



MAYHEM 7's RULES

1. FIELD DIMENSIONS

- a. Field Length -- 40 yards long
- b. Field Width -- 160 feet (60 feet to hash mark, 40 feet between)
- c. End Zone -- 10 yards deep

2. STARTING THE GAME

- a. 7 Defenders (may NOT line up 8 and drop one before the snap).
- b. 6 Offensive players (must use a center, or extra player to snap).
- c. Coin toss will determine first possession.
- d. Players are permitted to wear standard football cleats with plastic or rubber spikes.
- e. Each team will use its own ball during offensive possessions. High School divisions (9th and up) MUST use the standard size high school sized football.
- f. Referee will announce score before each offensive possession begins.

3. MOVING THE BALL

- a. Field is marked with (2) two first down cones at the 10 and 25 yard lines. (3) Three downs to make a 1st down (even inside the 10 yd. line)
- b. Possession always begins at the 40 yard line. Hashmark placement will be determined by offensive team.
- c. Offenses always move in the same direction
- d. QB MAY NOT RUN WITH THE BALL. ALL PASSES MUST BE FORWARD. A pass caught behind the line must be forward

7 ON 7 GONE WILD

4. RUSHERS

- a. Five defensive rushers are supplied by the Mayhem 7's organization. Each rusher will possess a hand shield pad and a pool noodle.
- b. (1) one rusher aligned in a 0 technique, (2) two rushers lined up in a 3 technique on both sides of the ball, (2) two rushers lined up in a 5 or 9 technique on both sides of the ball.
- c. Before the snap, the offensive coach will designate which rusher(s) will be live. The offensive coach can select one or two rushers, at his discretion, depending on the work he wants to give his QB.
- d. On the snap of the ball, rushers remain on the line of scrimmage. After 2.0 seconds, all rushers take two fast steps upfield. Only the designated rusher(s) will continue to the QB after the first two steps.
- e. Rushers will stop within 1 yard of the QB and deliver soft strikes with the pool noodle to the QB's body and legs, as a distraction. **NOTHING ABOVE THE NECK!** Chest, shoulders, arms, back and legs are appropriate spots. Rushers may deliver a body shot with the hand shield pad, as the ball is leaving the QB's hands, in order to simulate a hit after the throw.
- f. If the QB bails the pocket, the designated rusher(s) continue chasing the QB delivering soft strikes with the pool noodle, until the ball leaves his hand.
- g. When the ball leaves the QB's hand, the rushers job is done. They pick up the hose and move it to the referees spot, for the next down. They then take their spots on the line of scrimmage and await their next command.
- h. Rushers who are not live, are allowed to raise arms to add further distraction to the QB if he throws to his side.

5. TIME OF PLAY

- a. QB gets 2.0 free seconds to go through his progressions and assess the defense, with no pressure.
- b. Rush is initiated after 2.0 seconds, and QB gets an additional 2.0 seconds in the pocket to deliver a forward pass, before time expires.

6. SPECIAL RULES

- a. No blocking.
- b. All offensive formations must be legal sets.
- c. Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player will be expelled if ruled unsportsmanlike & flagrant).

- d. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps.
- e. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty.
- f. The QB is allowed 4.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
 - 1) If release is under 4.0 seconds, the play goes on.
 - 2) If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down.
 - 3) Game manager - placed on the 50 yard-line to keep score for his field (both games) and to assist with crowd/player control. (This may be a coach).
- g. Defensive Pass Interference will be a spot foul (1st down at the spot).
- h. Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5-yard penalty).
- i. Offensive pass interference is the same as WIAA rules.
- j. Interceptions will constitute a dead ball, and the ball is taken back to the starting 40 yard line.
- k. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot.
- l. The offensive center is not an eligible receiver (teams must have a center).
- m. The center will be responsible for setting or re-positioning the QB Tee at the line of scrimmage.
- n. No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).
- o. The offense must gain at least 15 yards in the first 4 or less plays to get a first down.

7. SCORING

- a. TD's = 6 Pts.
- b. PAT = 1 Pt. (From the 5 yd. line, Hash choice), Optional: 2 Pts. (From the 10 yd. line, Hash choice)
- c. INT = 3 Pts. (No points for INT on a PAT)
- d. Turnover on Downs = 2 Pts.

8. OVERTIME RULES

- a. After coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line. A winner is determined when one team scores during its possession and the other does not. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

9. TIME

- a. 21-minute halves (continuous clock for each half--see: "starting the game").
- b. (1) one time-out per team, per game. 1 additional time-out per overtime.
- c. 10-minute halftime/10 minutes between games.
- d. 7-on-7 tournaments require that all games start/end at the same time. If a team(s) is(are) late and cannot start when the tournament officially starts, they will begin play with whatever time is left on the tournament clock. (Not to exceed 10 minutes of 1st half. Forfeit will occur after 10 minutes of the 1st half) IT IS IMPERATIVE TO KEEP TO THE TOURNAMENT TIME SCHEDULE. Teams must be on site and ready to play when scheduled). Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.

10. SQUAD MEMBERS/TOURNAMENT FEES

- a. Players: Maximum of 20 players per team. We recommend a minimum of 10 players per team.
- b. Tournament Fees: Each team must pay \$225 per team to play in a Mayhem 7's tournament.
- c. Squad members must be from the same high school district. Squad members may come from different middle schools and/or junior high schools as long as they are scheduled to attend the same high school.

11. OFFICIALS

- a. (2) - Referees: Line Judge and Back Judge
- b. (1) one official timekeeper

12. COACHES-FATHERS

- a. No high school or middle school coach may serve as a coach or stand with the team on the sideline. All team coaches will wear an identification tag for clarification purposes. A team may not have more than 4 coaches on the sidelines.
- b. Each team must have a coach accompany it to any/all events to serve as a School Administrator on duty for their particular team(s). No high school or middle school

coaches are allowed on the sidelines during a game. High school and middle school coaches must watch games from the end zones. This individual is responsible for the ACTION OF THOSE REPRESENTING HIS SCHOOL!

13. POOL PLAY TIEBREAKER RULES

- a. If two teams are tied at the end of pool play, the first tiebreaker shall be head-to-head play.
- b. If three or more teams are tied at the end of pool play, the following tiebreakers shall be applied until there are two or less teams tied. If two teams are tied at the conclusion of any of the following tiebreakers, then the tiebreaker shall be head-to-head play:
- c. The first tiebreaker shall be cumulative head to head record against the other tied teams.
- d. If three or more teams remain tied after this tiebreaker, the next tiebreaker shall be point differential.
- e. If three or more teams remain tied at the end of these two tiebreakers, the next tiebreaker shall be points scored.
- f. If three or more teams remain tied at the end of this tiebreaker, then the teams shall participate in a coin flip.

14. INCLEMENT WEATHER POLICY

- a. If there is inclement weather on the day of the tournament, Mayhem 7's will evaluate the conditions to determine if the Tournament will be held as scheduled.
- b. Mayhem 7's will reserve the right to reschedule or cancel the tournament if the inclement weather makes it unsafe or unplayable for players and spectators. In general, a tournament will be played if there is light to moderate rain, with no thunder or lightning. If there is inclement weather on the day of the tournament, call 425 269-8836 for updates.
- c. If a tournament is cancelled or rescheduled, Mayhem 7's will apply all fees paid by a team towards entry into a future Mayhem 7's event.

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