
7/7
Rules
Elite Youth Sports

Elite National 7v7 Rules

1. **Team Composition and Player Eligibility**
    a. Maximum 24 players per team.
    b. Grade/Age eligibility cutoff is January 1, 2025:
        i. 12U: 6th grade or younger, max age 12
        ii. 14U: 8th grade or younger, max age 14
        iii. 15U: 9th grade or younger, max age 15
        iv. 18U: 11th grade or younger, no seniors
        v. All players must verify age/grade via Zorts.
2. **Uniform and Equipment Requirements**
    a. Matching uniform tops are required; numbered jerseys recommended.
    b. Soft-shell helmets are OPTIONAL but highly recommended.
    c. Mouthguards are mandatory for all players except the QB.
3. **Game Format and Timing**
    a. 25-minute running clock per game.
    b. Coin toss determines starting possession (40-yard line).
    c. No overtime in pool play. Bracket play follows tiebreaker format.
    d. NO TIMEOUTS
4. **Game Play Rules**
    a. Offense starts at 40-yard line with 3 downs to reach the 25, 3 downs to reach 10, 3 downs to score.
    b. QB cannot run the ball unless blitzed - unless it is your 1 run allowed.
    c. One toss, exchange, handoff for a run is allowed per game.
    d. One toss, exchange, handoff for a pass allowed per game.
    e. One blitz per team per game (only after a yard gained).
    f. No blocking allowed. 5 yards from the spot, lose of down
    g. Face guarding is allowed.
    h. Ball carrier is down when tagged below the neck with one hand.
    i. Fumbles are dead balls at the spot, offense retains possession.
    j. QB has 4.0 seconds to release the ball or it's a loss of down.
    k. Defense Pass Interference- 10 yards from the line of scrimmage Automatic First Down
    l. Offensive Pass Interference- 10 yards back from the line of scrimmage, loss of down
5. **Scoring**
    a. Touchdown = 6 points.
    b. PAT Options: 1 point from 5-yard line or 2 points from 10-yard line.
    c. Interception = 2 points + change of possession at the 30-yard line.
6. **Celebrations**
    a. Scoring celebrations are allowed in the end zone or on the sideline.
    b. Defensive celebrations must occur in or toward the end zone.

c. No celebrations may be in the direct face of the offense.
d. Excessive or unsportsmanlike celebrations may result in penalties.

7. **Conduct and Penalties**
    a. Fighting = immediate ejection and possible tournament removal.
    b. Coaches are responsible for player and fan behavior. First sideline infraction = warning, second = penalty, third = ejection.
8. **Coaching and Sideline Rules**
    a. 1 offensive coach allowed on field behind the huddle
    b. No defensive coaches allowed on field.
    c. Coaches and personnel must stay within the team box (20-yard lines).
    d. Defensive coordinator may advance to the 15-yard line for communication.
9. **Overtime Rules (Bracket Play Only)**
    a. Each team gets 2 plays from the 10-yard line (pass plays only).
    b. Teams must attempt a PAT after scoring.
    c. Further ties go to longest completed pass from the 40-yard line.
    d. No blitzing allowed during overtime.