

# Speed Camp USA

## 7on7 Rules



### Ball Size

- 8U & Younger: PeeWee (Size 5)
- 10U: Junior (TDJ, Size 6)
- 12U: Junior/Youth (TDJ/TDY, Size 6/7)
- 13U: Junior (TDJ, Size 7)
- 14U & Older: High School (Official, Size 9)

### Field & Game Format

- Field Length: 45 yards long.
- First Downs:
  - Teams have three downs to gain 15 yards for a first down.
  - First downs are at the 30-yard line and 15-yard line.
  - Once inside the 15-yard line, teams have four downs to score.
- Game Timing:
  - Standard games: 25 minutes of continuous play (no halftime).
  - Championship games: Two 15-minute halves with a brief halftime.
- Game Start & End:
  - Games begin on the official game horn.
  - Games end on the scoreboard clock buzzer.
- Timeouts: None (except for injuries).
- Possession: Home team starts with the ball unless specified otherwise (e.g., coin toss).
- Forfeits: A team that is not present will forfeit after 10 minutes of the first half.
- Snap Time: Teams have 40 seconds to snap the ball after an incomplete pass or whistle.

## **Moving the Ball**

- No handoffs.
- First Downs & Scoring:
  - Teams have three downs to gain 15 yards for a first down.
  - First downs are at the 30-yard line and 15-yard line.
  - Once inside the 15-yard line, teams have four downs to score.
- Starting Position: Every possession starts at the 45-yard line, right hash.
- One Direction: Offense always moves in the same direction.
- No offensive players are allowed behind the quarterback for substitution purposes.
- Snap Method: Teams may use either a center or a tee to snap the ball.

## **Equipment & Quarterback Restrictions**

- All players must wear headgear and a mouthpiece to participate.
- Quarterbacks are not required to wear a helmet.
  - If a quarterback chooses not to wear a helmet:
    - They cannot tag a defender down on an interception return.
    - Any tag or significant attempt by the quarterback to make a tag on an interception return will result in an automatic touchdown for the intercepting team.

## **Quarterback Rules**

- Passing Requirements:
  - The first pass must be forward.
  - Once a forward pass is completed, it can be lateraled to teammates.
- 4-Second Rule:
  - The quarterback has 4 seconds to throw the ball.
  - A referee will start a stopwatch at the snap and stop it when the ball is released.
  - If the ball is not thrown within 4 seconds, the play is dead and ruled an incomplete pass.
  - Completions and interceptions do not count if the throw exceeds 4 seconds.
- Running Restrictions:
  - Quarterbacks are not allowed to run.
  - If the quarterback crosses the line of scrimmage, the play will be blown dead.

## **Scoring System**

- Touchdown: 6 points
- Point After Touchdown (PAT):
  - 1 point from the 3-yard line
  - 2 points from the 10-yard line
- Defensive scoring:
  - Interception: 3 points (can be returned past the 45-yard line for 6 points, with a PAT attempt to follow).
  - Defensive stop: 2 points.
- Official score: Kept by the referee.

## **Special Rules**

- No blocking.
- No blitzing.
- Ball Carrier: Down by one-hand touch.
- Excessive force (shoving, pushing, striking) → 15-yard penalty & possible expulsion for flagrant fouls.
- Excessive celebrations: 15-yard penalty.
- Fumbles:
  - Dead at the spot; last team retains possession.
  - A muffed snap is not a fumble; the 4-second count remains in effect.
- Delay of Game:
  - 5-yard penalty; loss of down if at the 45-yard line.
  - Ball must be snapped between the legs.

## **Penalties & Conduct**

- 4-Second Rule Overrides Penalties:
  - All penalties are overruled by the 4-second rule unless they involve a personal foul or unsportsmanlike conduct.
- No jamming (contact) at the line of scrimmage: 5-yard “tack-on” penalty.
- Offensive pass interference:
  - 10-yard penalty (loss of down if past the 36-yard line).

- Trash talking or taunting: 5-yard penalty; expulsion if flagrant.
- Fighting: Immediate ejection.
  - Team fights will be reviewed, and forfeitures will be determined on a case-by-case basis.

## **Overtime Rules**

- Tiebreaker format:
  - Coin flip determines first possession.
  - Teams alternate 4-down series from the 15-yard line.
  - A winner is determined when one team scores and the other does not.
- Second overtime: Teams must go for two on conversions.
- No overtime in pool play or regular-season league games.