

McDermont 7 on 7 Rules

General:

- The game shall be played between two teams of 7 players each on a rectangular field. Each team must have 5 players on the field in order to begin the game.
- Players MUST be at least 18 years of age
- Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4" from the bottom of the shirt to the player's waistline.
- Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground on the ball before the snap.
- All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.
- Model cleats are allowed. NO METAL CLEATS.
- Referees will meet with the captains 5 minutes prior to game time. Visitors calls coin toss.

Playing Time:

- The winner of the pregame toss shall have the first choice of options:
 - A. offense/defense
 - B. which goal to defend
 - C. to defer their choice of A or B until the second half.
- A game shall consist of 2 halves with a 5minute intermission. Each half shall consist of 20 minutes. The clock will run continuously during the first half and 18 minutes of the half. During the last 2 minutes of the second half, the clock will stop such as in college football:
 - A. Penalties
 - B. Scoring plays
 - C. Incomplete passes/out of bounds
 - D. Injured players
 - E. First downs (until the ball is set in play by referee s ready to play whistle).
- Mercy Rule: If a team is ahead by 17 points at the two minute warning in the second half, the game is over.
- Each team is allowed two (2) timeouts per half (1minute timeouts); timeouts not used in the first half are NOT carried over into the second half. The clock will stop during timeouts.
- Free substitution is allowed after any whistle provided the substitution does not delay the game. However, no offensive substitute may enter unless he joins the huddle and is
- part of the huddle at the time when it breaks.
- The offensive team has 25 seconds to put the ball in play after referee signals "ready for play." Penalty: 5 yards.
- A maximum of 15 players is allowed on the roster.
- Tie Games: Ties will be broken by the "Texas Tie Breaker"
 - A. Play will begin on the 10yard line and teams will have 4 plays each.

- B. A coin toss will precede "Tie Breaker". The team winning the toss has 3 options: Offense, Defense, or Direction. The opposing team then has the remaining choice.
- C. The object is to score a touchdown and subsequent extra point (1 or 2 points). After team A scores, team B then has 4 plays within which to score. If no team has scored after their respective plays the process is repeated.
- D. When a pass is intercepted the defense becomes the offense and begins their series of 4 plays. If the interception is returned for a touchdown, the game is over.
- E. Penalties are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after team B gains possession during an attempt or an overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot, the team B 10yard line, if accepted.

Definition of Playing Terms:

- Removal of flag belt: When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his head to assist the official in locating the spot where the capture occurred. A player may dive to remove a flag belt as long as no contact is made with the opposing team.
- The position of the ball when a player is deflagged determines the spot of the next line of scrimmage.
- A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag belt.
- When a runner loses his/her flag belt, either accidentally or inadvertently, play continues. The deflagging reverts to a one-hand tag of the runner.

Ball Playing In/Out:

- The ball is declared dead when the ball touches the ground: on a fumble, on a lateral, or on a pass
- The dash lines around the field is considered out of bounds. (Only one foot needs to touch in bounds in order for a pass to be complete). **UPPER FIELD ONLY: the dash marks in the end zones are considered in bounds.**
- In a series of 4 downs, the ball must be advanced forward into the next zone in order for a new series of downs to be awarded. Yardage lines are considered part of the forward zone.

Punting:

- There is no punting

Snapping, Handling, and Passing the Ball:

- The ball may be snapped between the legs or to the side of the snapper.
- The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Direct snaps are always illegal (under center). It is defensive pass

interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt.

- During the interval between downs, when 2 or more consecutive encroachments are committed by the same team, the penalty will be 10 yards for the second encroachment foul.
- The offensive team must have a minimum of four players on the line of scrimmage.
- All players are eligible for a forward pass. The passer may pass from anywhere behind the LINE OF SCRIMMAGE.
- The passer shall not intentionally ground the ball in order to avoid a sack. Penalty: 5 yards and loss of down

Scoring Plays and Touchbacks:

- Touchdown= 6 points
- A team is given the choice of going for 1 or 2 points after scoring a touchdown. Once the captain makes the choice, it may only be changed if a time out is called. Ways of scoring a successful point after attempt:
 - A) By running or passing from white line = 1 point.
 - B) By running or passing from red line = 2 points.
 - C) Interception by defense= 0 points
- Interceptions=3 points
- Safety= 2 points
- Touchdown Verification: The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one good pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified, and it is a foul. Penalty: 10 yards from the previous spot and a loss of down.
- Play after safety. After a safety is scored, the team that is awarded 2 points will automatically gain possession at their own 15yard line.

Players' Conduct:

- It is illegal to steal or attempt to steal (strip) the ball from a player in possession. The object of the game is to deflag a ball carrier, not to steal the ball. **Penalty:** 10 yards from the end of the run.
- Roughing the passer. Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has thrown and may not make contact with the throwing arm. **Penalty:** 10 yards and automatic first down, tack on the end of the play (if positive yards have been gained), if not, 10 yards from the original spot and automatic first down.
- Guarding the flag belt. Ball carriers shall not guard their flags by blocking, with arms, hands or ball, the opportunity for an opponent to pull or remove the flag belt. **Penalty:** 10 yards.
- The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt. **Penalty:** 10 yards.
- The flag belt removal. Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal. **Penalty:** 10 yards.

- Offensive screen blocking. The offensive screen block shall take place without contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her feet in order to gain position before, during and after screen blocking. **Penalty:** 10 yards.
- Blocking and interlocked interference. Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. **Penalty:** 10 yards.
- Use of hands or arms by the defense. Defensive players must go around the offensive player's screen block. The arms and hands may not be used to grab or push the opponent aside. The application of this rule depends entirely on the judgement of the official. A rusher may use his/her arms or hands to break a fall or retain his/her balance. **Penalty:** 10 yards.
- There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver. Both offense and defense are limited to screening an opponent.
- If a player attempting a diving flag removal trips the ball carrier there is a **Penalty:** 10 yards from the spot of the foul.

UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED. Excessive swearing, fighting, arguing with the referee, and excessive or individual cited for unsportsmanlike conduct can be ejected from the game. At the league's discretion, a player may be further suspended or removed from the league for any unsportsmanlike conduct. No refunds will be provided.

- Ejection from game will result in \$10 fee AND suspension in next game played (or more if needed). Player must pay fee and show proof of receipt to scorekeeper before next game played AND sit out the next game played. Other action may be taken if needed.

Roster Change's Guidelines

- -All roster changes will need to be done before the game starts. Player will not be allowed to play until the following steps take place.
- -Pay the \$10 roster change fine at McDermont's front desk. Make sure you get a receipt from the cashier.
- -Take receipt to your scorekeeper. Write the player's name on top of the receipt.
- -If you have 15 players on your roster, you must remove a player before allowed to add a new player. Captains/Co-Captains signature is required to remove the player.
- -Once you give the receipt to your scorekeeper, the scorekeeper will add them to your team roster and you will need to signature that the change was made on the roster.
- -Scorekeeper will only sign off on the change if the player has filled out a waiver.
- -Make sure player gets a player/game pass at the front desk.
- -No changes will be allowed once playoffs start.
- -Allow yourself enough time before the game to make the changes. Scorekeeper does not have to make the change once the game starts.
- -Sports Coordinator/McDermont management has the authority to deny changes made.

- Player Game Check-In
- -Every player must check in **WITH PHOTO ID** with scorekeeper before every game (starting after 2nd game).
- -Scorekeeper will check them off on the player check in sheet. Once they are checked in they can play the game. If not they can't play till they get clear with scorekeeper.
- -If player doesn't come on time the scorekeeper will check them in when they have time. They will not stop what they are doing just to check in a player. It's the player responsibility to come on time.
- -If player is not on the roster, they do not play.
- -IF PLAYER DOES NOT HAVE A PHOTO ID, THEY DO NOT PLAY. Don't even ask. Answer is no.

WAIVER OF LIABILITY

All participants must complete a waiver of liability form. All participants in the league assume the risk of injury. The McDermont Field House and Sports Center, its volunteers, its employees are not be liable for injury to person, loss or damage to personal property arising from, or in any way resulting from, participation in the league.

TEAMS

Submitting a roster: **EVERY PLAYER MUST BE 18 YEARS OLD**. Rosters must be submitted and a waiver form must be signed before any player may take the court. Rosters must be finalized after your second scheduled game. Teams without a roster on file will forfeit each game until we get their roster. The league will allow changes to a team roster if that team would otherwise not be able to field enough players each week due to injury, illness, players moving, or other special circumstances. No more than 15 players on a roster. A \$10 fee must be paid if teams chose to change roster **AFTER** their second scheduled game. Once fee is paid, the receipt with the players name on top must go to the scorekeeper who will make the changes to the roster. Captains' signature is required and scorekeeper will sign also. No fee for removing a player. No changes will be allowed during playoffs.

The league may also choose to deny a team's request if the addition of a replacement player would significantly improve a team's level of play. A player must be on the roster and have signed a waiver form to play in the league. Rosters will be available at each game. Each player must present a photo I.D. to play in their game, to verify that they are in fact on the roster if asked.

Players may only play on one roster team for **ALL DIVISIONS**