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# NEW JERSEY SUBURBAN YOUTH FOOTBALL LEAGUE

A Positive Experience for Youth Boys & Girls.



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7x7 FOOTBALL  
2026

# NJSYFL 7x7

## OFFICIAL LEAGUE RULES

### GENERAL RULES

- 7 on 7 (Minimum number of players per roster: 10, Maximum number of players: 15)
- GAMES: Two 20 minute halves with a 5 minute halftime (running clock with a 2 minute warning at the end of each half)
- 25 second play clock
- Two timeouts per half; Clock stops for time outs. Time outs are 90 seconds each.
- 40 yard field (sideline to sideline)
- Play starts at 40 yard line
- 4 downs to pass the line to gain
- 1<sup>st</sup> down at 25 yard, 10 yards, and goal
- Each team is allowed up to three two-hour practices a week. A week goes from Monday to Sunday.
- Game Ball: 10U K2, 12U: TDJ, 14U: TDY

### GAME PLAY

- Offensive Plays Must All Be Passes! (No Run plays or Kicking/Punting)
  - All passes must be forward. No laterals.
  - No punting or field goal attempts.
- Offenses always move in the same direction
- No blocking. No sliding.
- No running plays are allowed. All players are eligible receivers
- Receiver/Ball carrier is legally down when touched with one hand.
  - Each play ends when a “defensive” player touches the receiver with one hand below the neck or the pass falls incomplete
  - 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).
- Fumbles are dead balls at the spot with the last team retaining possession.
  - A muffed snap is not a fumble/dead ball.
  - The ball is dead if it touches the ground
  - If QB drops the ball, it is a fumble and dead ball.
  - The 5.0 second count remains in effect on snaps.
- Any offensive penalty on the extra point try results in a turnover.
- The QB is allowed 5.0 seconds to throw the ball across the line of scrimmage.
  - The Official timekeeper starts as soon as the QB touches the ball.
  - If the release is under 5.0 seconds, the play goes on.
  - If the release is over 5.0, the play is blown dead, and it is a loss of down.
  - A defender can't cross the line of scrimmage until the quarterback passes the ball.

- Defensive Pass Interference is the same as NCAA rules. Results in an automatic first down the referee decision is final
- **NO JAMMING!**
- The 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.
- Interceptions: no returning for a TD; ball is dead and turned over.
- No taunting or “trash talking”. (5 yard penalty & expulsion if flagrant).
- Firsts downs are on 25 and the 10 yd lines. Teams have 3 downs to earn a first down and 3 downs to score once inside the 10 yd line.
- One coach permitted on the field (offense & defense)

## **SCORING**

- Touchdown: 6 points
- Extra points:
  - 1 point from the 5 yd line
  - 2 points from the 10 yd line
- Interception: 3 points; ball turned over.
- Official score is kept by the field referee; Coaches/League representatives will report scores on weekly basis.
- **TIE BREAKER 1 play from the 45 longest completion wins**

## **PENALTIES**

### OFFENSE

- A. Blocking or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation
- B. Illegal Motion/False Start: 5 yards
- C. Offensive Pass Interference: 10 yards from line of scrimmage
- D. Delay of Game: Clock stops, 10 yards from line of scrimmage.

### DEFENSE

- A. Tackling or Holding: 10 yards from line of scrimmage, ejection for flagrant contact violation
- B. Offside: 5 yards from line of scrimmage.
- C. Pass Interference: 10 yards from line of scrimmage
- D. Illegal Rushing of the Quarterback: 10 yards from line of scrimmage
- E. Delay of Game: Clock stops, 10 yards from line of scrimmage.

No protests. The decision of the game officials is final.

If a player/coach is ejected, they are not eligible to play/coach in the next game. If ejected a 2nd time during the season, the player/ coach is finished for the spring season and may be subject to additional sanctions that carry over into the Fall Tackle season.