

ACHR 7 ON 7 PASSING LEAGUE RULES

Revised Feb 02, 2023

1. TEAMS:
 - a. Teams consist of 10-14 players
2. FIELD LENGTH:
 - a. 50 total yards (40 yards with a 10-yard end zone).
3. STARTING EACH GAME:
 - a. Coin flip will determine possession of the ball starting on the +40-yard line with a choice of hash mark. Coin toss winner will be considered home team.
 - b. A whistle will begin each game.
 - c. Each game will last 25 minutes, running time.
 - d. Teams will be given a four-minute and two-minute warning.
 - e. The clock will not stop for anything.
 - f. Players are permitted to wear football cleats with plastic or rubber spikes
 - g. Mouth guards are **required**.
 - h. Wilson TDY will be the standard size football for age 11 and up.
 - i. Score will be announced prior to each offensive possession.
 - j. A whistle will end each game.
4. MOVING THE BALL:
 - a. Each team will have 7 players on the field at all times
 - b. Offense always starts on +40-yard line with a choice of hash mark after any change of possession. Offenses can ask officials to place the ball on either hash or in between after every play.
 - c. Offense has three downs to gain a first down. First down markers will be at the +25 and +10-yard lines.
 - d. Once inside the +10-yard line, the offense has three downs to score a touchdown.
 - e. For the conversion after a touchdown, the offense can choose to go for 1 or 2 points. A 1-point conversion is from the +5-yard line, and a 2-point conversion is from the +10 yard line. The offense may have a choice of hash mark for ball placement.
 - f. Offense can use any formation to move the ball with 1 quarterback and 5 eligible receivers. Offensive players cannot be lined up within 3 yards of the snap counter (tackle box) on the line of scrimmage. 7th player may only be a center to snap the ball (center is NOT an eligible receiver (all teams must have a center – the center may be any player on the roster).
 - g. NO RUN PLAYS ALLOWED
 - i. NO PASSER MAY RUN ACROSS THE LINE OF SCRIMMAGE WITH THE BALL. ALL PASSES MUST BE FORWARD. ONLY THE PLAYER RECEIVING THE SNAP MAY PASS THE BALL. Infraction results in loss of down.

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5. COACHING YOUR TEAM:

- a. There will be one offensive coach allowed on the field at any time.
- b. The coach must be positioned behind the offensive huddle.
- c. Coaches are not allowed to challenge any official ruling.
- d. Remaining team coaches can work from the sideline.
- e. No defensive coaches are allowed on the field.

6. SPECIAL RULES:

- a. No blocking.
- b. Blocking will result in the ball being returned to the spot of the foul.
- c. Ball carrier is legally down when touched below the neck with one hand. A defender cannot leave his feet to make a tag. Runner will still be able to run if defender's feet are off the ground.
- d. Fumbles (including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
- e. Each team will have 25 seconds to put the ball into play.
- f. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop and any delay by the offense in retrieving and returning the ball to the official will result in a delay of game and a loss of down.
- g. Defensive pass interference or defensive holding will result in an automatic 1st down and the ball will advance to the next 1st down field marker. If defensive pass interference or holding is committed within the 10-yard line, the ball will advance to the 5-yard line with an automatic 1st down.
- h. Offensive pass interference will result in a return to the previous spot plus a loss of down.
- i. Quarterback is allowed 4 seconds to throw the ball. Game official will stop the play if 4 seconds is surpassed.
- j. An interception is a change of possession with the intercepting team gaining possession at the +40-yard line. The result of an interception is also 6 points for the defense only if the player who intercepts the ball returns it back to the 40-yard line untouched by an offensive player. The intercepting team that scores 6 points on the return will also retain possession of the ball at the +40-yard line. Interceptions in the end zone cannot be returned for 6 points, as it will only result in a touchback with the intercepting team gaining possession at the +40-yard line.
- k. Any dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty, as the team cannot be penalized beyond the 40 yard line (30 yard line for 5th grade and below) starting position. The defense - not the offense - would be starting play with 2nd down.
- l. Offensive player cannot dive to advance the ball.

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7. OVERTIME

- a. If the game is tied after regulation time, games will play extra periods until a winner is declared. There will be a coin toss at the conclusion of the regulation with the home team calling the toss. The winner will choose to be on offense or defense.
- b. Each team will have possession with two snaps from the 20-yard line with choice of hash mark. Teams must score a touchdown to win. After touchdown, scoring team has the option of a 1 point or 2-point conversion. Note: regulation game scoring rules still apply (i.e. conversions and interceptions returned to 40-yard line).
- c. Defensive penalties will result in half the distance to the goal and an extra down. Offensive penalties result in a loss of down.
- d. If the score remains tied, a second overtime will commence with the team that lost the initial coin toss making the choice to play offense or defense. If the score remains tied after 2 overtimes, the away team will call the coin toss to start the third overtime.
- e. If progress is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to play offense or defense.
- f. This format will be repeated until a winner is declared.

8. POINT VALUES

- a. Offensive touchdown = 6 points
- b. Extra point from +5-yard line = 1 point
- c. Extra point from the +10-yard line = 2 points
- d. Interception (PAT is a dead ball) = 1 point
- e. Defensive pass interception returned untouched to the 40-yard line = 6 points

9. PLAYOFF FORMAT

- a. Based on the number of teams in the league
- b. Playoffs will consist of 4 team brackets
- c. Tiebreakers
 - i. Head to head
 - ii. Point differential
 - iii. Points against
 - iv. Coin flip

10. CODE OF CONDUCT

- a. Players, coaches, spectators and parents are to conduct themselves in a manner that demonstrates good sportsmanship and respect to other players, coaches, officials and spectators. ACHR reserves the absolute right to eject any player, coach, spectator and parent from the games/tournament for failure to abide by its code of conduct.