



2024 RULES BOOK

FOR 7V7 TOURNAMENT PLAY

PART OF THE GRIDIRON TOURNAMENT SERIES™ POWERED BY **GRIDIRON**  **FOOTBALL**

Helmets & Mouthpieces are required for play

1. FIELD DIMENSIONS

Field Length--40 yards long

Field Width--160 feet (60 feet to hash mark, 40 feet between)

End Zone--10 yards deep

2. STARTING THE GAME

A central time keeper will be designated. All games will begin and end on this person's instructions. He or she will also announce the time remaining at the 10, 5, and 2 minute mark only.

Visitors will have first possession and wear a light or white color. The Home team will have first possession of the 2nd half and wear a dark color.

No team will be allowed to participate without numbered shirts or jerseys.

It's preferable if teams have two jerseys, but not mandated (white/dark jersey, t-shirt/tournament)

Dry-Fit t-shirts, Under Armour, or basketball type sleeveless shirts are the preferred choice of team jersey.

The ball is always placed on the right hash mark when starting at the 40 yard line.

Ball size is current grade:

10U - Wilson K2 or TDJ Size ball

12U - TDJ/TDY

7th/8th TDY/HS

9th thru HS Standard HS Size

*Helmet must be strapped and you may not wear your helmet backwards

3. MOVING THE BALL

Offensive plays must be forward passes.

The field is marked at 15 yard intervals with 1st down cones at the 25 yard line and 10 yard line. Each zone will be 3 downs (no 4th downs in 7v7).

Possession always begins at the 40 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced. Offensive Coach may be in huddle in JV & below. No coaches on the field in HS Varsity.

No penalty will be assessed in excess of the 40 yd line. On an unsuccessful or successful offensive play from the 40 yard line resulting in an offensive penalty: The ball will be returned to the 40 yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.

Offenses always move in the same direction.

All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.

No flea flickers or double passes or laterals at any time.

4. SPECIAL RULES

No blocking.

Receiver/Ball carrier is legally down when touched with one or both hands below the neck. Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 15 yards. Expulsion of a player(s) if ruled unsportsmanlike and flagrant, or multiple incidents of excessive force by same player.

Fumbles 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 affect on snaps.

Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.

The QB is allowed 4.0 seconds to throw the ball (10U is 4.5). The official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.

If release is 4.0 seconds or under, the play goes on.

If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down unless the offense team has thrown a interception. All passes after the 4.0 sec clock has expired are live balls (for defense) and can be intercepted and counted as 3 pts for the defense. So if you throw a pick at any time it will be a turnover and 3 pts for the defense even after the 4.0 sec clock.

The only infractions possible when a 4.0 second count is called are holding, pass interference and unsportsmanlike acts.

Defensive pass interference will be a spot foul but not to exceed 15 yards (1st down at the spot).

Responsibility to avoid contact is with the defense. There will be NO chucking or press coverage with hands at the LOS. No deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty) and a first down.

Offensive pass interference is the same as NCAA rules (15 yard penalty). Interceptions are worth 3 pts in both League & Tourney Play (this can happen after a 4.0 sec whistle / take care of the ball).

Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.

The offensive center is not an eligible receiver (teams must have a center).

The center will be responsible for setting or re-positioning the Referee's cone at the line of scrimmage. On change of possession, the team moving to offense will ensure the cone gets to the new scrimmage line (centers on both teams responsible).

No taunting or "trash talking" (15 yard penalty and expulsion if flagrant).

The offense must gain at least 15 yards in the first 3 or less plays, or the defense takes over in all zones.

Fighting: the player(s) involved will be ejected from the game or tournament if a punch is thrown! If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any league play or tournament (*coaches, make sure you read this and communicate to your team*).

5. SCORING

1. All TD's in league or tournament play are worth 7 pts (auto XP)
2. Interceptions are worth 3pts in both league & tournament play
3. All scoring is kept by Head Official and he shall announce score to each bench after each score

TD = 7 pts

INT = 3 pts

6. TIE BREAKER / OVERTIME

The team that ends regulation with the ball will start the overtime period with possession. Teams will alternate 3 down series from the 10 yard line. (If you throw an Int during OT your opponent would win as they would be awarded 3 pts).

A winner is determined when one team scores during its possession and the other does not.

If a second overtime period is necessary the team that was on defense at the end of regulation will go first. Each team will get one play each from the 40 yard line. Longest gain is declared the winner.

There is no OT in pool play games.

7. TIME

30 min games.

No timeouts (exception: injuries. Both games on the field will halt until player(s) can be removed as soon as safety dictates).

90 sec half-time/5 min between games (summer tournaments only).

7v7 tournaments require that all games start/end at the same time.

Teams must be on site and ready to play when scheduled.

If a team is late and cannot start when the tournament officially starts, they will begin play with whatever time is left on the tournament clock - not to exceed 10 minutes of 1st half.

Forfeit will occur after 10 minutes of the 1st half.

Injury timeouts may reduce the amount of time between halves and/or between games to maintain the game schedules.

8. PHOTO / VIDEO

*Gridiron Football has the exclusive rights to photograph, video and/or film and will only have Gridiron Football video personnel on the field of play. If teams choose to bring their own video person they will be on that team's sideline only and should check with Gridiron Football prior to stepping on the field.



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