

STEVENS POINT AREA 7 VS 7 PASSING LEAGUE RULES

The following rules are based on the AAU-USA 7 vs 7 Passing League

1. Field length is 45 yards with one 10-yard end zone. Defense will always defend the same side of the field.
2. Field is marked at 15-yard intervals.
 - a. Offense has 4 downs to produce a 1st down.
 - b. 1st downs are achieved by crossing the marked yard lines.
 - c. All drives after a score or to start a half begin at the 45-yard line.
 - d. Drives after an interception or stoppage on downs will begin at the 45. However, an interception may be returned for a TD with PAT to follow.
 - e. Each game will be 50 minutes long; a whistle after 25 minutes will signify half time. Possession changes to initial defending team and play begins after the 10-minute halftime.
3. Special Rules:
 - a. No blocking or tackling.
 - b. Ball carrier is down when touched with at least 1 hand below the neck.
 - c. Fumbles are dead balls when they hit the ground.
 - d. Defensive interference gives the offense the ball at the spot of the foul. Offensive interference results in a loss of down.
 - e. Quarterbacks have 4.0 seconds to throw the ball. Referees determine the count with a stopwatch. 4.0 second violations count as incomplete passes.
 - f. Each team has 25 seconds to put the ball in play.
 - g. The center is ineligible; all others are eligible including the QB. Each team must have a center. The center must snap between the legs. No more than 2 receivers on the line of scrimmage.
 - h. Running plays are not allowed.
 - i. All other situations are covered by WIAA football rules.
 - j. Referees have final say.
4. Scoring:
 - a. **TD** –6 points
 - b. **PAT** from 5 yd line-1 point **PAT** from 10 yd line-2 points
5. Tie breaker:
 - a. Each team will alternate plays from the 5-yard line until one team scores and the other team doesn't.