



Midwest Athletic Conference 7v7 Rules

These rules govern all MAC 7v7 games for Youth – High School Divisions.

MOUTH GUARDS: It is REQUIRED that mouthpieces be worn.

HEAD GEAR: It is REQUIRED that head protection be worn.

Gate Admission Fee

1. All spectators must pay an admission fee to enter the gate on game day. Players, coaches, and team secretaries must check in when entering the gate on game day. Only individuals listed on the Certified Team Roster may gain free entry.
2. Regular Season:
Spectators \$10.00
Children 12 and under FREE
3. Any person(s) caught in an attempt to gain entry to the facility using a coach or player's name without paying gate admission or caught attempting to sneak in will be ejected and subject to permanent banishment, removal of player/coach/team without refund, and/or a fine up to \$100.00.

Team Responsibilities to the League

1. Arrive to scheduled games **10 minutes** ahead of game time and be ready to play at game time.
 - a. Exception: if a team is playing on another field directly before – time will be allotted to finish the previous game
 - b. Teams who cannot field the minimum required players at game time will forfeit. A forfeit fee will be assessed, to be paid in full, in order to resume games/league play.
2. Adhere to all roster policies. Failure to do so may result in player and/or team removal from the league without refund and coach permanent banishment from the league.
3. Be respectful of all participants, facilities, and equipment at all times.
 - a. Failure to do so may result in individual or team fines or banishment.
4. Assume responsibility for the actions of any spectators who attend events in support of their team, regardless of age or relationship.
 - a. No spectator may gain or attempt to gain access to the playing field during any regular season games.
5. Any coach, player, or spectator ejected from a Midwest Athletic Conference event will be automatically suspended for the next scheduled game.
 - a. Suspended coaches, players, and spectators will not be allowed to attend the suspension game, even as a spectator.
 - b. Any adult (including the coach, parent, friend, guardian, etc.) ejected from a game, event, or contest will have their child/player removed from play for the amount of time congruent to their suspension. The removal of the player (due to the ejection of an adult) will not include the current game and will begin once the current game has concluded.

Rosters

1. Before the first game, all players, coaches, and team secretaries must have an active ZortsID and listed on the Certified Team Roster (Exposure). Once rosters are locked, roster changes are prohibited.
 - a. All players must be certified by 3/8/2026.



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- b. Rosters are locked after 3/8/2026.
2. Players must play in their current grade or up one grade unless most of the team is one grade below and the player meets the age exception.
 - a. 3rd – 7th grade age exception for the 2026 Spring Season:
 - i. 3rd grade - cannot have turned 10 years old before 9/1/2025
 - ii. 4th grade - cannot have turned 11 years old before 9/1/2025
 - iii. 5th grade - cannot have turned 12 years old before 9/1/2025
 - iv. 6th grade - cannot have turned 13 years old before 9/1/2025
 - v. 7th grade - cannot have turned 14 years old before 9/1/2025
3. 3rd-8th Grade:
 - a. Teams must contain a minimum of 10 and no more than 15 players, 1-3 coaches and one team secretary, for a total of 4 Coaches.
 - i. A coach or parent may fill the role of team secretary as long as they are on the exposure roster and have an active Zorts ID.
 - ii. Teams not meeting the minimum/maximum number of player requirements must contact the MAC League Organizer for approval.
4. High School Divisions:
 - a. Teams may have unlimited players, 1-3 coaches and one team secretary, for a total of 4 Coaches.
 - b. Each Player must wear a matching team jersey and check in with an active ZortsID to enter the gate.
 - c. Coaches and team secretaries must present a high school coach pass, active ZortsID, or pay at the gate.
5. Illegal Player
 - a. Any player found playing on a team who was not listed as a player on a certified roster is an illegal player.
 - b. Team violators shall forfeit ALL games scheduled that day and leave immediately. Upon review from the Board of Directors, the team and/or its Coach may face temporary or permanent disqualification from all future games without refund, face a fee, and possible permanent banishment from the league.
6. Players cannot be rostered on more than one team in the MAC - 7v7 League 2026.

Officials

1. At least 2 officials per game.
 - a. 3rd – 8th Grade officials certified by Midwest Athletic Conference
 - b. High School Divisions officials OSSAA certified
2. Responsible for keeping up with the time, score, making calls, and enforcing all rules and regulations.
3. Will spot the ball and assist in adjusting QB-Table as needed.
4. Call out the updated score after all touchdowns and conversions.
5. Call out 1-minute warning and 10 second play clock warnings.
6. Allow play to continue when in doubt about a call.
7. Inadvertent whistles – it will be up to the officials as to whether the whistle affects play.
 - a. If a play is affected:
 - i. the offense may take the play



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1. down at the spot of the whistle and loss of down
2. opt to replay the down.
8. Do not allow participants to influence calls.
9. Do not hesitate to consult other officials to ensure the call is correct.
10. Keep up the pace of the games.
11. Maintain order at all times.
12. Blood rule: If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and an excessively bloody uniform is changed.
13. Officials reserve the right to address anything not covered in the rules.

Team Responsibilities to the Officials

1. Be respectful. Use respectful language.
2. Be honest. Lying and cheating will not be tolerated and are grounds for ejection.
3. Keep up the pace of the games.
4. Only Head Coaches are permitted to speak with the referee in the event of a disputed call.

Field

1. Field Dimensions:
 - a. Field length will be 50 yards. 40-yard playing field with a 10-yard end zone.
 - b. Field width will be between 50 and 53.5 yards. This will vary depending on the allotted space at each venue.
2. First down lines will be marked with cones. First downs are made by crossing the 25-yard line and the 10-yard line.

Equipment

1. Each team is responsible for supplying their own ball:
 - a. Teams must start with and use the same size ball throughout the entire game for their appropriate grade level.
 - i. 3rd, 4th and 5th grades – Regulation Pee-ewe size or larger
 - ii. 6th, 7th and 8th grades – Regulation Junior size or larger
 - iii. Freshmen/JV and Varsity – Regulation size
2. Uniforms:
 - a. Players must wear matching team jerseys for gameplay.
 - i. Field Director's discretion may be used if team jerseys are delayed
 - b. Jerseys must include numbers that match the Certified Team Roster (Exposure).
 - c. **All players must wear a mouthguard and wear it properly during games.**
 - d. **Head protection (soft shell helmet or protective headband-Halo) is required and must always be worn correctly and fastened securely.** If officiants must warn players multiple times, they and the field director have the discretion to eject the player.
 - e. Gloves may be worn; however, NO sticky aid is allowed.



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- f. Rubber cleats/athletic shoes are required. NO metal cleats are allowed.
- g. Jewelry may not be worn during games. If jewelry cannot be removed, it must be covered.
- h. No hard casts are allowed on the field at any time. The Field Director must approve soft casts of any kind or medical equipment.
- i. Eyewear may only be worn with athletic eyewear straps unless approved by the Field Director.
3. QB-Table – provided by Midwest Athletic Conference for all league games
 - a. A QB-Table must be used by the offensive passer on all snaps.
 - b. QB-Tables are equipped with a timer and alarm
 - i. QB-Table automatically keeps a timer once the ball is picked up and sounds an alarm at 4.0 seconds.
 - c. A Center may be used with the QB-Table. This player is responsible for snapping the ball and CANNOT go out for a pass once they have snapped the ball.
 - i. The center must take a knee beside the QB-Table to snap the ball. In the event of a "bad snap" the official will signal a dead ball. This will count as a loss of down.
 - d. In the event a QB-Table timer is not working properly, an Official will signal and count 4 seconds.
 - e. If a QB-Table is damaged or unavailable, will the offense use a center to hand off or snap the ball.
 - i. The center will kneel next to the ball or use a three-point stance.
 - ii. The center will remain down or take a knee for the remainder of the play and will not be an eligible receiver.
 - f. Any intentional tampering or damage to a QB table will result in a fine. The team will not be allowed to take the field until the fine has been paid in full and the offending team is in good standing with the league.

Clock

1. Each game will consist of 25 minutes of play kept by the official. The clock runs continuously. There is no overtime.
 - a. The game clock is continuous and will only stop for timeouts, injuries, or unforeseen circumstances the official deems hinder the pace of the game.
2. The play clock will be 25 seconds and begin once the ball is spotted and placed on the QB-Table.
3. Each team will have one 1-minute timeout per game.
 - a. If a timeout is called after a touchdown, the game clock will not run until the football is snapped on the next possession.
4. In the event that a touchdown is scored with no time left on the game clock, the conversion will be allowed.

Scoring

1. Touchdown – 6 points
2. Interception – 3 points (no points for interception on PAT)
3. Turnover on downs – 2 points



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4. PAT – 1 point from the 5-yard, 2 points from the 10-yard

Start of the Game and End of the Game

1. Coin Toss—The coin toss will take place within 2 minutes of the scheduled game start time. The Official will flip a coin and designate a Captain to call heads or tails.
 - a. Winning Captain will begin on offense.
2. The Officials will keep score and time on the field for each game.
 - a. One coach for each team will be responsible for keeping score in case of a dispute.
3. Official whistle will begin and end each game.
4. There will be no kickoffs. The offense will begin with the football placed in the center of the field at the 40-yard line on the QB-Table.
 - a. The Line of Scrimmage (LOS) will be set at the 40-yard line.
5. Each team must have at least six players on the field.
 - i. Offense fields 6 players (QB-Table/Center is 7th player).
 - ii. Defense fields 7 players.
 - iii. If, at any point, a team cannot field 6 players, the game is forfeited.
6. Teams must be set up on opposite sidelines.
 - i. Any player not in play must be on their sideline.
7. A game cannot end on a defensive or accepted offensive penalty. If this occurs, the Offense will have an untimed down if time has expired.

Offense

1. One offensive coach may be on the field behind their offense.
 - a. Coach may not interfere or impede game play.
2. There is no kicking, punting, or spiking at any time. Doing so will result in a delay of game penalty (loss of down).
3. Field is marked with cones at the 25-yard line and 10-yard line for First Downs.
 - a. Three downs to make a first down, four inside the 10-yard line.
4. Possession always begins at the 40-yard line in the middle of the field, with the ball placed on the QB-Table.
5. Offenses always move in the same direction.
6. The passer will have 4.0 seconds to get the pass off once they pick up the ball from the QB-Table.
 - a. If a passer drops the ball off of the QB-Table, they may recover and pass the ball within the allotted 4.0 seconds.
 - b. If the ball is not released when the Tee sounds its alarm (4.0 seconds), the play is whistled dead and ruled as a sack (loss of down). No yards are lost. The next play will resume from the same spot unless 3rd down.
 - c. Officials will stop play with a whistle if 4.0 seconds is surpassed.
 - d. All passes must be a forward pass, caught beyond the LOS.
7. Fumbles are dead balls at the spot, with the last team retaining possession.
 - a. A fumble may not be picked up and played on by the defense.
 - b. A muffed snap is not a fumble/dead ball. The 4.0-second count remains in effect on snaps.
8. Only the player receiving the ball from the QB-Table may pass the ball.



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- a. No double passes or shuffle passes.
- b. All passes must be a forward pass, caught beyond the LOS.
9. NO running plays allowed. No passer may run across the LOS with the ball.
10. Offensive pass interference or illegal procedure will result in a loss of down and return to the previous spot.
11. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot.
 - a. The clock does not stop, and any delay by the offense in retrieving and returning the ball TO THE OFFICIAL will result in a delay of game.
 - b. *The passer will move the QB-Table* to the new spot, and the 25.0-second play clock will begin once the official places the ball on the table.
12. All offensive formations must be legal sets. Off-sides and illegal formations will result in a loss of down.
13. Point(s) After Touchdown (PAT) snaps are at the 5-yard line or 10-yard line, offensive choice of hash.
14. Possession changes after a PAT attempt, failure to make a first down, or turnover.
15. Offensive personal foul will result in a loss of down and 5 yards from the original line of scrimmage.

Defense

1. One defensive coach may be on the field at least 10 yds deeper than your deepest player.
 - a. Coach may not interfere or impede game play.
2. The defense downs a player by touching the offensive player with *one or both hands*, or the football touches the ground.
 - a. Illegal contact – Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards from the foul.
 - i. A player will be expelled if ruled unsportsmanlike & flagrant.
3. The defense may not Blitz/Rush the Passer. This will result in an encroachment/neutral zone (5-yard penalty, repeat down).
4. Defensive Pass Interference will be an automatic first down and 5-yards from the original line of scrimmage.
5. Defensive holding is 5 yards from the original line of scrimmage and replay down.
 - a. In the event of defensive holding and a sack (exceeding 6.0 sec) on the same play, the defense will be penalized according to the above, and the sack will be ignored.
6. Interceptions may NOT be returned, and the play is whistled dead immediately.
 - a. An interception results in a change of possession and 3-points to the defensive team.
 - i. The ball is placed at the 40-yard line in the middle of the field.
7. Any dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty, as the team cannot be penalized beyond the 40-yard line starting position. The defense—not the offense—would start the play with 2nd down.
8. Defensive personal foul will result in a first down and 5 yards from the original line of scrimmage.

Unsportsmanlike Conduct

1. Individual – Aggressive behavior, flagrant/intentional fouls, cursing, excessive taunting, and fighting are considered unsportsmanlike and are at the Officials and Field Directors Discretions.
 - a. First Offense – ejection from the game
 - b. Second Offense – ejection from the league



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2. Team – Aggressive behavior, cursing, excessive taunting, and fighting are considered unsportsmanlike and are at the discretion of the Officials and Field Directors.
 - a. If a team fight occurs at the game facility, the teams involved will be ejected from the game/league without a refund.
 - b. If ANY player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE LEAGUE without a refund.

Overtime Rules

1. This league will not play overtime.

Seeding, Records, and Tie-breakers

1. Team standings will be according to overall records.
 - a. Records which are tied will be broken as follows:
 - i. Head-to-head record.
 - ii. Fewest points allowed.
 - iii. Most points scored.
 - iv. Flip of a coin.

League Dates

1. The league will consist of 16 games
2. League Games will be played on Wednesdays
 - a. Each team will play 2 games per week
 - i. Regular season schedule: 3/25/2026, 4/1/2026, 4/8/2026, 4/15/2026, 4/22/2026, 4/29/2026, 5/6/2026, 5/13/2026,
 - ii. Rainouts made up 5/20/2026

Protests

1. To protest an action or game by a coach to the league, the coach or persons involved in the incident must do the following within 36 hours of the incident:
 - a. Coach/Team notify the league of their intent to protest prior to submitting any information
 - b. Submit all evidence, written, video or otherwise, on the incident in protest in an email to macleagueok@gmail.com with a subject of: *Attn: Protest Committee*
 - c. The protest fee of \$100 will be paid via invoice link sent to protestee email.
2. Once the Board of Directors has received all required information and reviewed all evidence submitted, along with all written and verbal statements, they will then, in a timely manner, determine the appropriate ruling and/or actions.
 - a. The protest fee will be refunded to the team or individual protesting only if the Board of Directors rules in favor of the Protest. At the point the commission rules in favor of the protest, the team and/or individual then in violation of the protest, will be assessed the full value of the current protest fee in addition to any subsequent action taken by the league. Despite any additional action taken by the league, the individual and/or team will not be allowed to take the field until the fine has been paid in full and the offending team is in good standing with the league.



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MAC 7v7 is a collaborative league.

League Contacts:

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