

# Northeast 7v7 Tournament Rules

## GENERAL PROCEDURES & SAFETY RULES

1. Print and bring a copy of these rules and policies.
2. Arrive at least 1 hour before your first game. The schedule will not be changed or held for late teams.
3. Upon arrival a coach should check in at the registration table to collect your team shirts. Please count them (18) at the registration table; once you leave the table, we will not supply extra shirts.
4. The Athletes should turn in their *Release Form* at the Players Tent next to the registration.
5. Locate your pool field and set up a team area near your field for all equipment and gear.
6. Be ready once the game in front of you ends, your game starts in 6 minutes.
7. Two of the five teams from each pool will advance, do not leave early, play all 4 of your games.
8. If you are in a 4-team pool, two teams advance. Your crossover game will not count towards advancing.
9. Officials will keep the score and you should as well, please check after every score.
10. Officials and/or the Director have final call on any discrepancies, rule violations or other situations that delay games/ need interpretation. Every effort will be made to resolve these situations in a fair manner.
11. The Athletic Trainer has the right to remove a player from the tournament if injured.
  - a. Head injuries will be ruled out for the day and a call will be made to a parent/guardian.
12. Pool games are 24-minute game of running time. Playoff games are 20 minutes of running time.
13. No timeouts, Clock only stops for an injured player on the field, the officials will keep make-up time and notify both teams to play through the final horn.
14. In case of a weather delay or other emergency teams should seek cover and send a coach to the registration table for instructions when safe.
15. Games interrupted by weather are final if one of the following happens; 20 minutes played, 16 minutes played, and it is a 2-score game (9 point or greater lead), or one team decides not to resume or leaves.
16. Weather delays will be capped at 1:30 hours.
17. Only 18 players can play in the tournament, you cannot substitute players during the tournament or switch shirts. Violation of this rule is a forfeit of the game.
18. Players cannot wear hats on the field and only prescription glasses can be worn.

## TEAM & COACHING RULES

1. **All Players must wear the tournament supplied shirt and provide a Release Form.**
2. Offensive huddle - Seven players and one coach can be in the offensive huddle.
3. Defensive huddle – Seven players only. No coach is allowed in the huddle or behind the goal line.
4. Coaching must come from the sideline. The coaches' box is the 40 to the 15-yard line.
5. Offensive players can wait at the 40-yard line only when their team defends a conversion. However, you must wait for the officials whistle before snapping the ball. The officials will require several seconds to align / reset the play-clock. You CANNOT wait at the 40-yardline in any other situation.
6. Teams cannot switch footballs after an incomplete pass to gain an advantage over an opponent.
7. It is the responsibility of the offensive team to retrieve the ball or assist in retrieving the ball.

## STARTING THE GAME

1. Teams must be on opposite sidelines.
2. The game clock is controlled at the registration table, unless notified otherwise. All games are started and finished by Air Horn. Plays started before the final air horn count.
3. Offenses always move in the same direction and can place the ball anywhere between the hashes.
4. The visiting team starts with the ball in pool play. In the Playoffs each team will be assigned heads or tails by the officials for the right to select the *Ball* or not to wear a *Pennie* if applicable.
5. If teams have the same or similar color shirts the visiting team will wear pennies. (provided)

## Northeast 7v7 Tournament Rules

### MOVING THE BALL

1. The offense starts at the 40-yard line and has 3 downs to make a first down.
2. **The ball can be placed in the middle of the field to the near hash on any down. But you cannot flip hashes.**
3. First downs can be picked up by moving the ball past the 25-yard line, 10-yard line or by penalty.
4. The offense must use a legal formations Motion and/or shifts are allowed.
5. The offense has 25 seconds to snap the ball once it is spotted and/or blown into play.
6. Once the ball is snapped you have 4 seconds to attempt a pass. Game officials have a 4 second timer!
7. A center must snap the ball, must be a PLAYER and be wearing a shirt. He is not illegible to catch the ball.
8. The ball must be hiked by either a conventional or unconventional method.
9. Running plays and double passes are not allowed but the ball can be lateraled.
10. Defensive cannot cross the LOS until a pass is released. Blitzing is not allowed.
11. The QB can pass the ball behind the LOS.
  1. If a player is tagged behind the LOS, this becomes the new LOS. If the tag occurs **behind the 40-yard line the possession is OVER. No points are awarded.**
12. A play is over when a player is tagged with ONE HAND, the ball is fumbled (no change of possession, marked at the spot of the fumble), or the player runs out of bounds.
11. If the ball hits the ground or a player with possession of the ball is on the ground the down is over. No change of Possession. **This includes the center/BQ exchange.**
12. After a 1st down the ball is placed at the attained LOS.
13. The offense CANNOT block. Blocking is when an offensive player extends his hands onto, leans into, or changes his path to intentionally impede a defensive player. Example – a player without the ball, running towards the goal line, changes course to impede a defender “*who can make a play on the ball*”. Penalty – Loss of down return to original LOS.
14. A player needs possession of the ball and ONE foot or body part to touch inbounds to complete a catch.

### SCORING

1. Six points for a touchdown. A Conversion **MUST BE** attempted in Pool play after **all scores** (defensive too). You can get ONE point for a successful conversion from the 5 yardline and TWO points if the conversion is successful from the 10 yardline. **The Defense CANNOT score on conversion attempts.**
2. The defense can **only score** if they advance an interception PAST the 40-yard line with no penalties
3. Games ending in a tie will play overtime to determine the winner. The winning team is awarded one extra point - so a 28-28 tie would have a final score of 29-28.

### END OF GAME - OVERTIME RULES

**POOL PLAY** - Each Team gets 1 play from the 40 yardline. The team with the most yards wins. The team that started with the ball goes first. If no yards are gained or the officials deem it a tie, switch the order and play again. If a penalty is committed, it is enforced, and it may result in another play. Play until a winner, alternate possessions.

**PLAYOFFS** - Each Team gets 2 downs from the 10-yard line, if touchdown is scored then PAT is attempted (1 pt or 2 pt), Play until a winner (alternate possessions if 2<sup>nd</sup> overtime) All rules apply.

**PLAYOFF TIE BREAKERS (Pool Teams)** 2 Teams - head-to-head

3 Teams – head-to-head, margin of victory verse the tied opponents. If the margin of victory is tied (2 teams), then head-to-head. If the MOV is tied for 3 teams, points against, then points scored to break the tie. If a second spot is needed the second-best margin of victory will receive the spot following the above rules.

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### POINTS OF EMPHASIS – Less contact at the beginning and end of plays

**No Press Coverage** – a defender must provide a 2-yard cushion to a WR. A defender can Jam a WR up to 5 yards from the LOS. Jams must be open handed, below the shoulders and within the first 5 yards. Repeated jams past 5 yards or grabbing of the jersey is Holding (10 yards & replay the down)

**Defensive players must play the ball – if deemed excessive ejection.** - A defender must always play the BALL or concede the catch. A defender can challenge any pass but CANNOT **tackle, bring to the ground, play through/or ram** a receiver to defend. **Roughing** (10 yards and automatic 1<sup>st</sup> down)

**Defensive Player contact – if deemed excessive ejection** - Defensive players can only contact an offensive player with their open hands. Using a forearm, leg, shoulder, or other body part to strike an offensive player is not allowed. **Roughing** (10 yards and automatic 1<sup>st</sup> down)

### Ejection Policy

- A. All ejections are final.
- B. An Official or Northeast 7v7 Representative can eject a player or coach for, swearing, taunting, unnecessary roughness, repeated verbal abuse to an official and fighting (Done for the day)
- C. Any player or coach ejected must leave the sideline and is out for the remainder of the game.
- D. If a player or coach is ejected twice, he is disqualified from the tournament.

### PENALTIES -

#### Offensive

All Offensive Penalties are a **Loss of Down**, return to LOS unless.

1. Dead ball offensive penalties will be blown dead with loss of down – *False Start or Delay of Game*
2. Live plays with offensive penalties will continue. The Defense can decline and accept the play result.  
Examples include *Blocking, Illegal formation or motion and Offensive Pass Interference*
3. Penalties on 3<sup>rd</sup> down end the possession.

#### Defensive

All Defensive Penalties result in yardage and down over unless.

1. **Pass Interference** = is a SPOT FOUL & Automatic 1<sup>st</sup> Down (PI in end zone - 1<sup>st</sup> down at the 3-yard line)
2. **Unnecessary Roughness & Unsportsmanlike Conduct** = 10 yards & Automatic 1<sup>st</sup> Down \*
  - Example of 5-yard penalties - Offside or Delay of Game
  - Example of 10-yard penalties – Holding or Hands-to-Face

#### \* Unnecessary Roughness & Unsportsmanlike Conduct – if excessive the player will be ejected.

**Dead Ball Unsportsmanlike Conduct penalties will be treated as follows.**

- A. If off setting both players are ejected for the game.
- B. Offensive – Loss of next down and possible ejection.
  - a. If after 3<sup>rd</sup> down, the other team will start the next offensive drive at the 30-yard line.
  - b. If the game is over and tied the other team will get 5 yards added to their overtime position.
- C. Defensive – 10 yards and Automatic 1<sup>st</sup> down and possible ejection.
  - a. If after a 3<sup>rd</sup> down, your Offense will lose a down on the next series.
  - b. If the game is over & tied the other team will get 5 yards added to their overtime position.