



## 7 on 7 Rules and Scoring

1. Field Dimensions
  - Field Length--45 yards long
  - Field Width--160 feet (60 feet to hash mark, 40 feet between)
  - End Zone--10 yards deep
2. Player Equipment
  - A mouthpiece is required. No player will be allowed to participate without a mouthpiece.
  - No sideline-to-player communication devices may be used.
  - A soft shell helmet is required and must be worn properly and fully fastened.
3. Starting the game
  - A central timekeeper will be designated. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10, 5, and 2 minute mark.
  - Visitors will have first possession and wear white (top team in bracket or first team listed will be the visitor). The home team will have first possession the 2nd half (bottom team in bracket or 2nd team listed will be the home team).
  - Visitors will always align their team on the right sideline facing the end zone. Home will always align their team on the left sideline facing the end zone.
  - Ball is always placed on the right hash mark when at the 45 yard line.
  - Referee will announce/post the score before each offensive possession begins.
4. Moving the ball
  - Offensive Plays Must All Be Passes! (No Run plays or Kicking/Punting)
  - Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
  - Possession always begins at the 45 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.
  - No penalty will be assessed in excess of the 45 yd line. On an unsuccessful or successful offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line and the next succeeding play will be forfeited. I.e. 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
  - Offenses always move in the same direction.
  - No "Double Passes" are allowed.
  - Once a forward pass has been thrown, a backward pass (lateral) is allowed.
  - Should a swing pass not cross the LOS and a defensive player tags the ball carrier behind the 45 yard line, it is a safety.
  - The offense has 40 seconds between downs to snap the ball. The 40 second play clock will start immediately after the ball has been ruled dead by a game official after a down (HS play clock rules)
5. Special Rules
  - No blocking.
  - Receiver/Ball carrier is legally down when touched with one or both hands. (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 4.0 second count remains in effect on snaps.
- Two delay of game penalties in the same possession results in a turnover.
- Any offensive penalty on the extra point try results in a turnover.
- The QB is allowed 4.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
  - If the release is under 4.0 seconds, the play goes on.
  - If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official or coach from a team that is not playing)
  - All penalties will be marked off on a 4 second count EXCEPT for pass interference.
- Defensive Pass Interference is the same as NCAA rules. (automatic 1st down & spot foul up to 15 yds)
- Offensive pass interference is the same as NCAA rules. (15 yard penalty)
- Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.
- 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.
- The offensive center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground. [2023: eliminate "between the snapper's legs. (mirror the game of football)"]
- The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line. (centers on both teams responsible).
- No taunting or "trash talking". (5 yard penalty & expulsion if flagrant).
- The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15 yard line cone (third quadrant).
- Fighting: the player(s) involved will be ejected from the game and league/tournament.
- Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
- There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extends 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

## 6. Scoring

- 6 points for TD
- 1 point for PAT from the 3 yard line, 2 point PAT from 10 yard line.
- 2 points if a team returns a PAT back across the 45.
- Official score is kept by the field referee and game manager.

## 7. Time

- Teams will play two 15 minute halves (continuous clock for each half - see: "starting the game").