

# LOUISIANA ELITE 7-ON-7

## LEAGUE RULES

PLAYING RULES HAVE BEEN ADOPTED FROM THE NFL 7-ON-7 NATIONAL TOURNAMENT RULES

### ➤ SCHEDULE FORMAT & TIMEFRAME

- Four (4) weeks: June 7<sup>th</sup> – June 30<sup>th</sup>.
- Four (4) games minimum a week per team guaranteed.
- Minimum of 12 games per team guaranteed.
- ALL games at Memorial Stadium (Fields) – Baton Rouge.
- Monday & Wednesday: 6:00pm, 7:00pm, & 8:00pm.
- Must notify the league in advance of any scheduling issues.

### ➤ REGISTRATION & COST

- Team & Student-Athletes Information registration must be done online and is available NOW
- Minimum 12 student-athletes and 2 coaches.
- Fifteen (\$15.00) dollars per student-athlete.
- Cost covers officials, playing site, and insurance.
- Hard copies of completed Team Roster & Student-Athletes Registration forms with registration fees due no later than May 21<sup>st</sup>.

### ➤ GAME TIME

- (2) 20 minute running halves
- 5 minute halftime
- (1) 30 second time out per team per half
- 10 minutes between games
- Official & injury timeouts when needed

### ➤ FIELD DIMENSIONS

- 50 yards long x 53.5 yards wide

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## ➤ STARTING THE GAME

- Scheduled Visiting Team will have first possession. Home Team will have first possession the 2<sup>nd</sup> half.
- Teams must be at the field site twenty (20) minutes prior to game time.
- Each game and change of possession starts with the offensive team on the right hash at the 40 yard line.
- All members of a team must wear like apparel, in color and in style. (Football jerseys, t-shirts, or Under Armor apparel with no pocket shorts are acceptable uniforms). Again, teams must be in uniform. Teams should try to have a Home & Away version of uniforms. All participants must wear helmets and mouthpieces. No jewelry.

## ➤ MOVING THE BALL

- No kicking or punting
- No running plays including QB
- Play begins when the ball is snapped to the Quarterback (each team must have a Center)
- All passes must be forward
- Offense has 4 downs to produce a 1<sup>st</sup> down (20 yard line), then 4 downs to score

## ➤ SPECIAL RULES

- Each team will have 30 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a loss of down plus 5 yards.
- Offensive coaches are allowed onto the playing field and in the huddle. Defensive coaches are not permitted onto the field.
- The Quarterback is allowed 4.0 seconds to throw the ball; if the 4.0 seconds are surpassed, the play is blown dead, ruled an incomplete pass, and the ball will be spotted at the line of scrimmage. The 4.0 second count will be maintained by one of the officials.
- Center is not an eligible receiver (teams must have a center). The ball must be snapped from the ground between the snapper's legs.
- Receiver/Ball carrier is legally down when touched with one or both hands below the neck.
- No Blocking is permitted
- Fumbles (including snaps) are dead balls at the spot with the last team in control retaining possession.
- Linebackers must be 5 yards from line of scrimmage.
- Responsibility to avoid contact is with the defense.
- Interceptions may not be returned.
- No taunting or trash talking will be allowed (5 yard penalty & expulsion if flagrant). If participants begin to display overly aggressive behavior, game officials may render a 4-play sit down rule.



- This is a non-contact skills competition and any flagrant contact is cause for immediate ejection. As always any unsportsmanlike conduct is also cause for ejection. The officials' 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.
- Fighting: the player(s) involved will be ejected from the game and league. If a team fight occurs, the teams involved will be ejected from the league and denied participation in any/all league events. No refunds.
- Good sportsmanship is expected in even difficult situations.
- Blood Rule: If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his 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 the excessively bloody uniform is changed.

### ➤ SCORING

- 6 points for a touchdown
- 1 point for successful extra point from the 5 yard line
- 2 points for successful extra point from the 10 yard line
- 3 points for an interception. (Interception on extra point attempt is a dead ball)

### ➤ OVERTIME

- After coin flip to determine first possession, teams will alternate 4 down series from the 20 yard line. A winner is determined when one team scores during its possession and the other team does not. If a second overtime period is necessary, teams will alternate 2 down series from the 20 yard line and each team must then go for two points on the extra point attempts. If no winner is decided after the second overtime, the game will end in a tie.

### ➤ PENALTIES

OFFENSE - loss of down

SITUATIONS - Pass Interference, Blocking, Offside-Motion

DEFENSE - 5 yards, repeat down

SITUATION - Off-sides, Illegal contact-holding, Pass interference

OFFENSE/DEFENSE - 10 yards

SITUATION - Unsportsmanlike conduct

### ➤ OFFICIALS

- Field judge (Referee) & Back judge (Timekeeper)