

## 7-on-7 League Rules

- Each field is 40 yards long with high school hash marks.
- It is 1<sup>st</sup> and 15 and you will always go for it.
- All high school league rules are in effect. Penalties will be enforced.
- Your 7 players on offense are your center, qb, and 5 eligible receivers. We use the same on/off rules so you can be covered up and ineligible. On defense you can use all 7 in whatever coverages you choose.
- There are 2, 20 minute running halves with stop time in the last minute. You will get one 30 second timeout per half. Each team is allowed 30 seconds to call a play and snap the ball. The refs will count down from 5.
- If you are a traditional snap team we will use a skelly stand that counts to four second and then a buzzer will go off. If you are a gun team, you can use your center and the referee will count one thousand one ... until they get to the r on four.
- If the buzzer goes off or the referee gets to the end, they will whistle the play dead and it will go back to the original line of scrimmage. The clock will remain running if this happens.
- Scoring
  - 1 Point first down
  - 6 Points touchdown
  - 3 Points interception
  - 1 Point for a defensive stop, including fumble
  - 1 Point for a 5 yard conversion
  - 2 Points for a 10 yard conversion
- You will have the choice of going for 1 (5 yards) or 2 (10 yards) after the touchdown.
- It is one hand touch, and the refs will blow it dead.
- Each team will be allowed 1 run per series; this is done to keep the backers honest and make it more realistic.
- The ref's are our players and younger coaches, they are not perfect, but they make the final call.