

OFFICIAL RULES 2026 SEASON



Team Photographers and Video

1. All team photographers and/or videographers will need to stay off the field of play, including the back of the endzones, unless they have media credentials provided by 7v7Elite. Only **one** media personnel per team is allowed to apply for media credentials, which allows them field and back of endzone access. Additional media will have to **stay** on the sidelines during all phases of play.
2. To apply for a media pass, please visit www.7v7elite.com/media. Once your application is submitted, you will receive a follow-up email outlining all rules, expectations, and next steps.

If you have additional questions regarding our media practices, please email Operations@EliteChampionshipSeries.com

Starting Each Game:

1. A coin toss will determine which team gets the ball first. That team will begin possession of the ball on the 40-yard line with their choice of hash.
2. A whistle will begin and end each game.
3. Each game is 23 minutes with a running clock. The game clock does NOT stop. The only 2 exceptions to this rule are an Official's Timeout (Injury or Referee clarification) or during **bracket play** a timeout (Clock will start on the next offensive snap). The clock will run during all other phases of play (I.e. extra point attempt, incomplete pass, resetting the ball after a TD/Extra Point, etc.)
4. Officials will call out time and score after every change in possession.
5. The clock never stops in round robin games, except for an injury or referee timeout.
6. **SOFT SHELL HELMETS AND MOUTHPIECES ARE MANDATORY. The safety of the players is our #1 priority.**

Moving the Ball:

1. Offense starts on the 40-yard line on a normal possession. Offense will start on the 30-yard line after an interception.
2. All initial snaps from the 40-yard line must come from the QB-TEE. Once the offense gains yardage, teams may transition to a shotgun formation using the QB-TEE, or use a live snap from a designated center **if a tee is unavailable**.
3. Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines.
4. Once inside the 10-yard line, the offense has 3 downs to score a touchdown.
5. The first person to control the football off the QB-Tee is the QB. The QB is never eligible to run.
6. The offense may not run the football. All 7v7 Elite tournaments are passing only. All passes must be forward passes. Passes may be behind the line of scrimmage if they are forward passes.
7. The quarterback **MUST** release the ball from behind the QB-tee. If his foot passes the tee, it will be called an illegal forward pass.

Coaching your Team:

1. There will be only one offensive coach allowed on the field at any time. After the huddle, the coach must be a minimum of 5 yards behind the QB. The coach may not communicate to the

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team while play is live (After the snap of the ball). All remaining coaches can work from the sidelines but may also not communicate to the team while the play is live.

2. Coaches are not allowed to challenge any official ruling.
3. NO defensive coaches allowed on the field. All defensive coaches must coach from the sideline.
4. Coaches will be given 1 sideline warning during play. A second warning will result in a 10-yard penalty or half the distance to the goal. Third warning can result in HEAD Coach's ejection.
5. Any form of cheating can qualify for automatic team disqualification at the tournament!
6. All teams must have matching uniforms. If a player is missing a uniform you must have something that closely resembles the team's uniform. Must be the same base color.
7. Players are **prohibited** from playing on different teams/leagues. However, a player may participate in multiple age brackets if their team/league competes in different age brackets and the player meets the age requirements and is rostered for each age bracket.

Miscellaneous Rules:

1. NO BLITZING ALLOWED in the ENTIRE game (INCLUDING overtime). If a team blitzes, they will be penalized 15 yards or half distance to goal depending on spot.
2. NO blocking. This will result in a loss of down and return to the previous spot.
3. Face guarding is allowed, as long as there is no contact between the receiver and defender.
4. The ball carrier is legally down when touched below the neck. They are also considered down when any of the carrier's body (except their hand) hits the ground, this includes the ball.
5. Fumbles are dead balls at the spot with the last team in control retaining possession at the spot. Play will continue if a fumble happens on center/QB exchange.
6. The offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
7. The offensive team is responsible for retrieving and returning the ball to the official or to the QB-tee. The clock does not stop. Any delay of the offense in retrieving and returning the ball can result in delay of game penalty.
8. Defensive pass interference will result in a 15-yard penalty and an automatic first down. Defensive holding will result in a 10-yard penalty. Offense will replay the down, unless the penalty yardage results in a first down.
9. All offensive penalties will result in a loss of down with the ball being reset to the original line of scrimmage. If there is an offensive penalty after a TD or during an extra point attempt, the offense will lose possession and will not be allowed to try the extra point. The TD still counts, but they forfeit the extra point opportunity.
10. The QB is allowed 4.0 seconds to throw the ball. If a QB-tee is unavailable, referees will stop play when 4.0 seconds have been reached.
11. An interception is a live play. The defensive interceptor is allowed to return an interception for a TD (6 points). The entire defense except the current ball carrier must stop running and is not permitted to run with the interceptor. If the offense tags the interceptor before they reach the 40-yard line the play is dead, and the intercepting team will take possession on the 30-yard line. If the interceptor scores, then their offense will come onto the field for an extra point try. A QB must have a helmet and mouthpiece to be involved in tagging an interceptor. If the QB goes for the interceptor without proper attire the play will be called a TD automatically.
12. Excessive celebration is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating or clearing of the sideline, the result is a 15-yard unsportsmanlike penalty and a loss of down. The players on the field may celebrate but players cannot come from the sideline to celebrate with players on the field. We want the players to celebrate, but we want them to do it with respect.

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13. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
14. The offense (wide receivers) must line up outside the tackle box (3 yards from either side of the football) and one receiver must be on the line on each side.
15. **Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and can NOT return to the game. If players engage in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be ejected from the tournament in its entirety. If a team's bench clears, resulting in a fight, both teams are ejected, resulting in a forfeit. The referee has the right to throw out any player, players, or team out of the game. The 7v7 Elite Showcase staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any tournament and they will have to leave the facility immediately. A referee can also give a 15-yard unsportsmanlike penalty.**
16. Each team has a maximum of 24 players. Players will not be accepted into the events as individuals. All players must be a part of a team.
17. If a QB-tee is not available, a player will need to be the "center." This player is not an eligible receiver but may retrieve the football for the offense and return it to the line of scrimmage. The "center" does not have to snap the ball as a traditional center but may hold the ball or toss the ball to the QB upon his cadence. Center is available to tag an interceptor if they have proper gear.

Mercy Rule

When a twenty-eight (28) point differential is reached with 7 minutes or less on the clock, or if there is a nineteen (19) point deficit with 60 seconds or less time remaining, the contest shall be declared over.

Overtime/Tie Breaker:

1. Games in BRACKET PLAY (ELIMINATION) that end in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the team from the Winner's Bracket (Higher Seeded team in single elimination) calling the toss. The winner will choose to be on either offense or defense. Each team will have 3 plays starting from the 10-yard line off of the QB-tee. The line of scrimmage will move as you gain yards from the plays. If a team scores, they will receive 6 points. The offense will then choose to go for 1 point from the 5-yard line, or 2 points from the 10-yard line. The opposing team gets the same opportunity to win. There are no defensive points in OT. Both teams get the opportunity to score.
2. If neither team scores or it ends as a tie, we will flip possession and run the same format again.
3. If we are tied after 2 overtimes, we will again flip a coin. Each team will get one passing opportunity from the 40-yard line. Longest pass play will win, again no points for defense. Remember, all passes must be forward passing even if thrown to a player in the backfield.
4. If there are no completions, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
5. This format will be repeated until there is a clear winner declared. The team with the most yards will be declared the winner of the tiebreaker and will add 1 point to the final score.
6. This tiebreaker format will be used in ELIMINATION GAMES ONLY. Games may end in a tie in the round robin games.

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BRACKET FORMAT:

1. 1 timeout (1 minute) per team for the entire game. ****During bracket play only. ****
2. All teams will be seeded in the bracket based on Round Robin win/loss record. With the higher seed being considered the 'Home' team, and lower seed considered the 'Away' team. 2. There is no coin toss during Bracket Play, the higher seed (Home) team gets the first option.
3. BRACKET WILL BE DETERMINED BY:
 - a) Record
 - b) Point differential total points scored minus total points given up

POINT VALUES:

1. Offensive points - Touchdown = 6 points. After the touchdown, the team MUST elect to go for 1 point from the 5-yard line, 2 points from the 10-yard line, **or 3 points from the 15-yard line.**
2. Defensive points – 2 points for a defensive stop, 3 points for an interception **or** 6 points for a Pick-6. (If intercepting team does score a TD their offense must go for extra point)

AGE REQUIREMENTS:

1. 7v7 Elite uses Sports Thread for age verification, scheduling, and team registration.
2. All players that go onto the field of play (Including the "center") must be of **age and on the team's roster.**
3. Each player must be their bracket age date as of January 1st. For example, each player in the 12U bracket must be 12 or under as of January 1st.
4. A player may play up in an age group, but that player **must also be on that age group's roster.** That player will receive a wristband for each age group they are rostered in.