



RULES

PLAYING RULES HAVE BEEN ADOPTED FROM THE USA FOOTBALL 7-ON-7 NATIONAL TOURNAMENT RULES

➤ SCHEDULE FORMAT & TIMEFRAME

- Four (4) games minimum a week per team guaranteed.
- Minimum of 12 games per team guaranteed.
- ALL games at Memorial Stadium (Fields) – Baton Rouge.
- Two Day Format -
 - Monday & Wednesday: 6:00pm & 7:00pm.
 - Tuesday & Thursday: 6:00pm & 7:00pm.
- Must notify the league in advance of any scheduling issues.

➤ REGISTRATION & COST

- Team & Student-Athletes Information registration must be done online and is available NOW
- Minimum 12 student-athletes and 2 coaches.
- Fifteen (\$15.00) dollars per student-athlete.
- Cost covers officials, playing site, and insurance.
- The team only should submit hard copies of completed Team Roster & Student-Athletes Registration forms with registration fees. No individual player registrations.

➤ GAME TIME

- (2) 10-minute running halves
- 5-minute halftime
- (1) 30 second time out per team per half
- 10 minutes between games
- Official & injury timeouts when needed

➤ FIELD DIMENSIONS

- 50 yards long x 53.5 yards wide



➤ STARTING THE GAME

- Scheduled Visiting Team will have first possession. Home Team will have first possession the second half.
- Each game and change of possession starts with the offensive team on the right hash at the 40-yard line.
- All members of a team must wear like apparel, in color and style. (Football jerseys, t-shirts, or Under Armor apparel with no pocket shorts are acceptable uniforms). Again, teams must be in uniform. Teams should try to have a Home & Away version of uniforms. All participants must wear helmets and mouthpieces. No jewelry allowed.

➤ MOVING THE BALL

- No kicking or punting
- No running plays including QB
- Play begins when the ball is snapped by the Quarterback
- All passes must be forward
- Offense has 5 downs to produce a 1st down (20-yard line), then 5 downs to score

➤ SPECIAL RULES

- Each team will have 30 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a loss of down plus 5 yards.
- Offensive coaches are allowed onto the playing field and in the huddle. Defensive coaches are not permitted onto the field.
- The Quarterback is allowed 4.0 seconds to throw the ball; if the 4.0 seconds are surpassed, the play is blown dead, ruled an incomplete pass, and the ball will be spotted at the line of scrimmage. One of the officials will maintain the 4.0-second count.
- Center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground between the snapper's legs.
- Receiver/Ball carrier is legally down when touched with one or both hands below the neck.
- No Blocking is permitted
- Fumbles (including snaps) are dead balls at the spot with the last team in control retaining possession.
- Linebackers must be 5 yards from the line of scrimmage.
- Responsibility to avoid contact is with the defense.
- Interceptions may not be returned.
 - In the case of an interception, the intercepting team has the option of receiving 3 points or receiving the ball at the 40-yard line.
 - If accepting the 3 points, then the offensive team will retain the ball and start a new set of downs at the 40-yard line.
 - If declining the 3 points, then the intercepting team shall have the ball at the 40-yard line.



- No taunting or trash talking will be allowed (5-yard penalty & expulsion if flagrant). If participants begin to display overly aggressive behavior, game officials may render a 4-play sit down rule.
- This is a non-contact skills competition and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection. The officials' decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches control profanity. Coaches are expected to eliminate profanity on their team.
- Fighting: the player(s) involved will be ejected from the game and league. If a team fight occurs, the teams involved will be ejected from the league and denied participation in any/all league events. No refunds.
- Good sportsmanship is expected in even difficult situations.
- Blood Rule: When an official observes that a player is bleeding, has an open wound or has an excessive amount of blood on his uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and the excessively bloody uniform is changed.

➤ SCORING

- 6 points for a touchdown
- 1 point for successful extra point from the 5-yard line
- 2 points for successful extra point from the 10-yard line
- 3 points for an interception. (Interception on extra point attempt is 1 point)

➤ OVERTIME

- After coin flip to determine first possession, teams will alternate four down series from the 20-yard line. A winner is determined when one team scores during its possession and the other team does not. If a second overtime period is necessary, teams will alternate two down series from the 20-yard line and each team must then go for two points on the extra point attempts. If no winner is decided after the second overtime, the game will end in a tie.

➤ PENALTIES

OFFENSE - loss of down

SITUATIONS - Pass Interference, Blocking, Offside-Motion

DEFENSE - 5 yards, repeat down

SITUATION - Off-sides, Illegal contact holding, Pass interference

OFFENSE/DEFENSE - 10 yards

SITUATION - Unsportsmanlike conduct

➤ OFFICIALS

- Field judge (Referee) & Back judge (Timekeeper)