



ALL OUT★ALL GAME★ALL SEASON

7v7 RULES

1 **Field Dimensions:** Field Length will be 50 yards. 40 yard playing field with a 10 yard end zone.

1 Starting Each Game:

- i Home team (1st on the schedule) will begin possession of the ball on the +40 yard line with their choice of hash.
- ii A whistle will begin each game.
- iii Games will have (2) 20-minute halves, running clock, (1) time-out per-half, 5-minute halftime.
- iv Official will declare when the clock is under 2 minutes
- v The clock never stops.
- vi A whistle will end each game.
- vii The referees will keep the official score and time on the field for each game.
- viii Mouth pieces must be worn at all times.

1 Moving the Ball:

- i Offense always starts on +40 yard line with their choice of the hash. After any change of possession.
- ii Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10 yard lines.
- iii Once inside the 10 yard line, the offense has 3 downs to score a touchdown.
- iv The offensive team may run the ball **once** per offensive drive. Runs that are allowed are:
- v Dives, draw, jet sweep, stretch, and toss/pitch back. Toss/pitch back passes and reverses allowed.
- vi The offense **cannot** run inside the 10 yard line
- vii Defensive players **cannot** cross the line on a run play until the quarterback hands the ball off to the RB.
- viii Quarterback can NEVER run the ball.
- ix A conversion after a touchdown, the offense can chose to go for 1 or 2 points.
- x 1 point conversion is from the 5 yard line.
- xi 2 point conversion if from the 10 yard line. Offense chooses hash for ball placement.

1 Coaching your Team:

- i There will be one offensive coach allowed on the field at any time.
- ii The coach must be position behind the offensive huddle.
- iii Coaches are NOT allowed to challenge any official ruling.
- iv Remaining team coaches can work from the sidelines.
- v NO defensive coaches allowed on the field.



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1 Special Rules:

- i **NO blocking.**
- ii Blocking will result in a loss of down, return to previous spot.
- iii Ball carrier is legally down when touched below the neck with one hand. A defender **cannot** leave his feet to make a tag. Runner will still be able to run if the defenders feet are off the ground.
- iv Fumbles (*Including snap*) are dead balls at the spot. If there is a fumble on the last play before change of downs, the ball will be placed back at the 40.
- v Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
- vi The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
- vii Defensive pass interference or defensive holding will result in a first down at the spot of the foul.
- viii Offensive pass interference will result in a return to the previous spot plus a loss of down.
- ix QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed.
- x An interception will result in an immediate stoppage of play, and a change of possession with the interception team gaining possession at the 40 yard line.

1 Sportsmanship is a must!!

2 Each team is allowed one (1) blitz per half. After the team blitz's, the referee will kick over the sideline cone. If a team blitz's more than one time in a game, they will be penalized 15 yards, un-sportsmanlike

1 Tie Breaker:

- i Any game that ends in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the visiting team calling the toss. The winner will chose to be on either offense or defense.
- ii Each team will have 1 snap from the 40 yard line, choice of hash.
- iii The team with the deepest completion will be declared the winner of the tiebreaker and will add 1 point to the final score.
- iv If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
- v This format will be repeated until there is a clear winner is declared.
- vi This tiebreaker format will be used in all games.



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PENALTIES:

Offensive Penalties

	Assessed	Result
False start/Illegal motion	Line of Scrimmage	Loss of Down
Delay of Game	Line of Scrimmage	Loss of Down
Blocking	Line of Scrimmage	Loss of Down
Fumbles	Dead Ball <i>(team in control retains possession at the spot)</i>	
Pass Interference	Line of Scrimmage	Loss of Down
Unnecessary Roughness	15 Yards - LOS	Loss of Down
Illegal Play	5 Yards	Loss of Down
Un-sportsmanlike	15 Yards	Loss of Down

Defense Penalties

	Assessed	Result
Holding	Offense FD	Spot Foul
Pass Interference	Offense FD	Spot Foul
Unnecessary Roughness	15 Yards	Line of Scrimmage
Illegal Play	5 yards	First Down
Un-sportsmanlike	15 Yards	First Down