

2020 OFFICIAL FILM TO FIELD 7on7 FOOTBALL LEAGUE RULES

Field Dimensions:

Field Length will be 50 yards. 40-yard playing field with a 10-yard end zone.

Ball:

Teams will use their own football.

TIME: (40 min games)

Each game will be two 20-minute halves with a 5-minute halftime. The final minute of the 2nd half will be played with a stopped clock (Clock stops on first down until set, incomplete pass, out of bounds, etc.)

Each team will have one 30 second time-out per half. (In case of injury the clock will stop at the discretion of the referee. Any stoppage by the referee will require the injured player to leave the field for a single play).

If the defensive team commits a penalty in the last 2 minutes of a game the clock will stop, and not start until the following snap.

A 25-second play clock is in effect and begins on the referees' whistle after the ball is spotted.

POSSESSION OF THE BALL:

Possession will be decided by a coin toss. All possessions start at the 40-yard line to start a half, or after a turnover on downs. Intercepted balls will be placed at the 40-yard line.

PLAY:

Play is limited to seven on seven. **Teams that run a 3 / 4 defense are allowed to have the 8th man on the field. He must drop to 1 knee immediately at the snap and not interfere with the play.**

Included in the offense's seven players must be a center. Once the ball is lifted off the T-stand or snapped the 4 second count begins.

Offense must be lined up in a legal formation (Receivers must line up outside the tackle box). Everyone is eligible to receive passes, except the center and QB.

All snaps at the 40-yard line must be under center (No Shotgun). Upon gaining a yard or more, QB may take a shotgun snap.

2 first downs are possible per possession, achieved when reaching the 25-yard line in 3 downs and reaching the 10-yard line in 3 downs. Once you reach the 10-yard line you have 3 downs to score. The game cannot end on a defensive penalty unless the offense declines it. Play ends with one hand touch below the neck.

The first person to control the football off the snap 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. The QB is allowed to make one exchange (ex. Pass, handoff or toss). No toss passes, reverses or hook and ladder.

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

Quarterback can NEVER run the ball.

After the touchdown, the team MUST elect to go for 1 point from the 5-yard line or go for 2 points from the 10-yard line. Offense chooses hash for ball placement.

The QB has 4 seconds to release the ball or it is blown dead and a 5-yard sack is incurred. There is no rushing the QB. **If the QB drops the snap or there is a bad snap the 4 second rule still applies from the time the center releases the ball. The muffed snap can be picked up and the play continues.**

No RB passes.

No shovel passes. Passes between the tackle box must be caught (beyond) the line of scrimmage. Swing passes behind the line of scrimmage are allowed.

Regular substitution rules apply. There is no mandatory playing time.

The game cannot end on any accepted penalty.

Soft Helmets must be worn at all times by all players except the QB. If a player does not have a helmet they cannot participate until they do.

Coaching your Team:

1. There will be one offensive coach allowed on the field at any time and THREE (3) active athletes behind him only. (One warning then delay of game penalty)
2. The coach must be position behind the offensive huddle.
3. Coaches are not allowed to challenge any official ruling.
4. Remaining team coaches can work from the sidelines.
5. NO defensive coaches allowed on the field.
6. Coaches will be given 1 sideline warning during play. Second warning will result in a 10-yard penalty or half the distance to the goal. Third warning will result in coach's ejection.
7. Any form of cheating qualifies for automatic team disqualification!

Special Rules:

1. NO BLITZING ALLOWED in the ENTIRE game (INCLUDING overtime). If a team blitz's, they will be penalized 15 yards, un-sportsman.
2. NO blocking.
3. Face guarding is allowed.
4. Blocking will result in a loss of down, return to the previous spot.
5. 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 leave his feet also.
6. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
7. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
8. 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.

9. 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.
10. Offensive pass interference will result in a return to the previous spot plus a loss of down.
11. QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed.
12. 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. If an un-sportsman penalty is given to the interception team, they will be penalized 10 yards and will start from the 40-yard line.
13. Excessive celebration is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating or clearing of the sideline, the result is a 15-yard unsportsmanlike penalty and a loss of down.
14. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
15. The offense (wide receivers) has to line up outside the tackle box, and one receiver has to be on the line on each side.
16. Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and can NOT return to the game. If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be ejected from the league in its entirety. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game. The Film To Field staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any game/league/tournament and they will have to leave the premises immediately. A referee can also give a 15-yard un-sportsmanlike penalty.

Overtime/Tie Breaker: (No tiebreaker in regular season games.)

1. Games in Playoffs that end in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense.
2. Each team will have 2 plays from the 10-yard line, choice of hash. If you score, you receive the standard 6 points.
3. If the offense scores, then they MUST choose to go for 1 point from the 5-yard line, or 2 points from the 10-yard line.
4. The opposing team gets the same opportunity to win.
5. If neither team scores or it still ends as a tie, we will flip the coin again then repeat overtime rules starting at the 10-yard line.
6. This format will be repeated until there is a clear winner is declared.
7. This tiebreaker format will be used in PLAYOFF GAMES ONLY.

PLAYOFF FORMAT:

1. All teams will be seeded in the bracket based on regular season win/loss. In case of tied records, tiebreaker will come down to total points scored during the regular season.

POINT VALUES:

Touchdown scores 6 points.

1 point try from the 5-yard line.

2 point try from the 10-yard line.

Penalties:

Offensive Penalties	Assessed	Result
False Start / Illegal Motion	Line of Scrimmage	Loss of Down
Delay <u>Of</u> Game	Line of Scrimmage	Loss of Down
Blocking	Line of Scrimmage	Loss of Down
Fumbles	Dead Ball (offense retains possession at the spot)	
Pass Interference	Line of Scrimmage	Loss of Down
Unnecessary Roughness	15 Yards – LOS	Loss of Down
Un-sportsman	15 Yards	Loss of Down

Defensive Penalties	Assessed	Result
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
Un-sportsman	15 Yards	First Down

***Only one bump is allowed off the line, and all bump and run must be executed with hands. No forearms or shoulders allowed. Safety is of utmost importance during the contest.**

BLOOD RULE: If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

Players must wear mouth pieces during play.

Coaches:

1. Make sure you maintain control over your team's parents. Be proactive and take care of the problem before it escalates.
2. We expect all games to be fast paste. Don't waste time trying to talk with officials or explain every call. There will be time for explanations at halftime and during timeouts. Let's keep the game moving and get the maximum number of plays per game.
3. Please pick up trash at the end of your game.

League rules may be changed at any time if problems arise due to concerns with safety conditions, game play, sportsmanship, or any other unforeseen issues.

Brad Roach

The Commissioner

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FILM TO FIELD, LLC

