

7v7 Tournament Rules

Field Dimensions/Specs

1. 40 yards in length – 40, 25 & 10 are the first down lines
2. Between 145' - 160' in width
3. 10 yards deep in End Zone
4. Field hash marks are of high school dimensions

Team Rosters

1. Each team has a maximum of 24 players. Players will not be accepted into the event as individuals. All players must be a part of a team.
2. Teams are not required to utilize an offensive center.
3. If utilizing one, the offensive center is not an eligible receiver and must be out of the play.
4. The center will be responsible for setting or re-positioning the football at the line of scrimmage. If no center, the QB will be responsible.
5. Age Requirements - Every player must be able to produce a copy of their original birth certificate

Age Divisions:

1. All rostered players must be at or under their teams age division on January 1 of the respective year. Every player must be able to produce a copy of their original birth certificate. Players cant be listed on multiple roster. Older players can not play down.
2. Seniors are eligible to play if they meet the age requirements.
3. Seniors who have graduated from high school are not eligible.

Coaches

1. Each team has a maximum of 4 coaches. Coaches will be allowed on the sidelines only during games.
2. One offensive coach may be in the huddle with players. During the play, the coach must not interfere with the game of play.
3. Defensive coaches are not allowed on the field at any time.

Game Officials

1. Each game will have a minimum of two (2) officials. Positions are Referee/Field Judge and Back Judge.
2. Referees keep the official game time and score.
3. Each game will have a scorekeeper/timekeeper.
4. Field manager – Event will have one for every two 7on7 fields to assist with crowd, player, coach, and referee control on/around the game fields.

Game Time

1. Teams must be onsite and ready to start on time. If a team is late or cannot start on time, the game clock will begin and whatever time is left on the clock will be where the game starts. The team that is late will begin on defense. If a team is late by 10 minutes or more, they will forfeit the game.
2. Games are played with a twenty-two (22) minute running clock (Or set at the discretion of the event organizers)
3. If regulation time ends with a TD, teams are allowed to attempt the extra point
4. No time outs allowed in pool or tournament play
5. **1 timeout per team (30 sec) – during championship games only**

Overtime: During tournament bracket play only. No overtime in pool play

1. Possession is determined by coin-flip
2. Overtime is determined by the longest yard. Each team gets a one play possession and the team that gains the most yards on a single play wins.
3. Overtime periods are not timed.

Scoring

Official scores will be kept by field referee and sideline scorekeeper.

1. Six (6) points for a touchdown
2. One (1) point for a PAT from 3-yard line
3. Two (2) points for a PAT from 10-yard line
4. Two (2) Points for Defensive Stop on downs
5. Three (3) Points for Interception (no runbacks or "pick 6")
6. One (1) point for intercepted PAT's
7. Turnover on a PAT is dead ball, no points.

Penalties

Offense

1. Off-sides = Loss of Down
2. Delay of Game = Loss of Down
3. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed.
4. Pass interference = 5-yard penalty and Loss of Down
5. No penalty may be assessed in excess of the 40-yard line. If a penalty would move the offense beyond the 40-yard line, the offensive team shall be charged with a loss of down.
6. Receivers' alignment should respect the tackle box. Any completed pass within the tackle box within 2 yards of the line of scrimmage will be ruled an illegal pass. This will result in a loss of down for the offense.
7. If the referee sees that the clock has exceeded 4.0 seconds, the play is blown dead. The ball should be returned to the original line of scrimmage with loss of down. If the QB proceeds to throw the ball after the play has been blown dead, a penalty for offensive delay of game will be assessed.
8. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.
9. If defensive holding occurs on the same play as a sack, the defense will be penalized, and the sack is void.
10. **Taunting Excessive Celebration.** Celebrations must not include members of the opposing team. Pre or post play celebrations to draw attention to or embarrass another player will be flagged as unsportsmanlike conduct and loss of down. Touchdowns will be taken off the board and a dead ball unsportsmanlike conduct penalty enforced.

Defense

1. Off-sides = 5-yard penalty
2. Defensive Holding = 5-yard penalty
3. Defensive Pass Interference will be a spot foul (1st down at the spot).
4. If Defensive Pass Interference occurs in the end zone, it will result in a 1st down at the 1-yard line.

5. Any dead ball penalty on the defense AFTER a change of possession would result in a loss of down for that team's offense when they begin their ensuing possession.
6. Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption, and then must cover. Excessive or prolonged contact will result in a "tack on" penalty at the end of the play (5-yard penalty).
7. **Excessive Celebration.** Celebrations must not include members of the opposing team. Pre or post play celebrations to draw attention to or embarrass another player will be flagged as unsportsmanlike conduct and loss of down. Touchdowns/INT's will be taken off the board and a dead ball unsportsmanlike conduct penalty enforced.

Turnovers/Dead-balls

1. 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 can be expelled if ruled unsportsmanlike & flagrant).
2. Fumbles that hit the ground are dead balls at the spot with the last team retaining possession. A muffed snap by the QB is not a dead ball. The 4.0 second count remains in effect on snaps.
3. The QB is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops as soon as the QB releases the ball. If release is under 4.0 seconds, the play continues. Play is blown dead after 4.0 seconds.
4. Interceptions may not be returned – 3 points are awarded on interception. Points for defensive stop and interception are not "added together". One or the other ends a possession with defensive points.
5. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. No 4th downs. (3) downs in all zones.

Appeals

1. If during game play a coach or player disagrees with an official's judgment call, they may not dispute that call with the official at that time.
2. If during game play a coach or player disagrees with a rule's interpretation, they may not stop the game to determine with the officials and field manager
3. For consideration, the coach must report all game play ruling discrepancies to the Field Manager no more than 20 minutes after that game has ended. Any reversal or game-changing decisions will be made at the Field Manager's discretion.

Additional Formatting and Rules

1. Bracket Play - Higher seed gets choice of offense/defense for opening possession
2. No kicking or punting
3. Run plays are allowed but not by the first person to receive the snap from center. **NO RUNNING INSIDE THE 10 YARD LINE.**
4. No passer may run with the ball.
5. All players must wear a mouthpiece and soft-shell helmet, except for the quarterback.
6. All passes must be thrown forward.. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass.
7. All offensive formations must be legal sets. Receivers' alignment should respect the tackle box. Any completed pass within the tackle box within 2 yards of the line of scrimmage will be ruled an illegal pass. This will result in a loss of down for the offense.
8. No blocking.
9. No taunting or excessive celebration
10. Fighting: **THIS IS YOUR WARNIG. ANY PLAYER THAT FIGHTS IS DISQUALIFIED FROM THE TOURNAMENT IMMEDIATELY. IF THERE IS MORE THAN 1 PERSON FIGHTING, BOTH TEAMS ARE ELIMIINATED FROM THE TOURNAMENT IMMEDIATELY. THIS WILL BE STRICTLY ENFORCED.**

11. Excessive Celebration. Celebrations must not include members of the opposing team. Group pre or post play celebrations to draw attention to or embarrass another player will be flagged as unsportsmanlike conduct and loss of down. Touchdowns/Interceptions will be taken off the board with a loss of down.
12. **Helmet Safety Rule:** Any player that loses a helmet in the process of a play must be removed from play for one play. Once that players helmet is off, they can't participate in the play. Any offensive player that is targeted without a helmet, the pass will be blown dead and ruled incomplete. This includes completing the catch process. A defender that losses a helmet during a play must also sit out for a play. This also includes completing the catch process. A defender without a helmet that factors in the play will be flagged for illegal participation. Any player that intentionally removes another player's helmet will be flagged for a personal foul.

Tiebreakers

1. If two teams are tied at the end of pool play, the tiebreaker is head-to-head records.
2. If three or more teams are tied at the end of pool play, the following criteria will be used to determine winners:
 - Head-to-head records
 - Points allowed
 - Points scored
 - Coin flip