed rosters, and waiver forms (signed by parent/guardian), must be submitted to the League Coordinator **before the second game**. Transfers from out of state will be considered at any time for entrance into the league. A roster addition form must be completed when adding a player to the original roster.
- D. Release forms must be executed before adding a player on a full roster. They must also be executed when a player is no longer eligible to play on a team.
- E. A new player may not participate until his waiver form (signed by parent/guardian) is on file in the Sports Office or in the hands of the League Coordinator.
- F. No player may play on more than one team in the league, and a player is restricted to participation on a team for which he first plays.
- G. During regular season any player dressed and present for pre-game warm-up must be given adequate playing time in the game unless the coordinator is informed in advance of any team disciplinary measures in effect against a player. During playoffs, substitution will be up to discretion of coach.
- H. If a team should forfeit from the league, ***players in good standing*** may be added to another roster, through a reverse order draft of the teams that are interested. The league coordinator will execute this procedure.

**III. FINANCES**

- A. **TEAM ADMISSION POLICY FOR LEAGUE PLAY:** Space is available for a maximum of approximately 20 teams. Registration opens on or around April 1 for all interested teams. Teams will be accepted on a first

come- first served basis according to the following criteria and must be in good standing from the previous season(s):

1. Local varsity teams.
2. Local junior varsity teams.
3. Out of County teams.
4. Team acceptance may also be affected by additional factors such as: caliber of play preferred, provision of home playing facility, program sponsorships, etc. A lottery may be held if there are insufficient facilities to accommodate all returning teams. Additional details will be included on the registration flyer for each particular activity.

B. Entry Fees:

1. Each team entering the summer football league will be required to submit an entry fee of \$425 payable to New Castle County, to be used for the purpose of paying league expenses. The volunteer manager and school coach are responsible for the financial obligations of their teams.
2. Any team that drops out of the league will forfeit the entire entry fee.

C. The league entry fee includes: league coordinator salary, referee fees (\$26 per referee/per game), referee assignor fee, championship trophy, individual awards to players on the championship team, use of fields, scrimmage vests, minor equipment, and administrative expenses.

#### IV. OFFICIAL GAME

A. Current NFHS Football Rules shall govern play in the league with local exceptions as follows:

1. A coin flip determines the team to start on offense.
2. A game will consist of a 48 minute running clock plus an additional two (2) minutes of stop time. There is no break for quarters or halftime. *Exception: During times of extreme heat and humidity the officials may shorten the length of the game or stop the game at their discretion for rest and water breaks.*
3. The game is played on a 50 yard field. Teams begin with possession of the ball on the 45 yard line.
4. The lines to gain are the 20 yard line and the goal line.
5. A 40-second play clock will be used throughout the game.
6. A center / quarterback exchange is optional.
7. There is no kicking in this league. After a touchdown is scored a team may elect to try a conversion for one point from the 5 yard line or two points from the 10 yard line.
8. In case of a tie at the end of regulation, the following tie-breaker will be used:
  - a. A coin flip determines the team to start on offense.
  - b. The ball will be put into play on the 45 yard line.
  - c. The team advancing the ball the furthest after four (4) downs will be declared the winner.
  - d. If the team with first possession scores, the second team must score in fewer downs in order to win the game.
  - e. If the defense intercepts a pass during the overtime period, the game is over and the team that intercepts the ball will be declared the winner.
  - f. Extra points will not be attempted during the tie-breaker procedure.
  - g. Games may be declared a tie by site coordinator (except for playoffs or knock-down rounds).
9. An interception results in a dead ball, loss of possession and 2 points being awarded to the defensive team who will next put the ball in play at the 45 yard line. *Exception: no points are awarded for intercepting a PAT.*
10. No kickoffs. The ball is placed on the 45 yard line after a score.
11. A four second sack count will be enforced by the Referee. Penalty: sack with no loss of yards. Example: the Referee will verbally count "1001, 1002, 1003" followed by a whistle.
12. Number of players.
  - a. A minimum of six (6) players are required by either team to compete in a game.
  - b. A seventh player may be used on offense - he will be a snapper. If a snapper is used he is an ineligible receiver and must remain standing in the snapper's position throughout the down.
  - c. Eight (8) players (seven plus a blitzer) are permitted on defense and must be announced to the opponent before the start of the game.

1. If the blitzing player is a linebacker he must raise his hand prior to the snap and must move to a position and take a knee directly in front of the snapper immediately after the snap.
2. If the blitzing player is a corner or a safety he must raise his hand prior to the snap and must move straight ahead (parallel to the sidelines) and take a knee in front of the line of scrimmage.
3. The same defensive system (7 or 8 man) must be used consistently throughout the game. **Penalty: Illegal Procedure (Live ball Penalty – 5 yds.).**
13. Running plays of any kind are not permitted.
14. Only one pass per down is permitted. Backward or double pass are illegal as are “Hook and Ladder” type plays and shovel passes. **Penalty: Illegal Pass**
15. Two (2) of the five (5) eligible receivers must be on the line at the snap. If a snapper is used, three (3) players would be on the line.
16. Blocking of any type is not permitted. Receivers (down-field) ahead of ball carrier must come to a full stop, as soon as possible, to avoid any potential blocking infractions.
17. A runner is downed when he is touched with at least one hand. Defenders must lightly touch the ball carrier. Pushing the ball carrier so he falls to the ground or pushing the ball carrier out of bounds will result is not permitted. **Penalty: Unnecessary Roughness.**
18. “Bump and Run” pass coverage is not permitted. There must be no contact with an offensive receiver, unless the defender is making a legal attempt to intercept a pass.
19. Fumbles
  - a. The ball remains live if there is a fumbled exchange between the center and quarterback or a fumble by the quarterback. The pass must still be thrown within the four second time limit.
  - b. All other fumbles are dead at the spot of the fumble (where possession was lost).
  - c. The offense retains possession of a fumble at the spot of the fumble.
20. Zero-back, trips and spread formations are permitted and all NFHS pass eligibility rules will be enforced. If both ends are on same side of ball at time of snap, one of the ends is ineligible.
21. Coaches on field.
  - a. Offense. One (1) coach is permitted in the offensive huddle. He may not instruct players during the play. Offensive coaches must assist the official with enforcement of illegal formations.
  - b. Defense. One (1) coach is permitted in the defensive huddle prior to the offensive huddle breaking. The defensive coach must then leave the huddle and may stand behind the offensive team during the play.
22. Substitutes must remain on the sideline until they replace a player on the field.
23. Teams may take up to two (2) time outs any time during the game.
25. A 17 point “Slaughter Rule” will be in effect during the final two (2) minutes of the game during “Stop Time”.
26. Quarterbacks may take a knee or spike the football in order to manage the game clock. Standard NFHS enforcement rules apply.

B. Penalties:

1. **Five (5) yard penalties:**
  - a. Offensive pass interference
  - b. Ineligible player down field
  - c. Encroachment
  - d. Illegal procedure
  - e. Defensive holding
3. **Special Penalties**
  - a. Defensive pass interference
    1. From the 10-yard line and out - spot foul plus an automatic first down
    2. From outside the ten yard line to the goal line – ball is placed at the ten yard line plus an automatic first down.
    3. In the end zone - ball is placed at the one-yard line plus an automatic first down

- b. Unnecessary roughness - 15 yards. Flagrant unnecessary roughness will also result in an ejection.
- c. Blocking - dead ball at the spot of the foul.
- d. Illegal helmet contact (butt blocking, face tackling, spearing) – 15 yards plus automatic ejection.
- e. Fighting – 15 yards, ejection and suspension for the remainder of the season.

## V. RECORDS & STANDINGS

- A. Standings will be maintained by the league coordinator and will be sent to the News Journal for publication each Sunday. Standings will also be posted on the Sports and Athletics website each Friday afternoon
- B. The league coordinator will file the scores with the News Journal after each playing date (302-324-2850 & 2804 & 2806).
- C. The score of a forfeited game will be recorded as 2 -0.

## VI. LEAGUE SEASON

- A. This program typically starts two Mondays before the DFRC Blue-Gold All Star Football Game. Every effort will be made to complete the program by August 1.
- B. During the first two weeks of the program, teams are permitted to practice with the following restrictions:
  1. Teams may practice up to two times each week (Monday – Friday).
  2. Practices may not last longer than 90 minutes.
  3. Practices can be held at the school’s facilities providing the 7v7 Football Practice Authorization form is completed, signed by the school’s Athletic Director, and submitted to the Sports Office prior to the first practice.
  4. Teams are not permitted to scrimmage with other schools during the practice period.
- C. Beginning with the first week of games, teams may practice one time per week with the following restrictions:
  5. Practices are limited to Monday through Friday on a day the team is not scheduled for a game.
  6. Practices are limited to 7v7 related training only.
  7. Teams must have permission from their Athletic Director / School Administrator to use their facility.
  8. Participants may not wear football equipment other than a helmet and mouthpiece.
- D. Subject to extenuating circumstances such as excessive cancellations due to weather, the regular season shall consist of approximately of 10 games with no playoffs or 9 games plus one “Knock-down” playoff round. The preferred format for the league is for each team to play doubleheaders on Tuesday each week. Games not played on Tuesday will automatically be rescheduled for Thursday during the same week.
- E. Standings will be calculated based on a win / tie point system (win = 2 points, tie = 1 point, loss = 0 points). In lieu of win / tie points, win percentage may be used if there is an imbalance in the number of games played among teams. The tie-breaker procedure for establishing final standings or the opening round playoff seeds (if applicable) will be:
  1. overall record
  2. head to head competition
  3. division record
  4. fewest points allowed versus five or more common opponents
  5. coin flip

NOTE: When breaking a tie with multiple teams follow this procedure until the tie is broken and then return to the top and begin the procedure again.
- F. Teams may be required to play on Monday and / or Wednesday evenings to accommodate any scheduling needs.
- G. A 15 minute grace period will be allowed for the first scheduled game at each facility. A team may be dropped from the league for excessive forfeitures at the discretion of the league coordinator; any remaining games will be awarded as wins for the opposition.
- H. Incomplete Games: An official game must reach the 30-minute mark of the scheduled time period for the activity. Any game played for less than 30 minutes due to adverse situations will be resumed from the point of suspension, unless a manager concedes the incomplete game.
- I. Participants should call the NCC Inclement Weather Line: 395-5891 before leaving from home for activity on

days that weather is questionable. If “lightning” occurs stay in cars for at least 30 minutes to see if storm passes and play can be resumed if possible.

## VII. EQUIPMENT AND TEAM RESPONSIBILITIES

- A. Teams should be equipped with similar colored, numbered jerseys. If both teams have similar jerseys the visiting team is responsible for changing their color.
- B. Each team is responsible for providing their own NFHS approved football. All game balls should be approved by the referees prior to the game.
- C. The referee for each game will keep the official score. Team managers should also keep their own running account of the game score to refer to if necessary.
- D. The **winning team manager is responsible to report the game score** to the league coordinator before leaving the facility.
- E. Each team is responsible for providing their own first-aid supplies and water for hydrating players.
- F. Managers must report all injuries to the league coordinator before leaving the facility.
- G. The home team will generally have the choice of sidelines. NCC Coordinator may choose (if necessary) to place both teams on same sideline and spectators on opposite sideline. Please check with your coordinator on a nightly basis for proper direction. **Please help clean-up debris on sidelines before leaving field.**
- H. Mouth pieces meeting all DIAA specifications must be worn by all players. *Exception: mouth pieces are optional for quarterbacks and snappers.*
- I. Helmets meeting current NFHS specifications are required without exception. Any illegal helmet contact will result in automatic ejection.

## VIII. COMPLAINTS

- A. Complaints must be filed in writing to the Sports Administrator within 48 hours.
- B. Due to the informal nature of the league, protests over playing rules will not be honored. Rule disputes must be settled at playing site with the assistance of the senior referee at the facility.

## IX. CONDUCT OF PLAYERS, COACHES, AND MANAGERS

- A. Everyone is asked to help maintain an orderly atmosphere at the facility when your school team is involved. Please stress proper self-control to players and volunteer summer league coaches, and *above all, respect towards, officials*. Managers must also help control their spectators.
- B. No player, coach, or manager may participate in a league game while under the influence of intoxicants. Immediate banishment from the building or playing site and from the remainder of the program will be the punishment for the first offense. This rule is to be strictly enforced by each team upon notification from the officials.
- C. Any reports of a player guilty of misconduct shall be reviewed and decided upon by the Sports Administrator. **Any player/coach who is ejected from a game by the officials is automatically suspended for the next game.** If the same offense is committed again, the player is suspended from the remainder of the program. **Fighting will result in an automatic ejection from the league for the aggressor/instigator for the remainder of the season. Suspended players are not permitted at playing site.**
- D. All Board of Education Rules governing the use of their facilities must be obeyed as part of these rules and regulations.
- E. All substitute players and coaches must remain in the designated team bench area, and must be at least three (3) yards off of their sideline. Coaches are not permitted to go on the field for discussions with referees.
- F. Spectators are not permitted to be in the team bench area, or within ten (10) yards of the sideline and end zone lines. Coaches must help monitor and control the behavior of their spectators.
- G. Two misconduct/personal foul penalties during a game = automatic ejection. No additional suspension unless offenses are flagrant.
- H. A “Cool-Down” suspension may be issued during game by referee for minor player versus player confrontations or minor self-anger incidents. Penalty yardage will be assessed and violating player(s) will be removed from game for a 15 minute duration. Infractions occurring at end of game may be carried over into next game played if necessary. Note: “Cool Down” does not apply to player versus official incidents.

## X. ASSUMPTION OF RISK

The Recreation Division of the Department of Community Services of New Castle County and its officials assume no responsibility for injuries to the members of any team holding franchise in this league, no matter under what circumstances incurred, and adoption of these rules by the team managers shall be the equivalent of a full and lawful release and discharge of any claims any members may have or which may arise in the future against any of the above-named for injury to their persons or property.

## XI. SAVINGS CLAUSE

If any clause, sentence, paragraph, section, or portion of these rules and regulations shall be adjudged invalid by a court having jurisdiction, such judgement shall not affect, impair, or invalidate the remainder of these by-laws not directly involved in the controversy in which judgement is rendered.

## XII. SUGGESTED INJURY PROCEDURES

- A. ***Do not*** move the injured player unless such movement will dismiss further serious injury or impending death; i.e. back and spinal injury, head injury, cardiac arrest.  
NOTE: If play is down on the playing field, all play will be suspended until such time emergency services arrive and take over.
- B. For situation other than covered above (such as ankle or knee injuries, broken bones, etc.) players should be placed in a non-traffic surrounding in the most comfortable position for the insured protection of the injury. They should be attended to by another player or accompanying adult until such time as the emergency services arrive.
- C. If the injured player wishes to go to the emergency room in a personal vehicle, they will first sign the accident report prior to leaving the scene.
- D. A player's parent or teammate should contact the NCC Sports Office within 48 hours and report on the injury treatment.

## XIII. MISCELLANEOUS ATTACHMENTS

- A. NOTE: These attachments are for informational purposes only and not for specific use in High School 7v7 Summer Touch Football League unless agreed upon at the pre-season manager's meeting.
  - 2019 NFHS Football Rules Changes
  - 2019 NFHS Football Jersey and Pant Rules
- B. Additional items included in team packet or on NCC website ([www.nccdesports.com](http://www.nccdesports.com))
  - Lightning Policy
  - Hydration Guidelines
  - Facility Directions
  - Season Recap Form
  - Incident Form
  - Accident Form
  - Player Waiver Forms (Due to NCC Coordinator 1<sup>st</sup> Game)
  - Team Roster Form (Due to NCC Coordinator 1<sup>st</sup> Game)
  - Final Standings from previous season