

AMERICAN LEGION PREMIER ILLINOIS BOYS STATE

FOOTBALL 7 on 7-RULES/SCHEDULE

PLAYERS – 7 per team. May start with 6. Maximum: 12 per roster

OFFENSE - There will be 5 eligible receivers, a quarterback, and a snapper. The snapper/center is not eligible to catch a pass and will take a knee after the snap. ****Note**** The snap does not have to be a traditional between the legs snap. It can be from a knee and thrown to the QB.

DEFENSE - All seven players can participate on defense.

FIELD - The playing field will be regulation width and 50 yards long with one 10-yard endzone. There will be a 10 yard zone from the 50 to the 40. There will be two 20 yard zones from the 40-20 and 20-goalline.

POSSESSION

- All new possessions or series will start from the 50-yardline
 - Each team will have 3 downs to advance 10 yards to the 40-yardline
 - After the initial 1st down, the field is split into two 20-yard zones. A team will then have 4 downs to reach the next zone and 4 downs to reach the endzone.
 - If the offensive team picks up 15 yards on their 1st play, they have gotten a new 1st down and will now have 4 downs from that spot to reach the next zone (15 yards)
 - There will be no punts or kickoffs!! Any change in possession (a score, interception not returned for TD, or a turnover on downs) will result in the ball being placed on the 50 for a new possession.
 - Each team will have 8 total possessions (4/half). A 5 minute halftime will begin after each team has had their 1st four possessions.
- **Note**** Interceptions returned for touchdowns COUNT AS A POSSESSION
- The team that wins the pre-game coin flip will choose whether to have 1st or second possession.
 - If a team fails to get a 1st down (after 3 or 4 attempts) the other teams gains possession and starts at the 50.

SCORING

- Touchdowns are worth 6 points
- A point after touchdown (P.A.T.) can be attempted from the 3-yardline for 1 point or from the 10-yardline for 2 points.
- Interceptions may be returned for touchdowns (past 50-yardline). The scoring team will then have a P.A.T. opportunity and the ball will then go back to the team that was intercepted.

GAME RULES

- 1-Hand touch
- The Quarterback will have 4 seconds to throw the ball. ****Note**** The official will count to “One Thousand Four” If the ball has not been released when “four” is completed, the quarterback has been “sacked”
- A sack is a loss of down, no yards are lost.
- There must be one WR on the line of scrimmage (L.O.S.) on each side of the ball
- One man is allowed to go in motion pre-snap
- Fumbles are immediately dead and cannot be recovered by the defense or advanced further by the offense
- One draw (running play) is allowed per offensive possession
- The offensive team is allowed to use their hands to block, but cannot hold. Hands MUST stay below the shoulders.
- Players are not allowed to leave their feet while in possession of the ball. (Hurdling and Diving are not allowed. The ball will be considered dead at the spot if it occurs.

- Each team is allowed one timeout per half.

OVERTIME

- If a game is tied after 8 possessions by each team, we will play an overtime.
- Each team will have 3 downs from the 10-yardline to score. Possession will alternate. P.A.T. attempts will still occur.
- Offense and defense will alternate each OT period. Example: If team A is on offense 1st during the initial overtime period, they would play defense 1st in the 2nd overtime period.

PENALTIES

- Pass Interference (Offense/Defense) – 10 yards and replay down
- Holding (Offense/Defense) – 5 yards and replay down
- Illegal Block – 5 yards and replay down
- Unnecessary Roughness- 15 yards and Automatic 1st Down (if on Defense) or Loss of down (if on Offense). Two roughness penalties will result in ejection and player will not play any remaining games at Boys State.
- False Start- 5 yards and replay down
- Delay of game- 5 yards and replay down
- All Penalties are half distance to the goal inside the last 20 yard zone.

SCHEDULE

DAY	TIME	FIELD	TEAM 1	TEAM 2
Monday	3:45	1	Hayes	Gleason
	3:45	2	Savage	Geiger
	4:45	1	Kennedy	Keller
	4:45	2	Stelle	Conatser
Tuesday	3:45	1	Keller	Hayes
	3:45	2	Savage	Conatser
	4:45	1	Kennedy	Gleason
	4:45	2	Stelle	Geiger
Wednesday	3:45	1	Gleason	Keller
	3:45	2	Stelle	Savage
	4:45	1	Hayes	Kennedy
	4:45	2	Geiger	Conatser
Thursday	3:45	1	East Playoff	
	3:45	2	West Playoff	
	4:45	1	Championship	

IN CASE OF RAIN

Games will be canceled anytime there is a steady rain beyond a drizzle, or lightning anywhere near enough to be seen. If canceled, the games will be made up the following day by playing abbreviated half games (2 halves – 4 possessions each) prior to the regularly scheduled game for that day which will also be played as a 1/2 game. The decision to play or not to play due to rain is not made until 12 noon. If the games are still on at noon but it rains after noon, the decision is made on the field at game time. The officials, **not the coaches**, determine if games will be played.

PLAYOFF SYSTEM

2 team tie – use regulation IHSA system for the game; each team given four downs from 10 yard line

3 team tie - flip coins, odd man gets bye. Other two teams play according to above rules. Winner plays team with bye.