

7 ON 7 PASSING RULES



STEPHENVILLE
PARKS & REC

1. Field Dimensions

- Field Length--40 yards
- End Zone--10 yards

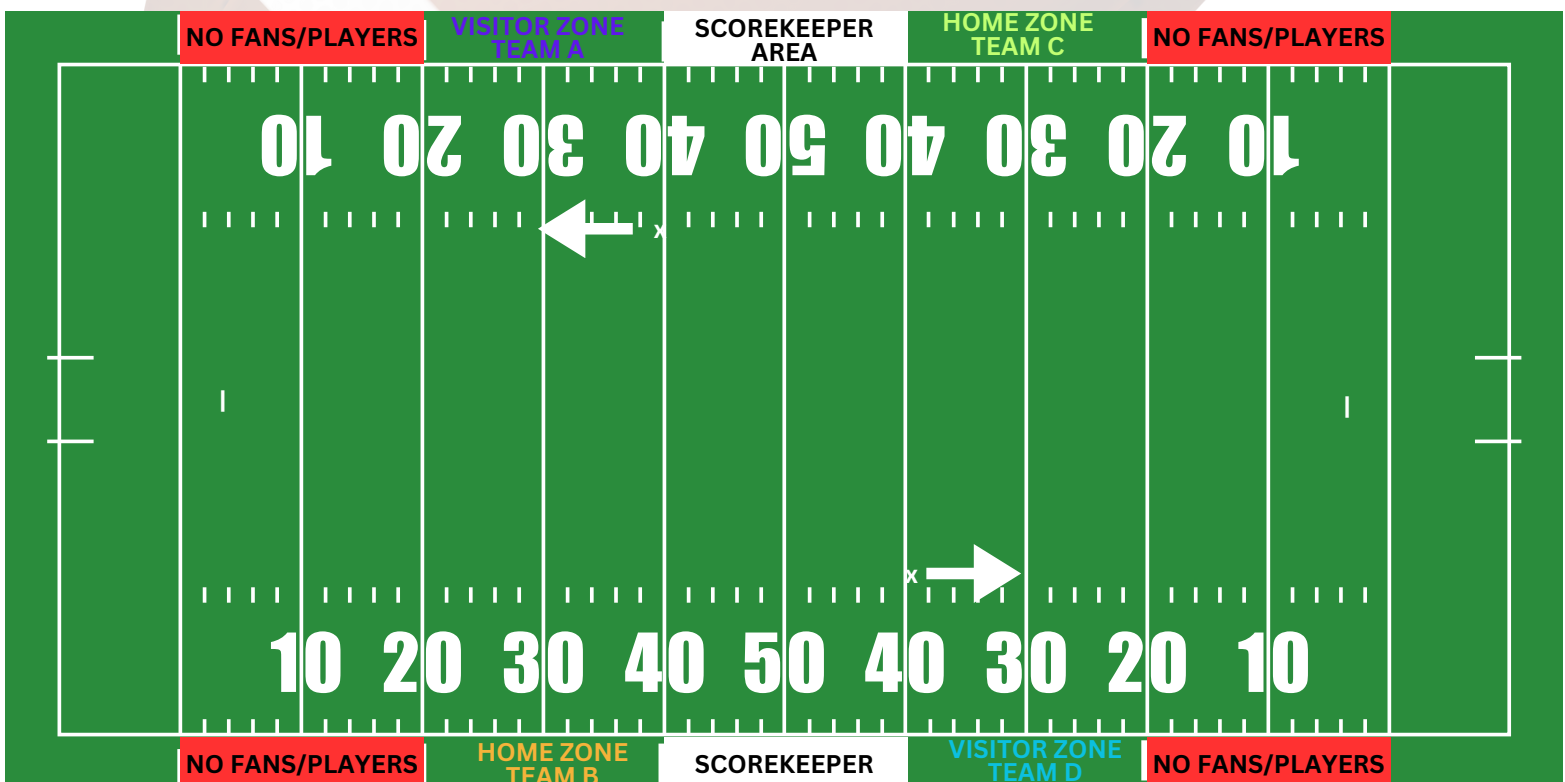
Division	Time to Throw	Ball Size	Game Length
1st - 3rd	6 secs.	Pee Wee	2- 15min Halves
4th - 6th	5 secs.	Junior	2- 15min Halves

2. Player Equipment

- All teams will have a unique color with a number on the back. The number on the back must be a minimum of 4".
- Athletic Shorts/pants will be solid in color and matching.
- A mouthpiece is optional.
- A cap-style soft shell helmet is optional.

3. Starting the game

- A central timekeeper (referee) will be designated. All games will begin and end on this person's instructions. He will also announce the time remaining throughout the game around the following remaining (10 mins, 5 mins, 2 mins, 1 min)
- Visitors will have first possession on offense. The home team will have first possession on offense the 2nd half.
- Visitors will always align their team on the right sideline facing the end zone. Home will always align their team on the left sideline facing the end zone.
- Ball is always placed on the right hash mark and starting from the 40yd. line.



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4. Moving the ball

- Offensive Plays Must All Be Passes! (No Run plays or Kicking/Punting)
- Field is marked at 3 intervals with cones. (3 first downs without a penalty would result in a touchdown)
- Possession always begins at the 40 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced.
- No penalty will be assessed in excess of the 40 yd line. On an unsuccessful or successful offensive play from the 40 yard line resulting in an offensive penalty: The ball will be returned to the 40 yard line and THE NEXT SUCCEEDING PLAY WILL BE FORFEITED. I.e. 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover. E. Offenses always move in the same direction.
- No "Double Passes" are allowed, even if backwards.
- Once a forward pass has been thrown, a backward pass (lateral) is allowed.
- Should a pass not cross the LOS and a defensive player tags the ball carrier behind the 40 yard line, it is a safety.
- The offense has 25 seconds after the ready for play whistle to snap the ball. The 25 second play clock will start immediately after the ball has been spotted and whistled into play by a game official after a down.

5. Special Rules

- No blocking at any time.
- Receiver/Ball carrier is legally down when touched with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The second count remains in effect on snaps.
- Two delay of game penalties in the same possession results in a turnover.
- Any offensive penalty on the extra point try results in a turnover.
- The QB is allowed (see chart) seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
 - If release is under (see chart) seconds, the play goes on.

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5. Special Rules cont...

- If the timekeeper sees that the clock has exceeded (see chart) seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down.
- If the ball has not been thrown by 10 seconds, the ref may blow the play dead.
- Defensive Pass Interference is automatic 1st down & spot foul up to 10 yds
- Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping, or grabbing. These actions will result in a 5 yd. penalty and an automatic 1st down. Offensive pass interference is 10 yds and replay down.
- Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 40 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner.
- Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
- The offensive center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground.
- No taunting or "trash talking". (5 yard penalty & expulsion if flagrant).
- The offense must gain at least 10 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after offense proceeds to or inside the 15 yard line cone (last third).
- Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 40 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
- There will be an area referred to as the tackle box that extends 3 yards on both sides of the center and extends 3 yards deep into the backfield. No eligible receiver may align within the tackle box.

6. Scoring

- 6 points for TD
- 1 point for PAT from the 3 yard line, 2 point PAT from 10 yard line.
- 2 points if a team returns a PAT back across the 45.
- Official score is kept by the field referee and scorekeeper.

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7. Tie Breaker

- After a coin flip to determine first possession, teams will alternate PATs from the 10yd line.
- A winner is determined when one team scores during its possession and the other does not. Winner will be awarded 1 point.

8. Time

- Teams will play two halves (continuous clock for each half – see: “starting the game”).
- 2 Minute half-time
- No time outs. (Exception: Injuries. All games on every field will halt until player(s) can be removed as soon as safety dictates).
- Approximately 10 minutes between games – games should start every 45 minutes.
- Teams must be on site and ready to play when scheduled.
- Game time is forfeit time. Teams may play with 6 players but no less. (Due to small team size, if the opposing team only has 6, you must match them.)

9. Team Area

- The Team Zone will be an area on the sideline where only team members may be during game play. This will be the area from the 20 yard line to the 40 yard line. Players and coaches may not be out of the Team Zone during game time.

10. Fan Seating

- Fans MUST sit behind the endzone area of the field or behind their respective team.
- Fans may not sit behind the opposing team.

11. Penalty Chart

- Pass Interference- 10yds max or spot foul and 1st down
- Defensive Holding/Chucking- 5 yds (and automatic 1st down)
- Illegal contact Defense- 5yds
- Illegal contact Offense- 5 yds
- Offsides/Encroachment- 5 yds
- Illegal Procedure/False Start- 5 yds (and loss of down if at 40)
- Personal Fouls- 10 yds (and automatic 1st down if on defense)
- Unsportsmanlike Conduct- 10yds
- Unnecessary Roughness- 10yds
- Taunting/Cursing- 10yds
- Delay of game- 5yds (and loss of down if at 40)
- Illegal pass- 5 yds (and loss of down if at 40)
- Illegal Formation- 5yds and replay down
- Illegal Shift- 5 yds and replay down (dead ball foul)
- Illegal Motion- 5 yds and replay down