



Cabot Parks and Recreation 7 v 7 Football Tournament Rules

1. Field Dimensions/Specs

- a. 40 yards in length – 40, 25 & 10 are the first down lines
- b. Between 145' - 160' in width
- c. 10 yards deep in End Zone
- d. Field hash marks are of high school dimensions
- e. Game balls will be provided. (3rd/4th Grade-K2, 5th/6th Grade-TDY, and 7th-9th-TDJ)

2. Team Members

- a. Players
 - i. Each team has a maximum of 20 players. Players will not be accepted into the tournament as individuals. All players must be a part of a team.
 - ii. Teams are not required to utilize an offensive center.
 1. If utilizing one, the offensive center is not an eligible receiver.
 2. The center will be responsible for setting or re-positioning the football at the line of scrimmage. If no center, the QB will be responsible.
 3. Helmets are NOT REQUIRED but you may use the SOFTSHELL PROTECTIVE HEADGEAR.
 - iii. COED
 - iv. Age/Grade Requirements - Every player must produce a copy of their original birth certificate, report card or a school ID that shows the grade with players name. Must show before participating in a Cabot Parks and Recreation 7v7 Football Tournament.
 1. 9th Grade Division:
 1. Players must be at least 14 years of age at the time of the tournament to be eligible for participation
 2. Players must be 15 years of age or under as of 7/1/2018
 3. Players that turn 15 on or before 7/1 are ineligible to participate
 2. 7th or 8th Grade Division:
 1. Players must be at least 12 years of age at the time of the tournament to be eligible for participation
 2. Players must be 13 years of age or under as of 7/1/2018
 3. Players that turn 14 on or before 7/1 are ineligible to participate
 3. 5th or 6th Grade Division:
 1. Players must be at least 10 years of age at the time of the tournament to be eligible for participation
 2. Players must be 11 years of age or under as of 7/1/2018
 3. Players that turn 12 on or before 7/1 are ineligible to participate
 4. 3rd or 4th Grade Division:
 1. Players must be at least 8 years of age at the time of the tournament to be eligible for participation
 2. Players must be 9 years of age or under as of 7/1/2018
 3. Players that turn 10 on or before 7/1 are ineligible to participate
 5. ALL Rosters must have the following:
 1. First and Last name with Date of Birth
 2. Jersey Number, School Name, Grade (2017-2018 School Year)



6. Illegal use of a player:
 1. First offense, if caught using an ineligible player, the team will forfeit wins from the tournament and will be suspended from participating in the rest of the tournament. NO REFUNDS!
 2. Second offense, if caught using an ineligible player a second time, the team will forfeit wins from the tournament and will be suspended from participating any more CPR 7v7 Tournaments for the rest of the 2018 season.
 3. Ineligible will be declared as followed:
 - a. Not being in the correct grade division

7. Dual Roster:
 1. A player may be on two different rosters but only in separate grade divisions. EX: Player A can be on a roster in the 6th grade division but as well on a roster for the 7th grade division. This can only occur if the divisions are not combined. If they are combined the player cannot be on the 6th and 7th grade rosters at the same time.

b. Coaches

- i. Each team has a maximum of 3 coaches. Coaches will be allowed on the sidelines only during games.
- ii. One offensive coach may be in the huddle with players between plays but when the huddle breaks the coach must move outside the hash on the side of his team bench so as to not interfere with the operation of the official or game play.
- iii. Defensive coaches are not allowed on the field at any time.

4. Officials

- a. Each game will have a minimum of one (1) official. If two are present, there will be 2 positions and they will be as followed: Referee/Field Judge and Back Judge.
- b. Each game needs to have a scorekeeper/timekeeper.
- c. Site Monitor – Tournament must have one on site at all times to assist with crowd, player, coach, and referee control on/around the game fields.

5. Game Times

- a. Teams must be onsite and ready to start on time. If a team is late or cannot start on time, the game clock will begin and whatever time is left on the clock will be where the game starts. The team that is late will begin on defense. If a team is late by 10 minutes or more, they will forfeit the game.
- b. Games are played with a twenty (20) minute running clock.
- c. 1 timeout per team (30 sec) each half
- d. Overtime:
 - i. If overtime is required, teams will alternate three (3) plays from the ten-yard line. Each team has an attempt to score in each overtime period.
 - ii. Starting with the 3rd and subsequent overtimes, all PAT's must be 2-point attempts from the 10-yard line.
 - iii. Overtime periods are not timed.
 - iv. Each team is awarded one timeout during overtime period.



6. Scoring

- a. Six (6) points for a touchdown
- b. One (1) point for a PAT from 3-yard line, Two (2) points for a PAT from 10-yard line
- c. Two (2) Points for Defensive Stop on downs
- d. Three (3) Points for Interception (no runbacks or “pick 6” for safety reasons)
- e. Turnover on a PAT is dead ball (including INT)
- f. Official scores will be kept by field referee and sideline scorekeeper.

7. Penalties

a. Offense

- i. Off-sides = Loss of Down
- ii. Delay of Game = Loss of Down
 1. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed.
- iii. Pass interference = 5-yard penalty and Loss of Down

- iv. No penalty may be assessed in excess of the 40-yard line. If a penalty would move the offense beyond the 40-yard line, the offensive team shall be charged with a loss of down.
- v. If the referee sees that the clock has exceeded 4.0 seconds, the play is blown dead. The ball should be returned to the original line of scrimmage with loss of down. If the QB proceeds to throw the ball after the play has been blown dead, a penalty for offensive delay of game will be assessed.
- vi. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball TO THE REFEREE will result in a delay of game and will be a 5-yard penalty from the succeeding spot.
- vii. If defensive holding occurs on the same play as a sack, the defense will be penalized, and the sack is void.

b. Defense

- i. Off-sides = 5-yard penalty
- ii. Defensive Holding = 5-yard penalty
- iii. Defensive Pass Interference will be a spot foul (1st down at the spot).
 1. If Defensive Pass Interference occurs in the end zone, it will result in a 1st down at the 1-yard line.
- iv. Any dead ball penalty on the defense AFTER a change of possession would result in a loss of down for that team’s offense when they begin their ensuing possession.
- v. Responsibility to avoid contact is with the defense. The defense is allowed an INITIAL disruption, and then must cover. Excessive or prolonged contact will result in a “tack on” penalty at the end of the play (5-yard penalty).

8. Turnovers/Dead balls

- a. Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player can be expelled if ruled unsportsmanlike & flagrant).



- b. Fumbles that hit the ground 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 effect on snaps.
- c. The QB is allowed 4.0 seconds to throw the ball. Time starts on the snap of the ball and stops as soon as the QB releases the ball. If release is under 4.0 seconds, the play continues. Play is blown dead after 4.0 seconds.
- d. Interceptions may not be returned – 3 points are awarded on interception. Points for defensive stop and interception are not “added together”. One or the other ends a possession with defensive points.
- e. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. No 4th downs. (3) downs in all zones.

9. Appeals

- a. If during game play a coach or player disagrees with a rules interpretation, they may stop the game to determine with the officials and field site monitor.
- b. For consideration, the coach must report all game play ruling discrepancies to the Field Site Monitor no more than 10 minutes after that game has ended. Any reversal or game-changing decisions will be made at the Field Site Monitors discretion.

10. Additional Game Format Rules

- a. Bracket Play - Higher seed gets choice of offense/defense for opening possession.
- b. No kicking or punting.
- c. No passer may run with the ball.
- d. All passes must be thrown forward. A pass caught behind the line of scrimmage must be advanced by that receiver past the line of scrimmage. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass.
- e. Hand offs in the backfield are not allowed.
- f. All offensive formations must be legal sets. Receivers’ alignment should respect the tackle box.
- g. No blocking.
- h. No taunting or "trash talking."
- i. Fighting: It will not be tolerated at any time.

11. Tiebreakers

- a. If two teams are tied at the end of pool play, the tiebreaker is head-to-head records.
- b. If three or more teams are tied at the end of pool play, the following criteria will be used to determine winners:
 - i. Head-to-head records
 - ii. Points allowed
 - iii. Points scored
 - iv. Coin flip

12. Uniforms

- a. Teams are required to wear their own jerseys(shirts) that displays a number on each player.
- b. Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.