

# Michigan Made 7on7 Football

## 2026 League Rules and Regulations

### GENERAL

- Offense will start on the 40-yard line.
- There will be a 1v1 rep from the 5 to determine who gets the 1st possession of the game. The home team will be on offense and the away team will be on defense. The offense must score to get the choice of Offense/Defense. If the receiver is short of the goal line or does not catch the ball, the Defense will get the choice.
- For Playoffs, the higher seed will choose which team gets the ball first (example: #1 plays #16, #1 gets the ball first).
- Player is down when he is touched with one hand below the neck and above the knee. Defenders may not dive to tag.
- QB will have 4.0 seconds to throw. Refs/Field Manager will 3-chop and the 4th chop is the whistle. A stopwatch may also be used for verification. The four-second clock starts on the snap of the ball.
- Each team will have one blitz per game (including overtime). Blitz can come from any distance.
- Running by the offense is permitted anywhere except for inside the 10 yard line. The QB may only run when blitzed.
- There are no untimed downs, with the exception of the extra point if a team scores a touchdown as the game time expires, or if there is a penalty committed by the defense as game time expires.
- The Field Managers can stop the clock to ensure proper application of the rules outlined herein.

### TEAMS, COACHES AND FIELD MANAGERS

- The maximum number of players on one team is twenty-four (24).
- Players must remain on their sideline during the game.
- Players and coaches should always respect the teams that are playing, maintain clean language and sportsmanship.
- Please police your own sidelines, keeping players back during the game, and clean up all trash after your game.
- Maximum of four (4) coaches per team.
- One offensive coach can be on the field during play. No offensive substitutes can be on the field during game play at any time. 1st time is a warning; 2nd time delay of game will be assessed, which is a loss of down. No defensive coaches can be on the field at any time.
- The offense cannot set up on the field until the opposing team reaches the 15-yard line. Penalty is delay of game and a loss of down.
- Coaches will be responsible for confirming the final game score after each contest with the head official.
- The Field Manager will be in charge of maintaining order during the game and ensuring these rules are enforced properly. The Head Official and/or Field Manager will be responsible for yelling the score to both teams as points are awarded.
- Organizations with multiple teams in the same age group: Once a player participates for one team, they are no longer eligible to play for a different team in the same division that season. Rosters are not interchangeable among players. This will be monitored by league staff and coaches. Any players/teams that are caught switching teams will forfeit those games.
- Players can double-roster only if they are in two different divisions. For example, a 10U player cannot be on another 10U roster, but they can be on the 12U team.

### GAME TIMES AND LATE POLICY

- Each game will last 20 minutes.
- Running clock with no timeouts. The clock never stops, with the exception of an injury or referee timeout.
- Please arrive at least 30 minutes before scheduled game time.

- Teams must be onsite and ready to start on time. Game clock will start at the original scheduled game time, or the game time specified by the Tournament Director. Five minutes late, 7 points will be awarded to the team that is present on time and they will possess the ball first. Ten minutes late, the team will forfeit the game. A win by forfeit will result in a 7-0 final score. Registration will not be a reason to hold up games. Game times are final, and teams must be at the field ready to compete by game time.
- If a touchdown is scored and time runs out, the scoring team will be allowed an extra point attempt.
- The head official will keep game time and the play clock. The head official will blow the whistle to start the clock.

## OFFENSE

- Offense will start on the 40-yard line with the option of using either hash. First downs will be at the 25-yard line and 10-yard line. Once the 1st down is achieved inside the 10-yard line, you will have three (3) downs to score.
- Offense has three (3) downs to gain a first down.
- Each team must use a center and the player must be on one knee. The center is ineligible to catch a pass. Quarterback can take the ball directly from the center.
- After a score, the offense can go for one (1) point at the 5-yard line or two (2) points at the 10-yard line. The offense may place the ball either on the hash or the middle.
- The offensive team may run the ball on any down. All forms of runs are permitted but must be a handoff; no downfield laterals. The no-run zone is the goal line to the 10-yard line. No runs are allowed inside the no-run zone unless it is a QB run reacting to a blitz.
- The 1st player to receive the ball from the center is considered the QB and cannot run unless blitzed. The 2nd player to possess the ball is the runner and is not allowed to throw or lateral the ball.
- No blocking. This will result in a 5-yard penalty from the previous line of scrimmage and a loss of down.
- Fumbled shotgun snap is a dead ball (loss of down), and the ball will return to the original line of scrimmage. All other fumbles are dead where they lay.
- Offensive team is responsible for retrieving and returning the ball/tee to the previous spot or the new line of scrimmage. Any defensive player that delays the retrieval of the ball will be penalized. Result is +5 yards from the previous line of scrimmage.
- All offensive formations must be legal sets. Receivers' alignment should respect the tackle box. Two players are required to be on the ball on the snap – one on each side of the center.
- All offensive substitutions must enter from their sideline.

## SCORING

- Six (6) points for a touchdown.
- One (1) point for a PAT from the 5-yard line.
- Two (2) points for a PAT from the 10-yard line.
- Three (3) points for an interception.
- Six (6) points for an interception returned back to the 40-yard line. The offense will get an extra point try after a pick 6.
- A turnover on a PAT is dead ball (i.e. an interception), and no points will be given.
- If there is a defensive interception that occurs with no time on the clock, the defense will still be awarded three (3) points for the interception.
- Official scores will be kept by the head official on the field.

## OFFENSE PENALTIES

- False start = 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.
- Offensive pass interference = -5-yard penalty and loss of down.
- If there is an offensive penalty at the 40-yard line, the offensive team will just be penalized with a loss of down.  
Example: 1st down, offensive pass interference penalty at the 40-yard line; next play will be 2nd down from the 40-yard line.

- 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 will result in a delay of game and be a loss of down.
- Personal foul penalties on the offense assessed after the play would result in a -15-yard penalty.
- If the scoring team is assessed a dead ball penalty after a touchdown, they will forfeit their extra point opportunity.
- If there is an offensive penalty when the defensive team blitzes, the defensive team will be awarded their blitz back if the penalty is accepted.

## DEFENSIVE PENALTIES

- Offsides = +5-yard penalty.
- Defensive pass interference = 15-yard penalty and automatic first down.
- Defensive holding = 10-yard penalty from the previous spot.
- Defensive pass interference on an extra point or within 10 yards is half the distance for the same amount of points.  
Example: Going for two (2) from the 10-yard line, pass interference occurs in the end zone — ball is moved to the 5-yard line and if converted offense is awarded two (2) points. The extra amount may not be changed as a result of a defensive penalty.
- Any dead ball personal foul 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.
- Dead ball personal foul penalties on the defense assessed after the play would result in a +15-yard penalty, or half the distance to the goal from the spot of the ball, and an automatic first down.
- Game cannot end on a defensive penalty.
- Tackling or unnecessary roughness will be an unsportsmanlike penalty (no warning), resulting in a 15-yard penalty and automatic 1st down, and subject to ejection of the player. Diving at the legs of an offensive player will be considered unnecessary roughness.
- If there is a defensive penalty that occurs when the defensive team blitzes (defensive holding, offside, etc.), the defensive team will lose their one blitz for the remainder of the game.
- Punting the ball of the other team will result in a personal foul. If on a change of possession, the penalty will result in a loss of down and the ball placed on the 40-yard line.

## BLITZ

- Each team has 1 blitz to be used during game play and/or during overtime. No additional blitzes will be awarded for overtime.
- If a team blitzes, there will be no 4-second count. The QB can run if blitzed.
- The blitz can be used at any part of the field except for on the 40-yard line. The blitzing team can blitz as many players as they choose.
- If a team blitzes and there is a defensive penalty on the play, the blitzing team will forfeit their blitz. If there is an offense penalty on the play, the blitzing team can accept the penalty; if the penalty is accepted, the blitzing team will maintain their blitz.

## TIE BREAKER / OVERTIME RULES

- Any bracket play game that ends in a tie will result in overtime.
- The higher seed will select if they want to be on offense or defense.
- Each team will get 1 play from the 40-yard line and the furthest play will win.
- Only offensive scoring will count in overtime.
- If a game goes into a 2nd overtime, the team that gets the ball 2nd in the 1st overtime will receive the ball 1st in the 2nd overtime.
- There is no running in overtime. All plays must be a pass.
- Blitzes are allowed in overtime if the team did not use their blitz during regulation.
- This format will be repeated until a clear winner is declared.

## OVER TIME PENALTIES

- All regulation rules and penalties apply.

## **FIGHTING WILL NOT BE TOLERATED**

- If a player throws a punch, he is ejected immediately and cannot return for the remainder of the league. If both team benches clear and it results in a fight, both teams will be ejected and cannot return for the remainder of the league.
- If a player is punched and retaliates in any way, they will be required to sit out for the rest of the day.
- Each team is responsible for their fans, coaches, and players. If any player, fan or coach clears the bench in altercation, they will be disqualified for the remainder of the season. Any team found to be using an ineligible/suspended player or coach will forfeit all remaining contests.

## **CELEBRATIONS**

- We encourage celebrations. However, we do not tolerate taunting. Keep it fun and keep it quick so as not to unnecessarily delay game play.
- Circling, taunting or touching players from the opposite team will result in two (2) points being awarded to the non-offending team and a +/- 15-yard penalty. Second infraction may result in ejection at the discretion of the Field Manager.

## **EQUIPMENT REQUIREMENTS**

- Headgear is required. Mouthguards are highly recommended but not required. All team members must be in matching uniforms to maintain fair gameplay.