

Official Rules of 7v7 Football Competition

1. Field Dimensions/Specs

40 yards in length – 40, 25 & 10 are the first down lines

Between 90' - 135' in width

10 yards deep in End Zone

Field hash marks are of high school dimensions

2. Team Members

Players

Each team has a maximum of 10 players. Players will not be accepted into the event as individuals. All players must be a part of a team.

Teams are not required to utilize an offensive center.

If utilizing one, the offensive center is not an eligible receiver.

The center will be responsible for setting or re-positioning the football at the line of scrimmage. If no center, the QB will be responsible.

Age Requirements

All players must be at or under the age of their entered division (10/12/14U) based on age on January 1, 2021.

Seniors who graduated and have started college are not eligible.

Coaches

Each team has a maximum of 4 coaches. Coaches will be allowed on the sidelines only during games.

One offensive coach may be in the huddle with players between plays but when the huddle breaks the coach must move outside the hash on the side of his team bench so as to not interfere with the operation of the official or game play.

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

3. Officials

Each game will have a minimum of two (2) officials. Positions are Referee/Field Judge and Back Judge.

Each game needs to have a scorekeeper/timekeeper.

Field manager – Event must have one for every two 7v7 fields to assist with crowd, player, coach, and referee control on/around the game fields.

4. Game Times

Teams must be onsite and ready to start on time. If a team is late or cannot start on time, the game clock will begin and whatever time is left on the clock will be where the game starts. The team that is late will begin on defense. If a team is late by 10 minutes or more they will forfeit the game.

Pool play games are played with a twenty (20) minute running clock.

During tournament bracket play only, games are played with an eighteen (18) minute running clock. After the initial 18 minutes, the last 2 minutes are played as regulation football game with clock stoppages per regulation NFHS football rules. Sacks in the last two minutes stop the clock.

1 timeout per team (30 sec) per game

Overtime: During tournament bracket play only

If overtime is required, teams will alternate a series (three downs) from the ten-yard line. Each team has an attempt to score in each overtime period.

Starting with the 3rd and subsequent overtimes, all PAT's must be 2-point attempts from the 10-yard line.

Overtime periods are not timed.

Each team is awarded one timeout during overtime period.

5. Scoring

Six (6) points for a touchdown

One (1) point for a PAT from 5 yard line

Two (2) points for a PAT from 10-yard line

Two (2) Points for Defensive Stop on downs

Three (3) Points for Interception (no runbacks or “pick 6”)

No points awarded for a stop or turnover on a PAT

Official scores will be kept by field referee and sideline scorekeeper.

6. Penalties

Offense

Off-sides = Loss of Down

Delay of Game = Loss of Down

Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed.

Pass interference = 5-yard penalty and Loss of Down

Illegal running play = 5-yard penalty and Loss of Down

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 shall be charged with a loss of down.

If the referee sees that the clock has exceeded 4.0 seconds, the play is blown dead. The ball should be returned to the original line of scrimmage with loss of down. If the QB proceeds to throw the ball after the play has been blown dead, a penalty for offensive delay of game will be assessed.

Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.

If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void.

Defense

Off-sides = 5-yard penalty

Defensive Holding = 5-yard penalty

Defensive Pass Interference will be a spot foul (1st down at the spot).

If Defensive Pass Interference occurs in the end zone, it will result in a 1st down at the 1-yard line.

Any dead ball penalty on the defense AFTER a change of possession would 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 an 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).

7. Turnovers/Deadballs

Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player can be expelled if ruled unsportsmanlike & flagrant).

Fumbles that hit the ground are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in effect on snaps.

The QB is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops as soon as the QB releases the ball. If release is under 4.0 seconds, the play continues. Play is blown dead after 4.0 seconds.

Interceptions may not be returned – 3 points are awarded on interception. Points for defensive stop and interception are not "added together". One or the other ends a possession with defensive points.

The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. No 4th downs. (3) downs in all zones.

8. Appeals

If during game play a coach or player disagrees with an official's call, they may not dispute that call with the official at that time.

For consideration, the coach must report all game play ruling discrepancies to the Field Manager no more than 20 minutes after that game has ended. Any reversal or game-changing decisions will be made at the Field Manager's discretion.

9. Additional Game Format Rules

Pool Play – Team sides must be chosen prior to opening possession.

Bracket Play - Higher seed gets choice of offense/defense for opening possession

Ball always placed on the right hash mark when at the 40-yard line. Offense has choice of hash once off of the 40-yard line.

No kicking or punting

The offense may run with the ball TWICE per game. This number does not reset in overtime formats. This includes QB runs.

All passes must be thrown forward. A pass or lateral caught behind the line of scrimmage must be advanced by that receiver/back past the line of scrimmage. No laterals will be allowed that occur after the completion of a forward pass.

Direct hand offs in the backfield are allowed, falling under the two runs per game.

There are no run and no pass rush inside the 10 yard-line.

There are no safeties. If a sack or loss of yardage occurs on the 40 yard-line. The subsequent down will again be played at the 40 yard-line.

Defense is allowed two pass rushes per game. To legally blitz, the defender must be aligned no closer than 5 yards from the offensive line of scrimmage at the snap of the ball. After the ball is handed off or lateralled behind the line of scrimmage it is no longer considered a blitz.

All offensive formations must be legal sets. Receivers' alignment should respect the tackle box.

No blocking.

No taunting or "trash talking." (See Code of Conduct for penalty).

Fighting: All players/coaches involved will be removed without warning or refund.

10. Tiebreakers

If two or more teams are tied at the end of pool play, the following criteria will be used to determine winners:

Head-to-head records

Fewest points allowed

Points scored

Coin flip

11. Uniforms

All teams are required to wear the designated tournament uniform

Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.

Roster Changes

If one organization enters more than one team into an event, and one of those two teams qualifies/advances, the rosters of their other teams cannot be interchanged with the advancing team.

Head Gear

Michigan Made tournaments RECOMMEND players to wear a soft-shell helmet, but they are not required. Mouthpieces are required for all participating athletes.