

XL SPORTS 7v7 RULES

GAME

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss. The winner of the coin toss will determine who will start on offense on the 40- yard line with their choice of hash. Referee will whistle to begin and end each game. Offense always starts on the 40-yard line with their choice of the hash. After any change of possession. All snaps at the 40-yard line must be off the QB-TEE (No Shotgun). Upon gaining a yard or more, QB may take a shotgun off QB-TEE. Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines. Once inside the 10-yard line, the offense has 3 downs to score a touchdown. The first person to control the football off the QB-Tee is the QB. The QB is never eligible to run. **Only 4 Registered Staff allowed on sidelines.**

TIMING

Games have a 25 minute running time.

Offensive team will have 25 seconds to put the ball into play. Or else a delay of game will be called, and result in a loss of down.

Clock never stops, in the event of an injury, or referee timeout, the clock will stop.

Time-outs - No time outs

PASSING

All passes must be forward and must be received beyond the line of scrimmage (LOS). Only one (1) forward pass per play. Absolutely NO laterals, pitches or screen passes of any kind are allowed beyond the LOS. Shovel passes are allowed but must be received beyond the LOS. The QB is allowed 4 seconds to throw the ball. Referees will stop play if 4 seconds are surpassed and it's a loss of down, treated like an incomplete pass. If a pass is tipped/blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass. Pass must go beyond the LOS.

RECEIVING

All players are eligible to receive a pass (except the QB). Only one (1) player is allowed in motion at a time. The offense (wide receivers) has to line up outside the tackle box, and one receiver has to be on the line on each side. A player must have at least one foot inbounds when making a reception. Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead. Once the ball is advanced beyond the LOS, the remaining offensive players **CANNOT** impede the defense from attempting to touch the ball carrier.

ALL OTHER OFFENSIVE PLAYERS MUST STOP RUNNING

INTERCEPTIONS: Ball is placed at the 30 yard line.

EQUIPMENT

All players must have mouth guard & soft helmets worn at all times. A player will not be eligible to play if they do not have a mouthpiece and soft helmet, with the exception of the QB. Players **CANNOT** have ANY jewelry. Jewelry cannot be taped. All players must wear shoes. Cleats are allowed. **NO METAL** cleats. Shades/sunglasses are not allowed.

RUNNING

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). The Quarterback can **NEVER** run the ball. The quarterback **MUST** release the ball from behind the QB-tee! If his front foot passes the back of the tee or the line of scrimmage, it will be called an illegal forward pass. **NO** toss passes, reverses or hook and ladder. The ball is spotted where the player is touched..

BLITZING

Each team is allowed 1 blitz per game. Players not rushing the passer may defend on the line of scrimmage but may **NOT** enter the backfield unless the ball is handed off to the running back. Blitz may be used at any time. If the game goes into OT and you haven't used your 1 Blitz, you may use it in OT. If an offensive penalty occurs during a blitz, the defense may choose to accept the penalty and keep their 1 blitz.

LIVE BALL / DEAD BALL

Team must have a minimum of six (6) players but no more than seven (7) on the field at a time. Substitutions may be made on any dead ball. You must always substitute from the same side of the field. The play is ruled "dead" when: 1)Ball-carrier's is touched below the neck with one hand 2)Ball-carrier steps out of bounds 3)Incomplete Pass 4)Ball hits or touches the ground 5)Touchdown, PAT, or safety is scored 6)Ball-carrier's elbow/knee hits the ground

A defender **CAN** leave his feet to make a tag. The offensive player **CAN** leave his feet when running the ball to avoid contact with other players. Fumbles (including snap) are dead balls at the spot with the last team in control retaining possession at the spot. 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(LOSS OF DOWN). In the case of an inadvertent whistle, the offense has two options:Take the ball where it was when the whistle blew, down is consumed. Replay the down from the original line of scrimmage.

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CODE OF CONDUCT

The referee will call all penalties. Players cannot question judgment calls and coaches are **NOT** allowed to challenge any official ruling. All penalties will be assessed from the line of scrimmage, except for SPOT FOULS. Games cannot end on a defensive penalty unless the offense declines. If this occurs, the offense will have an untimed down if time has expired. If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal. Loss of down means that down is consumed. Any loss of down on the forth down results in a turnover on downs and the other team taking possession.

VIOLENCE WILL NOT BE TOLERATED. If any player, coach, or team member(family) throws a punch, they are 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 league in its entirety. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game.

The XL SPORTS staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any tournament and they will have to leave the facility immediately. A referee can also give a 15-yard unsportsman like penalty.

COACHING

There will be one offensive coach allowed on the field at any time and THREE (3) active athletes behind him only. (One warning then delay of game penalty). The coach must be positioned behind the offensive huddle. Coaches are not allowed to challenge any official ruling. Remaining team coaches can work from the sidelines. NO defensive coaches allowed on the field. Coaches will be given 1 sideline warning during play. Second warning will result in a 10-yard penalty or half the distance to the goal. Third warning will result in the coach's ejection.

SCORING

Touchdown: 6 points

Extra point: Offense can choose hash for ball placement

▸ 1 point from 5-yard line, or 2 points from 10-yard line

Once the game clock expires the game is over. Even after a touchdown is scored. No time on the clock means no extra point attempt.

STANDINGS: WINS, LOSSES, POINTS SCORED, & HEAD to HEAD.

DEFENSIVE PENALTIES

Holding +10 yds & Repeat Down
Defensive pass interference +15 yds & Automatic 1st Down

PERSONAL FOULS

Unnecessary Roughness/Personal Foul +15 yds from LOS & 1st Down
Offside / Encroachment +5 yds from LOS & Repeat Down
Illegal Participation +5 yds from LOS & Repeat Down
Unsportsmanlike Conduct/Taunting +15 yds from LOS & Automatic 1st Down

OFFENSIVE PENALTIES

False Start Loss of Down
Illegal Forward Pass Loss of Down
Offensive Pass Interference Loss of Down
Illegal Motion Loss of Down
Delay of Game Loss of Down

PERSONAL FOULS

Unnecessary Roughness -15 yds from LOS & Loss of Down
Unsportsmanlike Conduct/Taunting -15 yds from LOS & Loss of Down
Screening/Blocking Loss of Down

OVERTIME / TIEBREAKER

NO TIES THROUGHOUT THE ENTIRE SEASON

Overtime winner is determined by whichever team scores more points within a single overtime period.

1st Round of Overtime -

Home team will be calling the coin toss. Winner of the coin toss will choose to be offense or defense first. Each team takes turns getting two (2) plays from the 10 yard line. The opposing team gets the same opportunity. No extra point attempt.

2nd Round of Overtime

If neither team scores, or it still ends as a tie, we will flip the coin again then back to the standard longest passing yard from the 40-yard line. There is no running allowed in longest yard situations. The team with the most yards will be declared the winner of overtime. If there is no completion, or the deepest completion is equal, the

tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense. This format will be repeated until there is a clear winner declared. Winner of overtime will get a 1 point added to the final score. ▸ The losing team will NOT earn any additional points.