



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.
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.
 - 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.
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.