



OFFICIAL RULES FOR COACHES CUP 7 ON 7 TOURNAMENT

TIME

All games will be 25 minutes in length with a running clock. A central timekeeper will be designated. All games will begin and end on this persons instructions. He will also announce the time remaining at the 10, 5, and 2-minute mark.

In case of injury the timekeeper may stop the clock at their discretion. If that occurs the player(s) must leave the field for one play.

The game clock will then be adjusted to make up for the loss of time due to stoppage of play. In addition to the game clock, there will also be a 25 second play clock in effect.

FIELD

The playing field will be 40 yards in length plus a 10-yard end zone.

POSSESSION OF THE BALL- all possessions start at the 40-yardline. No matter where the defense stops the offense, they take over at the 40-yard line.

PLAY

Coin Flip to see who starts on offense.

Each team will have 7 players on the field at all times.

Play begins when the ball is snapped to the quarterback. Plays end with a **ONE**-hand touch below the neck. The game cannot end on a defensive penalty, unless the offense declines it.

Substituting players is permitted and all regular substitution rules apply.

RULES OF THE GAME

1 timeout allowed per team (ONLY UNDER 1 min. remaining). TO's will stop the play clock & the game clock on your field!

Running- One running play per 4 downs. NO running plays on PAT's OR once inside the opponent's 5yd line.

No option plays. **NOTE:** QB's may not run unless the defense crosses the line of scrimmage.

Passing-The QB has 6 seconds to release the ball before it's blown dead, returning to the LOS for the next down.

Anyone rushing the QB must start from 6yards back. Referee will mark the spot. However, once the ball exchanges hands with another player behind the LOS (IE. handoff, toss sweep, pass completed behind LOS, toss pass, flea-flicker, double pass...etc), defenders may come up to one-hand touch player behind LOS. On any of these type plays, the

6-second time limit is still in effect and the pass must be released prior to the end of the initial 6-second count. Also, if the defense touches the second passer prior to release, the ball will be dead at the spot of the one-hand touch.

Offense will have 4 downs to get from the 40 yd line to the 20 yd line, resulting in a 1st & goal from the 20 yd line.

Everyone is eligible to receive passes including the center.

No fumbles, the ball is dead if it hits the ground.

Player that falls down with possession is down at the spot.

SCORING

Touchdown = 6 points

PAT's:

Passing from the 5 yard line = 1 point

Passing from the 10 yard line = 2 points

NO RUNNING PLAYS ON PAT's

Defensive stop on downs = 3 points

Interception = 5 points (Once interception is secured, it is a dead ball and the intercepting team will put the ball in play at the 40 yd line).

PENALTIES – The ball may never be moved back farther than the 40 yd. line. (IE. Offense is at the 35 yd line and they commit a holding foul. The ball will only be moved back to the 40 even though it's a 10 yd penalty). If the offense commits any foul while being on the 40 yd line that requires a loss of yards & down, they will only lose the down.

***NOTE:** Any flagrant foul can result in disqualification from game, tournament, etc.*

OFFENSIVE PENALTIES:

1. Blocking or holding - 10-yard penalty from line of scrimmage, repeat down.
2. Illegal motion - 5-yard penalty, repeat down.
3. Pass Interference - 10-yard penalty, loss of down.
4. Delay of game - 5-yard penalty, repeat down

NOTE: inside of 2 min. warning – 2 delay of games in same drive will result in a turnover to opponent.

5. Unsportsmanlike (player or coach) - 10 yard penalty, loss of down, possible ejection (referee discretion)

DEFENSIVE PENALTIES:

1. Tackling or Holding - 10-yard penalty from line of scrimmage, repeat down unless penalty results in a first down.
2. Off sides - 5-yard penalty, repeat down unless penalty results in a first down.
3. Pass Interference - 10-yard penalty, repeat down unless penalty results in a first down.
4. Illegal rushing - 5 yard penalty, repeat down unless penalty results in a first down.
5. Unsportsmanlike (player or coach) - 10-yard penalty, repeat down, possible ejection (referee discretion)

OVERTIME: A tiebreaker will occur, with the flip of a coin to determine possession. Each team will get **ONE** play from the 10 yd line-alternating possessions until the tie is broken. There are no defensive points in overtime!