



7 ON 7 TOURNAMENT RULES

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 on each field. All games will begin and end on this person's instructions.
2. Coin flip will determine team choice of offense or defense.
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.)
5. Compression 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 Requirements (8U-10U: Wilson K2 or TDJ Size ball) (12U: TDJ/TDY)(13U/14U: TDY/HS) (15U-18U: Standard HS Size) *Softshell headgear is highly encouraged and mouthpieces are required.*

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. Initial 2 zones (45 to 30 and 30 to 15 will be 3 down zones. In the final zone at the 15 yard line going in, teams will be allowed 4 downs to score.
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 the offensive huddle.*
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 the 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. All passes after the 4 second clock has expired are not live balls and cannot be intercepted.
 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 an automatic first down.
 6. Offensive pass interference is the same as NCAA rules. (15 yard penalty)
 7. Interceptions that are not returned are worth 3 points and the team that intercepted the ball gains possession / Teams can return the interception for an automatic 7 points but will not regain possession.
 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 or utilize a QB tee).
 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 are responsible for this).
 11. No taunting or "trash talking" (15 yard penalty & expulsion if flagrant).
 12. 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 future tournaments.

5. Blitzing:

1. Each team is allowed 1 BLITZ per game. The defenders can attack from anywhere behind the line of scrimmage (there is no limit to how many defenders can rush). Once a defender crosses the line of scrimmage, the QB is allowed to scramble and run wherever he wants. The 4 second clock is no longer in effect once the defense blitzes the QB. *There is no blitzing when the ball is placed on the 45 yard starting line.*

6. Scoring:

1. All TDs are worth 7 points.
2. All interceptions that are not returned are worth 3 points. Returned interceptions are worth 7 points.
3. All scoring is kept by the head official.

TD = 7 points | INT = 3 points

7. "Showout Drive!"

Each team is allowed 1 "Showout Drive" per game. On a "Showout Drive", offensive TDs are worth 10 points, INTs are worth 6 points, Pick returns for TDs are worth 10 points, and a defensive stop is worth 4 points! **prior to the first snap of a "Showout Drive", referees must be notified and an announcement must be made by the referees*

8. Tie Breaker / OT

1. Team that has the ball at end of regulation will get the ball first in OT. In OT, teams will each get 1 play from the 45 yard line. Whichever team gets the furthest wins.
2. There is no OT in Pool Play Games.

9. Time:

1. 25 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. 5 minutes between games.
4. Teams must be on site and ready to play when scheduled.
5. 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.
6. Forfeit will occur after 10 minutes of the start of the game.
7. Injury time outs may reduce the amount of time between games to maintain the game schedules.