

7on7 ILLINOIS



***PLAY TOGETHER IN THE SPRING
WIN IN THE FALL***

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2024 OFFICIAL 7on7 Illinois Rules & Regulations of Play

Field Dimensions:

Field Length will be a total of 50 yards. 40-yards playing field with 10-yards designated as end zones.

How each game will start:

- Home team, second on the schedule, will begin possession of the ball.

- Each game is 44 minutes with 2(two) 20 minute halves with a running clock, exceptions will be made for the unlikely event of injury or a referee called timeout.
- One (1), 30-second timeout will be allowed per team during the regulation 44-minutes of play. **USE IT WISELY! There is no untimed downs for extra points.**
- Home team takes the side-line closest to scoreboard and will work with referee to keep the score accurate. The referees will collect and report the score to Game day manager.
- Home team starts with the Ball.
- **Mouth guards must be worn correctly at all times by all players except the QB. If a player does not have a Mouthguard they cannot play!**

Moving the Ball

- The offense will start the ball at the 40 yard line unless a penalty dictates other
- Offense has (4) downs to gain a first down. First down markers will be at the 20
- The offense may run the ball on any down.
- The QB CAN NEVER RUN the ball, and is the only player allowed to throw the ball. QB is allowed to make one exchange (ex. Pass, handoff or toss). No shovel passes, reverses or hook and ladder, or backward pitches are allowed. **Jet sweeps are allowed**
- Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB
- After the offense scores a touchdown, they have the option of going for 1 point from the 5-yard line, or going for 2 points from the 10-yard line. If the coach doesn't respond to the official on which yard-line, the official will place the ball on the 5-yard line to go for 1 point. Once this decision is made, coaches cannot overturn this decision, unless the one time out is used.
- The quarterback only has 4 seconds to throw the ball. No Interceptions will count after 4 seconds.

Special Rules

- **NO BLITZING ALLOWED** in the **ENTIRE** game (**INCLUDING** overtime). If a team blitz's, they will be penalized 15 yards, unsportsman-like conduct penalty charged.
- NO blocking or pick plays will be allowed.
- Blocking will result in a loss of down, return to the previous spot
- Face guarding is allowed
- Ball carrier is legally down when touched below the neck with **ONE HAND** or if the ball carrier's elbow/knee, or the football touches the turf.
- A defender CAN leave his feet to make a tag. The offensive player can leave his feet also
- Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot - **No Safeties**
- Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down
- The offensive team is responsible for retrieving and returning the ball to the official. Any delay of the offense in retrieving and returning the ball to the official will result in a delay of game and a loss of down
- Defensive pass interference will result in a 15-yard penalty and an automatic first down. Defensive holding will result in a 10-yard penalty and repeat the down
- Offensive pass interference will result in a return to the previous spot plus a loss of down
- The QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed, which will result in a loss of down
- An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 40-yard line. Plus 1pt to the defense.
- If an unsportsmanlike penalty is given to the Offense following a score, the enforcement is on the Extra Point only. If after an Extra Point, its enforced 15 yards on the next scrimmage play -25 Yard Line first down. If it's called on the Defense following

a score, its enforced on the Extra Point. Following an Extra Point, its an automatic loss of down on the next series.

- Excessive celebration is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating or clearing of the sideline, the result is an unsportsmanlike penalty.
- A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired. Even if the clock shows 0.00
- If a score is made with zero on the clock, or runs down to zero before they get the next snap off, the offense DOES NOT have the opportunity to try the Extra Point. They must get the snap off legally, **use your time-out wisely.**
- The offense (wide receivers) has to line up outside the tackle box, and one receiver has to be on the line on each side. If not, the offense will be penalized illegal formation and a loss of down.
- There are no points rewarded if the ball is intercepted on extra points
- One Offensive coach is allowed on the field and 4 Alternates. Who must take a knee before the snap. No defensive coaches are allowed on the field
- This is a NON Contact league. There is to be no Man press, jamming, redirecting at the line of scrimmage or down field. It is up the defensive player to avoid contact. Offensive PUSH OFF is considered OPI.

Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and CANNOT return to the game. If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be ejected from the game in its entirety. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in double forfeit LOSS to both teams. **The referee has the right to throw any player, players, or team out of the game. Unruly fans may also be asked to leave the facility immediately.**

A referee can also give a 15-yard unsportsmanlike penalty for any of the above.

7on7 Illinois staff or CANLAN WILL NOT overturn a referee's call!

Overtime/Tie Breaker Protocol: Games in that end in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense

- Each team will have 2 plays from the 10-yard line. If you score, you receive the standard 6 points
- There is NO running in overtime. All plays MUST be a pass
- If the offense scores, then they MUST choose to go for 1 point from the 5-yard line, or 2 points from the 10-yard line. If the coach doesn't respond to the official on which yard-line, the official will place the ball on the 5-yard line to go for 1 point. Once this decision is made, coaches cannot overturn this decision
- The opposing team gets the same opportunity to score.
- This format will be repeated until a clear winner is declared- switching who starts with the ball.

Point Values are as follows: Offensive touchdown = 6 points. After the touchdown, the team MUST elect to go for 1 point from the 5-yard line or 2 points from the 10-yard line.

Interception during a scrimmage play is awarded 1 point to the defense

No points are rewarded to the defense on a Interception during an extra point

The winner of an overtime game is given 6 points to their score at the end of regulation

Penalties are listed below along with results of each penalty.

PLEASE HELP US KEEP OUR FIELDS CLEAN; EACH TEAM IS RESPONSIBLE FOR CLEAN UP OF WATER BOTTLES AND TRASH ON THEIR OWN SIDELINES.

TEAM PENALTIES		
PENALTIES	ASSESSED	RESULT
Sideline Warning	No Enforcement	
Sideline Interference	10-Yards	Automatic 1st Down
Team Leaves the sideline	Subject to ejection, team disqualification	15-Yard Penalty succeeding spot
OFFENSIVE PENALTIES		
PENALTIES	ASSESSED	RESULT
False Start/Illegal Motion	Line Of Scrimmage	Loss of Down
Delay of Game	Line Of Scrimmage	Loss of Down
Blocking	Line Of Scrimmage	Loss of Down
Fumbles	Dead Ball (Offense retains possession at spot. No fumbles	
Pass Interference	Line Of Scrimmage	Loss of Down
Unnecessary Roughness	15-Yards - LOS	Loss of Down
Unsportsmen-like-Conduct	15-Yards	1/2 Distance to the goal first down
DEFENSIVE PENALTIES		
PENALTIES	ASSESSED	RESULT
Encroachment/Neutral Zone	5-Yards	Repeat Down
Holding/ Obstruction	10-Yards	Repeat Down
Pass Interference	15-Yards	First Down
Unnecessary Roughness	15-Yards	Line of Scrimmage / End of Play
Illegal Participation	5-Yards	Repeat Down
Unsportsmen-like-Conduct	15-Yards	First Down

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