

ELITE National 7v7 Rules – 2025

1. Team Composition and Player Eligibility

- - Maximum 24 players per team.
- - Grade/Age eligibility cutoff is January 1, 2025:
 - • 12U: 6th grade or younger, max age 12
 - • 14U: 8th grade or younger, max age 14
 - • 15U: 9th grade or younger, max age 15
 - • 18U: 11th grade or younger, no seniors
- - All players must verify age/grade via Zorts.

2. Uniform and Equipment Requirements

- - Matching uniform tops are required; numbered jerseys recommended.
- - Soft-shell helmets are OPTIONAL but highly recommended.
- - Mouthguards are mandatory for all players except the QB.

3. Game Format and Timing

- - 25-minute running clock per game.
- - Coin toss determines starting possession (40-yard line).
- - No overtime in pool play. Bracket play follows tiebreaker format.

4. Game Play Rules

- - Offense starts at 40-yard line with 3 downs to reach the 25, 3 downs to reach 10, 3 downs to score.
- - QB cannot run the ball unless blitzed - unless it is your 1 run allowed.
- - One toss, exchange, handoff for a run is allowed per game.
- - One toss, exchange, handoff for a pass allowed per game.
- - One blitz per team per game (only after a yard gained).
- - No blocking allowed.
- - Face guarding is allowed.
- - Ball carrier is down when tagged below the neck with one hand.
- - Fumbles are dead balls at the spot, offense retains possession.
- - QB has 4.0 seconds to release the ball or it's a loss of down.

5. Scoring

- - Touchdown = 6 points.
- - PAT Options: 1 point from 5-yard line or 2 points from 10-yard line.
- - Interception = 2 points + change of possession at the 30-yard line.

6. Celebrations

- - Scoring celebrations are allowed in the end zone or on the sideline.
- - Defensive celebrations must occur in or toward the end zone.

[illegible]