

AJF 7on7 Rules

Rules have been modified from MidAmerica 7on7 Rules: <https://iowa7v7football.com/blog/rules/>

1. Field Dimensions:

- A. Field Length: 35 yards (Space and Field Dependent)
 - a. 15 yards to first, 1st down
 - b. 10 yards to second, 1st down
 - c. 10 yard End Zone
 - d. 10 yards between fields
- B. Width: 37 - 42 yards (Field Dependent)

2. Starting Each Game:

- A. Coin Toss or Rock Paper Scissors:
 - a. Home team calls the toss.
 - b. The winner begins possession at the +35 yard line.
- B. A whistle signals the start of the game.
- C. Game Duration: 20-minute running clock.
 - a. Clock stops only for official or coach timeouts.
 - b. One 30 second timeout per team per game.
 - c. If time expires while a team scores, they may attempt a 2-point conversion on an untimed down.
 - i. Teams have 30 seconds to snap the ball during a 2-point conversion
 - d. A game cannot end on a defensive penalty; instead, an untimed down will be played.
 - e. QB has 4 seconds to throw the ball, starts when the ball is snapped
 - i. Blitzing removes the 4 second clock
- D. A whistle signals the end of the game.
- E. Official Score and Time: Kept by referees
- F. Mouth Guards: Mandatory for all players
- G. Soft Helmets: Optional and or organization provided

3. Moving the Ball:

- A. Starting Position: Offense starts on +35 yard line after any change of possession.
 - a. Offense cannot be penalized or sacked back beyond the +35.
- B. Downs:
 - a. 3 downs to reach the first, 1st down markers.
 - b. 3 downs to score inside the 10-yard line.
- C. Quarterback (QB):

- a. The first player to control the snap is the QB and is ineligible to run.
- b. The offense may run the ball as many times as they wish. The QB can only make one exchange (pass, handoff, or toss). No trick plays are allowed (toss passes, hook and ladders, or reverses).
- D. Snapping the Football
 - a. All snaps must come from the QB Tee at the line of scrimmage
 - b. Fumbled/Dropped Snap results in a dead ball and loss of down, with the ball returned to the original line of scrimmage.

4. Coaching Your Team:

- A. 7 players on the field must consist of:
 - a. 1 Quarterback (QB)
 - b. 5 Eligible Receivers (or 4 WR and 1 RB) and 1 optional ball snapper
- B. Offensive Coaches: One allowed on the field behind the huddle. No defensive coaches allowed on the field.
- C. Defensive Coaches: One allowed to the side or at a minimum of 10 yards behind the deepest offensive or defensive player/s.
- D. Coach Conduct:
 - a. Coaches cannot challenge rulings, the call on the field is final.
 - b. Sideline warnings may lead to penalties or ejections after multiple violations.
- E. Bench or Substitute Players: Must be on the sideline, not behind the offense.

5. Special Rules:

- A. No Blocking: Shielding, picking, or obstructing defenders is not allowed.
- B. Tackle Box:
 - a. The tackle box extends two player-widths (approximately 6 feet) to each side of the center and two player-widths deep behind the line of scrimmage.
 - b. All Receivers and Running Backs (WR/RBs) must align outside of the tackle box at the snap.
 - c. A Running Back or Receiver (RB/WR) may receive a handoff and advance through the tackle box.
 - d. WR/RB may motion and go through the tackle box on the snap for their route
- C. Pass Interference:
 - a. Face guarding allowed.
 - b. High school rules apply for interference/contact.
- D. Ball Carrier: Tagged down by flag pull. A defender may leave their feet to pull a flag.
- E. Play Clock:
 - a. Offense has 30 seconds to snap the ball from a dead ball.
 - i. Dead ball = When the whistle blows to end the play.
 - b. The offense is responsible for retrieving and returning the ball to an official.

- c. Delay of game results in a loss of down.
 - d. Offense must wait for officials to be set before snapping the ball
- F. Defensive Penalties: Result in a first down at the next marker or at the 1-yard line.
- G. Offensive Penalties: Result in a loss of down.
- H. Quarterback Time Limit: 4 seconds to throw the ball, unless blitzed.
- I. Blitz:
 - a. Defense allowed one blitz per game.
 - i. Defensive player/s must blitz from a minimum of 5 yards of depth.
 - b. Sacks are down where spotted, but the ball cannot be placed beyond the 35-yard line.
 - c. Defensive players may not cross the line on a run play until the QB hands the ball off. If they do, that will be considered a blitz.
- J. Interceptions:
 - a. Play stops immediately. The intercepting team takes over at the 35-yard line.
- K. Unsportsmanlike Conduct:
 - a. Fighting and taunting will NOT be tolerated.
 - b. Two unsportsmanlike conduct penalties result in ejection from the game.
 - c. Profanity can be an unsportsmanlike conduct.
 - d. Fans, coaches, or players can cause a sideline penalty.

6. Scoring and Point Values:

- A. Touchdowns: 7 points.
- B. Defense:
 - a. Interception = 2 points and possession at the 35-yard line.
 - i. No points awarded for interceptions in overtime or on 2 point conversions.

7. Penalties:

Offensive Penalties

Penalty	Result
False Start/Illegal Motion	Loss of down
Delay of Game	Loss of down
Illegal Play	Loss of down
Blocking	Loss of down
Pass Interference	Loss of down
Unnecessary Roughness	Loss of down
Unsportsmanlike Conduct	Loss of down
Sideline	Loss of down
Equipment	Loss of down

Defensive Penalties

Penalty	Result
Encroachment/Neutral Zone	First down at next marker or at 1
Holding	First down at next marker or at 1
Pass Interference	First down at next marker or at 1
Unnecessary Roughness	First down at next marker or at 1
Illegal Blitz	First down at next marker or at 1
Unsportsmanlike Conduct	First down at next marker or at 1
Sideline	First down at next marker or at 1
Equipment	First down at next marker or at 1

Appendix: Rules and Processes Explained

Coach Responsibilities:

- Coaches are responsible for knowing and educating players on all rules.
- Sideline maintenance is the coach's responsibility.

Moving the Ball:

- Clarification. One exchange per play; no additional ball exchanges during a live play. (Flips, hook and ladders, double pass, etc)
- Clarification. The QB may not exit the field of play behind the line of scrimmage, if they do it results in a dead ball and loss of down. Section (3)(C)(c) still applies to the QB.
- Clarification. Fumbles post-QB exchange result in a dead play; ball spotted where the fumble occurred.

Defensive Play Rules:

- Defensive players do not have to look for the ball in the air.
- No physical impeding allowed until the receiver touches the ball.
- Blitz allows sending as many defensive players across the line as desired.

Special Rules:

- Clarification. Any attempt to block or impede a defensive player results in a loss of down and return to the previous spot.
- Clarification. Overly aggressive DB pressing that crosses the line of scrimmage does result in a blitz.
- Clarification. A defensive player crossing the line before QB exchange on a run play is used as the defensive team's blitz.

QB can run if blitzed

****anyone can blitz, from anywhere, must be 5 yards off the ball****

****playing flag****

