



7 ON 7 TOURNAMENT RULES & REGULATIONS

1. Field Dimensions/Specs

- a. 35 yards in length – 35, 20 & 10 are the first down lines
- b. 160' in width
- c. 10 yards deep in End Zone
- d. Field hash marks are of NCAA school dimensions
- e. **A 2 yard official's safety zone on the same side of the field as the teams**

2. Team Members

a. Players

- i. Each team has a maximum of 20 players. Players will not be accepted into the event as individuals. All players must be a part of a team.
- ii. Offensive Team
 - 1. 7 players on the field of play (1 QB, 1 Center, 5 WR's)
 - 2. Teams **are required** to utilize an offensive center.
 - 3. The offensive center is not an eligible receiver.
 - 4. The center will be responsible for setting or re-positioning the football at the line of scrimmage.

iii. Age Requirements

- 1. Seniors who graduated and have started college are not eligible.

b. Coaches

- i. Coaches will be allowed on the sidelines only during games.
- ii. One offensive coach may be in the huddle with players between plays but when the huddle breaks the coach must move and stay behind the quarterback so as to not interfere with the operation of the official or game play.
- iii. Defensive coaches are not allowed on the field at any time.

3. Officials

- a. Each game will have a minimum of three (3) officials. Positions are Referee/Field Judge and Back Judge & Side Judge
- b. Each game needs to have a scorekeeper/timekeeper.

4. Game Times

- a. Teams must be onsite and ready to start **at the designated 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.
- b. **All games will be timed by the scorekeeper at each field. This person will communicate to the officials a 5 minute countdown to game time and a 2 minute countdown. At 2 minute mark, both teams need to be on-field ready to play.**
- c. All **Pool Play** games will be played as following: one (1) 20 minute game time, running clock, **no timeouts**. The only time the clock will stop would be for an injury or an official's timeout for rules clarification.
- d. The **Playoff Rounds** will also be played with one (1) 20 minute game time, running time, with **one timeout per team**.
- e. Overtime
 - i. No overtime in Pool Play
 - ii. We will flip a coin for choice in overtime. The choice is offense or defense.
 - iii. Each team will have three snaps from the +10 yard line with a choice of hash
 - iv. Each team will have an offensive possession, just like high school overtime rules. The only scenario in which both teams would not have a possession would be if the Defensive team has an interception in the first series and therefore has no need to go on offense.
 - v. If there is no winner after the 1st overtime, the "choice" goes to the other team and overtime procedure repeats. Teams **MUST** go for 2 once they've reached the 3rd overtime.
 - vi. Overtime periods are not timed.
 - vii. Each team is awarded one 30 sec. timeout during the overtime period, regardless of how many overtime possessions it takes to settle the tie.

5. Play

- a. All new series will start on the 35 yard line, under the following conditions
 - i. At the beginning of each game
 - ii. When the offense is stopped from gaining a new first down
 - iii. After an interception
 - iv. After a score/PAT
- b. For fields 3 and 4, the start of each drive will begin on the left hash. Game start times from these fields will be staggered 1 minute as well to allow the offenses space behind them.
- c. Teams are assigned Home/Away during pool play and home team will have choice to start on offense or defense to begin the game. During tournament play, the team that is the HIGHER seed has choice to begin play.
- d. Each team has 3 downs to reach the new first down line (20 & 10)
- e. In order to gain a new first down the ball must break the plane of the line to gain (20 or 10 yard line)
- f. Once the offensive team has crossed the 10 yard line, they will have 3 downs to score a touchdown

6. Scoring

- a. Touchdown
 - i. Six (6) points for a touchdown
- b. PAT
 - i. One (1) point for a PAT from 3 yard line
 - ii. Two (2) points for a PAT from 10 yard line
 - iii. Turnovers, fumbles and interceptions are dead balls and no points are awarded
 - iv. **If a defensive penalty is accepted during an unsuccessful PAT, the TRY will be for the same points after enforcement**
 - v. **A penalty that carries a LOSS OF DOWN will terminate the PAT attempt**
- c. Defensive Stoppage
- d. Two (2) Points for Defensive Stop on downs
- Interception
 - i. Three (3) Points for Interception
 - ii. No runbacks – Ball is dead once possession is secured.

- e. Turnover on a PAT is dead ball (including INT)
- f. Official scores will be kept by field referee and sideline scorekeeper.
Note: In order to score any offensive points, the ball must be in an offensive players' possession when crossing the goal line or after a completion in the end zone.

7. Penalties

a. Offense

- i. Offside = Loss of Down
- ii. Delay of Game = Loss of Down
 - 1. The offensive team will have 25 seconds to snap the ball once it has been marked ready for play;
- iii. Offensive Pass interference (OPI) = 5-yard penalty and Loss of Down
- iv. No penalty may be assessed in excess of the 35 yard line. If a penalty would move the offense beyond the 35 yard line, the offensive team shall be charged with a loss of down instead of a penalty assessment.
- v. If the referee sees that the clock has exceeded 4.0 seconds BEFORE THE PASS IS THROWN, the play is blown dead and the play is over. The ball should be returned to the original line of scrimmage with loss of down.
- vi. Delay of Game
 - 1. Any delay in getting the ball in play or the offense exceeds the 25 second count before snapping the ball will constitute a delay of game
 - 2. The 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 LINE OF SCRIMMAGE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.
- vii. If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void if it is determined the holding occurred before the sack.

b. Defense

- i. Offside = 5-yard penalty
- ii. Defensive Holding = 5-yard penalty
- iii. Defensive Pass Interference (DPI) will be a SPOT FOUL at the spot of the penalty and result in a 1st down, if penalty is accepted.

1. If Defensive Pass Interference occurs in the end zone, it will result in a 1st down at the 1-yard line.
- iv. 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.
- v. Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption **within 5-yards of line of scrimmage**, and then must cover. Excessive or prolonged contact will result in a "tack on" penalty at the end of the play (5-yard penalty).
- vi. The Game **cannot** end on a defensive penalty. If a defensive penalty occurs as time expires the penalty will be enforced and the offense will be rewarded an untimed down.

8. Turnovers/Dead balls

- a. 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 **ejected** if ruled unsportsmanlike & flagrant).
- b. Fumbles that hit the ground 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.
- c. 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.
- d. Interceptions may not be returned – 3 points are awarded on interception. Points for defensive stop and interception are not "added together". TEAM will receive 3 points for interception.
- e. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. No 4th downs.

9. Additional Game Format Rules

- a. Pool Play – Team sides must be chosen prior to opening possession. **If there is a need, sides can be determined by a flip of the coin at the 5 minute mark prior to game time with the officials and the two HC from each team, again, if necessary.**

- b. Bracket Play - Higher seed gets choice of offense/defense for opening possession
- c. Offense has choice of hash once off of the 35-yard line.
- d. No kicking or punting
- e. No passer may run with the ball.
- f. 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.
- g. Hand offs in the backfield are not allowed.
- h. All offensive receivers are eligible regardless of where they line up on the field.
- i. No blocking.
- j. No taunting or "trash talking."
- k. Fighting: NO FIGHTING!!! Automatic DQ.

10. Playoff Seeding

- a. Playoff teams will be ranked in order from best seed to worst seed.
- b. Seeding is based on overall record, and then the tiebreakers below.

11. Tiebreakers

- a. If two teams are tied at the end of pool play, the first tiebreaker is head-to-head records.
- b. If head to head cannot determine seed between a tie at the end of pool play, the following criteria will be used to determine winners:
 - i. Head-to-head records
 - ii. Points Allowed
 - iii. Points Scored
 - iv. Coin flip

Appendix:

Uniforms

- a. Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.
- b. Home Jerseys = White
- c. Away Jersey = Dark