



# SUNYFL 7 ON 7 RULES



The games are 30:00 long with 15-minute halves and a 5-minute half time. The clock continues during the 1st Half. During the 2<sup>nd</sup> half the clock will run continuously except within the last 2 minutes where regular stoppage rules apply. Mouthguards are always required. Players in the same grade and same district are allowed to play on 2 teams until the end of the season tournament where your rosters need to be set and cannot change throughout the tournament. Soft Helmets are required to participate in games. All players are required to wear helmets at all times except for the QB.

## Moving the Ball:

- Offense always starts on the 40-yard line with their choice of the hash. After any change of possession.
- All snaps must be off the stationary QB Tee or a center (which counts as 1 of your 7 and is not a live player)
- Four downs to make a first down. First down markers will be at the 20-yard line.
- The first person to control the football off the center is the QB. The QB is never eligible to run.
- The offense may run the ball as many times as they want on any down during the game. The QB can make one exchange (ex. Pass, handoff, or toss). No toss passes, reverses or hook and ladder.
- Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB.
- Quarterback can NEVER run the ball.
- There is no blocking or blitzing allowed.
- PAT snaps are at the 5-yard line for one point and from the 10-yard line for two points. Offense chooses hash for ball placement.

## Rules:

- 7 defenders and 6 offensive players (must use center or extra player to snap. Center or snapper is not eligible)
- First downs are made by crossing the 20-yard line.
- 4.0 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (4 Mississippi called by the referee or when the QB Tee alarms)
- Possession changes after PAT attempt, failure to make a first down, or turnover.
- One – 1-minute time-out per team per half
- All offensive formations must be legal sets.
- Twenty-five second play clock
- One-hand touch anywhere
- Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
- Casts are allowed if they are wrapped. No boots allowed.

## Mercy Rule:

- If the margin of score between the two teams is 21 points or greater, the clock will continue to run continuously for the remainder of the game; regardless of if the margin of score becomes less than 21 points.

### Scoring:

- Touchdown - 6 points
- Interception - 3 points (no points for INT on PAT)
- Turnover on downs - 2 points
- PAT - 1 point (5-yard line) or 2 points (10-yard line)

### Penalties:

- Defense pass interference = Automatic first down and 5 yards from original line of scrimmage.
- Offense pass interference = Previous spot and loss of down.
- Defensive holding = Automatic first down and 5 yards from original line of scrimmage. In the event there is defensive holding and a sack on the same play, the defense will be penalized according to the above and the sack will be ignored.
- Illegal procedure (offense) = Loss of down.
- Defensive off-sides = 5-yard penalty.
- Delay of game = Loss of down and clock stops in final 2:00.
- Fighting / unsportsmanlike conduct: 1st offense = ejection from game. 2nd offense = ejection from 7 on 7 league.
- Fighting / unsportsmanlike conduct (team): if any player leaves the sideline to participate in an on-field fight, that player will be ejected from the game.
- Personal Foul Penalties:
  - Offense = loss of down and 5 yards from original line of scrimmage.
  - Defense = 1st down and 5 yards from original line of scrimmage.

### Overtime:

- There will be no overtime during the regular season. Overtime rules will apply during our end of season tournament and will be as follows:

#### **1st OT**

- The First team on offense will have 2 plays from the 10-yard line. If they score, they have a choice to go for 1 or 2 for the extra point. Then the other team will have a chance to score.
- If the defense stops the team from scoring or gets an interception, that team WINS

#### **2nd OT (Sudden Death)**

- The teams will do a coin toss. Whoever wins the toss will choose offense or defense. They will have one play to either score or stop them and whoever does either, wins.