

PYSA - 7on7 Rules

Helmets & Mouthpieces are required for play

1. Field Dimensions

Field Length--40 yards long

Field Width--160 feet (60 feet to hash mark, 40 feet between)

End Zone--10 yards deep

2. Starting the Game

One official will be designated as the timekeeper. All games will begin and end on this official's instruction. He/she will also announce the time remaining at the 10, 5, and 2 minute marks only.

Visitors will have first possession

No team will be allowed to participate without matching shirts or jerseys.

Ball is always placed on the right hash mark when at the 40 yard line.

*Ball Size 5th/6th Grade TDJ

3. Advancing the Ball

Offensive plays must be forward passes

Field is marked at 15 yard intervals with cones with 1st downs at the 25 yard line and 10 yard line. Each zone will be 3 downs (no 4th downs)

Possession always begins at the 40 yard line on the right hash mark. Hash mark placement of the ball must be enforced by officials. Offense can place the ball anywhere between the hash marks after each completion.

One offensive coach may be in the huddle. No defensive coaches are allowed on the field.

No penalty will be assessed beyond the 40 yd line. If an offensive penalty occurs with the line of scrimmage at the 40 yard line, the ball is returned to the 40 yard line and 1st down becomes 2nd down, 2nd down becomes 3rd down or 3rd down results in a turnover.

Offenses always move in the same direction

All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass and result in the ball crossing the line of scrimmage prior to 4 seconds.

No double passes or laterals at any time

4. Special Rules

No blocking.

Receiver/Ball carrier is legally down when touched with one or both hands below the neck. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 15 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant or multiple incidents of excessive force by same player

Fumbles are dead balls at the spot with the last team retaining possession.

Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.

The QB is allowed 4.0 seconds to throw the ball. The timer starts when the QB removes the ball from the QB tee. The ball must be released by the QB prior to the 4 second buzzer to be a legal play.

If the ball is thrown/released after the buzzer sounds, the play is not blown dead. The play results as a loss of down unless the offensive team has thrown an Interception. All passes after the 4 second buzzer has sounded are live balls (for defense) and can be intercepted and count as 3 pts for the defense.

An interception at any time results in 3 pts for the defense and a turnover.

The only infractions possible on a ball thrown after the 4 second buzzer are offensive penalties and unsportsmanlike penalties.

Defensive Pass Interference will be a spot foul but not to exceed 15 yards (1st down at the spot).

Responsibility to avoid contact is with the defense. There will be NO chucking or press coverage with hands at the line of scrimmage. No intentional bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty) and a first down.

Offensive pass interference is a 15 yard penalty.

Interceptions are worth 3 pts.

Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.

One and only one offensive player must line up within 3 yards to either side of the QB tee.

This player is designated as the offensive center and is eligible to receive a pass, but cannot catch a pass within the tackle box or less than 3 yards beyond the line of scrimmage.

The QB is responsible for setting or re-positioning the QB tee at the line of scrimmage after each play. On change of possession, the team moving to offense will ensure the QB tee gets to the new scrimmage line.

No taunting or trash talking. (15 yard penalty & expulsion if deemed excessive/flagrant).

The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over in all zones

5. **Scoring**

All TDs are worth 7 pts (no extra point play)

Interceptions are worth 3 pts

All scoring is kept by Head Official and score should be announced to each bench after each score

TD=7 pts

INT= 3 pts

6. Tie Breaker / OT

Team that has ball at end of regulation, gets the ball first in OT.

Teams will alternate 3 down series from the 10 yard line. (If you throw a Int during OT your opponent would win as they would be awarded 3 pts)

A winner is determined when one team scores during its possession and the other does not.

If a second overtime period is necessary the team that was on Defense at the end of regulation will go first. Each team will get one play each from the 40 yard line. Longest gain is declared the Winner

7. Time

28 min game

No time outs. (Exception: Injuries. Game clock is stopped until player(s) can be removed as soon as safety dictates)

No halftime

Teams must be on site and ready to play when scheduled.

If a team(s) is late and cannot start when the game officially begins, they will begin play with whatever time remains, but not to exceed 10 minutes.

Forfeit will occur after 10 minutes.

Injury time outs may reduce the amount of time between games to maintain the game schedules.