

St. Edward Greenwave 7-on-7 Shoot-Out Rules

1) ROSTERS

- There is not a limit on the amount of players for the Shootout (7on7).

2) STARTING A GAME

- Coaches can talk to determine the initial possession, coin flip if necessary.
- Games will start at the 40 yard line going in.

3) LENGTH OF GAME

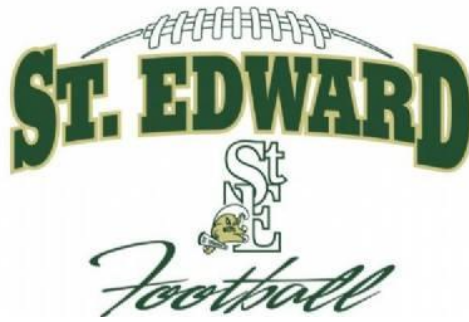
- Games will consist a **running clock set at 30 minutes** with 5 minutes in-between games.
- There will be no time-outs or stoppage of the clock for any reason. Please keep play at a fast pace when you can, but instructional time is encouraged.
- If the game is tied, each team will get 1 play from the 10, and allowed to go for 1 (from the 5) or 2 (from the 10) PAT until the tie is resolved.

4) EXECUTING A PLAY

- The QB has **4 seconds** to release the ball before the play is ruled a sack.
- If ruled a sack, the offense loses 5 yards. No movement if at original LOS (40).
- The quarterback cannot cross the line of scrimmage or run the ball.
- **1 running play per set of downs is allowed** (non QB) to keep LB play honest.
- There is no blitzing. **3-5 Defense must have one LB take a knee at snap of ball.**

5) MOVING THE BALL

- Ball starts on the 40 yard line.
- The ball is placed where the receiver is touched (1 hand below neck) on completed passes or where they go out of bounds.
- Offense must move the ball 20 yards to achieve a first down (20 yard line).
- Extra point opportunity from the 5 yard line (1 point) or 10 yard line (2 points) after a score.
- Possession goes to other team after a score, or after failure to get a first down at the 20.
- Interceptions are treated as dead balls. The result of the interception is 3 points for the defending team as well as possession of the football at the 40 yard line.
- There is no blocking permitted anywhere on the field. **Any deliberate blocking will result in the ejection of that player for the rest of the day.**
- This is 1 hand touch below the neck. Any rough play or unsportsmanlike conduct as determined by anyone on the St. Edward Football Staff will result in the removal of the offending player. This is a FUN and competitive event. No State Championships will be won today. Keep everyone healthy!



7) EARNING A FIRST DOWN

- The offense must move the ball 20 yards in order to earn a first down.
- Failure to earn a first down will result in a turnover on downs – defending team will take over at the 40 yard line.

8) PLAYERS

- The offensive team may consist of no more than 7 players (center (optional), quarterback, and five receivers) for any one play. The center is an ineligible receiver. A center is not necessary for the offensive team. Substitutions may be made between plays, but be aware of the running clock and keep the game moving.
- The defensive team may consist of no more than 7 players. **If you run an 8 man secondary**, the 8th man must take a knee at the line of scrimmage during the cadence.

9) SCORING

- Touchdown: 6 points
- Defensive interception: 3 points
- Extra point conversion from the 10 yard line: 2 points
- Extra point conversion from the 5 yard line: 1 point

10) OTHER RULES

- Participants must wear helmets and mouth pieces.
- The ball carrier is legally downed on contact with one hand touch below the neck. **NO TACKLING! Coaches keep your player under control.**
- Fumbles or dropped snaps are dead on the spot. The clock does not stop; any delay by the offense in retrieving the ball will result in a loss of down.
- Each team will have 25 seconds to get the ball into play; delay of game will result in a loss of down. This will be loosely watched only if it seems a team is stalling.
- The QB has 4 seconds to throw the ball; after four seconds the ball will be whistled dead.
- Defensive pass interference will result in replaying the down. Coaches make calls. St. Edward staff on the field can assist with disputes.
- Coaches from each team shall officiate the game. Score keeper is there to make final decision on disputed calls if needed, but really just to tally scores.
- **D coaches please be out the back of the end zone prior to the snap of the ball.**
- No taunting, trash talking, unsportsmanlike conduct or fighting will be tolerated.
- If the game is tied, each team will get 1 play from the 10, and allowed to go for 1 (from the 5) or 2 (from the 10) PAT until the tie is resolved.
- We keep score because we are competitors. Have fun and use this day to teach also!