

# Speed Camp USA

## Rules for 7 on 7 Football

### Field Dimensions:

1. Field- 45 yards long

### Ball Size:

8th & 9th grades use high school ball; 5th – 7th grade use TDY or R5;  
SCFL 4th & 5th graders use TDJ

### Starting the game:

1. A central time keeper will be designated. All games will begin and end on this persons instructions. He will announce the time remaining at the 10, 5 and 2 minute mark.
2. NO PLAYER WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRT, **HEADGEAR AND MOUTHPIECE.**

### Moving the ball:

1. No punting.
2. Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a touchdown)
3. Possession always begins at the 45 yard line at the right hash.
4. Offense always moves in the same direction.
5. NO PLAYER MAY RUN WITH THE BALL, ALL PASSES MUST BE FORWARD.  
(A pass caught behind the line of scrimmage must be a forward pass)

### Special Rules:

1. No blocking.
2. Receiver/Ball carrier is legally down when touched below the neck 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.
3. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4 second count remains in affect on snaps.
4. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be loss of down plus 5 yards. The **ball must be snapped between the legs of the Center.**
5. The QB is allowed 4 seconds to throw the ball (SCFL 4/5th graders have 5 seconds to throw the ball). The official timekeeper starts a stopwatch on the snap on the ball from center and stops the watch as soon as the QB releases the ball.
  - A. If release is under 4.0 seconds, the play goes on.
  - B. If the timekeeper sees that the clock has exceeded 4 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. (The timekeeper will be an official or coach from a team that is not playing)
  - C. Game manager- placed on the 50 yd.line to keep score for the field (both games) and to assist with crowd/player control. (This may be a coach).

1. Responsibility to avoid contact is with the defense. There will be **No chucking**, deliberate bumping or grabbing. These actions will result in a “tack on” penalty at the end of the play ( 5 yd penalty)
2. Offensive pass interference is the same as NCAA rules.
3. Interceptions may be returned (“no blocking” rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue.
4. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5 yard penalty from the succeeding spot.
5. The offensive center is not an eligible receiver (teams must have a center).
6. The center will be responsible for setting or re-positioning the Referee’s bean bag at the line of scrimmage within 3 seconds else delay of game penalty.
7. No TAUNTING OR “TRASH TALKING”. (5 yard penalty & expulsion if flagrant.)
8. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after the offense proceeds to or inside the 15 yard line cone.
9. **Fighting: the players involved will be ejected from the game and league. If a team fight occurs, the teams involved will be ejected from the game and league.**
10. Two delay of game penalties on the same possession results in a turnover. The opposing team will then put the ball in play on the 45 yard line.
11. Scoring:– 6 points for TD, 1 Point for PAT from 3 yard line, 2 point PAT from 10 yard line (2 points if a team returns a PAT back across the 45). Any offensive penalty on an extra point attempt results in a turn over. Official score is kept by the referee and game manager.
12. Tie Breaker—after coin flip to determine first possession, teams will alternate 4 down series from the 15 yard line. A winner is determined when one team scores during its possession and the other does not. (Federation rules). If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

#### Time:

1. (2) 15 minute halves (continuous clock for each half—see “starting the game”).
2. No time outs. (Exception: Injuries. Both games on the field will halt until the player can be removed as soon as safety dictates).
3. 5 minute half-time/ 5 minutes between games.
4. 7 on 7 league play require that all games start/end at the same time. If a team is late and can not start when the league official starts, they will begin play with whatever time is left on the league clock. (Not to exceed 10 minutes of 1st half. Forfeit will occur after 10 minutes of the 1st half. IT IS IMPERATIVE TO KEEP TO THE LEAGUE PLAY SCHEDULE. Teams must be on site and ready to play when scheduled. Injury time outs may reduce the amount of time between halves and /or between games to maintain the game schedules.
5. Each team will have 25 seconds to snap the ball once it has been blown dead from the previous play. The count starts at the end of one play until the snap of the next play.