

Vegas 7v7 RULEBOOK

Maximum players on a team: 20 players

Field Dimensions: 40-yard playing field with a 10-yard end zone.

Starting Each Game:

A coin toss will determine which team gets the ball first.

Each game lasts 24 minutes with a running clock.

Two 12 Min Halves with a (1 minute) Half-time break.

The official will declare when the clock is under 2 minutes.

The clock never stops, with the exception of an injury or referee timeout.

The referees will keep the official score and time on the field for each game.

Each team gets 1 Timeout for the entirety of the game.

Game Play:

Offense starts the game on 40-yard line with their choice of the hash and after any change of possession.

All snaps at the 40-yard line must be grabbed off the QB-TEE by the QB (No Shotgun). Upon gaining a yard or more, QB may take a shotgun off QB-TEE.

Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines.

Once inside the 10-yard line, the offense has 3 downs to score a touchdown.

The first person to control the football off the QB-Tee 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; EXCEPT, inside the 10-yard line of the endzone. Once at or inside the 10-yard line it is a pass only zone. This rule makes all overtime plays no run zones.

Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB.

After the offense scores a touchdown, they have the option of going for 1 point from the 5-yard line, or go for 2 points from the 10-yard line.

The offense chooses ball placement on all plays including extra point tries. The QB-Tee can be placed anywhere inside the hash marks.

Coaching Regulations:

There will be one offensive coach allowed on the field at any time.

The coach must be positioned behind the offensive huddle.

No Challenges and absolutely no calling out penalties (Doing so will result in a penalty of unsportsmanlike on the coach. Two such unsportsmanlike penalties is an ejection.

Remaining team coaches can work from the sidelines.

NO defensive coaches allowed on the field.

Special Rules of the 7v7 Game:

ONE BLITZ PER GAME IS ALLOWED – during regular game play once a yard is gained on the offensive possession, the defense can now use their blitz. Meaning no Blitzing when the offense is positioned on the 40-yard line. Multiple players can blitz at one time. If a team has already used their ONE blitz any blitz thereafter will be penalized 15 yards (unsportsmanlike penalty) and the offense will get an automatic first down

Running Backs: When the QB is in Shotgun – No Offensive players are allowed the QB.

A Running back may be behind the QB when the QB is taking the ball directly from the QB-TEE.

Pitching or lateral passes are not allowed. Passes do not need to be completed pass the LOS but cannot go backwards.

NO blocking – Blocking will result in a loss of down, return to the previous spot.

On Defense: One bump will be allowed within 5-yards of the LOS – Any Violent thrust or swing will result in an unsportsmanlike penalty and two such penalties is an ejection.

One hand Touch marks a player down. In the event an aggressive touch or push to the ground or push out of bounds occurs this will result in an Unsportsmanlike Conduct penalty.

Face guarding is allowed. If contact is made and the defensive player does not turn around to play the ball, this will result in a Defensive Pass Interference.

Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground. A defender CAN leave his feet to make a tag. The offensive player can also leave his/her feet.

Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.

Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.

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/QB-TEE will result in delay of game.

Defensive pass interference will result in a 15-yard penalty and an automatic first down. Defensive holding will result in a 10-yard penalty and repeat the down.

Offensive pass interference will result in a return to the previous spot plus a loss of down.

QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed, which will result in a loss of down.

An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 30-yard line. No Points for Interceptions

The offense (wide receivers) must line up outside the tackle box, and one receiver must be on the line on each side. One receiver on each side needs to be on the LOS. If not, the offense will be penalized illegal formation and a loss of down. No yardage penalized.

OVERTIME:

Extra Point tries until we have a winner. Go for 1 or 2. Each team gets an opportunity in each overtime and the teams flip who goes first if we go to second overtime and so on.

There is NO running in overtime. All plays MUST be a pass!

NO BLITZING allowed in Overtime

POINT VALUES:

Offensive touchdown = 6 points. After the touchdown, the team MUST elect to go for 1 point from the 5-yard line or 2 points from the 10-yard line.

UNSPORTSMALIKE PEANTIES. – TWO ON ANY PLAYER OR COACH IS IMMEIDATE EJECTION.

IF A PLAYER OR COACH IS ASKED TO LEAVE THE PREMISE AND REFUSES TO DO SO THE GAME IS OVER AND WILL RESULT IN A LOSS FOR THAT TEAM.

PENALTIES:

<u>OFFENSE</u>	<u>ASSESSED</u>	<u>RESULT</u>
False start/Illegal motion	Line of scrimmage	Loss of Down
Delay of Game	Line of scrimmage	Loss of Down
Illegal Forward Pass	Line of scrimmage	Loss of Down
Blocking	Line of scrimmage	Loss of Down
Pass Interference	Line of scrimmage	Loss of Down
Unnecessary Roughness	15 yards - LOS	Loss of Down
Unsportsmanlike	15 yards - LOS	Loss of Down

<u>DEFENSE</u>	<u>All ASSESSED from LOS</u>	<u>RESULT</u>
Encroachment/Neutral zone	5 yards	Repeat Down
Holding	10 yards	Repeat Down
Pass Interference	15 yards	First Down
Unnecessary Roughness	15 yards	Line of Scrimmage
Illegal Participation	5 yards	Repeat Down
Additional Blitzing	15 yards	First Down
Unsportsmanlike	15 yards	First Down