



Trench Battles – Official Rules & Regulations (2026 Season)

Presented by 7v7 Elite x Trench Mob USA

Team Entry Details

- Maximum roster size: 12 players per team
- Entry Fee: \$600 per team
- All entry fees must be paid in full prior to the start of the tournament.
- All team registrations will be through Sportstthread. Team rosters must be completed in Sportstthread.
- Two age groups: Middle School (14U) and High School (18U)
 - a. Seniors are allowed. Senior must not have a Power 5 Offer
 - b. Teams are age group based. For example, If you have a 15 year old they may not play in the middle school division even if they are currently in middle school.

Required Equipment (Mandatory)

- Mouthguards
- Cleats
- Headgear (soft shell helmets or padded rings)
- Matching Uniforms (no inappropriate language or imagery permitted)

Officials & Scoring

- Each game will have one official serving as the judge and timer.
- One neutral scorekeeper will be assigned by the host organization.
- Each match runs for 6 minutes or until one team reaches 21 points.
- Each rep is worth 1 point.
- Each player receives 2 reps back to back per side (offense/defense).
- Teams switch sides (offense/defense) after all 5 players complete their reps.
- The first team to reach 21 points or lead at the end of 6 minutes is declared the winner.
 - Defense: 1 point for touching the pop-up bag within 3 seconds (clean rush or technical sack).
 - Offense: 1 point for sustaining the block for 3 seconds without penalty.
 - Players not in the rep must stay clear and cannot assist; assistance results in a point for the defense.

Miscellaneous Rules and Regulations

- Block off the area is for current competing teams only. Crowds must stay outside of the area.
- The official sets the line of scrimmage. A pop-up bag will be placed 5 yards behind the line of scrimmage to represent the quarterback.
- Defense may align head-up, on the shoulder, or in the gap.
- Reps will proceed from left tackle to right tackle. Each position will get two consecutive reps.





- Competition begins on offensive movement.
 - a. No verbal cadence is used.
 - b. The offensive player must be set for 1 second before the rep is initiated.
- Defenders must rush within the tackle box.
- The defensive player has 3 seconds to reach the pop-up bag. Whistle blows at the 3-second mark.

Penalties (Result in 1 Point for Opposing Team)

- Bull Rush: A bull rush is when a defensive player two-handed drives for 3 steps. One hand must release before the third step.
- Encroachment: Defensive movement across the line before offensive movement.
- False Start: Offensive movement unrelated to the start of the rep after being set.
- Takedown/Hip Toss: Illegal. Offensive players may pancake or drive, but not throw.
- Holding: Hands must stay within the chest area. No grabbing shoulders or back.
- Hands to Face: Automatic penalty.
- Continued Play After Whistle: Automatic penalty.
- Taunting:
 - a. 1st Offense – Warning
 - b. 2nd Offense – Point to opposing team
 - c. 3rd Offense – Disqualification from tournament.
- Delay of Game: Official counts a 10-second rep clock; violation results in a point for the other team.
- No substitutions between reps.

Redemption Card (Formally Second Chance Card)

- Each team receives one (1) Redemption Card per tournament.
- Redemption Cards are issued at check-in and collected upon use (We will return it for teams to keep).
- Teams advancing to the championship round will be rewarded with a Redemption Card if they used theirs during the tournament.
 - a. If a team has already used its Redemption Card earlier in the tournament, it will be reissued one for the championship.
 - b. If a team still has its original Redemption Card, no additional one will be added.
- A Redemption Card allows for an automatic replay of a rep. Win or lose, the Redemption Card is considered used once declared.
- A team must present the Redemption Card and notify the field marshal before the next rep.

Awards

- The winning team will receive a Championship Belt.
- Tournament MVPs (Trench Kings): Awarded to the players with the most dominance

