



Official 7 on 7 Girls Game Rules

1. FIELD DIMENSIONS

- a. 40 yards in length. Between 145' – 160' in width.
- b. Field hash marks are of high school dimensions. The 40, 25 & 10 are the first down lines.
- c. The End Zone is 10 yards deep.

2. TEAM MEMBERS

- a. Players: Each team can have maximum of 24 players. Players will not be accepted into the event as individuals. All players must be a part of a team and required to be on the original roster. A player can only be on one (1) team roster and play on that team only. Any team caught adding a player that is not on their original roster will be disqualified from the tournament.
- b. All offensive players are eligible receivers.
- c. The center will be responsible for setting or re-positioning the football at the line of scrimmage.
- d. Age Requirements: High school eligible players only. All players must be under the age of 19. Any team with an ineligible player will be disqualified from the tournament. Note: Seniors should not play in any tournaments if they have any college offers.

3. COACHES

- a. Each team can have a maximum of 4 coaches. Coaches will be allowed on the sidelines only during their team games.
- b. One offensive coach may be in the huddle with players between plays but when the huddle breaks the coach must move back 10 yards from the line of scrimmage to be out of the field of play. This is to ensure there is no interference with the operation of the official or game play.
- c. Defensive coaches are not allowed on the field at any time.

4. OFFICIALS

a. Each game will have a minimum of two (2) officials. Positions are Referee/Field Judge and Back Judge. The referee's will keep score and game time.

b. Field manager: Event must have one for every two 7v7 fields to assist with crowd, player, coach, and referee control on/around the game fields.

5. 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 twenty (20) minute running clock. During pool play there is **NO STOPPAGE OF THE CLOCK, THERE ARE NO TIME OUTS DURING POOL PLAY**. The only exception is a referee clock stoppage (injuries only). During tournament bracket play the clock will not stop for the first 18 minutes. The last 2 minutes are played under high school regulation football rules with clock stoppages per regulation NFHS football rules. Each team has (1) one time out during tournament play **ONLY**. During the last two minutes, all completions must be advanced past the line of scrimmage, otherwise the clock will stop. Sacks in the last two minutes stop the clock as well.

c. There are no half times or breaks during any game, pool play or tournament play.

d. 1 timeout per team (30 sec) – during tournament bracket play only. Timeouts do not carry over into an extra period of overtime.

e. Overtime: During tournament bracket play only. Overtime periods are not timed.

f. If overtime is required, the winner will be chosen based on longest yards gained on one (1) down. Each team will have one possession to determine longest yard. The ball will be placed on the 40 yard-line to begin play. The teams will alternate possession of the ball until there is a winner. Highest seed has 1st choice of offense or defense.

g. Starting with the 3rd and subsequent overtimes, all PAT's must be 2-point attempts from the 10- yard line.

h. Rain delay: In the event of a rain delay in excess of 1 hour and 30 minutes pool play games will be reduced to 2 games. Any team that has play 3 pool play games in an age bracket that has not completed all 3 pool play games will have the last game dropped (win or loss).

6. 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 runbacks or “pick 6” for safety reasons).
- f. Turnover on a PAT is dead ball (including INT).
- g. Official scores will be kept by field referee.

7. PENALTIES

Offensive Penalties (Fighting will not be tolerated). Any player/s or team/s involved in a fight will be ejected from the tournament. No discussion.

- a. Off-sides = Loss of Down.
- b. Delay of Game = Loss of Down 1. 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, loss of down. The 25 second play rule will be enforced.
- c. Offensive Pass interference = 10-yard penalty and Loss of Down.
- d. 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.
- e. 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.
- f. If defensive holding occurs on the same play as a sack, the defense will be penalized, and the sack is void. The clock does not stop.

8. DEFENSE PENALTIES (FIGHTING WILL NOT BE TOLERATED)

Any player/s or team/s involved in a fight will be ejected from the tournament. No discussion.

- a. Off-sides = 5-yard penalty.
- b. Defensive Holding = 10-yard penalty, automatic first down.
- c. Defensive Pass Interference (any ball thrown from between the 40-yard line and the 11-yard line = 10 yards from the line of scrimmage and an automatic first down. Defensive Pass Interference from the 10-yard line or inside the 10-yard line = Half the distance to the goal automatic first down. Defensive Pass Interference in the end zone, it will result in a 1st down at the 1-yard line.
- d. 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.
- e. Responsibility to avoid contact is with the defense.
- f. Any use of hands that strikes the face of an opponent = 15-yard penalty (First Offense). 2nd penalty ejection from the tournament.

9. COACHES PENALTIES

- a. Excessive arguing with referees = 10-yard penalty (First Offense). 2nd penalty and any afterwards = 15-yard penalty each time. This penalty can be assessed to any coach on the team and counts as a coaching penalty. Example: Head Coach get an arguing penalty (1st penalty), DC gets an arguing penalty (2nd penalty), Assistant Coach gets an arguing penalty (3rd penalty). 1st penalty = 10 yards, 2nd penalty = 15 yards, 3rd penalty = 15 yards for total of 40 yards.
- b. Cursing at, using profane language or disrespecting referees by any coach = Automatic ejection from tournament.
- c. Sideline infractions – Head Coaches you are responsible for your sidelines, which includes your coaches, players, and parents. 1st penalty is a warning, 2nd penalty and any afterwards 10 yards. Parents are not allowed on the sidelines. 1st penalty is a warning, and the parent will be asked to leave the sidelines, 2nd and any afterwards = loss of down and 15-yard penalty.
- d. It is the coach's responsibility to ALWAYS control your players.

10. TURNOVERS/DEAD BALLS

- a. Receiver/Ball carrier is legally down when their flag has been pulled/falls from their flag waist belt. (No shoving, pushing, or striking a player will be tolerated. This will be charged as a unsportsmanlike penalty (5 yards and a automatic first down). Player/s can be ejected for that game 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
- c. Interceptions may not be returned – 3 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.
- d. 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.

11. APPEALS

- a. If during a pool play game, a coach or player disagrees with an official's call, they should not dispute that call with the official at that time. The clock does not stop.
- b. For consideration, the coach must report all game play ruling discrepancies to the Field Manager no more than 20 minutes after that game has ended. Any reversal or game-changing decisions will be made at the Field Manager's discretion.

12. FIGHTING

- a. Fighting will NOT BE TOLERATED.
- b. Any player/s or team/s involved in fighting will be ejected from the tournament.
- c. If any player/s leaves their sideline to approach the other team's sideline in a taunting, aggressive, disrespectful manner or to fight they and/or the team will be ejected from the tournament.
- d. If any player from a team is involved in 2 incidents of fighting that player will be ejected from all of “LEGIT BALLAZZ 7v7” tournaments for the remainder of that calendar season.
- e. “No taunting”, “derogatory gestures”, disrespectful gestures or “trash talking” is allowed. First infraction = 15-yard penalty and the player will be advised about his conduct. Second infraction 15-yard penalty and that player will be ejected from game. No exceptions.

13. ADDITIONAL GAME FORMAT RULES

- a. Pool Play – Team sides must be chosen prior to opening possession.
- b. Bracket Play – Higher seed gets choice of offense/defense for opening possession.

- c. Ball always placed at the center of the field and on the 40-yard line. Offense has choice of hash once the ball has moved off the 40-yard line.
- d. No kicking or punting.
- e. All passes must be thrown forward.
- f. Hand offs in the backfield are allowed. The offense can run the ball every down. All running plays must be handed off by the QB. LATERALS ARE ALLOWED. Throw backs behind the line of scrimmage after the ball has been handed off are allowed. Forward shuffle passes are allowed.
- g. Defense is allowed to rush the passer on every down. The player rushing must be 1 yard off the line of scrimmage. If the player is flagged for not being 1 yards off the line of scrimmage the penalty = 5 yards repeat the down or 1st down if the penalty accessed will cross the first down marker.
- h. All offensive formations must be legal sets. Receiver/s alignment should respect the tackle box.
- i. No blocking, screening is allowed. The player hands must be behind their back for screening.
- j. Teams will not shake hands before or after a game. (Park Covid-19 guideline)
- k. "No taunting", "derogatory gestures" or "trash talking" is allowed. First infraction = 15-yard penalty and the player will be advised about his conduct. Second infraction 15-yard penalty ejection from game.
- l. No coaches or players are allowed to gather in the back of the endzone/ during any pool play, or tournament play games.

14. 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:
 - c. Head-to-head records
 - d. Points allowed (Defense)
 - e. Points scored (Offense)

f. Coin flip

15. UNIFORMS

a. All teams are required to wear their team designated uniform. If two (2) teams uniform colors are similar and could cause an issue for referees to differentiate between the two (2) teams, a coin toss will determine who will wear their shirts showing the numbers and who will flip their shirts inside out during pool play and tournament play.

b. Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.

16. FLAG BELTS (GET CLARIFICATION ON TRIPLE THREAT BELTS!!!!!!)

a. Triple threat belts (FHSAA) will be comprised of three flags. All players must wear flags while on the playing field. The flags will be fastened to the belt in such a manner as not to be twisted under or fastened to the inside of the belt. Two flags are to hang down vertically along the side seam of the trousers and one down the center of the back.

b. The ball carrier will be declared down when the belt clip becomes unfastened when pulled by a defensive player, the belt is torn into more than one piece, or the flag is torn off the belt. If the defensive player pulls the belt and it does not immediately become unfastened, the ball carrier will not be considered down until the belt does become unfastened.

c. If the flag belt should become unfastened without being pulled by a defensive player, the play will remain live until a defensive player legally tags the runner between the shoulders and knees with one hand.

d. If a defensive player unfastens an offensive player's belt after throwing a forward or backward pass, the player is still eligible to advance the ball. He/she must be tagged with one hand between the shoulders and knees if he/she catches a pass.

e. A defensive player intentionally pulling a flag from an offensive player without the ball is illegal (PENALTY – Personal Foul – 10 yards).

f. It is illegal for any player to participate in a play with an illegally secured flag belt. (PENALTY – Personal Foul – 10 yards from previous spot – player ejection – loss of down if player is on offense, automatic 1st down if player is on defense)