



7on7U National Tournament Rules

"PARTNERING WITH HIGH SCHOOL
AND JR HIGH FOOTBALL
PROGRAMS TO PROMOTE
LEADERSHIP, EDUCATION, TEAM
WORK AND COMMUNITY SERVICE
THROUGH 7ON7 AND THE GAME
OF FOOTBALL."

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7on7U NATIONAL RULES








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MOUTH PIECES: It is required that mouth pieces be worn

Field Dimensions





-  Field Length – 40 yards long plus End Zone
-  Field Width - Regulation width and NHSF Hash Marks
-  End Zone - 10 yards deep





Starting the Game

-  3 officials will be assigned to each field. 2 will officiate the game, 1 will be responsible for timing and score. All games will begin and end on this person's instructions. He or she will also announce the time remaining at the 10, 5, and 2 minute mark, and report score at the 10 min mark, half time and end of each game. At the end of each game a hard copy of score will be taken to press box, there will also be communication by walkie-talkies to give score to press box.
 -  Each participating High School team shall provide jerseys or team branded T-shirts to its players.
 -  Visitors will always align their team on the right sideline facing the end zone; the home team will always align themselves on the left sideline facing the end zone.
 -  Ball is always placed on the right hash mark when at the 40 yard line.
 -  Referee will announce/post score with field manager before each offensive possession begins.
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2. Moving the Ball

-  All Offensive Plays Must Be Passes! (No Kicking/Punting)
 -  Field is marked at 10 yard intervals with cones.
 -  Possession always begins at the 40 yard line at the right hash mark. You have 4 plays to advance 20 yards for a first down. You then have 4 plays to advance for a touchdown. HASH MARK PLACEMENT OF THE BALL MUST BE ENFORCED BY OFFICIALS, IN ACCORDANCE WITH NCAA RULES, ONCE THE BALL HAS BEEN ADVANCED.
 -  NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 40 YARD LINE. On an unsuccessful or successful offensive play from the 40 yard line resulting in an offensive penalty, the ball will be returned to the 40 yard line and 1st down will become 2nd down; 2nd down will become 3rd down, and 3rd down will result in a turnover.

 -  Offenses always move in the same direction
 -  All passes must be forward.
 -  A pass caught behind the line of scrimmage must be a forward pass. ONCE A FORWARD PASS HAS BEEN THROWN, A BACKWARD PASS (lateral) IS ALLOWED.
 -  Should a swing pass not cross the line of scrimmage and before the 4 second count has expired, a defensive player tags the ball carrier behind the 45 yard line, it is a SAFETY.
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3. Special Rules

-  No blocking.
-  Receiver/Ball carrier is legally down when touched with one or both hands by a defender.
-  (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
-  Fumbles 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 affect on snaps.
-  Each team will have 25 seconds to snap the ball once it has been marked ready for play. Two delay of game penalties in the same possession results in a turnover. A DELAY OF GAME PENALTY ON THE EXTRA POINT TRIES RESULTS IN A TURNOVER!
-  The QB is allowed 4.0 seconds to throw the ball. The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball. It is suggested to use QBT'S for this to cut down confusion.
 1. If release is under 4.0 seconds, the play goes on.
 2. If the timekeeper sees that the clock has exceeded 4.0 seconds, (he blows play dead immediately (The timekeeper will be an official or coach from a team that is not playing)
 3. The only infractions possible when a 4 second count is called are unsportsmanlike acts.
-  Defensive Pass Interference will be a spot foul (1st down at the spot).
-  Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty).
-  Offensive pass interference is the same as NCAA rules. (15 YARD PENALTY)
***Interceptions may be returned ("no blocking" rule applies). If an








interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball MAY trail the runner so as to be in position to take a backwards pass. THEY MAY NOT BLOCK FOR OR SCREEN FOR THE RUNNER.

3. Special Rules-Continued





-  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.
 - I. The offensive center is not an eligible receiver (teams must have a center). THE BALL MUST BE SNAPPED FROM THE GROUND BETWEEN THE SNAPPERS LEGS! (Mirror the game of football) or use of a QBT will be allowed.
 -  The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line. (Centers on both teams responsible).
 -  No taunting or "trash talking." (5 yard penalty & expulsion if flagrant).
 -  The offense must gain at least 20 yards in the first 4 or less plays or the defense takes over. (There is no kicking).
 -  Fighting: the player(s) involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any/all future tournaments!
 -  Any dead ball foul on a play that results in the defense getting the ball and it is unable to be penalized back to the 50 yard line will result in a loss of down penalty. The defense, now the offense, would be starting play with 2nd down.
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4. Scoring

-  6 points for TD
-  1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception PAT is a dead ball).
-  2 points for an interception
-  1 point for a defensive stop
-  Official score is kept by field referee and game manager.


5. Tie Breaker

-  After coin flip to determine first possession, teams will have 2 plays from 10 yd. line.
-  A winner is determined when one team scores during its possession and the other does not. (After score team will either goes for 1 or 2 pt. conversion)
-  If a second overtime period is necessary, each team must then go for two points on the conversion attempts.
-  If it is still tied: Each team will get 1 play from the 45 yd line. The team with the most yardages gained on that one play is the winner.

6. Game Clock:


-  20 minute halves (continuous clock for each half except the last minute will be ran like a game situation- see: "starting the game").
-  Each team will be allowed 1 timeout per half for clock stoppage only. (EXCEPTION: Injuries. Time will be stopped on a game field only if a trainer has to assist. If this happens in the last 2 minutes of each half by the team that is behind then a 20 second run-off will be assessed. If there is less than 20 seconds left the half is over.




 5 minute half-time/10 minutes between games.


7. Secondary Coverage


 Coverage will be the choice of each participating team.


 Only 7 Defenders will be on the field at one time.

8. Squad Members/Tournament Fees


 Players: Minimum of 15 players per team, all injury release forms must be signed off on-line- players must be registered on-line at www.7on7.com

 Tournament Fees: 7 on 7University and State partner will establish a tournament price which will be a flat fee to interested teams, online registration with 7 on 7 U will be returned to the local partner with a transaction fee being deducted.

 All team members must be from same school or play in the same school district.



 All participants must have at least one year remaining of high school eligibility.

9. Officials: 2 Referees: Field judge, Back Judge

 Timekeeper: A designated official will keep the 4 second clock, where applicable QBT's will be used as the timer.






10. Coaches - Fathers

-  High school coaches may serve as a coach or stand with the team on the sideline unless explicitly not permitted by their residing state high school rules.
-  Each team must have a coach accompany it to any/all events to serve as a school administrator on duty for their particular team(s). This individual is responsible for the ACTIONS OF THOSE REPRESENTING HIS SCHOOL or Team c. All team on-field team coaches will be provided a Coaches Card and wear an identifying tag provided by 7on7U for clarification purposes. A team may not have more than four (4) coaches on the sideline.


11. Tournament Tie Breakers

Tie breakers are only for seeding the tourney after pool play.

-  Head to Head, Points Scored, Points Allowed will determine the pool winners or teams to advance.
 -  In a three way tie, once a winner has been declared, the remaining two teams will revert back to head to head, points scored, points allowed to break the remaining tie.
 -  A forfeit will be treated the same as a qualifying team in a bracket. The team forfeiting or the team that has qualified will not count in the tie breaker scenario when determining head to head, points scored or points allowed. In essence, a bracket with a qualifying or forfeiting team becomes a three team bracket!
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12. Common Sense

 Fans may sit behind their team when they are playing. However, after the contest, they must relinquish their position to the fans of the team schedule to play. Fans may not sit behind someone else's team during a contest.

***** The State Tournament Partner has the ability to change rules if they are in violation of local State guidelines. Any variation needs to be communicated to the NED for Tournaments. It should always be communicated that regardless of the rules at the state level the preceding will be the rules followed at the National Tournament.