

CQL Spring 7 on 7 Game Rules

Equipment

All players must wear a mouthpiece

Field

The 7 on 7 game will be played on a 40 yard field (100 yard field split in half)

1 coach from each team is allowed on the field (The referee may remove the coach if he becomes a distraction to the game)

Clock

Two 20 minute halves (running clock)

25 second play clock in between plays

3 timeouts per team per game

1 additional timeout per team for overtime

Offense

All possessions will start on the 40 yard line and the offensive team can achieve only one first down when they reach the 20 yard line. The offense must have a center to snap the ball to the quarterback (under center or shotgun). Only pass plays are allowed and the quarterback only has four seconds to pass the ball. Double passes are allowed as long as the first pass is within four seconds and the second pass must be a forward pass.

The center is eligible to receive a pass. A fumble is considered a dead ball. No blocking or contact allowed.

Scoring

Touchdown – 6 points

Extra point from 10 yard line – 1 point

Extra point from 15 yard line – 2 points

Interceptions – 3 points and possession from the 30 yard line

Interceptions that result in a touchdown – 6 points (no extra point)

Overtime – Each team has a chance to score in each overtime from the 20 yard line until a winner is declared. Max 3 overtimes.

Defense

Tackling or other contact is not allowed. The defensive player must make an effort to pull the flag of the offensive player. A penalty will be administered and the player may be ejected at the discretion of the referee or ADC.

The defense can't rush the QB.

Penalties

Offensive penalties include: blocking, pass interference, unnecessary roughness, false start. Penalties will result in a 10 yard loss and loss of down.

Defensive penalties include: pass interference and unnecessary roughness. Penalties result in a 10 yard gain for the offense and an automatic first down.