

Hard Count 7s Passing League Rules

Field Dimensions

Field Length will be 50 yards. 40-yard playing field with a 10-yard end zone.

Starting Each Game & Referees

1. Each game will include two C.I.F. trained officials.
2. A coin toss will determine which team gets the ball first. That offensive team will begin possession of the ball on the 40-yard line with their choice of hash.
3. Each game lasts 24 minutes with a running clock (No Overtime in Regular Season).
4. The clock never stops unless an injury or team timeout is called.
5. Each team will receive ONE timeout per game (Timeouts are 1-minute long)
6. Soft shell helmets will be required to wear for all skill players except for the Quarterback.

Moving the Ball

1. Offense always starts on the 40-yard line with their choice of the hash. After any change of possession.
2. All snaps at the 40-yard line must be off the QB-TEE. QB may take a shotgun off QB-TEE at any time.
3. Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines.
4. Once inside the 10-yard line, the offense has 3 downs to score a touchdown.
5. The first person to control the football off the QB-Tee is the QB. The QB is never eligible to run.
6. The offense may run the ball as many times as they want on any down during the game. The QB is allowed to make one exchange (ex. Pass, handoff, or toss). No toss passes, reverses or hook and ladder.
7. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB.
8. Quarterback can NEVER run the ball.
9. Each touchdown will count as 7 points. No 2-point conversions.

Point Values

1. Offensive touchdown = 7 points. (No 2-point conversions)
2. Interceptions will count for 1 point.

Coaching Team & Rosters

1. There will be one offensive coach allowed on the field at any time and Five (5) active athletes behind him only.

2. The coach must be positioned behind the offensive huddle.
3. NO defensive coaches allowed on the field.
4. Only official players on the roster are eligible to play during regular season & playoffs. Any cheating disqualifies for your team during playoffs and an automatic loss during the regular season.
5. Teams can carry a max 20-man roster.

Special Rules

1. NO BLITZING ALLOWED in the ENTIRE game (INCLUDING overtime). If a team blitzes, they will be penalized 15 yards, un-sportsman.
2. NO blocking.
3. Face guarding is allowed.
4. Blocking will result in a loss of down, return to the previous spot.
5. Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground. A defender CAN leave his feet to make a tag. The offensive player can leave his feet also.
6. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
7. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
8. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
9. 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.
10. Offensive pass interference will result in a return to the previous spot plus a loss of down.
11. QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed.
12. An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 30-yard line. If an unsportsman penalty is given to the interception team, they will be penalized 10 yards and will start from the 40-yard line.
13. 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 and a loss of down.
14. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
15. The offense (wide receivers) must line up outside the tackle box, and one receiver must be on the line on each side.
16. Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and can NOT 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 tournament in its entirety. If a team's bench clears, resulting in a

fight, both teams will be ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game. Hard Count staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any game and they will have to leave the facility immediately. A referee can also give a 15-yard unsportsmanlike penalty.

Offensive Penalties

1. False Start / Illegal Motion: 5-yard penalty (loss of down)
2. Blocking: 5-yard penalty loss of down
3. Fumbles: dead ball spot (offense keeps the balls)
4. Offensive Pass Interference (15-yard penalty (loss of down)
5. Unnecessary Roughness: 15-yard penalty (loss of down)
6. Unsportsmanlike conduct: 15-yard penalty (loss of down)
7. Fighting (Automatic Ejection)

Defensive Penalties

1. Encroachment: 5-yard penalty (Repeat Down)
2. Holding: 10-yard penalty (Repeat Down)
3. Pass Interference: 15-yard penalty (First Down)
4. Unnecessary Roughness: 15-yard penalty (First Down)
5. Unsportsmanlike conduct: 15-yard penalty (First down)
6. Fighting (Automatic Ejection)

PLAYOFF FORMAT

1. Teams will be placed into 4 team pools. Each team will play 3 pool play games to determine seeding and single elimination bracket play.

OVERTIME/TIE BREAKER (PLAYOFFS ONLY)

1. 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.
2. Each team will have 4 plays from the QB-tee. Team that goes the furthest distance wins the game by 1 point. Interception ends the game resulting in a 1-point win for the team that catches the interception.
3. This tiebreaker format will be used in Playoff Games Only.

SINGLE ELIMINATION SEEDING WILL BE DETERMINED BY

1. Record
2. Total points scored
3. Point differential total score minus total give up