

## **FCA 7on7 RULES**

- 7 defenders (may not line up 8 & drop one before 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
- 3 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 10 yard line with choice of hash in tournament play (if chosen).
- 4.0 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.
  - 4 second clock starts on snap of ball.
- Possession changes after PAT attempt, failure to make a first down, or turnover.
- Games are 22 minutes long, continuous clock. There is no overtime in pool play.
- Overtime in tournament 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.
- One time-out per team per game. 1 additional time-out per overtime.
- All offensive formations must be legal sets.
- 25 seconds to get the play off.
- One-hand touch anywhere.
- No running plays allowed.
- No double passes or shuffle passes.
- No coaches on the field, coach from the sidelines.
- 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.
  - Offense pass interference = Previous spot and loss of down.
  - Defensive holding = Automatic first down and 5 yards from original line of scrimmage.
  - 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: Offense = loss of down and 5 yards from original line of scrimmage. Defense = 1st 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.
  
- Seeding, Tournament, and Tie-breakers:
  - 3 pool games, 2 bracket game minimum
  - **Pool Play:** Coin Toss for ball.
  - **Bracket play:** Higher seed gets choice unless both teams are same seed, then coin toss.
  - 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:
    - Record
    - Fewest points allowed.
    - Point differential.
    - Flip of coin.