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7v7 – QUICK RULES GUIDE

GAMEPLAY FORMAT

- Coin toss decides first possession and direction
- Starting possession begins at the 40-yard line
- 3 downs to cross the 25-yard line (**Zone 1**), then 3 more to cross 10-yard line (**Zone 2**), and **4 downs** to attempt to score (**Zone 3**)
- If an offense is stopped from advancing the ball up field, then a turnover on downs is awarded to the defense, starting back at the 40-yd line + 2 points
- Interceptions **CAN NOT** be returned (*see scoring*)
- Teams switch sides at halftime
- **First possession in the 2nd half** will be given to the team that started the game on defense

CLOCK RULES

- **40-minute games:** Two 20-minute halves, 5-8 min halftime
- Halftime is allotted for, but modified for devotions
- Game clock will run NON-STOP
- Offense has **25 seconds** to run a play

- **2 UTD (Untimed Down)** that can be utilized at the END of regulation time (after time runs out of each half). The offense is then **allowed 1 play attempt** to score before ending the half/game.

SCORING

- **Touchdown:** 6 points
- **Points After Touchdown:**
1-Point PAT, 5-yard line (pass only)
2-Point PAT, 10-yard line (run or pass)
- **Interception:** 3 points (n/a in OT)
- **Turnover on Downs:** Defense awarded 2 points (n/a in OT)

OVERTIME

- Coin toss to determine first possession
- Each team gets ONE SET of 4 downs to score a TD from the 10-yard line.
- Then attempt a 2-point PAT from the 10-yard line.
- If both teams score equally on the given possession (TD and PAT) the game ends in a Tie.

PASSING THE BALL

- The QB has 4 seconds to throw the ball to a receiver. Failure to do so results in a **Sack and Loss of Down**

- **Passes can be thrown behind the LOS, but the receiver must advance the ball up field pass the LOS or the play will result in a loss of down and spotted back at the original LOS**
- **NO RUN PLAYS** or hand offs
- **NO double passes allowed.** The player who receives the snap is the **ONLY** player who can attempt a pass.
- Fumbled snaps may be picked up by the QB, however, must be thrown within 4 seconds.

RECEIVING

- A completion consists of a receiver gaining control of the ball having **at least one foot in bounds**
- If a player catches a pass with their knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion
- All players are eligible **EXCEPT the center**

PRE-SNAP

- A minimum of three players must be aligned on the LOS at every snap
- If there are 3 receivers lined up on the same side of the ball, they must be arm's length apart from each other
- Only 1 player can be in motion at a time
- The QB must have possession of the ball before handoff or passing
- The center **MUST SNAP** the ball sideways or between the legs to the QB to begin every play

DEAD BALL

The play is ruled dead when one of the following occurs:

- Flag pulled, knee down, incomplete pass, or player out of bounds
- Dropped/fumbled ball (except clean snap recovery by the QB behind the LOS). If the snap is mishandled, **the QB is the only player** who can pick up the ball and continue the play.
- If a flag falls off without being pulled, the play is ruled dead if the defender is within distance of touching the player. **(Determined by the officials)**
- 25-second play clock expires
- TD or Safety is scored
- The QB 4-second pass time has expired

PASS DEFENSE

- Teams may run man-to-man, zone or a combination of both
- All defensive players (not rushing) may **ONLY** line up as close as 1-yard of the LOS, but as far back off the line as deemed necessary.
- Press coverage allowed (no jamming, pushing, or grabbing)
- Interceptions **CAN NOT** be returned for yardage and/or a TD. Instead, they are ruled a dead ball after the catch and 3 points is awarded to the defense.
- All defenders may cross the LOS once ball leaves QB's hands to pursue the ball carrier

PENALTIES

All penalties can be accepted or declined

In the event a penalty is called while the ball is spotted at the 40-yard line, there will be no loss of yards, but the play will result in a **loss of down**.

Offense:

- **Illegal Motion/Pass, Flag Guarding, Blocking** = -5 yds or loss of down
- **Illegal Formation** (not enough players on the LOS) = -5 yds. Replay down
- **Illegal Pass** (a pass thrown after the ball has crossed the LOS) = -5 yds and loss of down
- **Delay of Game** = -5 yd, replay down
- **Pass Clock Violation** = loss of down
- **Shielding/Blocking** = -5 yds from the spot of the foul and loss of down.
- **Intentional Grounding** = -5 yds and loss of down
- **Offensive Pass Interference** = -5 yds from the LOS and loss of down
- **Flag Guarding** = -5 yds from the spot of the foul and loss of down
- **Illegal Use of Hands** = -5 yds from the spot of the foul and loss of down
- **Diving/Hurdling** = -10 yds from the spot of the foul and loss of down
- **Unsportsmanlike Conduct** = -10 yds and loss of down 1st Warning. 2nd Warning = Ejection

Defense:

- **Encroachment** = 5 yds, replay down
- **DPI, Illegal Contact** = 5 yds spot foul + automatic 1st down
- **Illegal Flag Pulls** = 5 yds from the LOS + automatic 1st down
- **Unsportsmanlike** = 10 yds + loss of down 1st Warning. 2nd Warning = Ejection

COACHES ON FIELD

- NOT allowed for Grades 4–8 (*ages 9-13 y/o*)
- Coaches must remain on the sidelines

UNIFORMS & EQUIPMENT

- Mouthguard required (no exceptions)
- Cleats allowed (no metal spikes)
- Official jerseys & flags required
- Shorts: solid color, no pockets/stripes; flags must contrast shorts

SPORTSMANSHIP

- No tackling, blocking, or foul language
- 1st ejection: suspended 1 game | 2nd: banned for season (no refund)
- Play Safe. Play Fair. Have Fun!