



ARMY STRONG BORDER CHALLENGE 7-on-7 Rules Overview

1. Field is 40-yards (1.a); a first-down is 20-yards and two first-downs without a penalty results in a touchdown for the offense (5.b).
2. All offensive plays must be forward passes. No shovel passes; no double passes; and no tailback screens (5.a). No running plays are allowed.
3. Participants must wear mouth pieces and helmets at all times during competition (2.d – 2.d.4).
4. The quarterback must release the ball in four (4) seconds, or the play would be blown dead, resulting in an incomplete pass (5.f.1-5.f.2).
5. On each down, seven players per team; on offense, a center, quarterback, and five eligible receivers; on defense, seven defenders for each down. (2.f – 2.f.1b)
6. One hand or two-hand touch required to “tackle” the ball carrier. (6.a)
7. No blocking. (5.i)
8. All games are 25-minutes with a running clock. (3.a)
9. Six (6) points are scored on a touchdown. (9.a)
10. Point After Attempt is a PASSING PLAY, no kicking. (9.a) One (1) point is scored on a PAT from the 5-yard-line and two (2) points scored on a PAT from the 10-yard-line. (9.b.1-9.b.2). An intercepted pass during a PAT is a dead ball and no points are scored.
11. An interception returned by the defense beyond the 40-yard-line is a touchdown (6) with the extra-point to follow. (7.c.2 – 7.c.3) SEE ALSO (9.e – 9.d.2)
12. A safety is recorded when a legal pass is completed to an eligible receiver and the defensive player “tackles” the ball carrier behind the 40-yard-line. Two points awarded to the defensive team, and the defensive team will take possession at the 40-yard-line. (9.c)
13. Overtime is three plays from the 15-yard-line (9.f.2) and teams are required to go for two-points on all conversions in overtime (9.f.4).
14. Fumbles which hit the ground are dead balls at the spot of the fumble. (8.a) Muffed snap that hits the ground is a dead ball and a loss of down. (8.c) Fumbles may be recovered in the air before the ball hits the ground. (8.a.1)



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1. Defensive pass interference is an automatic first-down at the spot of the foul. (7.a)
2. Offensive pass interference is a five-yard penalty and a loss of down. (7.b)
3. Defensive holding is a 10-yard penalty and repeat the down.
4. Taunting or "trash talking" will not be tolerated. First unsportsmanlike offense is a five (5) yard penalty; second offense is 15-yards and automatic first down; and third unsportsmanlike penalty results in the automatic ejection from the game. (10.j – 10.k.2)
5. Unnecessary roughness or excessive force by shoving, pushing, or striking a blow is a penalty, resulting in an automatic first-down at the spot of the foul. (6.a.1) Officials have the discretion to eject any player from the game. Decision to eject a player is entirely at the discretion of the game official and cannot be appealed (6.a.2)
6. Illegal procedure results in a five-yard penalty (5.j)
7. No offensive foul can take the ball beyond the 40-yard-line.
8. Offense has 25 seconds to put the ball in play once it has been marked for play. Failure to snap the ball in 25-seconds is a 5-yard delay of game penalty with two delay of game penalties on the same possession resulting in a turnover with no points awarded to the defense. (3.i – 3.i.2)