

The 7-on-7 Passing League is a fun competitive, non-contact way to play football. It is all passing, played on a 40-yard field plus end zone, and allows scoring both on the offense and defense. Passing and catching take a great deal of practice to master. Participating in a 7-on-7 league offers athletes an exceptional, competitive way to hone their skills.

**Time:**

- Two 20 minute halves, running clock.
- 5 minute half time
- Each team will have 2-30 second time outs per half.
- Once the ball is spotted, the offensive team will have 30 seconds to snap the ball.
- Once the ball is snapped, the quarterback will have 7 seconds to pass the ball. If the ball is not passed after 7 seconds, it will be ruled a coverage sack resulting in the loss of down. Ball will be placed at the line of scrimmage.

**Scoring:**

ALL PASSES- Starting from the 40 yard line, the offense will have one chance to get a first down by going 20 yards in 4 plays to the 20 yard line. After that, they will have 4 more plays to score a touchdown.

If the defense gets a stop resulting in a turnover on downs, the ball will be placed at the 40 yard line again and they will start on offense going in the same direction.

Touchdown: 6 points



## **SYSA Flag Football 7 v 7 Pass Only Rules**



PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)

Safety: 2 points

A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone, or if a snapped ball lands in or beyond the end zone.

Interception- 3 points, plus possession at the 40-yard line

Interception returned for Touchdown- 6 points + chance for PAT

No fumbles, the ball is dead if it touches the ground

### **Game Rules:**

Substitutions may be made on any dead ball.

Any official can whistle the play dead.

Play is ruled "dead" when:

- a. The ball hits the ground. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
- b. The ball-carrier's flag is pulled.
- c. The ball-carrier steps out of bounds.
- d. A touchdown, PAT or safety is scored.
- e. The ball-carrier's knee or arm hits the ground.
- f. The ball-carrier's flag falls out. (Referees discretion)
- g. The 7 second pass clock expires.



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### **7 v 7 Positions:**

A quarterback, five receivers, and a snapper make up the offense. A team can also have a running back replace one of the receivers in the offensive setup and the running back will run routes out of the running back position, no handoffs or pitches.

Pitches are allowed after a forward pass is completed.

Teams can have different looks on defense depending on their setup, but always have a combination of linebackers and defensive backs looking to stop their opponent's passing attack. There will be no rushing, only pass coverages.

### **Penalties:**

This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any unsportsmanlike conduct is also cause for ejection.

**The Referees decision is final on all plays**, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches control profanity. Coaches are expected to eliminate profanity on their team. Only one coach is allowed on the field per team.

### **Offensive Penalties**

Blocking or Holding- 10 yards from line of scrimmage, loss of down, ejection for contact violation.

Offensive Pass Interference- 10 yards from line of scrimmage and loss of down

Delay of Game clock stops- 10 yards from line of scrimmage and loss of down



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### **Defensive Penalties**

Tackling or Holding- 10 yards from line of scrimmage, loss of down, ejection for contact violation.

Offsides- 5 yards from line of scrimmage, loss of down

Pass Interference- 10 yards from line of scrimmage, loss of down

Illegal Rushing- 10 yards from line of scrimmage, loss of down

Delay of Game clock stops- 10 yards from line of scrimmage

### **OVERTIME**

A tiebreaker will occur, with a flip of a coin to determine possession. The teams will each have 4 plays to score from the 20-yard line, until the tie is broken. There is no defensive scoring in overtime.

**EX:** Team 1 scores, team 2 will then get a chance to score. If they do not, team 1 wins. If they score, team 1 will try again and this will be repeated until a team scores and gets a stop.