

"LEGIT BALLAZ 7V7"

Official Male 7 on 7 Game Rules



UPDATED MARCH 12, 2023

1. Field Dimensions

- a. 40 yards in length – 40, 25 & 10 are the first down lines.
- b. Between 145' - 160' in width.
- c. 10 yards deep in End Zone.
- d. Field hash marks are of high school dimensions.

2. Team Members

- a. Players: Each team can have maximum of 24 players. Players will not be accepted into the event as individuals. All players must be a part of a team and required to be on the original roster. A player can only be on one (1) team roster and play on that team only. Any team caught adding a player that is not on their original roster will be disqualified from the tournament.
- b. Teams are not required to utilize an offensive center.
- c. If a team utilizes an offensive center, the offensive center is not an eligible receiver.
- d. The center will be responsible for setting or re-positioning the football at the line of scrimmage. If no center, the QB will be responsible.
- e. High school eligible players only. Note: Seniors should **not** play in any tournaments if they have **any college offers**.
- f. Age Requirements: all players must be under the age of 19. Cut off age for 10U, 12U, 14U, 15U and varsity is January 1 (Age is based on the calendar year) the players age on January 1 allows him/her to be eligible to play in that age group. Any team with an ineligible player will be disqualified from the tournament.

3. Coaches

- A. Each team has a maximum of 4 coaches. Coaches will be allowed on the sidelines only during games.
- B. One offensive coach may be in the huddle with players between plays but when the huddle breaks the coach must move outside the hash on the side of his team bench to not interfere with the operation of the official or game play.
- C. **Defensive coaches are not allowed on the field at any time.**

4. Officials

- A. Each game will have a minimum of two (2) officials. Positions are Referee/Field Judge and Back Judge.
- b. Each game has a scorekeeper/timekeeper.
- c. Field manager: Event must have one for every two 7v7 fields to assist with crowd, player, coach, and referee control on/around the game fields.

5. Game Times and Rain Delays

- a. Teams must be onsite and ready to start on time. If a team is late or cannot start on time, the game clock will begin and whatever time is left on the clock will be where the game starts. **The team that is late will begin on defense. If a team is late by 10 minutes or more, they will forfeit the game.**
- b. Games are played with a twenty (20) minute running clock. During pool play there is **NO STOPPAGE OF THE CLOCK, THERE ARE NO TIME OUTS DURING POOL PLAY.** The only exception is a referee clock stoppage (injuries only). **During tournament bracket play the clock will not stop for the first 18 minutes. The last 2 minutes are played under high school regulation football rules with clock**



stoppages per regulation NFHS football rules. Each team has (1) one time out during tournament play **ONLY**. Taking a knee does **NOT** stop the clock.

c. There are no half times or breaks during **any** game, pool play or tournament play.

d. **1 timeout per team (30 sec) – during tournament bracket play only. Timeouts do not carry over into an extra period of overtime.**

e. **Overtime:** During tournament bracket play only. Overtime periods are not timed.

f. If overtime is required, teams will alternate three (3) plays from the ten-yard line. Each team has an attempt to score in each overtime period.

g. Starting with the 3rd and subsequent overtimes, all PAT's must be 2-point attempts from the 10- yard line.

i. Each team is awarded one timeout during overtime period. **Timeouts do not carry over into overtime.** Example: if a team does not use their timeout during regulation play during tournament play, the timeout does not carry over into overtime. They will only have one (1) timeout when overtime starts.

J. **Rain delay:** In the event of a rain delay in excess of 1 hour and 30 minutes pool play games will be reduced to 2 games. Any team that has play 3 pool play games in an age bracket that has not completed all 3 pool play games will have the last game dropped (win or loss).

6. Scoring

a. Six (6) points for a touchdown.

b. One (1) point for a PAT from 3- yard line.

c. Two (2) points for a PAT from 10- yard line.

d. Two (2) Points for Defensive Stop on downs.

e. Three (3) Points for interception (no runbacks or “pick 6” for safety reasons).

f. Turnover on a PAT is dead ball (**including INT**).

g. Official scores will be kept by field referee and sideline scorekeeper.

7. Penalties

1. Offensive Penalties (Fighting will not be tolerated)

a. Off-sides = Loss of Down.

b. Delay of Game = Loss of Down 1. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed, loss of down.

c. Offensive Pass interference = 5-yard penalty and Loss of Down.

d. 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 shall be charged with a loss of down.

e. If the referee sees that the clock has exceeded 4.0 seconds, the play is blown dead and that play is considered a sack. The ball should be returned to the original line of scrimmage with loss of down. If the QB proceeds to throw the ball after the play has been blown dead, a penalty for offensive delay of game will be assessed.

f. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball **TO THE REFEREE** will result in a delay of game and will be a 5-yard penalty from the succeeding spot and loss of down.

g. If defensive holding occurs on the same play as a sack, the defense will be penalized, and the sack is void. **The clock does not stop.**

8. Defense Penalties (Fighting will not be tolerated)

a. Off-sides = 5-yard penalty.



b. **Defensive Holding = 5-yard penalty, automatic first down.**

c. **Defensive Pass Interference (any ball thrown from between the 40-yard line and the 11-yard line = 10 yards from the line of scrimmage and an automatic first down. Defensive Pass Interference from the 10-yard line or inside the 10-yard line = Half the distance to the goal automatic first down. Defensive Pass Interference in the end zone, it will result in a 1st down at the 1-yard line.**

d. Any dead ball penalty on the defense AFTER a change of possession would result in a loss of down for that team's offense when they begin their ensuing possession.

e. Responsibility to avoid contact is with the defense. The defense is allowed an 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).

f. Any use of hands that strikes the face of an opponent = 15-yard penalty (First Offense). 2nd penalty ejection from the tournament.

9. Coaches Penalties

a. Excessive arguing with referees = 10-yard penalty (First Offense). 2nd penalty and any afterwards = 15-yard penalty each time. This penalty can be assessed to any coach on the team and counts as a coaching penalty. Example: Head Coach get an arguing penalty (1st penalty), DC gets an arguing penalty (2nd penalty), Assistant Coach gets an arguing penalty (3rd penalty). 1st penalty = 10 yards, 2nd penalty = 15 yards, 3rd penalty = 15 yards for total of 40 yards.

b. Cursing at, using profane language or disrespecting referees by any coach = Automatic ejection from tournament.

c. Sideline infractions - Head Coaches you are responsible for your sidelines, which includes your coaches, players, and parents. 1st penalty is a warning, 2nd penalty and any afterwards 10 yards. **Parents are not allowed on the sidelines.** 1st penalty is a warning, and the parent will be asked to leave the sidelines, 2nd and any afterwards = loss of down and 15-yard penalty.

d. **It is the coach's responsibility to ALWAYS control your players.**

10. Turnovers/Dead balls

a. Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player can be ejected for that game if ruled unsportsmanlike & flagrant).

b. Fumbles that hit the ground 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 effect on snaps.

c. The QB is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops as soon as the QB releases the ball. If release is under 4.0 seconds, the play continues. Play is blown dead after 4.0 seconds.

d. Interceptions may not be returned – 3 points are awarded on interception. Points for defensive stop and interception are not "added together". One or the other ends a possession with defensive points.

e. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. No 4th downs. (3) downs in all zones.

11. Appeals

a. If during game play a coach or player disagrees with an official's call, they should not dispute that call with the official at that time. **The clock does not stop.**

b. For consideration, the coach must report all game play ruling discrepancies to the Field Manager no more than 5 minutes after that game has ended. **Any reversal or game-changing decisions will be made at the Field Manager's discretion.**



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12. Fighting

- a. Fighting will **NOT BE TOLERATED.**
- b. **Any player/s or team involved in fighting can and will be ejected from the game or tournament.**
- c. If it is determined by the referee/s or field manager that a player threw the first punch that player will be ejected from the tournament.
- d. If it is determined by the referee/s or field manager that a player was defending himself, that player will be ejected from the game.
- e. If it cannot be determined which player threw the first punch both players will be ejected from the game.
- f. If any player/s leaves their sideline to approach the other team's sideline in a taunting, aggressive, disrespectful manner or to fight they and/or the team will be ejected from the tournament.
- g. If any player from a team is involved in 2 incidents of fighting that player will be ejected from the tournament the team will not be invited to any "Make A Play" tournaments for the remainder of that calendar season.
- h. **"No taunting", "derogatory gestures", disrespectful gestures or "trash talking" is allowed. First infraction = 15-yard penalty and the player will be advised about his conduct. Second infraction 15-yard penalty and that player will be ejected from game. No exceptions.**

13. Additional Game Format Rules

- a. Pool Play – Team sides must be chosen prior to opening possession.
- b. Bracket Play - Higher seed gets choice of offense/defense for opening possession.
- c. Ball always placed at the center of the field and on the 40-yard line. Offense has choice of hash once the ball has moved off the 40-yard line.
- d. No kicking or punting.
- e. The quarterback/Passer is not allowed to run the ball. The quarterback/Passer is designated as the player that takes the snap from center.
- f. All passes must be thrown forward.
- g. Hand offs in the backfield are **NOT** allowed. The offense **CANNOT** run the ball. **NO LATERALS ARE ALLOWED.** Forward shuffle passes are allowed.
- h. All offensive formations must be legal sets. Receiver alignment should respect the tackle box.
- i. No blocking.
- j. **Teams will not shake hands before or after a game. (Park Covid-19 guideline)**
- k. **"No taunting", "derogatory gestures" or "trash talking" is allowed. First infraction = 15-yard penalty and the player will be advised about his conduct. Second infraction 15-yard penalty ejection from game.**
- l. No coaches or players will be allowed to gather in the back of the endzone during any pool play, or tournament play games.

14. Tiebreakers

- a. If two teams are tied at the end of pool play, the tiebreaker is head-to-head records.
- b. If three or more teams are tied at the end of pool play, the following criteria will be used to determine winners:
- c. Head-to-head records. Points allowed (Defense)
- e. Points scored (Offense)
- f. Coin flip



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15. Uniforms

- a. All teams are required to wear their team designated uniform. If two (2) teams uniform colors are similar and could cause an issue for referees to differentiate between the two (2) teams, a coin toss will determine who will wear shirts and who will take their shirts off.
- b. Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.