



7v7 Official Rules

1. Field Dimensions:

- A. Field Length- 40 yards (*8U ONLY plays on a 30-yard field*)
- B. End Zone- 10 yards deep

2. Starting the game:

- A. All games will begin and end with the designated timekeeper's instructions. He will also announce the time remaining at the 10-, 5-, and 2-minute marks.
- B. Visitors will have first possession and wear light.
- C. Visitors (team wearing white) will always align their team on the right sideline facing the end zone, while the home team will always align their team on the left sideline facing the end zone.
- D. **Offense always starts a new series on the 40-yard line with their choice of the hash. After any change of possession. All snaps at the 40-yard line must be off the QB-TEE (If available) or offensive player on the team (NO coach or Adult or any other player that is not on the team). NO shotgun!!! Upon gaining a yard or more, QB may take a shotgun off the QB TEE (if available) or offensive player on the team with the snap coming from the ground.**

3. Scoring:

- a. Six (6) points for a touchdown
- b. One (1) point for PAT from 3-yard line
- c. Two (2) points PATS from 10-yard line (interception on PAT is dead ball).
- d. Two (2) points for Defensive Stop on downs / 3 Points for interception (no runbacks) plus possession.
- e. In the event an interception occurs on 3rd down, the defense will only receive 3 points. The 2 points for the stop will not be awarded in this instance.
- f. Official scores are kept by field referee and game manager.



4. Game Times

- a. Scrimmage/Pool Play games will be 20-minute running clock. 1 official.
- b. Bracket play games will be Twenty-five (25) minute running clock. 2 or more officials.
- c. **THERE ARE NO TEAM TIMEOUTS in SCRIMMAGE OR BRACKET PLAY OR OVERTIME.**
- d. The only time the clock will stop is for an injured player or at the discretion of the lead referee or G7 Representative.
- e. No overtime during scrimmage games. Overtime is only played during bracket play games.

5. Moving the ball:

- a. Possession always begins at the 40-yard line. **(8U ONLY starts on the 30-yard line)**
- b. Offenses always move in the same direction.
- c. Two first downs are possible per series and are achieved when reaching the 25-yard line, and the 10-yard line. The offense has 3 down to gain a first down. **(8U ONLY first down is the 15-yard line)**
- d. Play begins when the ball is snapped to the QB.
- e. There is no running plays allowed; everyone is eligible to receive a pass except the center. Double passes are not allowed. **(EXCEPTIONS 8U ONLY allowed 1 running play per 4 downs. Must be a handoff and the QB can't run)**
- f. Each team will have 25 seconds to snap the ball once it has been marked ready for play by the lead official; delay of game penalty will be a loss of down.
- g. There are no double passes or reverse passes.
- h. There is no rushing the quarterback or crossing the line of scrimmage, until after a pass is thrown.
- i. The QB has 4 seconds to release the ball, or it is blown dead, returning to the line of scrimmage for the next down.
- j. Once the offensive team scores, possession changes. If the defense prevents the offense from achieving a first down, possession will also change.
- k. The ball carrier is down when touched by one hand by a defender, and the ball is spotted at the spot of forward progress.
- l. There are no fumbles: the ball is dead when it touches the ground. Ball is spotted at last forward progress of the ball carrier. A muffled snap is not a fumble/dead ball, and the 4-second rule still applies.



6. Special Rules:

- a. No blocking. A blocking or holding penalty is -5 yards from spot of the foul and loss of down
- b. Receiver/Ball carrier is legally down when touched below the neck with one or both hands.
- c. (Unnecessary or excessive force such as shoving or pushing will be penalized by automatic first down and 5 yards. Players will be ejected if they are unsportsmanlike or flagrant.)
- d. Illegal motion – loss of down.
- e. Normal substitution rules apply. Extra players must be off the field at the break of the huddle (offensive or defensive subs cannot watch from behind the huddle).
- f. Defensive Pass Interference will be a 15-yard penalty. (First down at the spot.)
- g. Responsibility to avoid contact is with the Offense at the line of scrimmage. The defense is allowed one bump at the line to deter the players route but must release. There is a 5-yard penalty for any chucking unnecessary bumping or grabbing after the initial jam or release from the line of scrimmage.
- h. Offensive pass interference will be marked back to the previous spot and a loss of down.
- i. The offensive team is responsible for retrieving the ball after the play and returning it to the referee. Clock does not stop and any delay by offense in retrieving the ball will result in a delay of game.
- j. Teams are required to have a center or QB Tee (If available). They are responsible for repositioning the referee's bean bag at the line of scrimmage. The centers are not eligible receivers.
- k. The ball MUST be snapped from the ground.
- l. **NO offensive presetting while the other team has the ball. Offense can't start until the field is safe and the referee blows the whistle ready for play.**



7. OT rule (ONLY IN BRACKET PLAY):

1. The higher seed team will have the first option of offense or defense.
2. Ball will start on the 15-yard line. Each team will get 3 downs to score.
3. On the 2nd OT, the team that finished on defense during the last overtime will have the option of offense or defense during the next overtime period.
The overtime period will continue during bracket play until a winner is declared.
4. On the 2nd OT, each team will play with the penetration rule.
5. Each team must go for 2 points after a score on the extra point from the 10-yard line.
6. An INT can end the game in OT.

Special G7 Passing League Play called 7 'Time' Play

7 "TIME" PLAY – OFFICIAL RULES

1. **Each team is allowed one (1) 7 "TIME" play per game.**
2. A **7 "TIME" play** is a live **one-on-one (1-on-1) matchup** between one offensive player and one defensive player who are both on the field at the time the coach makes the call.
 - The play must involve the **Quarterback (QB)** and **Center** or **QB Tee**.
3. The coach must **clearly declare "7 TIME PLAY"** to the officials **prior to the snap**.
4. The **standard 25-second play clock** remains in effect.
5. The **4-second count** will be initiated by the officials.
6. A 7 "TIME" play **may only be called when the ball is between the 40-yard line and the 25-yard line**.
 - **It cannot be called once the ball is on or inside the 25-yard line.**
7. **All other players must clear the area**, creating a single 1-on-1 matchup between the offensive and defensive players involved in the play.
8. The offensive player **must reach the end zone to score**.
 - **Touchdowns only** are awarded on 7 "TIME" plays.
9. A 7 "TIME" play **counts as a down** and may be called on **1st, 2nd, or 3rd down** within a series.
10. If the offensive player scores a **touchdown, 8 points** will be awarded to the offense.
11. After a successful 7 "TIME" touchdown, the scoring team **will still be awarded a standard extra-point try**.

12. If the defensive player **secures a stop on 3rd down** during a 7 "TIME" play, it results in a **turnover on downs**, and **4 points** will be awarded to the defense.
13. If the defensive player **intercepts the ball**, the defense is awarded **6 points**, and the defensive team will take possession of the ball at the **40-yard line** on the next series.
14. If the 7 "TIME" play **does not result in a touchdown or a first down**, **no points** are awarded.

- The ball will be spotted at the **previous spot** on an incomplete pass, or
- At the **spot where the runner is tagged or the ball is declared dead**.

1. **All penalties apply** during a 7 "TIME" play.

- Both **offensive and defensive penalties** will be enforced per standard rules.

1. Once the 7 "TIME" play is officially announced by the coach, the **field monitor will sound the horn** to notify all participants that the play is active.
2. The 7 "TIME" play is **only permitted in the 9-U through 18-U divisions**.
3. **7 "TIME" plays are not permitted** during **overtime (OT)** or on a **PAT (Point-After-Touchdown)** attempt.

8. G7 Conduct: Celebration/Taunting/Fighting

We encourage celebrations; however, we DO NOT tolerate taunting. Keep it fun and keep it quick so as not to unnecessarily delay game play. If during a celebration your players pass the other teams hash, you will be penalized for taunting (If on the offense, 15-yard penalty and a loss of down. On defense 15-yard penalty, 1st down). NEVER, should Players or Coaches come off their own sideline. If this happens, it will result in a 15-yard penalty (Offense = loss of down), (Defense = Automatic first down). May result in an ejection – Referee discretion).

BALLHEAD NOTE: Will not be TOLERATED!!! Circling or touching players from the opposite team. Double taunting penalty will be administered (15-yard penalty (If the penalty occurs before the extra point, the team loses the down for the extra point. If it's after the extra point, 15-yard penalty, automatic first down). Head Coach Ejection!!! The receiving team will start on the 25-yard line. First down.



PUNTING or Throwing the BALL NOTE: Punting or Throwing (15-yard penalty. If after a score, the receiving team will start on the 25-yard line. First down. Punter/Thrower will be ejected from the game. Head Coach may be ejected at the discretion of the G7 representative or referee.

BTA or Belts to Ass Actions, Shooting, Any Sexual Act or any other Taunting act that's not suitable: This will lead to player ejection or Team Ejection. 15-yard penalty. Head Coach may be ejected at the discretion of the G7 representative or referee. If after a score, the ball starts on the 25-yard line. First down.

Fighting: The player(s) involved will be ejected from the game as well as the tournament. If a team fight occurs, the teams involved will be ejected from the tournament. Coaches may be ejected. 15-yard UNS penalty will be administered to team involved.

9. **Team Members:**

- a. There is a maximum of 24 players per team.
- b. All players must wear mouthpieces. (Mandatory mouthpieces).
- c. Each team will use its own ball during offensive possessions. Balls must be:
 1. Standard size High School for 15U
 2. TDY for rising 12U and 8th graders
 3. TDJ footballs for 9U-11U
 4. Pee Wee for 8U



10. **Officials:**

a. All referees are responsible for:

1. Pregame with head coach (Go over some rules and make sure coaches understand the G7 conduct rules) and QB (4 second count)
2. The score of the game
3. The game time (25-minute running clock)
4. Play clock (25 Seconds)
5. 4 second count
6. Downs (3 downs)
7. Penalty enforcements

If there is a discrepancy, the referee will stop the clock to correct the error.

b. Inadvertent Whistle:

- Any inadvertent whistle results in a dead ball. The offense will have a choice of replaying the down or taking the result of the play of the inadvertent whistle.
- If an inadvertent whistle occurs under 1 minute in bracket play games, the clock stops until a decision has been made by the offense and will start at the ready whistle.
- If an inadvertent whistle occurs at the end of regulation, the offense will have a choice of replaying the down or taking the result of the play of the inadvertent whistle.
- If an inadvertent whistle occurs on any play of overtime, the offense will have a choice of replaying the down or taking the result of the play of the inadvertent whistle.

Penalty Chart

PENALTIES OFFENSE	ASSESSED	RESULT
Fals start/illegal motion	Line of scrimmage	Loss of down
Delay of Game	Line of scrimmage	Loss of down
Illegal Forward Pass	Line of scrimmage	Loss of down
Blocking	Line of scrimmage	Loss of down
Pass Interference	Line of scrimmage	Loss of down
Unnecessary Roughness	Line of scrimmage	Loss of down
Un-sportsman	15 yards – LOS	Loss of down
Fumbles	Dead ball (offense retains possession at the spot)	

PENALTIES DEFENSE	ASSESSED	RESULT
Encroachment/Neutral zone	5 yards	Repeat Down
Holding	10 yards	Repeat Down
Pass Interference	15 yards	First Down
Unnecessary Roughness	15 yards	Line of Scrimmage
Illegal Participation	5 yards	Repeat Down
Additional Blitzing	15 yards	First Down
Un-sportsman	15 yards	First Down



11. **Coaches:**

- a. 1 Offensive coach can be on the field, behind the huddle.
- b. NO Defensive coach can be on field. Must be on the sidelines.
- c. Coaches are not allowed to challenge any official ruling.
- d. The remaining coaches can work from the sidelines.
- e. Coaches box and sideline:
 - Coaches – and any assistant coaches, players, team personal – must remain in the designated coaching box. No team can go beyond the 20-yard line. The defensive coordinator is permitted to advance to the 10-yard line for better visibility and communication.
 - Coaches will be given 1 sideline warning during play. The second warning will result in a 5-yard penalty or half the distance to the goal. Third warning will result in removal from the game.
- f. Players cannot come onto the field at any time prior to the change of possession unless for substitutions. Teams must remain in the designated team area until the previous series has ended.
- g. Players are to be substituted from the sidelines. Players cannot be positioned behind the huddle or anywhere on the field if they are not involved in the play. If the player is on the field during the play, the officials will penalize the team for an illegal substitution foul. The result will be a loss of down on the offense.
- h. All team coaches will wear an identifying tag/shirt for clarification purposes. A team may not have more than four coaches on the sideline during tournament play.



Coaching Responsibility and Conduct Rule

- Head coaches are responsible for the behavior of their coaches, players and fans.
- Any unsportsmanlike conduct deemed unacceptable according to the code of conduct will result in a 15-yard penalty. Head coach may be removed by G7 representative or referee.

12. Field Monitors:

Scrimmage games will be officiated with 1 official. Bracket play games will be officiated with 2 officials or more. A field monitor will assist when needed with rule enforcements and keeping the field safe/clean. The field monitor maintains order, ensures the proper time for of the game and address disputes. The field monitor is present to assist the game officials on the field and record scores into Zorts. The field monitor is responsible for making sure the next teams are ready to play and on the field after games are completed.