

7-ON-7 FOOTBALL RULES

Youth Team (9yrs - 11yrs) Youth Team (12yrs - 15yrs) Adult Team (16yrs & Up)

General Rules:

- When determining after for team, please use the age of the payer on the day of the event.
- A youth aged player can play up into the adult division but cannot play in the both youth and adult divisions.
- Once the roster is submitted, no substitutions are allowed.
- Any player that is playing and not on the roster can result in the team being disqualified.

Players:

- Minimum - 7 players per team Maximum - 20 players per team

Uniforms:

- MOUTH PIECES: It is required that mouth pieces be worn

Scoring:

- 6 points for TD
- 1 point for PAT from 2 yard line, 2 points PAT from 10 yard line (interception on PAT is a dead ball)

Time:

- 20 minute halves (continuous clock for each half)
- No time outs.

Moving the Ball:

- Offensive Plays Must All Be Passes (No 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. Offense always moves in the same direction.
- All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.
- Once a forward pass has been thrown, a backward pass (lateral) is allowed.

Special Rules:

- No blocking
- Receiver/Ball carrier is legally down when touched with one or both hands.
- Fumbles are dead balls at the spot with the last team retaining possession.
- Each team will have 25 seconds to snap the ball once it has been marked ready for play. The QB is allowed 4.0 seconds to throw the ball.
- Interceptions may be returned ("no blocking" rule applies).

- The offensive center is not an eligible receiver (teams must have a center).
- No profanity.