



Connecticut Indoor Winter Youth Football Passing League Format & Rules

Field Dimensions

- Field length: 40 yards
- Field width: 53 yards
- 1st down marker will be at the 20 yard line

Format

- Games will be 60 minutes
- 3 teams will rotate on each field
- Each offensive possession will be 10 minutes
- If the offensive team scores or gets stopped they maintain possession until their 10 minutes is up (always start back at the 40)

Rules

- 1) Games will be 7-on-7
- 2) No rushing the QB
- 3) QB will have 4 seconds to get rid of the ball or it will be a sack
- 4) Center is not an eligible WR. If team does not have a center the QB can snap the ball to himself
- 5) Offensive formation must have one RB in the backfield and no more than 3 WRs on one side of the formation
- 6) Interceptions can not be returned for TDs, and as a result become dead
- 7) Player is down once a defender touches him with one hand
- 8) All plays must be a pass attempt, NO running plays
- 9) No fumbles, the ball is dead and the offense keeps possession
- 10) If a snap hits the ground, QB can pick the ball up but still has only 4 seconds to get rid of it

Scoring

Offense

- Six (6) points for a TD
- One (1) point for a conversion from the 5 yard line
- Two (2) points for a conversion from the 10 yard line

Defense

- Three (3) points for an interception
- One (1) point for a sack