

OFFICIAL ATL LIVE 7ON7 RULES

ALL players must wear mouthpieces

Games are 21:00 long. The clock runs continuous during the 1st 19 minutes & stops according to normal football rules during the final 2:00. The clock will stop during timeouts and on scoring plays. PAT'S will be untimed downs.

- 7 defenders and 6 (QB+5 eligible receivers) offensive players (may use stand, center [ineligible] or coach to snap the ball) will be in play.
- Each possession starts on the 40-yard line – going in.
- First down is made by crossing the 20-yard line.
- 4 downs to make a first down. No punting
- 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 in tournament play (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 2:00 of the game.
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 (30 secs) 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.
- One-hand touch anywhere.
- No running plays allowed.
- No double passes or shuffle passes.
- 1 Coach allowed on field for offense, 1 for defense. Coaches must have identifying shirts one for clarification.

Overtime:

Overtime will only be observed during the Championship Tourney. Pool play tournament games can end in a tie. OT Consists of 3 plays from 20 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 19 minutes, the clock will 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 – 5yrd line, 2 points – 10yrd line.

Penalties:

- Defense pass interference = Automatic first down and 10 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 2:00.
- 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. If offensive penalty occurs on the original 40yrd line, the first down spot will be moved to the 15yrd line.
- Defense = 1st down and 5 yards from original line of scrimmage.

Seeding, Tournament, and Tie-breakers: Teams will be seeded by Alphabetical Order in 1st tournament.

- Teams will be seeded for the next tournament according to overall records from previous tournaments.
- Teams will be awarded 1 point towards seeding for a win in the 1st round, 3 points for a win in the 2nd round, 5 points for a win in the 3rd round and 7 points for a win in the championship. If there are less than 4 rounds in an age group, the points will fall as 3, 5, 7.
- Records which are tied after pool play tournaments will be broken as follows:
 - ▶ Head – to – Head
 - ▶ Fewest points allowed.
 - ▶ Most points scored.
 - ▶ Flip of coin.

Extras

- Referees will be designated time keepers and score keepers.
- Referees will announce time remaining at 10, 5, and 2 mins.