



**RULE BOOK**

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# GAME PLAY + RULES

## FIELD DIMENSIONS

Field Length: 40 yards long

Field Width: 160 feet (60 feet to hash mark, 40 feet between)

End Zone: 10 yards deep

## STARTING THE GAME

- A central time keeper will be designated. All games will begin and end on this persons instructions. They will also announce the time remaining at the 10, 5, and 2 minute mark only.
- The visiting team will have first possession and wear a lighter color jersey. The home team will have first possession in the 2nd half and wear a dark color.
- No team will be allowed to participate without shirts or jerseys. It's preferable if teams have 2 jerseys but not mandatory (white/dark jersey, t-shirt, etc.)
- The ball is always placed on the right hash mark when at the 40 yard line.



## MOVING THE BALL

- Offensive plays must be forward passes.
- The field is marked at 15 yard intervals with cones. 1st downs are at the 25 yard line and 10 yard line. Each zone will be 3 downs ( there are no 4th downs in 7on7).
- Possession always begins at the 40 yard line at the right hash mark. Hash mark placement of the ball must be enforced by officials, in accordance with NCAA rules, once the ball has been advanced. (Offensive Coach may be in huddle in JV & Below. No Coaches on the field in HS Varsity)
- No penalty will be assessed in excess of the 40 yd line. On an unsuccessful or successful offensive play from the 40 yard line resulting in an offensive penalty: The ball will be returned to the 40 yard line and 1st down will become 2nd down; 2nd down will become 3rd down; and 3rd down will result in a turnover.
- Offenses always move in the same direction.
- All passes must be forward. A pass caught behind the line of scrimmage must be a forward pass.
- No flea flickers, double passes, or laterals at any time.

## SCORING

1. All touchdowns are worth 7 pts (auto XP).
2. Interceptions are worth 3pts.
3. All Scoring is kept by Head Official and he shall announce score to each bench after each score.

TD=7 pts

INT= 3 pts

End Zone: 10 yards deep



## SPECIAL RULES

- No blocking.
- The ball carrier is legally down when touched with one or both hands below the neck. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant).
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 second count remains in affect on snaps.
- Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover.
- The QB is allowed 4.0 seconds to throw the ball. (10U is 4.5). The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.
  - \* If the release is 4.0 seconds or under, the play goes on.
  - \* If the timekeeper sees that the clock has exceeded 4.0 seconds, he waits until the play is over (the play is not blown dead), then brings the ball back to the original line of scrimmage with loss of down unless the offensive team has thrown an interception. All passes after the 4 second clock has expired, are live balls (for defense) and can be intercepted and counted as 3 pts for the defense.
  - \* The only infractions possible when a 4 second count is called are holding, pass interference & unsportsmanlike acts.



## SPECIAL RULES (cont.)

- Defensive pass interference will be a spot foul but not to exceed 15 yards (1st down at the spot).
- **Responsibility to avoid contact is with the defense.** There will be NO chucking or press coverage with hands at the line of scrimmage. No deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play (5 yard penalty).
- Offensive pass interference is the same as NCAA rules. (15 yard penalty).
- Interceptions are worth 3 pts, this can happen after a 4 sec whistle / take care of the ball.
- Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
- The offensive center is not an eligible receiver (teams must have a center).
- The center will be responsible for setting or re-positioning the Referee's cone at the line of scrimmage. On change of possession, the team moving to offense will ensure the cone gets to the new scrimmage line. (centers on both teams responsible).
- No taunting or "trash talking". (15 yard penalty & expulsion if flagrant).
- The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over in all zones
- Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the teams involved will be ejected from the tournament and denied participation in any league play or tournament.



## TIE BREAKER

- After coin flip to determine first possession, teams will alternate 3 down series from the 10 yard line.
- A winner is determined when one team scores during its possession and the other does not.
- If a second overtime period is necessary, each team will get one play each from the 40 yard line. Longest gain is declared the Winner
  - There is no OT in pool play games

## TIME

- 30 min games
- No time outs. (Exception: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).
- 90 second half-time/5 minutes between games (Summer Tournaments only)
  - 7 on 7 tournaments require that all games start/end at the same time.
    - Teams must be on site and ready to play when scheduled.
  - If a team(s) is late and cannot start when the tournament officially starts, they will begin play with whatever time is left on the tournament clock - not to exceed 10 minutes of 1st half.
    - Forfeit will occur after 10 minutes of the 1st half.
- Injury time outs may reduce the amount of time between halves and/or between games to maintain the game schedules.



# EQUIPMENT

## REQUIRED GEAR

- Soft Shell Helmet
- Mouth guard
- \*Can be purchased through [shop.gridironfb.com](http://shop.gridironfb.com)\*
- Cleats
- Pocketless Shorts

## SUGGESTED GEAR

- Football Gloves
- Arm Sleeve
- Practice Football
- \*Can be purchased through [shop.gridironfb.com](http://shop.gridironfb.com)\*



# PHOTOGRAPHY/VIDEOGRAPHY

Gridiron Football has the exclusive rights to photos and vide and will only have Gridiron Football media personnel on the field of play. If teams choose to bring their own video person they will be on the sideline only.







# ZORTS SPORTS CARD

## REQUIRED FOR PLAYER SIGN UP & PARTICIPATION

Introducing the FIRST fully integrated age/grade digital player card in a sports management app!

- Protects the integrity of your league or tournament
  - Eliminates eligibility disputes
- Streamlined document uploading for parents (once a year)
  - Cut check-in times by over 75%
- Web, tablet, iPhone, + Android compatible

All documents verified by the Zorts Team with our national database of youth & HS athletes. Player Card is good for 12 months, and helps give peace of mind to parents, coaches, as well as league and tournament administrators.

Parents can purchase a player card from the athlete's roster profile page. Parents who upload a photo and birth certificate pay \$10, a photo and passport/military id is \$8, and a parent submitting a photo and a state ID pay \$6.

For information or questions, parents please call 702-686-0446 or email [info@zortssports.com](mailto:info@zortssports.com)