

SPORTS757.COM | 7 v 7 GAME RULES

Starting Each Game

1. A coin toss will determine which team gets the ball first. That team will begin possession of the ball on the 40 yard line with their choice of hash.
2. A whistle will begin each game.
3. **Each game will be 20 minutes** with running clock (on scoreboard or clock).
4. Officials will declare when the clock is under 2 minutes.
5. The clock never stops, with the exception of an injury or referee timeout.
6. A whistle will end each game.
7. The referees will keep the official score and time (if scoreboard malfunctions or stops due to injury) on the field for each game.
8. No helmets or football pads of any kind.
9. **Being on time.** Any team who arrives late will receive an 2 point penalty for each minute late. The late team will start on defense. After 10 minutes = auto forfeit
+ Point differential will STILL count / be used if a portion of the game can be played.

Moving the Ball

1. Offense always starts on 40 yard line with their choice of the hash after any change of possession.
2. All snaps at the 40 yard line.
3. Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10 yard lines.
4. Once inside the 10 yard line, the offense has 3 downs to score a touchdown.
5. The QB is never eligible to run. The QB is allowed to make one exchange (ex. Pass, handoff or toss). No toss passes, reverses or hook and ladder.
6. The offense may run the ball as many times as they want on any down during the game.
7. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB.
8. **Quarterback can NEVER run the ball.** The quarterback MUST release the ball from behind the "center / snapper" / line of scrimmage. If his foot passes the LOS, it will be called an illegal forward pass.
9. **The ball must be snapped by a "non-eligible" teammate (both shotgun and or under center)**

Coaching your Team

1. There will be **THREE** coaches allowed to accompany per team. Only **THREE** coaches are allowed on the game field PER team. (one warning then delay of game penalty)
2. The offensive coaches must be positioned behind the offensive huddle.
3. Coaches are not allowed to challenge any official ruling.
4. NO defensive coaches allowed on the playing field; **they must coach from the sideline.**

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6. Coaches will be given 1 sideline warning during play. Second warning will result in a 10 yard penalty or half the distance to the goal. Third warning will result in coach's ejection.
7. Any form of cheating qualifies for automatic team disqualification at the tournament!

Overtime/Tie Breaker

OVERTIME RULES will **ONLY be executed in playoff / championship games**

Each team will have 2 plays from the QB-tee from the 10 yard line, choice of hash. If you score, you receive the standard 6 points.

If the offense scores, then they **MUST** chose to go for 1 point from the 5-yard line, or 2 points from the 10-yard line.

The opposing team gets the same opportunity to win.

If neither team scores or it still end as a tie, we will flip the coin again and the longest pass completion from the 40-yard line will be declared the winner. There is no running allowed in longest yard situations. (Each team will have 1 play from the QB tee from the 40 yard line)

The team with the most yards will be declared the winner of the tiebreaker and win the Championship.

If there is no completion, or the longest pass completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.

This format will be repeated until there is a clear winner is declared.

SPECIAL RULES

1. NO BLITZING ALLOWED in the ENTIRE game (INCLUDING overtime). If a team blitz's, they will be penalized 15 yards, unsportsmanlike conduct.
2. NO blocking.
3. Face guarding is allowed.
4. Blocking will result in a loss of down, return to previous spot.
5. Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground. A defender CAN leave his feet to make a tag. The offensive player can leave his feet also.

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6. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
7. **Offensive team will have 25 seconds to put the ball into play.** Delay of game is a loss of down.
8. The offensive team is responsible for retrieving and returning the ball to the yard line that the next snap will take place. The clock does not stop. Any delay of the offense in retrieving and returning the ball to the yard to the correct yard line will result in delay of game.
9. Defensive pass interference will result in a 15-yard penalty and an automatic first down. Defensive holding will result in a 10-yard penalty and repeat the down.
10. Offensive pass interference will result in a return to the previous spot plus a loss of down.
11. **QB is allowed 4.0 seconds** to throw the ball. Official will stop play if 4.0 seconds is surpassed.
12. An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 30-yard line. If a un sportsman penalty is given to the interception team, they will be penalized 10 yards and will start from the 40-yard line.
13. Excessive celebration is not allowed and will not be tolerated. At the discretion of the officials, if a team is penalized for excessively celebrating or clearing of the sideline, the result is a 15-yard unsportsmanlike penalty and a loss of down.
14. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
15. The offense (wide receivers) has to line up outside the tackle box, and one receiver has to be on the line on each side.
16. Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and can NOT return to the game. The player will be suspended from play for TWO weeks, If players are involved in pushing or shoving, they may be ejected immediately from the game at the official's discretion. If a second incident occurs with the same player(s), they will be ejected for three weeks. If this is the players second time being ejected for fighting, they will be done for the season. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game. The Norfolk Indoor staff & security has the right in extreme cases to eject players, coaches, teams, and by-standers of the league and they will have to leave the facility immediately. An official can also give a 15-yard unsportsmanlike penalty.

PENALTIES

Offensive Penalties:

False start / Illegal Motion - Previous spot and Loss of Down

Delay of Game - Previous spot and Loss of Down

Illegal Forward Pass - Previous spot and Loss of Down

Blocking - Previous spot and Loss of Down

Pass Interference - Previous spot and Loss of Down

Unnecessary Roughness -15 Yards from Previous spot and Loss of Down

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Fighting – Immediate ejection

Defensive Penalties Assessed Result:

Encroachment/Neutral Zone - 5 yards from previous spot and Repeat Down

Holding - 10 yards from previous spot and Repeat Down

Pass Interference -15 yards from previous spot and automatic First Down

Unnecessary Roughness (UNR) -15 yards from Line of Scrimmage

Illegal Participation - 5 yards from previous spot and Repeat Down

Un-sportsmanlike (UNS)15 yards from Line of Scrimmage

Playoff BRACKET FORMAT

1. The top four teams by record and then scoring margin in games 1 - 3 will advance to our 4 team single elimination playoff /championship game
2. The playoff will be single elimination.
3. There is / will be no “losers bracket”

SEEDING WILL BE DETERMINED BY

1. Record
2. Point differential total score minus total give up
3. Head to Head record if point differential is exactly equal

POINT VALUES

1. Offensive touchdown = 6 points. After the touchdown, the team MUST elect to go for 1 point from the 5-yard line or 2 points from the 10-yard line.
2. Defense stop during the series / turnover on downs = 2 points
3. Defense INT = 2 points