



## My7on7 Tournament Rules

### TEAMS

- Players must wear team uniforms.
- Players may only play on ONE team.
- Players must complete the appropriate player eligibility form and waiver. And wear an issued wristband at all times. If a player loses his/her wristband players must obtain a new one at player check in.
- Standard football cleats with plastic or rubber spikes (no metal spikes)
- Mouth guards are required at all times.
- Soft shell helmets are mandatory and must be worn at all times during play. Helmets must be fully fastened during play and mouthpieces in, or the player can be removed from the field until he/she complies. Non-Compliance can result in loss of down or play.
  - **NOTE: QBs are not mandated to wear helmet. However, if QB does not have a helmet on he CANNOT pursue a defender that has intercepted the ball – If the QB throws an interception and QB has no helmet, or a non-strapped helmet makes the tag on the defender it will be an automatic touchdown for the Defense.**
- Large jewelry/chains/rings are not allowed on the field during game play.

### COACHES

- Max 3 coaches allowed on the sideline during game.
- One offensive coach is allowed on the field and in the huddle with players but must be a minimum of 5 yards behind quarterback before ball is snapped so there is no interference with game play or Referee.
- Defensive coaches are not allowed on the field at any time. Except for K – 2nd. However, coaches must move out of the way prior to the snap of the ball.
- Coaches are responsible for knowing all rules and educating their players on the rules and conduct.

### OFFICIALS

- Each game will have up to two officials. In addition, a Field Manager will be on the field to answer questions and resolve any on the field issues.
- Referees will keep the 4-second clock, and score.
- Officials and the Field Managers will ensure the games start on time and rules are being enforced.

### GAME TIMES

- Teams must be ready to start games on time. If a team is not ready and available when the clock starts, the referee will award the other team 2 points. If the team is not there or ready after 5 minutes has elapsed the Referee will call the game a forfeit and the other team will win the game 2 to 0.
- Games will be 22-minute running clock. No time outs, clock stoppages only in case of injury.

### OVERTIME

- No overtime for pool play.
- Overtime rules for bracket play:
  - Winner of the coin flip will choose offense or defense.
  - Each team will have 1 play from the 40-yard line. The team with the most yards wins the game. If each team has a completion for the same yardage. Process will repeat with the team that lost the flip, by selecting offense or defense.
  - No blitzing in overtime.

### TOURNAMENT

Pool Play and Bracket Style may vary pending number of teams per age group.



## GAME PLAY

- Field length will be 50 yards, with a 40-yard start point. 40+ yards in width. 10-yard-deep End Zone.
- 40, 25 & 10 are the first down lines.
- Offense is allowed to run the ball as many times as they want on any down. **However, there are NO RUNS within the redzone (10 yard line)**
- The QB is allowed to make one exchange (pass, handoff, toss). No toss passes, reverses, or hook and ladders (trick plays are not allowed).
- QB can never run/advance the ball past the line of scrimmage at any division, can scramble to evade blitz behind LOS.
- Offense is not allowed to shove a defensive player to create separation. (No push-offs)
- The center will be responsible for setting the ball at line of scrimmage. Center isn't an eligible receiver.
- All offensive formations must be legal sets and respect the tackle box (3 yards). Outside receivers on the line, other receivers off the line.
- Defensive player may chuck and/or press an eligible receiver in front of him. The defender is allowed to maintain continuous and unbroken contact within the five-yard zone.
- Defensive players cannot cross the line of scrimmage until the ball is handed off. If you do, this would be considered a blitz.
- Teams get 1 blitz per game.
- Offense can automatically choose to receive 1 or go for 2 points when a TD is scored.
- No Kicking or Punting.
- No Blocking.
- Receiver/Ball carrier is legally down when touched below the neck with one or two hands (one finger = one hand). (Excessive force or shoving will not be tolerated and will be penalized with automatic first down and 5 yards. A player can be ejected from the game if ruled unsportsmanlike or flagrant)
- Fumbles are dead balls at the spot with the last team retaining possession. A Fumbled snap is not a dead ball, but the 4 second clock remains in effect.
- The Quarterback is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops on the Quarterbacks release. If the release is under 4.0 seconds the play continues or if the release is after 4.0 seconds the play is blown dead.
- Interceptions CAN be returned, if scored it is counted as a regular Touchdown with the option to receive the extra point or attempt a two-point conversion.
- There are no 4th downs. Offense has 3 plays to gain 15 yards or required yardage for a 1st down. 3 downs in all zones

## SCORING

- 6 Points for a touchdown, can elect for automatic extra point (+1), or elect to attempt for a 2-Point conversion (+2). 2-Point conversions are placed at the 10-yard line if the team elects to do so. (Allotted 6 points if attempt is unsuccessful. Successful attempts result in 8 points)
- 3 Points for interception that is not scored for a TD (Ball can be returned, if scored treated as a normal Touchdown (6 points + PAT choice))
- No Points for turnover on downs, or turnover on a PAT (dead ball).
- Official score will be kept by officials (coaches are encouraged to confirm final score at the conclusion of the game).

## TIEBREAKERS (Pool Play to Bracket Play)

If teams are tied at the end of pool play the tiebreaker order is as follows.

- Head-to-head records
- Points Allowed
- Points Scored
- Coin Flip



## **APPEALS**

- If during a game a coach or player disagrees with an official's judgment call, they MAY NOT dispute that call with the official at that time. All disputes will go directly to the Field Manager.
- To dispute a game the head coach must report all game play ruling discrepancies immediately after the effected game to the Field Manager in order to be considered.
- Any reversal or game-changing decisions will be made at the discretion of the Field Manager. Coaches of both teams involved in disputed game will be made aware of any changes.
- No electronic devices shall be used to question, challenge, or dispute a game officials' decision or judgement while the game is in progress, after, or during a hearing or appeals process.

## **BALL SIZE**

- High School - Official
- 7th/8th - Youth
- 5th/6th - Junior
- 3rd/4th - Pee Wee
- 1st/2nd - Mini
- Kindergarten – Mini

## **PENALTIES OFFENSE**

- Off-sides = Loss of Down
- Delay of Game = Loss of Down
- Offense will have 25 seconds to snap the ball once it has been marked for play and blown live.
- Offensive Pass Interference = 5-yard penalty and Loss of Down. Receivers cannot shove defenders to create space.
- No penalty may be assessed in excess of the 40-yard line. If a penalty would move the offense beyond the 40- yard line, the offensive team will only be charged with loss of down.
- If the referee sees the clock has exceeded 4.0 seconds the play will be blown dead, and the ball will be returned to the original line of scrimmage with loss of down.
- Offensive team is responsible for retrieving the ball to the previous spot or the new line of scrimmage spot. Clock does not stop and any delay by the offense in retrieving and returning the ball to the Referee will result in a delay of game and a 5-yard penalty.
- Illegal formation – 5-yard penalty
- Ineligible receiver – 5-yard penalty (ineligible man downfield, is a penalty called against the offensive team when a forward pass is thrown while a player who is ineligible to receive a pass is beyond the line of scrimmage).
- The center must take a knee after the snap of the ball. Snapping the ball between the legs is encouraged but not required.

## **PENALTIES DEFENSE**

- Off-sides = 5-yard penalty
- Defensive Holding = 5-yard penalty
- Defensive Pass Interference will be a spot foul (1st down at the spot foul occurred) If Defensive Pass Interference occurs in the End Zone it will result in a 1st down at the 1-yard line. • Any dead ball penalty on the defense that occurs after a change of possession will result in a loss of down for that team's offense when they begin their ensuing possession.
- Responsibility to avoid contact is with the defense. The defense is allowed initial disruption and then must cover. Excessive or prolonged contact will result in a "tack on" penalty at the end of the play. (5-yard penalty)



## **CODE OF CONDUCT – Players, Coaches, Spectators**

General Conduct and Responsibility for Players, Coaches, and Spectators:

- Refrain from unsportsmanlike conduct including abusive language, cheating, disrespect, or abuse of equipment and property.
- Treatment of players, officials, volunteers, and spectators will be conducted with respect and courtesy.
- No use of abusive behavior whether verbal, physical or sexual.
- Respect the property of others at all times during events.
- Be responsible for your own safety and the safety of others, for the entire time period spent at the event.
- Ensure all players meet the eligibility requirements set out by the event.
- Complete event requests and registration for events prior to registration cut-off dates.
- Be on time for team check-ins at each event.
- Know, understand and follow the My7on7 Official Rules.

Any of the following conducted by a player, coach or spectator at a My7on7 event constitutes a violation of the Code of Conduct:

- Unsportsmanlike conduct, including fighting, abusive language, profanity, cheating, disrespect to volunteers, officials or fellow competitors, or abuse of equipment and property.
- Use or association with weapons, drugs, or alcohol at any event.
- Theft or vandalism at the host hotels or at the event.
- Physical abuse, threat of physical abuse, verbal abuse, slander or libel towards other players, parents, coaches, sponsors, host facilities, staff or members, event staff or volunteers in any medium.

### **Specific Conduct for Players**

- Proper attire is required at all times at the host facility/event, including during member designated functions.
- Teams should have matching uniforms that all players wear during games.
- Obey instructions from officials at all times and treat them with respect.
- Compete in the spirit of fair play.
- Refrain from using profane or derogatory language at all times during the event.
- No physical abuse towards other players or officials will be tolerated.

### **Specific Conduct for Coaches and Spectators**

- Show respect and adhere to instructions given by officials, event organizers, and My7on7 representatives.
- Do not engage in public criticism of officials or incite players or spectators against the officials.
- Refrain from using profane or derogatory language at all times during the event.
- Ensure your players are following the player code of conduct and set a good example for them.

## **CODE OF CONDUCT VIOLATION PENALTIES FOR PLAYERS, COACHES and SPECTATORS**

If a violation of the Code of Conduct occurs during an event or game, an official, event organizer, or My7on7 representative may immediately assess any or all of the following penalties based on the severity and frequency of the violation(s):

- One-game penalty at the event.
- Disqualification from the event.
- Suspension or ban from future events.

No refunds are provided to any player and/or team due to violation of code of conduct.

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