



Freshmen & Varsity Divisions

7 on 7 tourney

FIELD SETUP

- Start on 40-yard line. 3 downs to reach the 1st down at 25- & 10-yard line
- Failure to obtain a first down or a touchdown results in turnover on downs.

FORMAT:

1. Official ball will be used. **Play clock from spot is 25 seconds.**
2. 25-minute running clock. Clock only stops for timeout and injuries.
3. Each team is awarded one time out per game. (30 seconds)
4. All snaps will be taken off a **Quarterback Tee**. Center can flip it to the QB as simulated shotgun, but is not eligible to go out for a pass.
5. One receiver must be on LOS on each side of the center, but at least 3 yards from the center. One player can go into motion from the backfield.
6. Pass plays only, no running plays allowed.
7. Quarterbacks **have 4 seconds** to pass the ball before being blown dead.
-- Once blown dead, the ball returns to the spot where the play started.
8. Responsibility to avoid contact is with the defense.
9. After each play, the offense is responsible for getting the ball back to the QB tee. Failure to do so will result in a delay of game. 2 delay of games in a row is an automatic turnover.

RULES

1. No blocking or screening of any kind is allowed. No running with ball carrier
2. Shovel passes, laterals, throwbacks, and pitches are not allowed.
3. All passes must first be forward. Laterals allowed after a forward pass first.
4. There is no rush on the quarterback, but defensive players may cross the line upon a completion of a forward pass.
5. A player is "down" resulting in a dead ball for an obvious "touch" on the body below the head.
6. No stripping. If a ball is fumbled, the ball is down where it hits the ground.
7. Tight end positions can be utilized. "Standard" formations only. 5 men in the backfield while not legal, will not be "enforced."

SCORING

TOUCHDOWN	6 POINTS	
POINT AFTER TOUCHDOWN	1 POINT	FROM 5 YARD LINE
TWO POINT CONVERSION	2 POINTS	FROM 10 YARD LINE
INTERCEPTION FOR TD	6 POINTS	IF NO TD, BALL ON 25 YD LN

*Penalty on PAT will result in being successful if on D, and not successful if on O

*Overtime is a coin toss possession with choice of 5 (1 point) or 10 (2 point) yard line.

If first team scores, the other MUST go for two. If both teams score 2, the offense and defense flip for another possession.

COACHES

Coaches must be on the sidelines, no coaches allowed on the playing field.

PENALTIES

- Officials will call all penalties and incidental contact. NO ARGUING.
- Games cannot end on penalty unless opposing team declines the penalty.
- Penalties assessed half the distance to the goal when more than LOS.

Spot Fouls

- | | |
|--|----------------------------|
| • Defensive pass interference | Automatic First Down |
| • Defensive holding | Automatic First Down |
| • Stripping | +10 yds. and first down |
| • Screening/blocking/running with the ball | - 10 yds. and loss of down |
| • Charging/flag guarding | - 10 yds. and loss of down |

Defensive Penalties

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|---|------------------------------|
| • Unnecessary Roughness/Unsportsmanlike | +10 yds. and auto first down |
| • Offside (use discretion) | +5 yds. and auto first down |
| • Blitzing | +5 yds. and auto first down |

Offensive Penalties

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|--|------------------------------|
| • Unnecessary Roughness/Unsportsmanlike | -10 yds. and auto first down |
| • Offensive pass interference | -5 yds. and loss of down |
| • Offside (use discretion) & false start | -5 yds. and repeat down |
| • Illegal motion | -5 yds. from LOS/repeat down |
| • Delay of game | -5 yds. from LOS/repeat down |