



Offense-Defense 7v7 Rules

1. Team Composition

a. Players

- i. Currently the team competition play is with males only in two divisions of 15U and 18U.
- ii. Each team has a maximum of 20 players. Individual players will not be accepted, all players must be a part of a registered team.
- iii. Teams are not required to utilize a center to snap the ball into play.
 - If utilizing one, the center is not an eligible receiver and will be responsible for setting or re-positioning the football at the line of scrimmage.
 - If no center is used, the QB will be responsible for ball positioning.
- iv. Age Requirements - Every player must produce a copy of their original birth certificate, state issued ID, military ID or school ID before they are allowed to take part in any competition.
 - 18U Senior Division:
 - All players must be under the age of 19.
 - Seniors who have graduated from high school may only play until July 31 of the season following high school graduation regardless of age.
 - Seniors who graduated and have started college are not eligible, no matter the age.
 - 15U Rising Stars Division:
 - Players must be at least 13 years of age on the date of the event to be eligible for participation
 - Players must be 15 years of age or under as of September 1
 - Players that turn 16 on or before September 1 are ineligible

b. Coaches

- i. Each team may have a maximum of 4 coaches that may accompany the team on the sidelines.
- ii. 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 to prevent interfere with the operation of the official or game play.
- iii. Defensive coaches are not allowed on the field at any time.

2. Officials

- a. Each game will have a minimum of two (2) officials.
- b. Each game will have a scorekeeper/timekeeper.
- c. Adequate field managers will be assigned to all fields in play to assist with crowd control, player, coach, and referee assistance and flow of daily event activities on and around the game fields.

3. Game Times

- a. Teams must be positioned 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 remains on the clock will be where the game starts when the team is ready for play.
 - i. Should a team arrives late, that team will begin on defense.
 - ii. If a team is late by 10-minutes or more without contact for delay, they will forfeit the game.
- b. Games are played with a twenty (20) minute running clock that stops per NFHS regulation football rules the last 2 minutes of play.
 - i. During the last two minutes, all completions must be advanced past the line of scrimmage, otherwise the clock will stop.
 - ii. A sack in the last two minutes will stop the clock.
- c. Each team is allowed one (1) 30-second timeout during bracket play.
- d. Overtime play will only occur during bracket play
 - i. In overtime, teams will alternate three (3) plays each from the 10-yard line. Each team will get an attempt to score in each overtime period.
 - ii. Starting with the 3rd and subsequent overtimes, should a team score all PAT's must be 2 point attempts from the 10 yard line.
 - iii. Overtime periods are not timed.
 - iv. Each team is awarded one timeout during overtime period.

4. Scoring

- a. Six (6) points for a touchdown
- b. One (1) point for a PAT from 3 yard line
- c. Two (2) points for a PAT from 10 yard line
- d. Two (2) Points for Defensive Stop on downs
- e. Three (3) Points for Interception (no defense advancement or run-backs), change of possession
- f. Turnover on a PAT is dead ball (including INT)
- g. Official scores will be kept by field referee and or on-field sideline scorekeeper.

5. Penalties

- a. Offense
 - i. False Start = Loss of Down (On PAT the play will be blown dead and change of possession)
 - ii. Delay of Game = Loss of Down
 - Teams will have 25 seconds to snap the ball once it has been spotted ready for play
 - iii. Pass Interference = 5-yard penalty and Loss of Down
 - iv. No penalty may be assessed that places the ball in excess of the 40 yard line. If a penalty moves the offense beyond the 40 yard line, the offensive team shall be charged with a loss of down.
 - v. Should the play clock 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.
 - vi. 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

- A 5-yard penalty from the succeeding spot will be assessed.
- vii. 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 5-yard penalty and replay of down
 - No 1st down at the spot of the interference will be awarded
 - If Defensive Pass Interference occurs in the red zone and the original spot of the ball was inside the 5-yard line the penalty will be half the distance to the goal and replay down.
 - ii. 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 next possession.
 - iii. 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).

6. Turnovers/Dead-Balls

- a. Receiver/Ball carrier is legally down when touched below the neck with one or both hands.
 - i. Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards.
 - ii. 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.
 - i. A muffed snap is not a fumble/dead ball, however the 4.0 second count remains in effect throughout the play.
- c. The QB is allowed 4.0 seconds to throw the ball.
 - i. Time starts on the snap of the ball and stops as soon as the QB releases the ball.
 - ii. If release is under 4.0 seconds, the play continues. Play is blown dead after 4.0 seconds.
- d. Interceptions may not be returned – 3 points are awarded on interception.
 - i. Points for defensive stop and interception are not "added together".
 - ii. 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.

7. Appeals

- a. At no time may a coach or player dispute an official's judgment call.
- b. If during game play a coach or player disagrees with a rules interpretation, they may stop the game for clarification with officials and field manager
- c. For consideration, the coach must report all game play ruling discrepancies to the Field Manager no more than 10 minutes after that game has ended.
 - i. Any reversal or game-changing decisions will be made in conjunction with the field managers and tournament director involvement.

8. Additional Game Rules

- a. Pool Play – All teams will participate in pool play on day one
- b. Bracket Play – The elimination bracket play will follow pool play and higher seed teams gets choice of offense/defense for opening possession

- c. There will be no kicking or punting
- d. No passer may run with the ball.
- e. All passes must be thrown forward
 - i. A pass caught behind the line of scrimmage must be advanced by that receiver past the line of scrimmage or it will be treated as a sack.
 - ii. In the final 2:00 minutes or the clock stops
 - iii. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass, pass the line of scrimmage.
- f. Hand-offs in the backfield are not allowed.
- g. All offensive formations must be legal sets.
- h. No blocking.
- i. No taunting or "trash talking"
 - i. We encourage celebrations. However, we do not tolerate taunting.
 - ii. Keep it fun and keep it quick so as not to unnecessarily delay game play.
 - iii. If during a celebration a player approaches the other teams sideline, there will be a penalty for taunting...
- j. Fighting: All players must abide by the set rules and players etiquette.

9. 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

10. Uniforms

- a. All teams are required to wear a matching uniform to distinguish it players.
- b. Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.

11. Qualifying and Advancing

- a. Roster Changes
 - i. A registered team will not be allowed to make a roster change once the team is checked in for play.
 - ii. A qualifying team selected to advance will be allowed to make eight (8) substitutions to the established roster for national tournament.
 - iii. If one organization enters more than one team into a qualifying event, and one of those two teams advances, the roster of each team cannot be interchanged for elimination play

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