RULES FOR 7 ON 7: Passing League
(Men & Co-Rec)

1. Odd or even to decide possession at start of game

2. All offensive drives will begin at midfield and will all go in same direction. (This includes all interceptions)

3. 24 Minute Games
   a) Teams get 2 30-second time outs per game
   b) During the last minute the clock will stop and will run on ball ready for play by official.

4. 40 Yard Fields

5. 3 Downs to get initial 15 yards for 1st down One Zone

6. 4 Downs to score (second Zone)

7. 3 Count
   (1 one thousand, 2 one thousand, 3 one thousand, sack)
   The quarterback does not have to get rid of the ball in a certain amount of time. The rusher(s) can’t go in until the count of 3 is reached.

8. Touchdown = 7 pts, Interception = 3 pt

9. Extra point Option, ball is placed on 5 yard line
   Make it score 1pt (total of 8)
   Miss it lose 1 pt (total 6)

10. 7 Players on offense (5 receivers, QB, snapper is optional),
    7 Players on defense

11. Blocking is not allowed

Co-Rec

6 Players on offense (4 Receivers, QB, Snapper is optional)
Minimum 2 girls on field at all times. Open/Close pass completion
MALE-TO-MALE PASS COMPLETION: During the offensive team’s possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try-for-point after a touchdown. If a male passer completes a forward pass to a male receiver,(Closed) the next forward pass completion must involve either a female passer or a female receiver for positive yards. (Open) The female receiver must catch the forward pass beyond the line of scrimmage. The spot where the ball becomes dead must be beyond the offensive team’s scrimmage line for the next down to be considered open. There are no restrictions concerning a male passer completing forward passes to a female receiver, or female-to-female, or female-to-male completions. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completed is open to male-to-male or not. **(Penalty 5 yards and loss of down)**

12. No run game (no running back hand offs) on a completed pass receiver can run and will be marked down when their flag is pulled

13. Defensive Pass interference results in new set of downs from the spot of the foul. In the case that it occurs in the end zone, the ball is brought to the 5 yd line. If it occurs in the second zone ball is placed at the 1 yard line. Offensive Pass interference results in a loss of down and return to Line of Scrimmage.

- Excessive personal fouls on a player. Team is allowed to substitute for missing player.
  1. 1st time 5 min penalty
  2. 2nd time sit out the rest of the game
  3. 3rd time sit out the rest of the tournament

14. Tiebreaker: If there is a tie at the end of regulation time, teams will flip a coin to choose for offense/defense, 1 play, 5 yd line (winning team gets 1pt)