



## 7on7 Tournament Rules

**Helmets & Mouthpieces are required for play**

### 1. **Field Dimensions**

Field Length--40 yards long

Field Width—53.3 yards wide (160 feet)

End Zone--10 yards deep

### 2. **Starting the Game**

One official will be designated as the timekeeper. All games will begin and end on this official's instruction. He/she will also announce the time remaining at the 10, 5, and 2 minute marks only.

Visitors will have first possession

No team will be allowed to participate without matching shirts or jerseys.

Ball is always placed on the right hash mark when at the 40 yard line.

\*\*\*Ball Size 5<sup>th</sup>/6<sup>th</sup> Grade TDJ; 7<sup>th</sup>/8<sup>th</sup> Grade TDY; 9<sup>th</sup> Grade & above HS size

QB tees are used at all times and set to 4.0 seconds for all grade levels

### 3. **Advancing the Ball**

Offensive plays must be forward passes

Field is marked at 15-yard intervals with cones with 1st downs at the 25 yard line and 10 yard line.

Each zone will be 3 downs (no 4th downs)

Possession always begins at the 40-yard line on the right hash mark. Hash mark placement of the ball must be enforced by officials. Offense can place the ball anywhere between the hash marks after each completion.

One offensive coach may be in the huddle. No defensive coaches are allowed on the field. No penalty will be assessed beyond the 40-yard line. If an offensive penalty occurs with the line of scrimmage at the 40-yard line, the ball is returned to the 40-yard line and 1<sup>st</sup> down becomes 2<sup>nd</sup> down, 2<sup>nd</sup> down becomes 3<sup>rd</sup> down or 3<sup>rd</sup> down results in a turnover.

Offenses always move in the same direction

All passes must be forward passes.

A forward pass completed behind the line of scrimmage must be advanced beyond the line of scrimmage prior to 4 seconds.

No double passes or laterals at any time

#### 4. **Special Rules**

Formation: One receiver needs to be on the line of scrimmage on each side of the field.

No player can be inside the "tackle box" at the snap of the ball. The "tackle box" is defined as 3 yards on either side of the QB tee and 3 yards into the backfield, making a rectangular 6-yard by 3-yard box.

The QB is responsible for setting or re-positioning the QB tee at the line of scrimmage after each play. On change of possession, the team moving to offense will ensure the QB tee gets to the new scrimmage line.

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.

No blocking.

Receiver 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) can result if ruled unsportsmanlike & flagrant or multiple incidents of excessive force by same player.

Fumbles are dead balls at the spot with the last team retaining possession.

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.

The QB is allowed 4.0 seconds to throw the ball. The timer starts when the QB removes the ball from the QB tee.

The ball must be released by the QB prior to the 4-second buzzer to be a legal play.

If the ball is thrown/released after the buzzer sounds, the play is not blown dead. The play results as a loss of down unless the offensive team has thrown an Interception.

All passes after the 4-second buzzer has sounded are live balls (for defense) and can be intercepted and count as 3 pts for the defense.

An interception at any time results in 3 pts for the defense and a turnover.

The only infractions possible on a ball thrown after the 4-second buzzer are offensive penalties and unsportsmanlike penalties.

Defensive Pass Interference will be a spot foul but not to exceed 15 yards (1st down at the spot).

Responsibility to avoid contact is with the defense. There will be NO chucking or press coverage with two hands at the line of scrimmage. No intentional 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.

Offensive pass interference is a 15-yard penalty.

Interceptions are worth 3 pts.

No taunting or trash talking. (15-yard penalty & potential expulsion, if deemed excessive).

#### 5. **Scoring**

All TDs are worth 7 pts (no extra point play)

Interceptions are worth 3 pts

All scoring is kept by Head Official and score should be announced to each bench after each score

TD=7 pts

INT= 3 pts

Safety = 2 pts (When offensive player is touched by defender behind the line of scrimmage and behind the 40-yard line, or if offense fumbles the ball behind the 40-yard line)

**6. Tie Breaker / OT (only in bracket play)**

Team that has ball at end of regulation, gets the ball first in OT.

Teams will alternate 3 down series from the 10-yard line. (If INT thrown during OT your opponent would win as they would be awarded 3 pts)

A winner is determined when one team scores during its possession and the other does not.

If a second overtime period is necessary the team that was on Defense at the end of regulation will go first. Each team will get one play each from the 40-yard line. Longest gain is declared the Winner

**7. Time**

28 min game

No time outs. (Exception: Injuries. Game clock is stopped until player(s) can be removed as soon as safety dictates)

No halftime

Teams must be on field and ready to play when scheduled.

If a team(s) is late and cannot start when the game officially begins, they will begin play with whatever time remains, but not to exceed 10 minutes lapsed.

Forfeit will occur after 10 minutes with a final score of 7-0.

Injury time outs may reduce the amount of time between games to maintain the game schedules.