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800-873-9109

WHY WE PLAY

The 7-on-7 Passing League is a fun competitive, non-contact tournament. It is all passing, played on a 45-yard field plus end zone, and allows scoring on the offense only. Passing and catching is an essential part of football today. Playing in this 7-on-7 league give players a unique opportunity for exposure and skill enhancement.

WHO CAN PLAY

Any enrolled student in the 9th-12th grades is eligible to participate.

TEAMS

Teams consist of 12 players together with 1-2 coaches.

TIME

All games will be 25 minutes in length running time accept in the last 5 minutes. There will be a 20-second play clock in effect. There will be a 3.5 second throwing timer to get rid of the ball. In case of injury the clock will stop at the discretion of the Referee, if that occurs the player must leave for one play.

FIELD

The playing field will be 45 yards in length, plus a 10 yard end zone.

POSSESSION OF THE BALL

All possessions start at the 45-yard line. No matter where the defense stops the offense.

PLAY

Each team will have 7 players on the field at all times. There can be a center for shot gun QB's but you cannot block or be a part of the play on one knee.

OFFENSE

Each team will have 5 or 6 receivers and or 1 running back and a QB.

DEFENSE

Each team will have 7 defensive players.

Play begins when

The ball is snapped to the QB or when the Quarterback takes the ball off the timer. A play in progress until the whistle is blown. The game cannot end on a defensive penalty, unless the offense declines it.

Play ends when

One hand touch below the neck.

Substitution

Regular substitution rules apply “before the break of the huddle.”

RUNNING PLAYS

One running play is allowed during one entire possession.

PASSING

The Quarterback has 3.5 seconds to release the ball or it is blown dead, returning to the line of scrimmage for the next down. There is no rushing the Quarterback or crossing the line of scrimmage, until after a pass is thrown.

Double Pass

Double passing is not allowed.

DOWN & DISTANCE

First down will be marked every 10yards with a cone in the middle of the field.

SCORING

Touchdown scores 6 points

1 extra point by passing from the 10 yard line

2 extra points by passing from the 15 yard line

Interception scores 0 points, plus possession at the 40-yard line

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

PENALTIES

This is a non-contact game and any flagrant contact is cause for immediate ejection. As always, any un-sportsman like 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. These penalties will result in a loss of down.

OFFENSE

Blocking or Holding is a loss of down, ejection for contact violation.

Illegal Motion 5 yards

Offensive Pass Interference ball back to the line of scrimmage and loss of down

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

DEFENSE

Tackling or Holding 5 yards spot of the foul, loss of down, potential ejection for contact violation pending referee decision.

Offsides 5 yards from line of scrimmage

The defense will be allowed 1 rush by one or more players in an entire possession

Pass Interference 5 yards from the spot of the foul

Illegal Rushing 10 yards from line of scrimmage

Delay of Game Clock stops, 5 yards from line of scrimmage

Illegal substitution 5 yards from the line of scrimmage

BLOOD RULES

If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

PROTEST:

Protest must be made verbally with the tournament general manager by the offended team at the time of play. All decisions of the protest committee shall be final.

OVERTIME

A tiebreaker will occur, with a flip of a coin to determine possession. After a 3-minute break, the team that wins the toss will have a possession to score from the 45 yard line. The first team to score wins.