



7 on 7 Rules and Scoring

First Downs:

- Fields are 40 yards in length, first downs are at 25-yard line and 10-yard line
- Offense has **three** downs to get a first down (at 25-yard line or 10-yard line) or score a touchdown (if at or inside the 10-yard line)

Scoring:

- 6 points for offensive touchdown (no defensive touchdown)
- 1 point for PAT conversion from 5-yard line
- 2 points for PAT conversion from 10-yard line
- 2 points for a defensive stop
- 3 points for a defensive interception
- 0 points for a defensive interception on PAT attempt

Timing:

- Every game is 25 minutes long with a running clock that can only be stopped by order from field monitor
- Quarterback has 4 seconds to throw a pass or hand off ball to running player UNLESS the defense blitzes, in which case the quarterback can throw at any time
- 4-second time window is tracked by referee with digital watch, if quarterback is still holding ball after 4 seconds, play is dead
- If time expires when touchdown is scored, offense is permitted to attempt PAT
- On first possession for each offense, PAT attempt can be from either 5-yard line (1 point possible) or 10-yard line (2 points possible); for second possession and all others, PAT attempt must be from 10-yard line

Offense:

- All offensive formations must be legal sets — at least two receivers on line of scrimmage for every snap with proper alignment on and off the ball
- Snaps must be performed by a player, coaches are not allowed to initiate play
- All passes must be thrown forward by the quarterback.
- Reception occurs when offensive player possesses ball with at least one step inbounds
- A muffed snap by the quarterback prior to throwing a pass is not a fumble. Quarterback has all 4 seconds to attempt pass, run, or hand off ball to running player
- If offensive player fumbles ball, play is blown dead where ball is fumbled at player's progress
- No blocking permitted, result of play is offensive holding penalty and loss of down
- Laterals not permitted after initial exchange from quarterback to running back/receiver
- All offensive player substitutions must take place behind the line of scrimmage
- Offense is responsible for retrieving and returning the ball to previous scrimmage spot or new scrimmage spot, any deliberate attempt by offense to impede spot results in delay of game to avoid contact

- Yardage penalties that occur without enough room on field to take full yardage will be measured half the distance from the endzone (defense) or 40-yard line (offense). Yardage penalties against the offense when it is on the 40-yard line will result in a loss of down

Defense:

- It is the defense's responsibility to avoid contact
- An offensive receiver/ball carrier is considered down when a defensive player contacts the player with at least one hand below the neck and above the ankles. The defense is allowed one blitz per game, tracked by the referees. Defense can blitz as many players as they want

Offensive Penalties:

- Offensive false start: Loss of down
- Offensive pass interference: Loss of down
- Ineligible receiver downfield: Loss of down
- Offensive hands to the face: Loss of down
- Offensive holding: Loss of down
- Offensive delay of game: 5-yard penalty unless occurs at 40-yard line, then loss of down
- Offensive holding: Loss of down
- If offense commits delay of game penalty in final five minutes of playoff game, game clock stops until next snap

Defensive Penalties:

- Defensive off-sides: 5-yard penalty, replay down unless penalty yardage reaches first down
- Defense provoking offensive players to move before snap, such as flinching, imitating snap count or clapping will result in a 5-yard penalty
- Defensive holding: 5-yard penalty, first down
- Defensive player is allowed initial disruptive contact against offensive player at line of scrimmage but will be assigned a 5-yard holding penalty if there is prolonged or excessive contact after disruption, and if contact includes shoving, pushing or striking a blow against another player, a 15-yard personal foul penalty will be assessed instead of the 5-yard holding penalty
- Defensive pass interference outside end zone: 15-yard penalty, first down
- Defensive pass interference inside endzone: First down on 1-yard line
- Defensive delay of game: 5-yard penalty, first down
- Defensive personal foul: 15-yard penalty, first down
- Defensive personal foul on turnover/other change of possession: Loss of down for their offense

Delay of Game:

- Offense taking more than 25 seconds to snap ball once referee marks it ready for play
- Quarterback throwing ball well after play is blown dead
- More than 7 players on the field for either the offense or defense
- Delay by either offense or defense in retrieving and returning the ball to referee
- Throwing or launching ball in the air