

## **General Rules**

### 7-on-7

- \*Single Elimination (Teams will play at least 2 games)  
Championship Bracket / Loser Bracket
- \*Each team plays 4 series / tie after 4 – each team 2 plays from 15 yd
- \*If a team scores in 3 series and opponent scored only once game over
- \*Field divided into four 10-yard boxes, and first downs are awarded each time the offense reaches the next box
- \*No blocking, kicking, or fumbles

## **Post-Snap**

- \*Once the ball is snapped, the defense must wait two seconds to rush, and the quarterback will have a total of four seconds to release the ball or cross the line of scrimmage
- \*The quarterback cannot run unless rushed
- \*Defense can blitz 3 times per half without waiting 2 seconds
- \*All players are eligible downfield, except for the center
- \*North/south handoffs not allowed but pitches and handoffs to east/west runners permitted
- \*Only one lateral allowed per play

## **Scoring**

6 pts per TD

Teams will have option based on distance to convert PATs of:

5 yd line 1pt,

10 yd line 2pt

## **Penalties**

Most penalties will not award yardage,  
but rather a free play or loss of down  
Ball will generally go into play at the previous spot