



Stella Maris Academy Football

7-on-7 Tournament Rules

TEAM SIZE:

Teams must consist of 7-10 athletes. 7 players will be required on the field during games. If you do not have 7 players for a team, please reach out to the tournament director to see if there are any individual players looking to join a team.

FIELD DIMENSIONS:

Teams will start their drive from the 30-yard line going toward the nearest endzone. No kick-offs or punts. A coin toss prior to each game will determine which team will start with the ball.

SCORING:

Touchdowns are worth six (6) points. Two-point conversions are tried from the 3 - yard line and are worth two (2) points. There are no points for safeties.

TIMING:

Each game will last 20 minutes. Play clock will be strictly enforced to ensure rapid and consistent play. There will be 10 minutes between each game. During this time, tournament officials will update the brackets and help direct teams to the appropriate location on the field. Please check the tournament board located by the concession stand to find out when your next game will be. You may play back-to-back games, or have time in-between matches depending on how you navigate through the brackets.

EQUIPMENT:

Mouthguards and cleats are recommended.

Ball Size: 7th-8th: Youth 5th-6th: Junior Size (Football and flags will be provided)

PLAY CLOCK:

There will be a thirty-five (35) second play clock for 7th-8th and a forty-five (45) second play clock for 5th-6th. If you do not get the ball snapped prior to the expiration of the play clock you will lose that down. Play clock begins once the ball is placed by the official and the whistle is blown.

TIME OUTS:

Each team will get 1 time out per game. Time outs will be 45 seconds. Time outs only stops the play-clock. The game clock will continue to run.

FIRST DOWNS:

Teams have 4 downs to go 15 yards for the first down. If a team fails to get a first down, it will be treated as a turnover and the ball will be placed at the 30-yard line and the opposing team will take possession.

TURNOVERS:

Failing to get a first down, throwing an interception, or a fumble recovery by the defense will result in a turnover. If the defense takes possession of the ball the play is blown dead and the defense will take possession for their team. The defense is not allowed to advance the ball.

PENALTIES:

All penalties will be assessed as 5 yards unless otherwise stated.

1. Pass interference will result in an automatic first down.
2. Excessive Roughing (Players will be required to sit for 4 plays to speak with the official).
3. Holding.
4. Offsides (offense or defense).
5. Blitzing too early. (see offensive rule below).
6. Illegal man downfield (lineman).
7. No lateral, backward, or double passes. (loss of down, not a 5-yard penalty).
8. Other general football and/or flagrant penalties found in the MSHSL rulebook not listed here may be called by the official at their discretion.

The ball cannot be placed beyond the 30-yard line. Any 5-yard penalty assessed that would push the offense beyond the 30-yard line will instead result in a loss of down.

Formations:

All offensive formations are allowed. There must, however, be the following:

1. Offense
 - a. One center (snapper)
 - b. Two guards (blockers)
 - c. One Quarterback
 - i. Quarterbacks cannot have a designed run play. Quarterbacks may only run if the defense enters the backfield.
2. Defense
 - a. Two defensive linemen
 - i. Defensive linemen must wait 3 seconds, or “3-Mississippi”, before rushing unless the ball is handed off to a runner. At which point they can rush the backfield.
 - ii. All other players must wait for “4-Mississippi” before rushing.
 - iii. Defensive line is not required to rush the backfield. However, they are not allowed to drop back into coverage.