



MY7ON7 TOURNAMENT RULEBOOK

Updated March 15, 2026

1. TOURNAMENT FORMAT

- Each team is guaranteed **4 games minimum**
 - **3 Pool Play Games**
 - **Single Elimination Bracket Play**
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2. GAME OPERATIONS

Game Timing

- Games consist of a **22-minute running clock**
- **No timeouts**
- Clock only stops for:
 - Major injury (as determined by officials/field manager)
 - Official timeout

Forfeit Rule

- If a team is not ready within **5 minutes of scheduled start time**, the game is ruled a **forfeit (7-0)**
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3. OFFICIALS & GAME MANAGEMENT

- Minimum **2 referees per game**
- **Field Manager** on-site for rule enforcement and dispute resolution

Disputes

- Judgment calls **cannot be argued during gameplay**
- Head Coach must report disputes **immediately after the game**



- Final decisions are made by the **Field Manager or Tournament Director**
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4. EQUIPMENT & UNIFORMS

Ball Sizes

- 15U/18U: Official
- 14U: Youth
- 12U: Junior
- 10U: Pee Wee
- 8U: Mini

Uniform Requirements

- Matching team uniforms required (**no random t-shirts**)
- Compression gear required

Player Safety & Gear

- **Mouthguards required**
- **Soft-shell helmets required**
 - *Exception:* QB may play without helmet but:
 - Cannot initiate contact
 - Cannot pursue defenders downfield

Not Allowed

- Metal cleats
 - Headbands
 - Hats or jewelry
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5. COACHES & SIDELINES



- Max **3 coaches** on sideline (must have wristband)
- **1 offensive coach** allowed on field
 - Must be **5 yards** behind QB at snap
- Defensive coaches **NOT** allowed on field

Sideline Rules

- Player and coach's box: **15-yard line to 40-yard line**
- No one past the **15-yard line**
- No players on field during PAT attempts – no staging

Coach Responsibility

- Head Coach is responsible for:
 - Sideline behavior
 - Player conduct
 - Rule knowledge

6. FIELD DIMENSIONS

- Length: **50 yards (starting at 40-yard line)**
- Width: **40+ yards**
- End Zone: **10 yards**
- First Down Markers:
 - 40 → 25 → 10

7. GAMEPLAY RULES

General Play

- Offense has **3 downs** to gain a first down



- No 4th down

Running Rules

- Running allowed on any down **outside the 10-yard line**
- **No running inside the 10-yard line**

Quarterback Rules

- QB **cannot advance past the line of scrimmage**
- QB may scramble **behind LOS only**

4-Second Clock

- QB has **4 seconds to release the ball**
- Clock starts at snap, ends at release
- If exceeded → play is dead, **loss of down**
- 4 second clock is **discontinued** during a blitz

Blitz Rule

- Each defense is allowed **1 blitz per game**
- Blitz = defender crossing LOS **after snap before handoff**
- No blitzing at the 40-yard line → 5 yards penalty (replay down), Pre snap penalty defense will retain their blitz.

Blitz Outcomes:

- If defense commits a penalty during blitz → **blitz is lost**
- If offense commits penalty during blitz → **defense retains blitz**

Passing & Exchanges

- Only **1 exchange allowed** (handoff, pitch, or pass)
- No trick plays:
 - No hook-and-ladder
 - No reverses



- No double passes

Center Rules

- Must snap ball and remain on **one knee**
 - Not an eligible receiver
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8. DEFENSIVE COVERAGE RULES

- Press/jam allowed within **5 yards**
 - No contact beyond 5 yards
 - Illegal:
 - Holding
 - Hands to face
 - Excessive contact
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9. BALL STATUS

- Ball carrier is down with **1 or 2-hand touch below neck**
 - **Fumbles are dead balls** (offense retains possession)
 - Bad snaps are live
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10. SCORING

- Touchdown = **6 points**
- Extra Point:
 - From 3-yard line = **1 point**
- 2-Point Conversion:
 - From 10-yard line = **2 points**



Interceptions

- Returned TD = **6 points + PAT option**
 - Non-return = **3 points**
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11. OVERTIME (Bracket Only)

- Each team gets **1 play from 40-yard line**
 - Most yards wins
 - If tied → repeat, alternating choice
 - **No blitzing in OT**
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12. PENALTIES

Offense

- Offsides → Loss of down
- Delay of game → Loss of down
- Offensive PI → 5 yards + Loss of down
- Illegal formation → 5 yards, replay down
- Ineligible receiver → 5 yards, replay down
- 4-second violation → Loss of down

Defense

- Offsides → 5 yards (replay down)
- Holding → 5 yards + **automatic first down**
- Pass interference → **15 yards + automatic first down**

General

- Max enforcement: **to the 40-yard line**



- Excessive celebration → penalty + potential loss of down / first down
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13. SPORTS CONDUCT & DISCIPLINE

Zero Tolerance Policy

Any individual (player, coach, spectator) who:

- Threatens or assaults anyone
- Uses abusive or aggressive behavior

Will be:

- **Immediately ejected**
 - Removed from facility
 - Subject to **suspension or permanent ban**
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14. FIGHTING POLICY

- Throwing a punch = **automatic ejection (tournament ban)**
 - Repeated incidents = full removal from event
 - Bench-clearing fights = **both teams forfeit**
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15. CODE OF CONDUCT

All Participants Must:

- Show respect to officials, staff, and opponents
- Refrain from:
 - Profanity
 - Taunting
 - Unsportsmanlike behavior



Theft Policy (Strong Language)

- **Zero tolerance for theft**
- Any individual caught stealing:
 - Will be **removed immediately**
 - **Banned from future events**
 - May face **criminal charges**

My7on7 is not responsible for lost or stolen items. Do not leave valuables unattended.

16. TIEBREAKERS (Pool Play)

1. Head-to-head
 2. Point differential
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17. CODE OF CONDUCT PENALTIES

Violations may result in:

- Game suspension
 - Tournament disqualification
 - Future event bans
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FINAL NOTES

- Officials and Tournament Directors have **final authority**
- Rules are enforced to ensure:
 - **Safety**
 - **Fair competition**
 - **Elite-level play**



Edited by TT (4/22/26)