

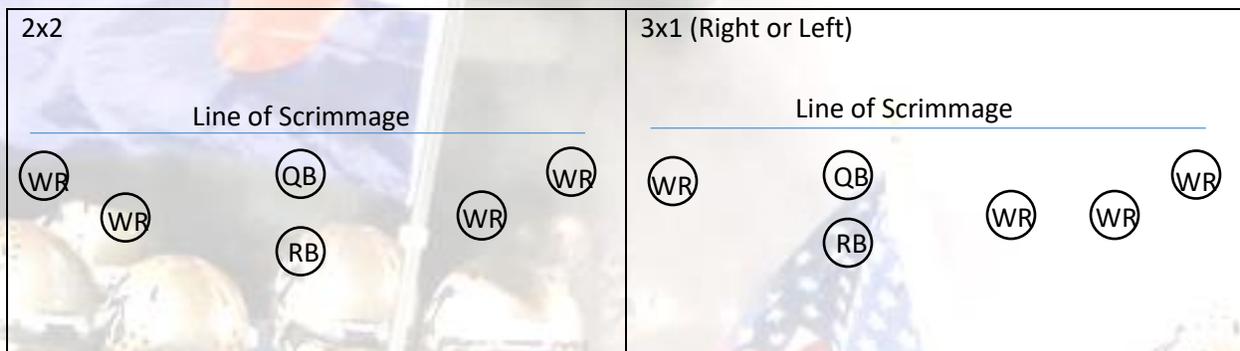
MoHi 7on7 Tournament Rules

TIME: All games will be 20 minutes in length with a running clock.

FIELD: The playing field will be 40 yards in length, plus a 10 yard end zone.

POSSESSION OF THE BALL: All possessions start at the 40-yard line. No matter where the defense stops the offense, they take over at the 40-yard line

OFFENSIVE PLAY: The offense will have 6 players on the field at any given time: 1 QB, 1 RB, 4 Receivers. The Offense must line-up in either a 2x2 or 3x1 formation (see below). All players are eligible once the ball is snapped. No running plays or downfield blocking allowed.



DEFENSIVE PLAY: The defense will have 7 players on the field at any given time, lined up however they choose. The defense may play zone or man coverage, but no blitzing of the QB is allowed.

SNAP: The ball is snapped when the Quarterback slaps the ball. A play in progress as time expires continues until completed.

PLAY ENDS: One hand touch below the neck. Ball is spotted at the point of touch.

PASSING TIME: The QB has 4 seconds to release the ball or the play is blown dead, with the ball returning to the line of scrimmage for the next down.

DOWNS: The offense has 4 downs to reach the 20-yard line. If they achieve the 20-yard line, a first down is awarded and they have 4 downs to score. If the defense prevents either the first down or the score, the ball is turned over and will start at the 40-yard line.

SCORING: Touchdown scores 6 points, Extra Point (from the 5-yard line) scores 1 point, and an Interception scores 3 points (plus possession for their offense).

PENALTIES: All offensive penalties are minus 5-yards and loss of down. All defensive penalties are plus 5-yards and repeat of the down.

OVERTIME: Teams will each have 4 downs to score from the 20-yard line until the tie is broken.