

7v7 TOURNAMENT RULEBOOK



Contact Email

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1) Field Dimensions: Field Length will be 50 yards. 40 yard playing field with a 10-yard end zone.

2) Starting Each Game:

- A. Home team (second on the schedule) will begin possession of the ball on the +40 yard line with their choice of hash.
- B. A whistle will begin each game.
- C. Each game last 20 minutes, running time. (2) 10 min halves
- D. Official will declare when the clock is under 2 minutes
- E. The clock never stops.
- F. A whistle will end each game.
- G. The referees will keep the official score and time on the field for each game.
- H. Soft helmets and mouthpieces must be worn at all times. (QB does NOT have to wear soft helmet)

3) Moving the Ball:

- A. Offense always starts on +40 yard line with their choice of the hash. After any change of possession.
- B. Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines.
- C. Once inside the 10-yard line, the offense has 3 downs to score a touchdown.
- D. The offensive team may run the ball on any down. Runs that are allowed are:
 - a. Dives, draw, jet sweep, stretch, and toss. There are no toss passes or reverses allowed.
- E. Defensive players cannot cross the line on a run play until the quarterback hand the ball off to the RB.
- F. Quarterback can NEVER run the ball.
- G. A conversion after a touchdown, the offense can choose to go for 1 or 2 points.
 - a. 1-point conversion is from the 5-yard line.
 - b. 2-point conversion if from the 10-yard line. Offense chooses hash for ball placement.

4) Coaching your Team:

- A. There will be one offensive coach allowed on the field at any time.
- B. The coach must be position behind the offensive huddle.
- C. Coaches are not allowed to challenge any official ruling.
- D. Remaining team coaches can work from the sidelines.
- E. NO defensive coaches allowed on the field.

5) Special Rules:

- A. NO blocking.**
- B. Blocking will result in a loss of down, return to previous spot.
- C. Ball carrier is legally down when touched below the neck with one hand. A defender cannot leave his feet to make a tag. Runner will still be able to run if the defenders feet are off the ground.
- D. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.

- E. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
- F. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
- G. Defensive pass interference or defensive holding will result in a first down at the spot of the foul. If the infraction occurs in the end zone, the ball will be placed on the 1-yard line.
- H. Offensive pass interference will result in a return to the previous spot plus a loss of down.
- I. QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed.
- J. An interception will result in an immediate stoppage of play, and a change of possession with the interception team gaining possession at the 40-yard line.
- K. **Fighting will not be tolerated.** If a player throws a punch, he is ejected immediately and CANNOT return to the game. If players are involved in pushing or shoving they will be ejected immediately from the game and cannot return. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game. The WASUP staff has the right in extreme cases to throw out players and teams out of the tournament. In this case, the ejected people/person will have to leave the complex immediately. A referee can also give a 15-yard unsportsmanlike penalty.
- L. Each team is allowed one (1) blitz per game. After the team blitz's, the referee will kick over the sideline cone. If a team blitz's more than one time in a game, they will be penalized 15 yards, unsportsmanlike conduct.

6) Tie Breaker

- A. Any game that ends in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense.
- B. Each team will have 1 snap from the 40-yard line, the offense can choose which hash to place the ball.
- C. The team with the deepest completion will be declared the winner of the tiebreaker and will add 1 point to the final score. (Team can either pass or run)
- D. If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
- E. This format will be repeated until there is a clear winner is declared.
- F. This tiebreaker format will be used in all games including the quarterfinals, semifinals, and finals.

7) SHOOT-OUT BRACKET FORMAT:

- A. All teams will be seeded in the bracket based on Day 1 win loss and day 1 schedule.
- B. All teams will play at least 4 games.

8) BRACKET WINNER WILL BE DETERMINED BY:

- A. Best record.
- B. Head to head Competition.
- C. Total Points scored.

9) AT LARGE TEAM WILL BE DETERMINED BY:

- A. Record
- B. Total points scored.
- C. Point differential total score minus total give up.

10) POINT VALUES:

- A. Offensive touchdown 6 = points.
- B. Extra point from +5 = 1 point.
- C. Extra point from the +10 = 2 points. D. Tiebreaker victory = 1 point.

PENALTIES:

Offensive Penalties	Assessed	Result
False start/Illegal motion	Line of Scrimmage	Loss of Down
Delay of Game	Line of Scrimmage	Loss of Down
Blocking	Line of Scrimmage	Loss of Down
Fumbles	Dead Ball (team in control retains possession at the spot)	
Pass Interference	Line of Scrimmage	Loss of Down
Unnecessary Roughness	15 Yards – Line Of Scrimmage 15 Yards	Loss of Down
Unsportsmanlike	15 Yards	Loss of Down
Illegal Play	5 Yards	Loss of Down

Defense Penalties	Assessed	Result
Holding	Offense 1 st Down	Spot Foul
Pass Interference	Offense 1 st Down	Spot Foul
Unnecessary Roughness	15 Yards	Line of Scrimmage
Unsportsmanlike	15 Yards	First Down
Illegal Play	5 Yards	First Down

PLEASE HELP US KEEP OUR FIELDS CLEAN, EACH TEAM IS RESPONSIBLE FOR CLEAN UP OF WATER BOTTLES AND DEBRIS ON THEIR OWN SIDELINES. THANK YOU!!