



## MY7ON7 TOURNAMENT RULEBOOK

*Updated March 15, 2026*

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### 1. TOURNAMENT FORMAT

- Each team is guaranteed **4 games minimum**
  - **3 Pool Play Games**
  - **Single Elimination Bracket Play**
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### 2. GAME OPERATIONS

#### Game Timing

- Games consist of a **22-minute running clock**
- **No timeouts**
- Clock only stops for:
  - Major injury (as determined by officials/field manager)
  - Official timeout

#### Forfeit Rule

- If a team is not ready within **5 minutes of scheduled start time**, the game is ruled a **forfeit (7-0)**
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### 3. OFFICIALS & GAME MANAGEMENT

- Minimum **2 referees per game**
- **Field Manager** on-site for rule enforcement and dispute resolution

#### Disputes

- Judgment calls **cannot be argued during gameplay**
- Head Coach must report disputes **immediately after the game**
- Final decisions are made by the **Field Manager or Tournament Director**



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## 4. EQUIPMENT & UNIFORMS

### Ball Sizes

- 15U/18U: Official
- 14U: Youth
- 12U: Junior
- 10U: Pee Wee
- 8U: Mini

### Uniform Requirements

- Matching team uniforms required (**no random t-shirts**)
- Compression gear required

### Player Safety & Gear

- **Mouthguards required**
- **Soft-shell helmets required**
  - *Exception:* QB may play without helmet but:
    - Cannot initiate contact
    - Cannot pursue defenders downfield

### Not Allowed

- Metal cleats
- Headbands
- Hats or jewelry

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## 5. COACHES & SIDELINES

- Max **3 coaches** on sideline (must have wristband)
- **1 offensive coach allowed on field**



- Must be **5 yards behind QB at snap**
- Defensive coaches **NOT allowed on field**

### **Sideline Rules**

- Player and coach's box: **15-yard line to 40-yard line**
- No one past the **15-yard line**
- No players on field during PAT attempts – no staging

### **Coach Responsibility**

- Head Coach is responsible for:
    - Sideline behavior
    - Player conduct
    - Rule knowledge
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## **6. FIELD DIMENSIONS**

- Length: **50 yards (starting at 40-yard line)**
  - Width: **40+ yards**
  - End Zone: **10 yards**
  - First Down Markers:
    - 40 → 25 → 10
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## **7. GAMEPLAY RULES**

### **General Play**

- Offense has **3 downs to gain a first down**
- No 4th down

### **Running Rules**

- Running allowed on any down **outside the 10-yard line**



- **No running inside the 10-yard line**

### **Quarterback Rules**

- QB **cannot advance past the line of scrimmage**
- QB may scramble **behind LOS only**

### **4-Second Clock**

- QB has **4 seconds to release the ball**
- Clock starts at snap, ends at release
- If exceeded → play is dead, **loss of down**
- 4 second clock is **discontinued** during a blitz

### **Blitz Rule**

- Each defense is allowed **1 blitz per game**
- Blitz = defender crossing LOS **after snap before handoff**
- No blitzing at the 40-yard line → 5 yards penalty (replay down), Pre snap penalty defense will retain their blitz.

### **Blitz Outcomes:**

- If defense commits a penalty during blitz → **blitz is lost**
- If offense commits penalty during blitz → **defense retains blitz**

### **Passing & Exchanges**

- Only **1 exchange allowed** (handoff, pitch, or pass)
- No trick plays:
  - No hook-and-ladder
  - No reverses
  - No double passes

### **Center Rules**

- Must snap ball and remain on **one knee**



- Not an eligible receiver
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## 8. DEFENSIVE COVERAGE RULES

- Press/jam allowed within **5 yards**
  - No contact beyond 5 yards
  - Illegal:
    - Holding
    - Hands to face
    - Excessive contact
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## 9. BALL STATUS

- Ball carrier is down with **1 or 2-hand touch below neck**
  - **Fumbles are dead balls** (offense retains possession)
  - Bad snaps are live
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## 10. SCORING

- Touchdown = **6 points**
- Extra Point:
  - From 3-yard line = **1 point**
- 2-Point Conversion:
  - From 10-yard line = **2 points**

### Interceptions

- Returned TD = **6 points + PAT option**
  - Non-return = **3 points**
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## 11. OVERTIME (Bracket Only)

- Each team gets **1 play from 40-yard line**
  - Most yards wins
  - If tied → repeat, alternating choice
  - **No blitzing in OT**
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## 12. PENALTIES

### Offense

- Offsides → Loss of down
- Delay of game → Loss of down
- Offensive PI → 5 yards + Loss of down
- Illegal formation → 5 yards, replay down
- Ineligible receiver → 5 yards, replay down
- 4-second violation → Loss of down

### Defense

- Offsides → 5 yards (replay down)
- Holding → 5 yards + **automatic first down**
- Pass interference → **15 yards + automatic first down**

### General

- Max enforcement: **to the 40-yard line**
  - Excessive celebration → penalty + potential loss of down / first down
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## 13. SPORTS CONDUCT & DISCIPLINE

### Zero Tolerance Policy

Any individual (player, coach, spectator) who:



- Threatens or assaults anyone
- Uses abusive or aggressive behavior

Will be:

- **Immediately ejected**
  - Removed from facility
  - Subject to **suspension or permanent ban**
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#### 14. FIGHTING POLICY

- Throwing a punch = **automatic ejection (tournament ban)**
  - Repeated incidents = full removal from event
  - Bench-clearing fights = **both teams forfeit**
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#### 15. CODE OF CONDUCT

##### All Participants Must:

- Show respect to officials, staff, and opponents
- Refrain from:
  - Profanity
  - Taunting
  - Unsportsmanlike behavior

##### Theft Policy (Strong Language)

- **Zero tolerance for theft**
- Any individual caught stealing:
  - Will be **removed immediately**
  - **Banned from future events**
  - May face **criminal charges**



My7on7 is not responsible for lost or stolen items. Do not leave valuables unattended.

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## 16. TIEBREAKERS (Pool Play)

1. Head-to-head
  2. Point differential
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## 17. CODE OF CONDUCT PENALTIES

Violations may result in:

- Game suspension
  - Tournament disqualification
  - Future event bans
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## FINAL NOTES

- Officials and Tournament Directors have **final authority**
- Rules are enforced to ensure:
  - **Safety**
  - **Fair competition**
  - **Elite-level play**

Edited by TT (4/22/26)