

## **CAA 7v7 Rules – 2024-25**

Age Group – 12U, 14U, 15-17U

Total of 14 players

10 Protects and 4 draft picks\*\*

Must have helmet and mouth guard on each game

Coaches Meeting – October 19, 2023 at Veterans Park

### **Field Length**

52 yards wide

40 yard field with a 10-yard end zone

Ball starts on 40 yard line.

### **Scoring**

(a) Six (6) points for a touchdown

(b) One (1) point for a PAT from the 5 yard line

(c) Two (2) points for a PAT from the 10 yard line

(d) Three (3) points for an interception

(e) Two (2) points for a safety. A safety can ONLY be scored when a pass is thrown behind the LOS at the 40 yard line and the ball carrier fails to cross the 40 yard line.

(f) Turnover on a PAT is dead ball – Sack goes back to the LOS

(g) Official scores will be kept by field referee and sideline scorekeeper (h) Two (2) points on a defense stop

I. One run play per game (Qb cannot run under any circumstances)

J. One DEFENSIVE RUSH PLAY PER GAME. You can rush as many defenders as you want. Rusher must be 2 yards outside of the tee (contact with the tee over will be considered illegal rush)

K. Time out called after a TD does not start the clock until next offensive play ... meaning the extra point is an untimed down .

### **Penalties Offense**

i. False Start/Illegal Procedure= 5 yard penalty. If penalty occurs when ball is spotted on 40 yard line, penalty results in loss of down.

ii. Delay of Game= Loss of Down. 1) Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed.

iii. Pass Interference=15 yard penalty and down replayed. If assessment of penalty would result in offense moving behind 40 yard line then penalty will be assessed half the distance to the 40 yard line and loss of down.

iv. No penalty may be assessed in excess of the 40 yard line. If a penalty would move the offense beyond the 40 yard line, the offense will be moved half the distance to the 40 and

charged with a loss of down.

v. If the timekeeper sees that the clock has exceeded 4.0 seconds, the play is blown dead. The ball should be returned to the original line of scrimmage with loss of down. If the QB proceeds to throw the ball after the play has been blown dead, a penalty for offensive delay of game will be assessed.

vi. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning ball to referee will result in a delay of game and will be a 5- yard penalty from the succeeding spot.

vii. If defensive holding occurs on the same play as a sack, the defense will be penalized, and the sack is void.

viii. Any dead ball penalty on the offense after a change of possession would result in a 15 yard penalty for that team's defense when they begin their ensuing possession. (ex. Penalty occurs on point after try.)

ix. Dead Ball Unsportsmanlike Penalty on Offense will result in 15 yard penalty. (Players that receive more than 2 unsportsmanlike penalties will be ejected from the tournament.)  
Defense

i. Offside = 5 yard penalty

ii. Defensive Holding =5 yard penalty

iii. Defensive Pass Interference=15 yard penalty and down is replayed. If the 15 yards results in a first down then it is a first down. If the pass interference occurs on a play where the ball is spotted inside the 15 yard line, then the penalty will be assessed half the distance to the goalline and replay the down.

iv. Any dead ball penalty on the defense after a change of possession would result in a loss of down for that team's offense when they begin their ensuing possession. (ex. Penalty occurs on point after try.)

v. Dead Ball Unsportsmanlike Penalty on Defense will result in 15 yard penalty. (Players that receive more than 2 unsportsmanlike penalties will be ejected from the tournament.)

vi. Excessive contact by defense at the end of a play ie. Unnecessary tackling or taking or shoving a player to the ground can result in a 15 yard unsportsmanlike unnecessary roughness penalty.

vii. If a defensive penalty during the course of the play occurs on a play in which the result of the play is a touchdown by the offense, the only option by the offensive team is to accept the result of the play and decline the penalty. There will be no yardage or penalty tacked on to an extra point try or a subsequent possession. If a "dead ball" or "unsportsmanlike penalty is assessed to either team on a play in which the offense scored, the penalty will be assessed on the point after try or on the subsequent possession if the penalty occurred on the point after try.

### **Turnovers/Deadballs**

(a) Receiver/Ball carrier is legally down when touched below the neck with one or both hands.

(Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 15 yards. Player will be expelled if ruled unsportsmanlike & flagrant.)

(b) Fumbles that hit the ground are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps.

(c) The QB is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops as soon as the QB releases the ball. If release is under 4.0 seconds, the play continues. Play is blown dead after 4.0 seconds.

(d) Interceptions may be return for a touchdown

(e) The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over.

No 4th downs. (3) downs in all zones.

### **Appeals**

(a) If during game play a coach or player disagrees with an official's call, they may not dispute

that call with that official at that time.

(b) For consideration, the coach must report all game play ruling discrepancies to the Field

Manager no more than 20 minutes after the game has ended. Any reversal or game-changing

Decisions will be made at the Tournament Manager's discretion.

### **Additional Game Format Rules**

(a) Ball always placed on the right hash mark when at the 40 yard line.

(b) No kicking or punting

(c) No passer may run with the ball past the line of scrimmage. A pass caught behind the line of scrimmage must be advanced by that receiver past the line of scrimmage. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass. Hand offs in the backfield are allowed once per game. Receivers alignment should respect the tackle box. 3 yards on either side of the center and 2 yards deep behind the line of scrimmage.

Defensive blitz is allowed once per game.

(d) The clock is a running for the whole game. Teams must be given adequate time to change over from offense to defense or vice versa before the ball is snapped by the offense taking possession.

(e) All offensive formations must be legal sets.

(f) No blocking

(g) No taunting or trash talking.

(h) Any physical fighting by a player will result in automatic ejection from the game and tournament if applicable.

(i) Any "bench clearing" fighting will result in entire team ejection from the game and tournament.

- (j) 2 unsportsmanlike penalties against any one player will result in ejection from tournament.
- (k) Each Team will get one 30 seconds timeout per game
- (j) The ball will be mark where the player has the football when the player gets touched

### **Uniforms**

- (a) All teams are required to wear the designated playing uniform.
- (b) Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.
- (c) Participants must wear mouthpieces at all times during competition.
- (d) Soft Shell Helmets are required during play, with the exception of the QB. QB not wearing a helmet cannot tag down a player who intercepts the ball. If QB without a helmet chases down a defender who intercepts the ball, play will result in automatic TD