



2019 FORT WORTH CATHOLIC FOOTBALL ASSOCIATION

CAMP & LEAGUE

The **Fort Worth Catholic Football Association (FWCFA)** is organized into two age divisions: one combined 5th/6th grade flag football division and one combined 7th/8th grade tackle team. **To register for the FWCFA, please visit www.fwcfa.org.**

SAVE THE DATE	EVENTS
MAY 4	7v7 Flag Tournament at Nolan Catholic <ul style="list-style-type: none"> • 5th/6th Grade Division • 7th/8th Grade Division
MAY 4	REGISTRATION BEGINS! Sign-up for the upcoming football season!
CAMP JUNE 24-27	Nolan Catholic Youth Football Camp <ul style="list-style-type: none"> • Mon - Thurs at Nolan Catholic • 8:00 AM - 11:00 AM
AUGUST 15	First Tackle Football Practice at Nolan Catholic
AUGUST 17	Equipment Handout @ Nolan Catholic
AUGUST 29	First Tackle Football Games <ul style="list-style-type: none"> • vs. Southwest Christian at Nolan Catholic
SEPTEMBER 16	First 7v7 Games <ul style="list-style-type: none"> • Monday Night Football at Nolan Catholic • <i>Regular games are on Saturdays at Nolan Catholic.</i>

Visit www.fwcfa.org for fees and online registration.

FWCFA 7v7 Air Strike League (5th and 6th Grades)

FWCFA 2017 AIR STRIKE PASSING LEAGUE RULES

1. All games will be played at Nolan Catholic High School on Saturday mornings.
2. Offensive coaches may call plays from the huddle, defensive coaches may coach from the sidelines.
3. The field will be forty-five yards long with a 10-yard end zone.
4. The offense has three downs to get 10 yards for a first down. Once the offense gets to or past the five-yard line, they have four downs to score.
5. After each score, the offense will try a 1-point conversion from five yards out or a 2-point conversion from 10.
6. Each score is worth six points.
7. Interceptions are worth three points plus possession of the ball.
8. Interceptions during a conversion are worth the point(s) of the offensive attempt.
9. All players except the center are eligible on offense.
- 10. Running plays are not permitted.**
11. If a team only has six players show up, the center may be eligible.
12. The center is the QB TIMER TEE.
13. The offensive team has 25 seconds between plays to begin a new play.
14. The quarterback has five seconds to release the ball across the line of scrimmage. After five seconds, the play is ruled a sack. All sacks return the ball to the line of scrimmage.
15. There is no rushing the quarterback.
16. There are no fumbles. Ball is dead at that spot.
17. Blocking, tackling, and overly aggressive hits are not allowed. Bump and run techniques by DB's are allowed.
18. The ball carrier is down where touched by a defender with one hand.
19. Offensive penalties are 5 yards and a loss of the down.
20. Defensive penalties are 5 yards and a replay of the down.
21. This is a non-contact league. Flagrant contact will result in a game ejection.
22. There will be overtimes for ties.
23. In overtime each team will get two plays to score from the 10 yard line; if no score yards gained during OT will determine the winner. A coin flip will determine which team goes first.
24. Mouthpieces are mandatory.

QUICK FACTS

- 7v7 is a non-contact, touch only football passing league for incoming 5th and 6th graders
- The league will start play on Saturday, September 15th through November 3rd.
- There will be a double elimination playoff tournament at the conclusion of league play Saturday, November 3rd.
- Teams will play two 20 minute halves.
- You need a minimum of 6 players to play, but can carry as many as you choose.
- Coaches may coach offense from behind the huddle, defense must be coached from the sidelines.

NOTES:

PLEASE TAKE TIME TO "POLICE YOUR AREA" AND CLEAN UP TRASH AFTER YOUR GAMES!!!

ABSOLUTELY NO GUM OR FOOD PRODUCTS ARE ALLOWED ON THE FIELD.

NO JUMPING OR HANGING ON THE GOALPOST (BUT IF YOU CAN, WE NEED TO SEE IT.)