



# OFFICIAL POF YOUTH 7v7 TOURNAMENT RULES

## **1. Field Dimensions**

- a. 50 yards in length – 40, 25 & 10 are the first down lines
- b. 10 yards deep in End Zone
- c. Field hash marks are of high school dimensions

## **2. Team Members**

- a. Players
    - i. Each team has a maximum of 20 players. Players will not be accepted into the event as individuals. All players must be a part of a team.
    - ii. Teams are not able to utilize an offensive center.
      1. The use of a QB is required and will have a timer of 4 seconds for the QB to release the football.
    - iii. Boy's Only
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#### iv. Age Requirements

1. All players must be 14 years old or younger as of Aug 1, 2019. Each player's Birth Certificate is required at check-in. Players with Birth Certificate is not eligible to participate.

### **3. Coaches**

- a. Each team will be allowed a maximum of 3 coaches. Coaches will be allowed on the sidelines only during games.
- b. 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.
- c. Defensive coaches are not allowed on the field at any time.

### **4. Uniforms**

- a. Each team must wear the same color jersey or shirt. Shirts or jerseys are MANDATORY
- b. Mouthpiece and soft shell helmets are MANDATORY for all athletes on the field of play.

## 5. Official

- a. Each game will have a minimum of two (2) officials. Positions are Referee/Field Judge and Back Judge.
- b. Each game will have a scorekeeper/ timekeeper or kept by the officials.

## 6. Game Times

- a. 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.
- b. Games are played with a 25-minute running clock. **THE CLOCK DOES NOT STOP.**
- c. Coin flip at the beginning of each game will determine who posses the football first
- d. Overtime: During tournament bracket play only
  - i. If overtime is required, teams will alternate three (3) plays from the ten-yard line. Each team has an attempt to score in each overtime period.

- ii. After a touchdown, a team will proceed with the PAT.
- iii. Starting with the 3rd and subsequent overtimes, all PAT's must be 2-point attempts from the 10-yard line.
- iv. Overtime periods are not timed.

## **7. Scoring**

- a. Six (6) points for a touchdown
- b. One (1) point for a PAT from 5-yard line
- c. Two (2) points for a PAT from 10-yard line
- d. One (1) Points for Defensive Stop on downs
- e. Two (2) Points for Interception (no runbacks or "pick 6" for safety reasons)
- f. Turnover on a PAT is dead ball (including INT)

## **8. Penalties**

- a. Offense
  - i. Off-sides = Loss of Down
  - ii. Delay of Game = Loss of Down
  - iii. 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.
  - iv. Pass interference = 5-yard penalty and Loss of Down.

- v. 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.
- vi. 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. Also, if the defense intercepts the football, that will count for the defensive team.
- vii. 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.
- viii. If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void.

#### b. Defense

- i. Off-sides = 5-yard penalty
- ii. Defensive Holding = 5-yard penalty
- iii. 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.

- iv. 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.
- v. Personal fouls is an automatic loss of down for the offense and a 5 yard penalty for the defense.

## **9. Turnovers/Deadballs**

- a. 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).
- b. 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.
- c. 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.
- d. Interceptions may not be returned – 2 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.
  - e. 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.

## **10. Additional Game Format Rules**

- a. Ball always placed in the middle of the field when at the 40-yard line. The ball will be placed on the hash closest/middle of the field to the completion of the previous play
- b. No kicking or punting
- c. No passer may run with the ball.
- d. All passes must be thrown forward. A pass caught behind the line of scrimmage must be advanced by that receiver past the line of scrimmage.
- e. Laterals are not allowed.
- f. No runs are allowed.
- g. All offensive formations must be legal sets. Receivers' alignment should respect the tackle

- box.
- h. No blocking.
- i. No taunting or "trash talking."
- j. **Fighting**: Will not be tolerated. Automatic ejection from the tournament for all players who are involved.

## 11. Tiebreakers

- a. If two teams are tied at the end of pool play, the tiebreaker is head-to-head records.
- b. If three or more teams are tied at the end of pool play, the following criteria will be used to determine winners:
  - i. Head-to-head records
  - ii. Points allowed
  - iii. Points scored
  - iv. Coin flip