7v7
RULES AND OVERVIEW



CODE OF CONDUCT

This document establishes expectations for conduct from athletes, parents, coaches, and spectators at all Old Pueblo Football (OPF) events. OPF operates as a family-first, safety-first league. Participation constitutes agreement to comply with this Code of Conduct and all rules contained herein.

ZERO TOLERANCE NOTICE

OPF enforces a ZERO TOLERANCE policy for misconduct. Violations may result in immediate removal from the venue, removal for the remainder of the day (minimum), suspension(s) of any duration, discipline applied to associated athletes, and suspension without refund. NO REFUNDS WILL BE ISSUED for disciplinary removals or suspensions. Final disciplinary authority rests with OPF Administration.

Code of Conduct – Players

Players must demonstrate sportsmanship, respect officials and opponents, follow safety rules, avoid profanity or threats, arrive prepared, and represent OPF positively at all times.

Code of Conduct – Parents & Spectators

Spectators must prioritize youth safety, respect officials and coaches, avoid profanity or harassment, remain outside restricted safety zones, and understand that misconduct may result in discipline applied to associated athletes.

Code of Conduct – Coaches

Coaches must prioritize safety and development, comply with league rules, maintain respectful communication with officials, and ensure team-affiliated spectators comply with OPF standards.

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IMPORTANT INFORMATION

Old Pueblo Football operates differently than many traditional 7v7 leagues. Participation constitutes agreement to all rules, enforcement standards, and disciplinary authority contained in this rulebook. OPF is a family-first, safety-first league.

Final Authority & No Appeals

There are no protests or appeals of judgment calls. Rule interpretation and enforcement decisions made by officials or OPF Administration are final.

Weather & Safety Authority

OPF reserves the right to delay, modify, suspend, or cancel games due to weather, field conditions, or safety concerns. These decisions are final and not subject to appeal. No refunds will be issued for weather- or safety-related interruptions.

Refund Policy

Once a player has participated in a game, no refunds will be issued. Special circumstance requests must be submitted to info@opfaz.com. All decisions are at OPF discretion.

REP WEEKS & LEAGUE FORMAT

The first four (4) weeks are REP WEEKS. There are no standings or rankings. During Rep Weeks only, teams may play up or down one (1) age level to widen competition and reduce rematches. High School teams may not play down to 13/14U. Week five (5) is the championship. Championships require a minimum of two (2) teams per division. Championship brackets are randomly generated with no seeding.

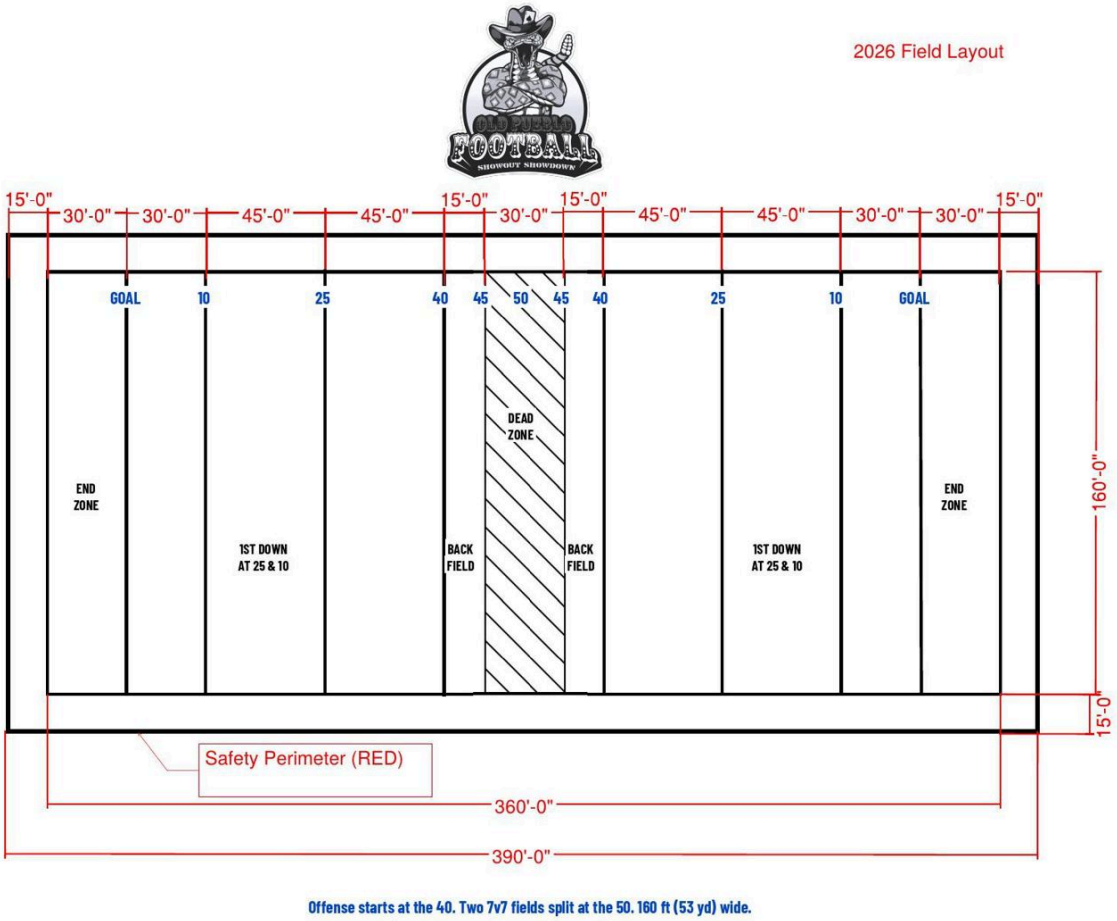
SECTION 1 – GENERAL GAME STRUCTURE

1.1 First possession is determined by the referee prior to the game using:

- Coin flip (physical or digital)
- Rock–paper–scissors (best 2 of 3)
- Shadow boxing (best 2 of 3)

1.2 Offense starts on the 40-yard line.
1.3 First downs are at the 25-yard line and 10-yard line.

Field size: each field is 160 feet wide (about 53 yards) and is split at the 50-yard line. From back to front: a 10-yard end zone, 40 yards from the goal line to the start line (the 40), a 5-yard backfield from the 40 to the 45, and a 5-yard dead zone from the 45 to the 50. The offense starts at the 40, and the first down lines are at the 25 and the 10. A 15-foot (5-yard) safety perimeter surrounds the field (see 9.4).



Offense starts at the 40. Two 7v7 fields split at the 50. 160 ft (53 yd) wide.

1.4 Inside the 10-yard line, the offense has three (3) downs to score.
1.5 **There is no fourth down.**
1.6 A player is down by **one-hand touch** below the shoulders and above the ankles.
1.7 The quarterback has four (4) seconds to throw using the official timer.
1.8 The game uses a running clock unless otherwise stated.

SECTION 2 – BLITZ RULES

2.1 Each team has one (1) blitz per game, including overtime.
2.2 A blitz requires intentional crossing of the line of scrimmage to rush the quarterback.
2.3 Covering a running back or accidental crossing is not a blitz.
2.4 There is no four-second count on a blitz.
2.5 A defensive penalty on a blitz results in the blitz being used.
2.6 An accepted offensive penalty returns the blitz.
2.7 An illegal blitz results in a dead ball, five (5) yards, and an automatic first down.

SECTION 3 – OFFENSE

3.1 This is a passing league.
3.2 The quarterback may never advance beyond the line of scrimmage.
3.3 Behind-the-line passes are allowed.
3.4 Only one (1) handoff is permitted per play.
3.5 Reverses and trick plays are prohibited.
3.6 The first player to receive the snap is the quarterback and may not run.
3.7 The second player is the runner and may not throw or lateral.
3.8 Six (6) active offensive players are permitted; the tee or center is the seventh.
3.9 Shotgun snaps must originate from the tee.
3.10 Shotgun snaps from the 40-yard line are prohibited.
3.11 Blocking is prohibited and results in five (5) yards and loss of down.
3.12 All fumbles are dead where they land.
3.13 For 11U–HS divisions, formations must be legal and covered receivers are ineligible.

SECTION 4 – SCORING

4.1 Touchdown: six (6) points.
4.2 PAT options:

- One (1) automatic point
- Two (2) points from the 10-yard line

4.3 Interception: one (1) point; ball placed at the 30-yard line.
4.4 Interception returns and pick-sixes are prohibited.
4.5 Turnovers on PAT attempts are dead ball.
4.6 Interceptions with time expired still award one (1) point.
4.7 The Head Official's score is final.

SECTION 5 – OFFENSIVE PENALTIES

5.1 False start or offsides: five (5) yards, loss of down.
5.2 Delay of game: five (5) yards, loss of down.
5.3 Offensive pass interference: five (5) yards, loss of down.
5.4 Illegal blocking: five (5) yards, loss of down.
5.5 Dead-ball personal foul: fifteen (15) yards.
5.6 Back-to-back delay of game results in a defensive stop.
5.7 Accepted offensive penalty on a blitz returns the blitz.

SECTION 6 – DEFENSIVE PENALTIES

6.1 Offsides: five (5) yards.
6.2 Defensive holding: ten (10) yards; replay down or automatic first down.
6.3 Defensive pass interference: fifteen (15) yards; automatic first down.
6.4 One-hand jam is legal; two-hand jam constitutes holding.
6.5 Dead-ball foul: fifteen (15) yards.
6.6 Tackling or diving at legs is unsportsmanlike and may result in ejection.
6.7 A defensive penalty on a blitz results in loss of the blitz.
6.8 The game cannot end on a defensive penalty if the score could change.

SECTION 7 – DEAD BALL, TIME & CLOCK

7.1 A play ends on the whistle only.
7.2 Time expiration does not end a play.
7.3 An untimed two-point try is allowed only to tie or win the game.
7.4 The Back Judge tracks time, score, timeouts, and blitz usage.
7.5 The Lead Referee announces score, time remaining, half, and penalties.

7.6 GAME LENGTH

7.6.1 Standard game length is twenty-two (22) minutes:

- Ten (10) minute first half
- Two (2) minute halftime
- Ten (10) minute second half

7.6.2 By mutual agreement prior to kickoff, teams may play a continuous twenty-five (25) minute running-clock game.

SECTION 8 – TEAMS, COACHES & ELIGIBILITY

8.1 Recommended roster size: fourteen (14) players.
8.2 Players may not participate on multiple teams within the same division without OPF approval.
8.3 Maximum of four (4) coaches per team.
8.4 Weekly check-in and wristbands are mandatory.
8.5 Teams must check in one (1) hour prior and be field-ready five (5) minutes before kickoff.
8.6 Age cutoff is July 1 of the active school year. High school athletes (grades 9–12) must play in the High School division, regardless of age, and may not play in 13/14U or any younger division.

8.7 Players must participate in a minimum of two (2) games for championship eligibility.

8.8 All special scheduling requests (dates or times a team cannot play) must be submitted when the team is created at registration so they can be built into the schedule.

8.9 The full season schedule is published at least two (2) weeks before the first game so teams and families can plan. Once published, the schedule is final.

8.10 Conflicts reported after team creation but before the season schedule is posted will be worked into the schedule or made up where possible. Once the schedule is posted, a team that cannot play a scheduled game forfeits it. The opposing team's missed game is not rescheduled, and OPF does not owe a makeup game or refund.

SECTION 9 – SAFETY, CONTACT & FIELD CONTROL

9.1 One-hand touch only. Fingertips, brushes, or uniform contact do not count.
9.2 Intentional head or neck contact results in automatic ejection.
9.3 One-hand jam is legal; two-hand jam constitutes holding.
9.4 A five (5) yard safety halo exists outside all field boundaries.
9.5 Officials may stop play to enforce the safety halo at any time.
9.6 Safety halo enforcement applies regardless of verbal announcement.
9.7 One designated photographer per team may access the halo if registered and compliant.

SECTION 10 – OVERTIME & TIE BREAKERS

10.1 No overtime during the regular season.
10.2 Championship overtime follows NCAA-style format from the 10-yard line.
10.3 After the first overtime, all touchdowns require a two-point attempt.

SECTION 11 – SPORTSMANSHIP & DISCIPLINE

11.1 Celebrations must be brief and not directed at opponents.
11.2 Taunting results in a fifteen (15) yard unsportsmanlike conduct penalty.
11.3 Swearing or profanity is prohibited.
11.4 Throwing, spiking, or kicking the ball outside of play is prohibited.
11.5 Spectator misconduct applies to affiliated athletes.
11.6 Zero tolerance enforcement applies.

SECTION 12 – CO-ED / SPECIAL PROVISIONS

12.1 Female athletes may request flag use in lieu of one-hand touch.
12.2 OPF does not supply flags.
12.3 Intentional sexual contact results in immediate removal plus two (2) games.

12.4 Girls Flag divisions are Middle School and High School. When enough teams register (at least two (2) teams per grade), the Middle School division is split into 7th grade and 8th grade divisions. This allows girls teams to be scheduled against boys teams when needed.

SECTION 13 – EQUIPMENT REQUIREMENTS

13.1 Every player except the quarterback must wear approved soft headgear at all times on the field: (a) padded ring-style headgear that circles the head, or (b) a full-coverage soft-shell helmet.
13.2 Mouthpieces are mandatory for every player except the quarterback.
13.3 The quarterback exemption applies only to the player taking the snap at quarterback on that play. Once that player lines up at any other position, including on defense, they must wear headgear and a mouthpiece before the snap.

13.4 Hard-shell (tackle) football helmets are not permitted. Unpadded items such as sweatbands, beanies, do-rags and compression caps do not meet the headgear rule.

13.5 Headgear must fit snugly, be in good condition and be worn as the manufacturer intends. Officials decide whether headgear is acceptable.

13.6 Headgear is personal equipment and may not be shared.

13.7 Approved headgear is available for purchase from OPF. Players may also buy approved headgear from any retailer. Headgear is checked at check-in. No approved headgear, no play.

13.8 If headgear comes off during a play, the player leaves the field for the next play to refit it. There is no penalty.

13.9 Casts on hands or arms are prohibited.

13.10 Any player showing signs of a concussion is removed for the rest of the day and may not return to OPF play until OPF receives written clearance from a licensed health care provider.

13.11 Headgear may reduce impact forces but does not prevent concussions or other head injuries.

OPF reserves the right to amend or clarify rules during the season for safety or operational reasons. Any updates will be communicated through official OPF channels.