



FCA 7 on 7 Rules

MOUTH PIECES ARE RECOMMENDED FOR ALL PLAYERS

1. **Field Dimensions:** Length = 40 yards, Width = regulation
2. **Game times:** Each game will have a 25 minute's running clock. We will play 2 games on each field every 30 minutes (5 minute break between games)
3. **Format:** Each team will play 3 Pool Play games and one Bracket Play game. The winners of each of the Bracket Play games will advance to play additional games. The winner of each of the 2 pools will play in the Championship Game.
4. **Jerseys:** Each team will need to have both a white and a colored jersey. Visitors will wear white and home teams will wear their colored jerseys. The home team is the first one listed for each game.
5. **Starting the game:** Games will start and end with a horn blast. The clock on the field will be official. Refs will keep the score. Refs will announce the score on each possession change and will give notice when 10, 5, and 2 minutes remain in each game. Visitors will have first possession. The ball will be placed on right hash to start each game.
6. **Moving the Ball:** A. All offensive plays MUST be PASSES! (no kicking or punting) B. 20 yards is a first down. C. Possession always begins on right hash at 40-yd line, thereafter; placement will be as in a normal game. D. No penalty will be assessed in excess of the 40 yd line, so on a successful or unsuccessful offensive play resulting in a penalty on the offense, it will simply be loss of down and the ball will stay on the 40 yard line. E. Offenses always move in the same direction... toward the goal line. F. All passes must be forward. A pass caught behind the line of scrimmage must be forward or it is incomplete. G. Once a forward pass is thrown, a backward pass (lateral) is allowed. H. Should a swing pass not cross the LOS and before the 4-second count has expired, a defensive player tags the ball carrier behind the 40-yard line, it is a safety (2pts).
7. **Special Rules:** A. No blocking B. Receiver/Ball carrier is legally down when touched with one or both hands. **EXCESSIVE FORCE BY SHOVING, PUSHING, OR STRIKING A BLOW WILL BE PENALIZED BY AUTOMATIC FIRST DOWN AND 5 YARDS. EXPULSION OF A PLAYER(S) IF RULED UNSPORTSMANLIKE AND FLAGRANT!** C. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is NOT a fumble/dead ball. The 4 second count remains in effect on snaps. D. Each team will have 30 seconds to

snap the ball once the previous play is blown dead. The (40 second) count starts at the end of one play until the snap of the new play. E. Two delay of game penalties on the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover. F. The QB is allowed 4.0 seconds to throw the ball. The timekeeper(ref) starts a (4) count on the snap of the ball from center and stops at the word SACK! The QB releases the ball and the play continues, but the ball will be brought back to the LOS with loss of down. They will not blow the play dead. G. Defensive pass interference will be a spot foul (1st down on the spot of the foul) H. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate HOLDING or grabbing. These actions will result in a “tack on” penalty at the end of the play (5yds replay the down). I. Offensive pass interference is the same as normal play (15-yd penalty). J. Interceptions may NOT be returned. **If an interception is made, play will stop and the defensive team will receive 3 points.** K. Offensive team is responsible for retrieving the ball and returning it to the official on the LOS in a timely fashion. Failure to do so could result in a delay of game penalty. L. Offensive Center is NOT an eligible receiver. All teams must have a Center or back-up QB to snap the ball. M. The Center is responsible for previous spot. On the change of possession, the team moving to offense will ensure the bean bag gets to the new LOS. N. NO TAUNTING OR TRASH TALKING! (5yd penalty and expulsion if flagrant!) O. **The offense must gain 20 or more yards on the first 4 or less plays or the defense takes over and receives 1 point for the stop.** P.

Fighting: the player(s) involved will be ejected from the game and the rest of the tournament! If a team fight occurs, the teams involved will be ejected from the tournament! Q. Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 40 yd line will result in a loss of down for the penalized team (who is now on offense...2nd down). R. There is an area referred to as the “tackle box” that extends 3 yds on both sides of the center and 3 yds deep in the backfield. No eligible receiver may line up in the “tackle box”.

8. **Scoring:** Offense - 6 points for Touchdown, 1 point for PAT from 3 yd line, 2 points for PAT from 10 yd line. Defense – 3 points for an interception and 1 point for a Defensive stop. Referee keeps official score.
9. **Ties:** Due to the tight schedule, games ending in a tie will be recorded as such.
10. **Overtime only in playoffs:** Coin flip for offense or defense from the 10 yard line One play. Score will be 6 points for Offense
11. **Time:** 25 minute running clock. No time outs except for injuries. 5 minutes between each game. All games will start on time. A forfeit will occur after 10 minutes expires from the time game is scheduled to start if a team is not present and ready to play. Injury time outs MAY reduce the time of the games. **WE MUST STICK TO THE SCHEDULE!**