



My7on7 Tournament Rules 8U

TOURNAMENT

- Four game minimum.
 - Each team will play 3 pool play games.
 - Bracket Style may vary pending the amount of teams per age group.
 - Bracket Play is single elimination.
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Game Rules

- **Team & Roster:** 5-on-5 flag football format.
- **Game Duration:** 22-minute games with a running clock.
- **Field Setup:** The first downs at the 25-yard and 10-yard marks.
- **Scoring System:**
 - 6 points per touchdown.
 - 3 points for an interception.
 - 6 points for an interception returned for a touchdown
 - Note: Not combined with the 3 points for an interception, treated like a standard TD, Offensive team is back in possession after score.
 - Extra points will be mandatory, teams will have the choice of going for 1 pt from the 5 yard line and 2 points from the 10 yard line after a touchdown.
 - Turnovers on PATs are dead balls.
- **Possession Rules:**
 - The ball is dead when it hits the ground past the line of scrimmage, the ball-carrier steps out of bounds, the player's flag is pulled off the body, or their body (excluding hands or feet) touches the ground.
 - No blocking, kicking, or fumbles past the line scrimmage allowed.
 - A missing flag at the start of a play results in the player being deemed down upon possession of the ball. If a flag falls off inadvertently while a



player is running, the defender must tag the player with one hand and the ball carrier is down.

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 7 to 0.
 - Games will have a 22-minute running clock. No timeouts. Clock stoppages only occur in the case of injury or referee timeout.
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OFFICIALS

- Each game will have at least 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 6-second clock, 25-second play clock, and score.
- A Site Coordinator will be on-site to assist parents in the stands, while the Field Managers will assist with player, coach, and referees on the field.
- 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 affected game to the Field Manager or Tournament Director in order to be considered.
- Any reversal or game-changing decisions will be made at the discretion of the Field Manager or Tournament Director. Coaches of both teams involved in the disputed game will be made aware of any changes.

Officials and the Field Managers will ensure the games start on time and rules are being enforced.

BALL SIZE

- 8U - Mini
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UNIFORM

Players must wear team uniforms, and are permitted to wear the following:

- **Jersey:** Jerseys must be tucked in with flags without obstruction before play begins.
 - **Helmets:** 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 is in compliance. Non-Compliance can result in loss of down or play.
 - **Mouthguards:** Mouthguards are mandatory and must be worn at all times during play.
 - **Flags:**
 - Flags must be a minimum of 14 inches in length.
 - Players are required to wear three flags on their belts—two on the sides and one at the back.
 - Flags must be free from obstruction and properly positioned on the player's hips.
 - Any attempt to tamper with flags (e.g., adhesives, knots) will result in game disqualification and a man-down penalty.
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COACHES

Maximum of 3 coaches allowed on the sideline during the game.

- One offensive coach is allowed on the field and in the huddle with players, but must be a minimum of 5 yards behind the quarterback before the ball is snapped so there is no interference with game play or Referee.
 - 1 Defensive coach is allowed on the field at the beginning of the play to make a play call. 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.
 - Official scores will be kept by officials (coaches are encouraged to confirm and sign their initials on the final scorecard at the conclusion of the game).
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Gameplay Mechanics

Post-Snap Rules



- Defense must wait **three (3) seconds** to rush unless executing a blitz.
- The quarterback must release the ball or cross the line of scrimmage within **six (6) seconds**.
- The quarterback **cannot run** unless rushed by the defense.
- The defense can blitz **two times per game**.
- All players are eligible to receive a pass downfield.
- One player may be in motion at any time, provided they do not move toward the line of scrimmage at the snap.
- Handoffs are allowed on any down but are not permitted in the red zone (10-yard mark and in).
- One lateral per play is allowed beyond the line of scrimmage.
- A forward pass is permitted after a lateral or handoff, as long as the passer has not crossed the line of scrimmage.

Line of Scrimmage Rules

- The offense may line up in any formation.
- Offensive backs must line up at least **two (2) yards** behind the line of scrimmage.
- The ball must be snapped between the center's legs.

Defensive Rules

- **Blitzers** may rush the quarterback immediately when the ball is snapped, so long as team blitzes remain.
- Defensive players cannot intercept the snap.
- The defense can only cross the line of scrimmage by:
 - Executing a blitz.
 - Waiting for the three (3) second rush timer to expire.
 - Reacting to a running play or lateral pass.
- Defensive players who dive to pull flags or intercept passes are permitted, but offensive players may not dive to gain forward progress.

Penalties & Infractions

- **All penalties result in either an extra down, a free play, or a loss of a down. No yardage penalties apply.**
 - **Ex.:** Defensive penalties post-snap will result in a free play for the offense.



- **Encroachment:** If the defense crosses the line of scrimmage before the three (3) -second rush timer expires and has no remaining blitzes, the offense may accept the play result or replay the down.
- **False Start:** If an offensive player crosses the line of scrimmage before the snap, it results in a loss of down.
- **Illegal Flag Pull:** If a defensive player pulls a flag before possession is gained, the offense may choose to replay the down or take the result of the play.
- **Blocking & Holding:**
 - Blocking (using hands, arms, shoulders, or head to impede a defender) is illegal and results in a loss of down from the spot of the block infraction.
 - Holding a player's jersey or body to impede movement is illegal and results in a loss of down.
- **Charging:** If a ball carrier makes significant physical contact with a stationary defender, it is a charging penalty resulting in a loss of down from the spot of infraction.
- **Defensive Pass Interference (DPI):**
 - DPI results in an automatic first down at the next first down marker (25, 10 yard lines) or half the distance to the goal inside the 10 yard line.
 - If DPI occurs in the end zone, the offense is awarded possession at the opposing 2-yard line or previous line of scrimmage, whichever is closer.
 - If a defender forces a receiver out of bounds before a pass is thrown, it is also considered DPI.
 - If the pass is deemed uncatchable, no penalty is called.
- **Roughing the Passer:** Any contact with the throwing arm or shoulder results in an automatic first down and a possible free down if a first down was already gained.
- **Tackling:**
 - Intentional tackling results in a warning for the first offense along with an unsportsmanlike conduct penalty, a second offense will result in an immediate ejection.
 - The opposing team is awarded a touchdown if the tackled player was a free runner.
- **Unsportsmanlike Conduct:** Includes taunting, fighting, verbal abuse of officials, and pretending a penalty occurred.
 - First offense: Player is sent off the field for **two plays**.
 - Second offense: Player is ejected.
 - Officials may eject a player on the first offense at their discretion.

SCORING



- 6 Points for a touchdown, after a touchdown teams will elect to go for the extra point from the 10 yard line for 2 points or the 5 yard line for 1 point. (PAT's are mandatory)
- 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).

Additional Rules

- **Delay of Game:** If the offense does not start a new play before the play clock expires, they lose the down.
- **Too Many Players on the Field:**
 - If the offense starts a play with more than five players, they lose the down.
 - If the defense starts with too many players, the offense gets a free play.
- **Flag Delay:** Defenders must drop the flag immediately after pulling it; throwing it away results in an unsportsmanlike conduct penalty.
- **Un-Tucked Ball Carrier:** If a referee warns a player about untucked jerseys or misaligned flags and the player does not comply, they will be ruled down by one-hand touch.

OVERTIME

Overtime rules for bracket play only:

- The winner of the coin flip will choose offense or defense.
- Each team will have 1 play from the 10-yard line to score a touchdown.
 - If one team scores and the other does not, the game is over. If both teams score the touchdown, teams will each have one play from the 40 yard line and the team with the most amount of yards will win.
 - The winner of the overtime coin flip will choose offense or defense. If each team has a completion for the same yardage. The process will repeat with the team that lost the flip, by selecting offense or defense.
- No blitzing in overtime.

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
 - Total Points Allowed
 - Total Points Scored
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Code of Conduct (Players, Spectators, Coaches)

- 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.
- 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.

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