

# SportsIowa Adult 7v7 Football Official Rules

## Field Dimensions:

Playing Field Length- 40 x 25 Yards

End Zone- 10 Yards deep

## The Game:

Game Time: 36-minute game with a running clock,

2 x 18 minute halves + a 5 minute halftime.

Final 1 minute of the game uses a stop clock according to rules

- All players must wear mouthpieces, no spikes are allowed.
- Home team will wear color jerseys or penny's away team will wear white
- Coin flip to determine first possession
- Ball is always placed in the center of the field to start each series.
- No overtime. Games ending in a tie, will count as a tie.
- 1 timeout per team per game.
- No coaches on the field. Coaches must stay on the sidelines.

## Moving the ball:

- Possession always begins at the 40-yard line.
- Offenses always move in the same direction.
- Play must be started within 25 seconds of the end of the previous play.
- First downs are achieved when reaching the 25 yard and 10-yard line.
- Play begins when the ball is snapped to the QB.
  - The QB is sacked if the pass is not thrown by 4.0 seconds
  - The clock stops on a sack in the last 1:00 of play
  - The pass must cross the line of scrimmage
- All players are eligible to receive a pass.
- Double passes are not allowed.
- No Shovel Passes to Center
- All plays must be a pass from the QB

## General Rules:

- Offensive player is down on one-hand touch anywhere
- There are no fumbles: the ball is dead when it touches the ground. Ball is spotted at last forward progress of the ball carrier. A muffled snap is not a fumble/dead ball and the 5-second rule still applies.
- Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a loss of down.

- There is no rushing the quarterback or crossing the line of scrimmage, until after a pass is completed.
- Once the offensive team scores, possession changes. If the defense prevents the offense from achieving a first down or causes a turnover possession will also change.
- Teams are required to have a center. The ball **MUST** be snapped from the ground.
- Normal substitution rules apply. Extra players must be off the field at the break of the huddle (offensive or defensive subs cannot watch from behind the huddle).

### **Scoring:**

- Six (6) points for a touchdown
- One (1) point for PAT from 5-yard line (interception on PAT is dead ball).
- Two (2) points for Defensive Stop on downs
- Three (3) Points for interception (no runbacks) plus possession.

In the event an interception occurs on 4th down, the defense will only receive 3 points. The 2 points for the stop will not be awarded in this instance.

- Official score is kept by field referee and game manager.

### **Special Rules:**

- Defensive Pass Interference = Automatic first down and 5 yards for the line of scrimmage.
- Offensive Pass Interference = Previous spot and loss of down.
- No Blocking or Holding
  - Offensive = loss of down
  - Defensive = 5 yards from line of scrimmage and replay down
- Illegal Procedure = Loss of down
- Offsides = 5 yards
- Unnecessary Roughness (Defensive or Offensive) = 5-yard penalty and warning to offending player. 2<sup>nd</sup> offense is a 5-yard penalty and ejection from the game.
- Delay of game = Loss of down  
Offensive team is responsible for retrieving the ball after the play and returning it to the referee. Clock does not stop and any delay by offense in retrieving the ball will result in a delay of game penalty of 5 yards from the succeeding spot.
- Individual Fighting/Unsportsmanlike conduct (this includes coaches)
  - 1<sup>st</sup> Offense = Ejection from the game
  - 2<sup>nd</sup> Offense = Ejection from the league

Note: Foul or Demeaning language, including taunting, toward referees, players, fans, other patrons or SportsIowa staff, fighting, destruction of property or other inappropriate behavior are not permitted at SportsIowa and may result in an Unsportsmanlike penalty and ejection from the facility at the discretion of either the referee or SportsIowa staff.

- Team Fighting (this includes coaches). If any player or coach leaves the sideline to participate in a fight, the entire team will be ejected from the league. No refunds will be given.