

SBA 7 ON 7 RULES

All Players Must Wear Helmets.

Games are 20:00 minutes long with a running clock. There will be no clock stoppage, unless for an injury. There is no overtime in pool play.

- 7 defenders (may not line up 8 & drop one before the snap) and 6 offensive players (must use a center or extra player to snap).
- Each possession starts on the 40-yard line going in.
- First downs are made by crossing the 25-yard line and the 10-yard line.
- Three downs to make a first down; even inside the 10-yard line.
- PAT snaps are at the 5-yard line, offensive choice of hash. No 2 point conversions allowed in pool play. 2 point conversions will be from the 10-yard line with choice of hash in bracket play (if chosen).
- 4 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (4.01 or greater).
Note: Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.
- Four (4) second clock starts on snap of ball.
- Possession changes after PAT attempt, failure to make a first down, or turnover.
- One time-out per team per game. 1 additional time-out per overtime.
- All offensive formations must be legal sets.
- Twenty-five seconds to get the play off.
- One-hand touch anywhere.
- No running plays allowed
- No double passes or shuffle passes
- No defensive coaches allowed behind the defense. Coaches are permitted behind the huddle for offense or defense (if chosen).

Overtime (bracket play):

Consists of 3 plays from 10-yard line. Each team has an attempt to score in each overtime period. Starting with the 3rd and subsequent overtimes, all

PAT's must be 2 point attempts from the 10-yard line. Overtime periods are not timed.

Scoring:

- Touchdown- 6 points
- Interception- 3 points (no points for INT on PAT).
- Turnover on downs- 2 points
- PAT- 1 point (may opt for 2 in OT)

Penalties:

- Defense pass interference= automatic first down and 5 yards from original line of scrimmage.
- Offensive pass interference= previous spot and loss of down.
- Defensive holding= automatic first down and 5 yards from original line of scrimmage. In the event there is defensive holding and a sack on the same play, the defense will be penalized according to the above and the sack will be ignored.
- Illegal procedure (offense)= loss of down
- Defensive off-sides= 5-yard penalty.
- Delay of game= loss of down.
- Fighting/unsportsmanlike conduct (1st offense) = ejection from game. (2nd offense) =ejection from tournament.
- Fighting/unsportsmanlike conduct (team)= If any player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE TOURNAMENT.

Personal Foul Penalties:

- Offense = loss of down and 5 yards from original line of scrimmage.
- Defense = 1st down and 5 yard from original line of scrimmage.

Seeding, Tournament, and Tie-breakers:

- Teams will be broken into pools with equal number of teams.
- Teams will be seeded for the tournament according to overall records from pool play.
- Records which are tied after pool play will be broken as follows:
 - Head to Head
 - Fewest points allowed
 - Most points scored
 - Flip of coin

