

7 on 7 Football Rules

Rules for 7x 7 Touch Football:

*Mouth pieces are required for all players

*All rules are in accordance with the Texas High School football rules including penalties and penalty yards with exceptions stated below.

1. Field Dimensions

- A) Field Length -- 45 yards long
- B) Field Width – normal football field
- C) End Zone -- 10 yards deep

2. Starting the Game

- A) Visitors will have first possession. The home team will have first possession in the 2nd half. Teams must be on opposite sides of the field. Home team will be on the sidelines nearest the stands. **NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS.**
- B) No school football jerseys of any type shall be worn. T-shirts, Under-Armour-type, personal jerseys or basketball-type sleeveless shirts are permitted. We recommend that all teams have shirts with numbers on the back.
- C) Players are permitted to wear standard football cleats with plastic or rubber spikes. **NO METAL SPIKES ARE ALLOWED**
- D) Each team will use its own ball, approved by the Head Official, during offensive possessions. The 4th grade division will use K2 footballs. 5th grade will use TD-J size footballs and 6th-8th will use TD-Y footballs.
- E) Referee will announce the score before each offensive possession begins.

3. Moving the Ball

- A) Offense always moves towards the end zone
- B) All plays must begin with a forward pass. The QB may not run the ball, and there may not be any handoffs. Once a forward pass is completed, backward laterals are permitted.
 - a. A pass caught behind the line of scrimmage must still be a forward pass
 - b. If a defensive player tags the receiver after a completed pass behind the 45-yard line, the play is a SAFETY.
- C) A new possession always begins at the 45 yard line. No penalty will be assessed in excess of the 45 yard line. Instead, a loss of down will occur.
- D) The field is “divided” into three “sections”, each section being 15 yards long. A first down is achieved when the offensive team successfully moves the ball out of their current “section” and into one of the next “sections”.

Number of plays to in each section:

- 3 plays to get out of the first section
 - 3 plays to get out of the second section
 - 4 plays to get out of the third section and into the end zone
- E) If the offensive team fails to get a first down or throws an interception (assuming the interception is not returned for a touchdown), the opposing team gains possession and starts at the 45 yard line
- F) No kicking or punting

4. Special Rules

- A) Defensive players may not cross the line of scrimmage, unless and until a forward pass is completed.
- B) No blocking of any kind
- C) Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic 1st down and 5 yards. Player will be expelled if ruled unsportsmanlike & flagrant).
- D) Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is NOT a fumble/dead ball.
- E) Each team will have 25 seconds to snap the ball once the official has declared it ready for play; delay of game penalty will be a 5-yard penalty.
1. If there is a delay of game penalty on an extra point play, the offending team will not get to attempt an extra point
 2. The offense turns the ball over if they have two delay of game penalties in one offensive series.
- F) The QB is allowed 6 seconds for 4th grade, 5 seconds for the 5th grade, and 4 seconds for 6th-8th grades to throw the ball. The referee starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
1. If release occurs under the specified time, the play stands as is.
 2. If release occurs after 6 seconds (5th grade will get 5 seconds and 6th-8th grades will get 4 seconds to throw the ball), the play will not be blown dead, but will be treated as an incomplete pass at the conclusion of the play.
 3. All penalties will be marked off on a 6 second (or 5 second for 5th grade and 4 seconds for 6th-8th grades) call EXCEPT for pass interference.
- G) Defensive Pass Interference will be a 15 yard penalty or a spot foul, whichever is greater.

- H) Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).
- I) Offensive pass interference is a 15 yard penalty.
1. The penalty will be a loss of down if 15 yards would take a team past the 45 yard line.
- J) Interceptions may be returned. If not returned for a touchdown, the team that intercepted will start their possession on the 45 yard line, regardless of where the interception occurred or was advanced to.
- K) Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball to the referee will result in a delay of game and will be a 5-yard penalty from the succeeding spot.
- L) The offensive center is not an eligible receiver nor may he receive a lateral (all teams must have a center-the center may be any player). The center is responsible for establishing the succeeding spot as designated by the Referee.
- M) The center will be responsible for setting or re-positioning the Referee's bean bag or cone at the line of scrimmage.
- N) No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).
- O) Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected.
- P) Any dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty, as the team cannot be penalized beyond the 45 yard line starting position. The new possession would be starting play with 2nd down.
- Q) One coach is allowed on the field for the team's offensive possession (no coaches on the field for defense). The coach must remain behind all offensive players at all times.
- R) Snapping of the ball by the center may be between the legs or from the side.

5. Scoring

6 points for TD, 1 point for PAT from 5 yard line, 2 point PAT from 10 yard line (an interception returned for a touchdown on a PAT is awarded 2 points). Official score is kept by field referee and game manager.

6. Overtime Rules

After coin flip to determine first possession, each team will get 4 downs from the 10 yard line to score. Normal extra point rules will apply. Only one possession per team.

7. Time

- A) 20-minute halves (continuous clock for each half--see: "starting the game").
- B) No time outs. (EXCEPTION: Injuries. Game clock will halt until injured player(s) can be safely removed from the field).

1. 5-minute halftime

8. Officials

(2)-Referee/Field Judge and Back Judge for all games.