

NMFFL 7 ON 7 RULES

All players must wear helmets.

Games are 21:00 long. The clock runs continuously during the 1st 20 minutes & stops according to rules during the final 1:00. There is no overtime in pool play.

- ➔ 7 defenders and 6 offensive players (must use a center or extra player to snap).
- ➔ Each possession starts on the 40-yard line – going in.
- ➔ First downs are made by crossing the 20-yard line
- ➔ Three downs to make a first down.
- ➔ PAT snaps are at the 5-yard line, offensive choice of hash.
2 point conversions will be from 10-yard line with choice of hash (if chosen).
- ➔ 4.0 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (4.01 or greater). The clock will be stopped on a sack in the final 1:00 of the game. **REF SHALL COUNT OUT LOAD**
NOTE: Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.
- ➔ Four (4) second clock starts on snap of ball.
- ➔ Possession changes after PAT attempt, failure to make a first down, or turnover.
- ➔ One time-out per team per game. 1 additional time-out per overtime.
- ➔ All offensive formations must be legal sets.
- ➔ Twenty-five seconds to get the play off (from the dead ball whistle).
- ➔ One flag pull anywhere.
- ➔ No running plays allowed.
- ➔ No double passes or shuffle passes behind the LOS.
- ➔ No coaches on the field, coach from the sidelines.

Overtime:

Consists of 3 plays from 10 yard line. Each team has an attempt to score in each overtime period. Starting with the 3rd and subsequent overtimes, all PAT's must be 2 point attempts from the 10 yard line. Overtime periods are not timed.

Mercy Rule:

If the margin of score between the two teams is 21 points or greater at the end of the 1st 20 minutes, the clock will continue to run continuously for the remainder of the game; regardless if the margin of score becomes less than 21 points.

Scoring:

- ➔ Touchdown - 6 points
- ➔ Interception - 3 points (no points for INT on PAT)
- ➔ Turnover on downs - 2 points
- ➔ PAT - 1 point (may opt for 2)

Penalties:

- ➔ Defense pass interference = Automatic first down and 5 yards from original line of scrimmage.
- ➔ Offense pass interference = Previous spot and loss of down.
- ➔ Defensive holding = Automatic first down and 5 yards from original line of scrimmage. In the event there is defensive holding and a sack on the same play, the defense will be penalized according to the above and the sack will be ignored.
- ➔ Illegal procedure (offense) = Loss of down.
- ➔ Defensive off-sides = 5 yard penalty.
- ➔ Delay of game = Loss of down and clock stops in final 1:00.
- ➔ Fighting / unsportsmanlike conduct: 1st offense = ejection from game. 2nd offense = ejection from tournament.
- ➔ Fighting / unsportsmanlike conduct (team): if any player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE TOURNAMENT.

Personal Foul Penalties:

- ➔ Offense = loss of down and 5 yards from original line of scrimmage.
- ➔ Defense = 1st down and 5 yards from original line of scrimmage.
- ➔ Teams/participants are required to wear same color numberd jeseys/ shirts. Participants will not be allowed to play regardless of the situation.
- ➔ In leu of covid-19 contact will stricly be enforced.