



7 ON 7 TOURNAMENT RULES

Helmets & Mouthpieces are required for play!

1. Field Dimensions:

1. Field Length--45 yards long
2. Field Width--160 feet (60 feet to hash mark, 40 feet between)
3. End Zone--10 yards deep

2. Starting the game:

1. A central time keeper will be designated. All games will begin and end on this person's instructions.
2. Visitors will have first possession and wear white (Tournament Play)
3. No team will be allowed to participate without shirts or jerseys.
4. It's preferable if teams have 2 Jerseys but not mandated (white/dark jersey, t-shirt, etc / Tournament)
5. Dry Fit T-shirts, Under Armour, or basketball type sleeveless shirts are preferred choice of team jersey.
6. Ball is always placed on the right hash mark when at the 45 yard line.

*Ball Size current grade (10U- Wilson K2 or TDJ Size ball) (12U- TDJ/TDY)(7th/8th TDY/HS) (9th thru HS Standard HS Size) *No White Ball allowed

*Helmet must be strapped and you may not wear your helmet backwards.

3. Moving the ball:

1. Offensive Plays Must be forward passes.
2. Field is marked at 15 yard intervals with cones with 1st downs at the 30 yard line and 15 yard line. First 2 zones will be 3 downs and 4 downs inside the 15 yard line.
3. Possession always begins at the 45 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced. *Offensive Coach may be in huddle in JV & Below. No Coaches on the field in HS Varsity.*
4. No penalty will be assessed in excess of the 45 yd line. On an unsuccessful or successful offensive play from the 45 yard line resulting in an offensive penalty: The ball will be returned to the 45 yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
5. Offenses always move in the same direction.
6. All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.

7. No flea flickers or double passes or laterals at any time.

4. Special Rules:

1. No blocking.
2. Receiver/Ball carrier is legally down when touched with one or both hands below the neck. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 15 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant or multiple incidents of excessive force by same player.
3. 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 affect on snaps.
4. Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.
5. 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 4.0 seconds or under, 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 unless the Offense Team has thrown a Interception. All passes after the 4 second clock has expired are live balls (for defense) and can be intercepted and counted as 3 pts for the Defense. So if you throw a pick at anytime it will be a turnover and 3 pts for the Defense even after the 4 sec clock.
 3. The only infractions possible when a 4 second count is called are holding, pass interference & unsportsmanlike acts.
 4. Defensive Pass Interference will be a spot foul but not to exceed 15 yards (1st down at the spot).
 5. Responsibility to avoid contact is with the defense. There will be NO chucking or press coverage with hands at the LOS. No Deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty) and a first down
 6. Offensive pass interference is the same as NCAA rules. (15 yard penalty)
 7. Interceptions are worth 3 pts in both League & Tourney Play / this can happen after a 4 sec whistle / take care of the ball (teams may return for a pick 6 and may take the free 1 point or go for 2 from the 10 yard line)
 8. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
 9. The offensive center is not an eligible receiver (teams must have a center).
 10. The center will be responsible for setting or re-positioning the Referee's cone at the line of scrimmage. On change of possession, the team moving to offense will ensure the cone gets to the new scrimmage line. (centers on both teams responsible).
 11. No taunting or "trash talking". (15 yard penalty & expulsion if flagrant).

12. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over in all zones.
13. Fighting: the player(s) involved will be ejected from the game or tournament if a punch is thrown! If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any league play or tournament. *(Coaches make sure you read this and communicate to your team)*

5. Scoring:

1. All TD's in Tournament play are worth 6 pts (can take free 1 point to make 7 or go for 2 from the 10 yard line)
2. All Interceptions not returned for a TD are worth 3 points. Interceptions may be returned for a TD. You can take the free 1 point or go for 2 from the 10 yard line.
3. All Scoring is kept by Head Official and he shall announce score to each bench after each score.

TD = 6 points (free 1 or go for 2 from the 10 yard line)

INT = 3 points (may return for a TD and take free 1 point or go for 2 points from the 10)

6. Tie Breaker / OT

1. Team that has ball at end of Regulation has the ball first in OT. Teams will alternate 1 down series from the 45 yard line. Whichever team gets the furthest play wins.
2. There is no OT in Pool Play Games.

7. Time:

1. 30 minute games.
2. No time outs. (Exception: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates)
3. 10 minutes between games.
4. 7 on 7 tournaments require that all games start/end at the same time.
5. Teams must be on site and ready to play when scheduled.
6. If a team(s) is 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.
7. Forfeit will occur after 10 minutes of the start of the game.
8. Injury time outs may reduce the amount of time between games to maintain the game schedules.