

# 7on7 Air Raid Rules

- **Keep contact to a minimum**
- **Basketball screens – No Blocking**
- **1 Hand Touch**
- **QB has 4 seconds to get rid of the ball**

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Ball will be placed on the 30 yard line. Offense will run 7 Plays from the left hash, 7 Plays from the Middle & 7 plays from the right hash.

A total of 21 plays.

Teams will then switch sides and the opponents will run a total of 21 plays in same sequence.

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## **SCORING SYSTEM**

### **OFFENSE**

Pass Completion from 5 yards to 15 yards = 1point

Pass Completion from 15 yards to 30 yards = 2points

Pass Completion 30 yards or Touchdown = 6ponits

Defensive Pass Interference = 1point

\*\*\* Completion under 5 yards = 0 points

### **DEFENSE**

Incomplete Pass = 1 point

Interception = 3pts

Interception Touchdown = 6 Points

Offensive Pass Interference = 1 point

QB Sack (To much Time) = 1 point