

Speed Camp USA

7on7 Rules



Ball Size:

8th & 9th grades use high school ball; 5th – 7th grade use TDY or R5;
10u & 12u use TDJ

Starting the game:

- Games will begin on the horn and end on the scoreboard clock.
- NO PLAYER WILL BE ALLOWED TO PARTICIPATE WITHOUT HEADGEAR AND MOUTHPIECE.

Moving the ball:

- No handoffs
- Teams 3 downs to get 15 yards for a first down; once inside the 15-yard line teams have 4 downs to score.
- Possession always begins at the 45-yard line at the right hash.
- The offense always moves in the same direction.
- Once a forward pass is completed, it can lateraled to teammates
- FIRST PASS MUST BE FORWARD

Scoring:

- 6 points per touchdown, 1 point per PAT from the 3-yard line, 2 points per PAT from the 10-yard line
- 3 points per Interception, interceptions can be returned past the 45-yard line for 6 points with the PAT attempt to follow
- 2 points per defensive stop
- Official score is kept by the referee

Special Rules:

- No blocking.
- The receiver/ball carrier is legally down when touched.
- Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 15 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant.
- Excessive celebrations on the field will result in a 15-yard penalty.
- 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 effect on snaps.
- A delay of game penalty will be a loss of 5 yards, and a delay of game on the 45-yard line will result in a loss of down. The ball must be snapped between the legs.
- The QB is allowed 4 seconds to throw the ball. The official starts a stopwatch on the snap of the ball from the center and stops the watch as soon as the QB releases the ball.
 - If the release is under 4.0 seconds, the play goes on.
 - A 4.0-second violation takes precedence over any non-flagrant play (completions/picks do not count on 4-second violations)

Other Rules:

- **There will be NO CHUCKING** at the line of scrimmage. These actions will result in a “tack on” penalty at the end of the play (5 yd penalty)
- Offensive pass interference will result in a 10-yard penalty; if on 36+ yard line, it will be a loss of down.
- The offensive team is responsible for retrieving the ball on incompletions
- The offensive center is not an eligible receiver (teams must have a center).
- The center will be responsible for setting the ball at the line of scrimmage.
- No TAUNTING OR “TRASH TALKING”. (5-yard penalty & expulsion if flagrant.)
- **FIGHTING WILL RESULT IN AUTOMATIC EJECTION** from the game. If a team fight occurs, the teams involved will be ejected from the game, and all future games that day will be forfeited.
- Tie Breaker—after a 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.
 - There is no overtime for pool play games
 - No overtime in league play regular season games

Time:

- Games will be 25 minutes of continuous play with no halftime. Home teams will possess the ball first (except when otherwise specified; ex: coin toss).
 - Championship games will be two 15-minute halves with brief halftime in between
- **No time outs.** (Exception: Injuries. Both games on the field will halt until the player can be removed as soon as safety dictates).
- 3 minute half-time/ 5 minutes between games.
- If a team is not present a forfeit will occur after 10 minutes of the 1st half.
- Injury timeouts may reduce the amount of time between halves and /or between games to maintain the game schedules.
- **Each team will have 25 seconds to snap the ball once the ball hits the ground on an incomplete pass or a player has been whistled down.**