My7on7 Tournament Rules 10U-18U

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.

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.

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 4-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

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

UNIFORM

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

- Standard football cleats with plastic or rubber spikes (no metal spikes)
- Mouth guards are required – Unless the facility requires a facemask then all players must wear a facemask and mouthguards are optional. Players will be removed from the field if no mouthguard is present.
- Soft shell helmets –The only exception, quarterback position is not required to wear a soft shell helmet during play. Due to this exception, if not wearing a helmet, the quarterback may **NOT** engage in any contact or pursuit downfield.
    - No headband helmets allowed.
- Hats or jewelry are not allowed on the field during game play.

COACHES

- Max 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.
- Defensive coaches are not allowed on the field at any time.

- Coaches are responsible for knowing all rules and educating their players on the rules and conduct.

GAME PLAY

- Field length will be 50 yards, with a 40 yard start point. (10U-12U field size is 40x50; 14U-18U field size is 50x50).
- 40+ yards in width. 10 yard deep End Zone*
- The first down lines are at the 40, 25, and 10-yard markers.
- Offense is allowed to run the ball as many times as they want on any down except within the 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 excessively shove a defensive player to create separation. (No push-offs)
- The center will be responsible for setting the ball at the line of scrimmage. The center is **not** an eligible receiver. The center must set the ball before the ball can be snapped and must not be moving the ball prior to the snap. Once the QB has hands on the ball before the snap, QBs cannot move the ball. Centers must either snap the ball from the ground or use a QB tee.
- All offensive formations must be legal sets and respect the tackle box (3 yards). Outside receivers on the line, other receivers off the line.
- A 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.
- **PATs:** After a touchdown, the offense will choose to go for 1 point from the 5 yard line, or go for 2 points from the 10 yard line.
- 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 PAT attempt from the 5 yard line or the 10 yard line.
- 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
- No running plays allowed within the 10-yard line.
- Fighting will not be tolerated, any player that throws a punch will be immediately ejected from the game and **CANNOT** return to the remaining portion of the tournament. If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be ejected from the tournament in its entirety. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. The referee has the right to throw out any player(s) or team out of the game. My7on7 staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any tournament and they will have to leave the facility immediately. A referee can also give a 15-yard unsportsmanlike penalty.

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).

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.
- The offensive team is responsible for retrieving the ball to the previous spot or the new line of scrimmage spot. The 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.
- Excessive celebration or taunting is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating, taunting, or clearing of the sideline, the result is an unsportsmanlike penalty and a loss of down.

DEFENSE

- Off-sides = 5 yard penalty
- Defensive Holding = 5 yard penalty
- Defensive Pass Interference = Automatic First Down and 5-yards from the original line of scrimmage.
- 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)
- Excessive celebration or taunting is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating,

taunting, or clearing of the sideline, the result is an unsportsmanlike penalty and a first down.

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

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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Rules last updated 4.8.25