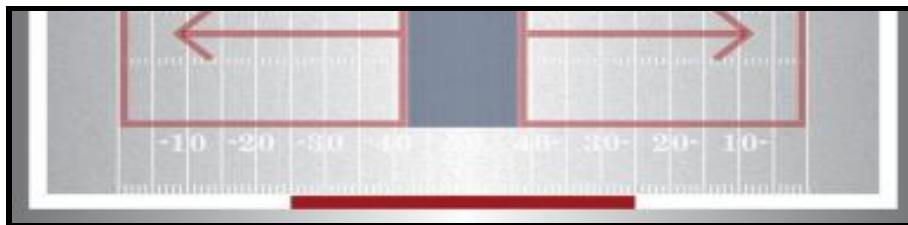


PREP FOR TACKE 7-PLAYER RULES

Playing Field

1. The playing field is 40 x 35 1/3 yards, allowing for two fields to be created on a traditional 100-yard field at the same time.
2. The sidelines extend to the visiting side hash marks on a traditional football field and should be marked with cones every ten yards. Use traditional pylons, if available, to mark the goal line and the back line of the end zone.
3. All possessions start at the 40-yard line going toward the end zone.
 - a. This leaves a 20-yard buffer zone between the two game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers, and designated coaches are allowed in this space.
 - b. The offensive huddle may take place in the Administrative Zone.
 - c. Players not in the game stand on the sidelines as marked or designated (within the 25 and 40 yd lines with one or more coach(es) to supervise.
 - d. The standard players' box should be used for sideline players. With the field split in two, this keeps players between the 25- and 40-yard line on each respective field and side.
 - e. Timing of games will be 2- 15 minute halves with a running clock that is only stopped at a change of possession and started after the offensive team breaks the huddle, and a 5 minute halftime. Each team will receive 2 timeouts per half.
5. First downs, down markers, and the chain gang are mandatory and the visiting team is responsible for finding volunteers to use in accordance with the National Federation (NFHS) or local rules - starting from the 40-yard line.



7-Player Rules

Prep for Tackle uses the NFHS rule book as a base and employs the following adjustments for 7-player football.

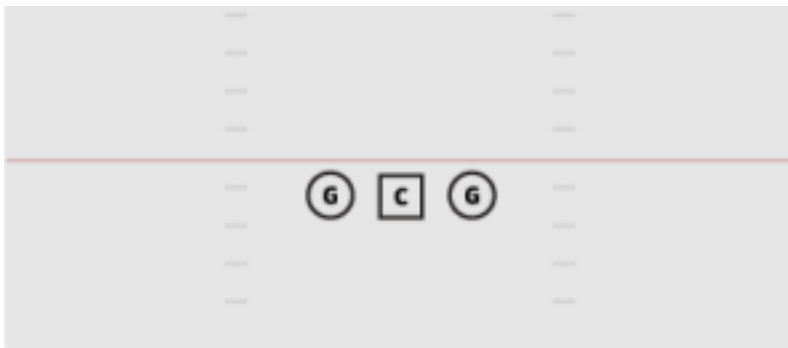
1. All game action takes place on one half of the field with all possessions starting on the 40-yard line going toward the end zone.
2. A turnover on downs brings the ball back to the 40-yard line, and the teams switch sides from offense to defense, defense to offense.
3. Turnovers on interceptions or turnovers on fumbles are blown dead immediately upon a recovery by offense or defense. No returns are allowed in order to protect the players. Play restarts on the 40-yard line with the recovering/intercepting team now on offense or where the offense recovers the fumble. There are no defensive touchdowns.
 - a. Rule application: A fumble is not blown dead, only a turnover. A fumble is a live ball until it is recovered by a player, lands out of bounds, or approaches the administrative zone and officials determine the play should be blown dead.
 - i. Defensive recoveries, as turnovers, are blown dead.
 - ii. An offensive player may recover but not advance the ball, it is spotted where they recover.
 - iii. In the admin zone the ball is blown dead if fumbled immediately within the 40-50 yd line (player zone). Ball is placed back on 40 and the offense loses one down.
4. After each play, the ball is spotted in the middle of the field. Hash marks are not used.
5. Because of the limited field size, all 15-yard penalties are enforced as 10-yard penalties.
6. No penalty on the offense can take the ball beyond the 40-yard line to ensure the administration zone is free.
 - a. Rule application: A five-yard penalty called and accepted on the 38-yard line would result in a loss of two yards and the ball spotted on the 40-yard line.
7. Penalties on the offense called between the 40-yard line and the end zone in which yardage is lost, and if limited in enforcement by the 40-yard line, are enforced as written in terms of down lost.
8. Penalties on the offense that are called and accepted on or behind the 40-yard line result in a loss of down. A penalty that would normally include a loss of down would not result in a second loss of down on the same play.
9. There are no defensive safeties. Tackles behind the 40-yard line are spotted at the 40-yard line with the offense still retaining the ball if a down remains.

Special team's adjustments

1. There are no special teams.
 - a. There are no kickoffs or punts. Each possession starts with the ball on the 40-yard line, regardless of whether there is a score, turnover, or turnover on downs.
 - b. There are no extra points by a kick.
 - i. All PATs are attempted through a run or pass try. Coaches can choose to go for one point from the five-yard line or two points from the ten-yard line.

Offensive adjustments

1. Each play must include three offensive linemen with the flags removed from their belts – a center and two guards, one on either side of the center. These players are ineligible for first touch as the receiver of a pass regardless of the numbers on their jerseys and regardless of if they are covered by an end.



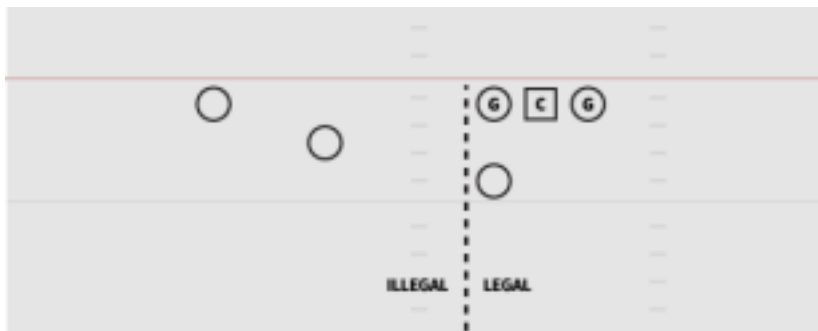
2. Guards are required to play from a three-point stance.
3. The center may have either one or two of his or her hands down on the ball.
4. The ball must be snapped between the legs either under center or in shotgun formation.
5. The quarterback-center exchange may be direct, pistol, or shotgun.
6. Quarterback runs or sneaks across the line of scrimmage are prohibited in all situations, unless the ball is handed to another player and then returned to the designated QB because the defense is not allowed to have players aligned over the center or in the center-guard A-gap. Whoever receives the center exchange is labeled the QB.
7. The offense must have four players on the line of scrimmage. No more, no less. The fourth player can be a tight end or split end. See figures below.



or



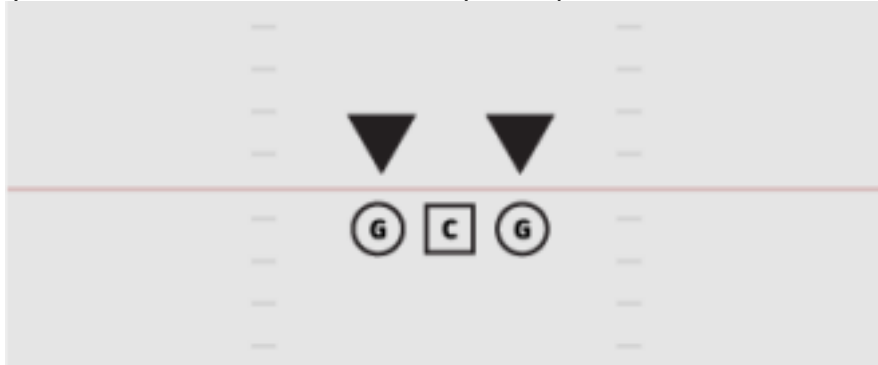
8. The four offensive players who are not playing guard or center may be deployed in positions at the coach's discretion as long as one is on the line of scrimmage.
9. No trips formations are allowed.
 - a. For the purpose of Prep For Tackle, trips is defined as any three players outside the guard-to-guard box on the same side of the ball.



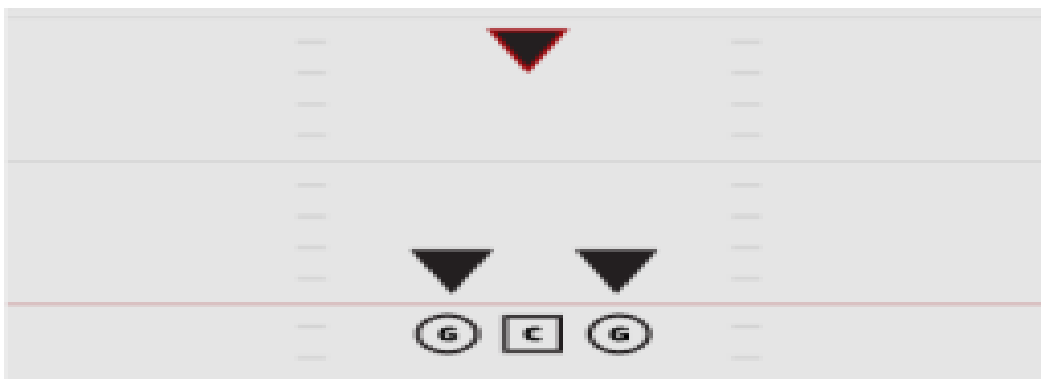
10. Motion is allowed by a backfield player as long as it doesn't create an illegal trips formation.
11. All blocks below the waist, in any situation, are illegal.

Defensive adjustments

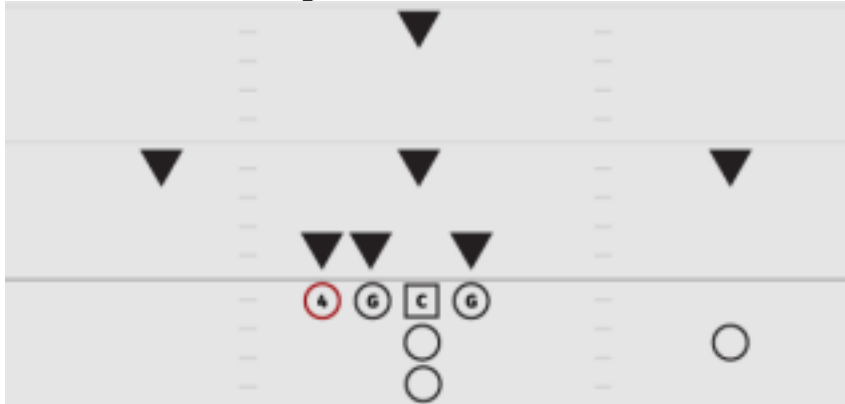
1. Defenses may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive player may line up over the tight end.
 - a. A tight end is defined as a player on the line of scrimmage and within three feet (one-yard) of a guard. If the tight end is on the line of scrimmage, that extra defender may rush the QB.
2. Defensive linemen must be in a three-point stance.
3. Defensive linemen over guards must be aligned in a head up position or inside shoulder to the offensive players outside shoulder. No one may line up on the center or in the A gap.



4. Defensive line of scrimmage players must move forward and engage guards before trying to penetrate the A-gap. Contact with the hands must be made with the offensive line player before defeating the block into the A gap.
 - a. Rule enforcement: Deliberate stunting into the A-gap is to be treated as an illegal procedure foul and enforced as a five-yard live ball penalty.
5. If the offense aligns with no tight ends, the defense may still align with three players on the line of scrimmage (press corner), but the player must be positioned over the receiver he or she is covering.
 - a. With the exception of the players covering the guards, the defense is not required to have additional players on the line of scrimmage but has the option to do so. If not aligned on the line of scrimmage, all other players must be a minimum of four yards behind the line of scrimmage.



7. The remaining five players can be deployed at the coach's discretion but must be four yards off the line of scrimmage unless covering a tight end or split end on the line of scrimmage.
 - a. Example: If the offense aligns with its fourth line-of-scrimmage player as a tight end, then the defense may align a player directly over the tight end on the line of scrimmage to balance the running surface.



8. **No blitzes are allowed.** Players within the box at the snap can penetrate upon the snap. Linebackers, safeties, and cornerbacks (both on the line and at depth) can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap is illegal.
 - a. The box includes offensive players who line up within two yards of the ball and on the line of scrimmage along with the defensive players lined up over them.
 - b. On pass plays, anyone outside the box on the snap cannot rush the quarterback and must remain behind the line of scrimmage in pass coverage.
 - i. Rule application: The restriction on blitzing is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration.
 - ii. Rule enforcement: Illegal blitzes by a linebacker or defensive back shall be enforced as an illegal procedure foul and a five-yard live ball penalty. If continued blitzing is determined to be a product of coach encouragement, a 10-yard unsportsmanlike conduct penalty can occur.
 - c. Good coaches are encouraged to be creative with their formations but not use "the box" to delay defensive penetration.
9. If the ball is inside the four-yard line, the five non-linemen, non-deep players may align on the goal line.

Ball Carrying:

1. Runners may not leave their feet to advance the ball, but jump cuts are allowed.
 - a. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding
 - b. Jumping in the air in a forward motion to advance the ball is considered flag guarding

2. Runners may leave their feet without a flag guarding penalty being enforced **ONLY** if there is a clear indication that this has been done to avoid a collision with another player. **And is at the discretion of the officials only!**
3. Spinning is allowed
4. Lateral moves to the left or right are allowed.
5. An offensive player may not lower their shoulder into a defensive player to avoid a flag pull
6. **STIFF ARMS ARE ALLOWED**, if done at the numbers or above and is also at the **discretion of the officials only!**
7. Ball carriers must have their flags clearly exposed and on the outside of hips; jerseys should be tucked into pants.

Scoring

1. Offensive touchdowns are worth six points.
2. PATs are the coach's choice to attempt a one-point try from the five-yard line or a two-point try from the ten-yard line run or pass option.
3. With no special teams, there are no field goal attempts.
4. There are no defensive touchdowns as all turnovers are blown dead immediately. No returns are allowed to limit playback in the direction of the administrative zone.
5. There are no two-point defensive safeties. All tackles behind the 40-yard line result in a loss of down, but the offense retains the ball, and the ball is re-spotted at the 40-yard line to preserve the Administrative Zone.