BAY AREA PREMIER 7s

2027 OFFICIAL FOOTBALL LEAGUE RULEBOOK

10U | 12U | 14U

Martinez, California • 4:00 PM–10:00 PM • Two Fields

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ARTICLE 01 | LEAGUE STRUCTURE

The league will consist of eight organizations competing in an eight-week regular season.

Every weekend, all eight organizations participate in a new tournament with the opportunity to become that week's tournament champion.

- Eight teams per division.
- Two guaranteed pool-play games per team each week.
- Eight weekly tournaments throughout the regular season.
- One weekly tournament champion crowned per division.
- All pool-play wins and losses count toward overall season standings.
- Weekly tournament champions earn one additional season win.
- Top six teams advance to the season playoffs after Week 8.
- All games take place at Alhambra High School in Martinez, California.

Every weekend provides a new opportunity for any organization to win a tournament championship, regardless of its previous results.

ARTICLE 02 | WEEKLY TOURNAMENT FORMAT

Each weekly tournament has eight teams divided into two pools of four. Each team plays two pool-play games. The winner of

each pool advances to the championship; each pool runner-up advances to the third-place game.

Each division plays eight pool games, one championship game, and one third-place game: 10 total games per division each week. Championship and third-place games take place simultaneously on separate fields.

All pool-play results count toward season standings. The championship winner receives one additional season win; the third-place game does not affect season wins or losses.

ARTICLE 03 | GAME CLOCK

- All regulation games are 15 minutes.
- Continuous running clock.
- No halftime.
- No coach or player timeouts.
- Clock continues during incomplete passes, touchdowns, penalties, and possession changes.
- Clock stops only for serious injuries or referee-directed emergencies.
- 25-second play clock once the ball is ready for play.
- Officials control the game clock.
- Games must begin promptly at scheduled times.
- Tied games proceed to overtime under Article 12.

ARTICLE 04 | OFFENSIVE FORMATION

Every offense must consist of exactly seven players.

POSITION COUNT

Quarterback 1

Snapper 1

Eligible receivers 5

Quarterback

- Receives the snap from the center.
- Must release the football within four seconds.
- Cannot run beyond the line of scrimmage.
- Cannot receive handoffs or laterals.
- Cannot intentionally ground the football to avoid the four-second count.

Snapper (Center)

- Responsible for snapping the football.
- Is not an eligible receiver.
- Cannot run routes or catch forward passes.
- Cannot block defensive players.
- Must remain in the designated snapping position until the play begins.

Five Eligible Receivers

- May run legal passing routes.
- May catch forward passes.
- May advance the football after a completed reception.
- Cannot block, stiff-arm, or initiate contact.
- Are down when legally touched by a defender.

ARTICLE 05 | NO RUNNING PLAYS

This is strictly a passing-only 7v7 league.

The following plays are prohibited:

- Quarterback runs.
- Running back handoffs.
- Jet sweeps.
- Reverses.
- Pitches.
- Laterals.
- Designed running plays.
- Any attempt to advance the football without a legal forward pass.

Penalty: Five yards and loss of down.

ARTICLE 06 | FIELD & FIRST DOWN RULES

All offensive possessions begin at the 40-yard line.

The offense may earn two first downs during a possession: one at the 25-yard line and another at the 10-yard line.

40 25 10 0

START FIRST DOWN FIRST DOWN TOUCHDOWN

First set of downs: 40 to 25 yards

- Offense has four downs to reach the 25-yard line.
- Reaching the 25 earns a new set of downs.

Second set of downs: 25 to 10 yards

- Offense receives four downs to reach the 10-yard line.
- Reaching the 10 earns another set of downs.

Third set of downs: 10 yards to touchdown

- Offense receives four downs to score.
- Failure to score results in a turnover on downs.

Additional rules

- No punts.
- No field goals.
- Failure to reach the required marker within four downs results in a turnover.
- After a touchdown or turnover, the opposing offense begins at the 40-yard line.
- A touchdown can be scored from anywhere on the field without stopping at intermediate markers.

ARTICLE 07 | QUARTERBACK PASS CLOCK

The quarterback has four seconds to release the football after receiving the snap.

- An official counts the four seconds.
- The ball must leave the quarterback’s hand before the count expires.
- Failure to release the ball results in a dead ball and loss of down.
- No defensive pass rush is permitted.
- The four-second count applies to every offensive passing play.

ARTICLE 08 | DEFENSIVE RULES

- Seven defensive players are permitted on the field.
- No blitzing or quarterback rushing.
- No tackling.
- No grabbing, holding, or pushing receivers.
- No intentional excessive contact.
- No stripping the football.
- Defenders may intercept forward passes.
- Every legal interception during regulation is worth three defensive points.
- Interceptions are immediately blown dead.
- No interception returns.
- No defensive blocking.
- Defenders cannot cross the line of scrimmage before a legal forward pass is released.

One-hand touch rule: A ball carrier is down when a defender makes a legal one-hand touch below the neck.

ARTICLE 09 | SCORING SYSTEM

SCORING PLAY POINTS

Touchdown 6 points

Extra point from 5 yards 1 point

Extra point from 10 yards 2 points

Defensive interception 3 points

Interception rules

- Every legal defensive interception during regulation earns three points.
- The play is immediately blown dead.
- No interception returns.
- The intercepting team receives possession at its 40-yard line.
- Interceptions during regulation extra-point attempts end the attempt without awarding interception points.
- Any interception during overtime is worth three points and immediately ends the game with the intercepting team declared the winner.
- No defensive touchdowns.

ARTICLE 10 | WEEKLY WINS & LOSSES

Every pool-play game counts toward the cumulative season record.

Championship game

- The winner of each pool competes for the weekly championship.
- Winner is crowned Weekly Tournament Champion.
- Winner receives one additional win toward its season record.
- Losing finalist does not receive an additional loss.
- Championship victories count toward season standings.

Third-place game

- The runner-up from each pool competes for third place.
- Winner receives the weekly third-place finish.
- Neither team receives an additional win.
- Neither team receives an additional loss.
- The game determines weekly placement only.

Example of weekly records

TEAM POOL PLAY FINAL GAME SEASON RECORD ADDED

Team A 2·0 Champion 3·0

Team B 2·0 Runner-up 2·0

Team C 1·1 Third place 1·1

Team D 1·1 Fourth place 1·1

Team E 1·1 None 1·1

Team F 1·1 None 1·1

Team G 0·2 None 0·2

Team H 0·2 None 0·2

Example only. Actual placement is determined by weekly results and tiebreakers.

ARTICLE 11 | WEEKLY TOURNAMENT TIEBREAKERS

Teams are ranked within their own pool using the following tiebreakers:

Pool winners advance to the championship; pool runners-up play for third.

Apply these tiebreakers separately within each pool; not across pools.

1. Pool-play record.
2. Head-to-head result, when applicable.
3. Point differential, capped at +21 per game.
4. Fewest points allowed.
5. Most points scored.
6. Coin toss if still tied.

For multi-team ties, head-to-head is applied only when it can fairly separate the tied teams.

ARTICLE 12 | OVERTIME RULES

A. Pool-play overtime

All pool-play games must have a winner. No ties are permitted.

Round 1 — One play from the 10-yard line

- Each team receives one offensive play from the 10-yard line.
- Both teams are guaranteed one offensive opportunity unless an interception ends the game.
- If one team scores and the other fails, the scoring team wins.
- If both teams score or both fail to score, overtime advances to Round 2.

Round 2 — Longest play from the 40-yard line

- Each team receives one offensive play from the 40-yard line.
- Both teams receive one offensive opportunity unless an interception ends the game.
- The team advancing the football the farthest toward the end zone wins.
- Distance is measured from the 40-yard line to the spot where the ball carrier is legally touched.
- An incomplete pass results in zero yards gained.
- If both teams gain the same distance, the round repeats until a winner is determined.

B. Championship and third-place overtime

- Each team receives one offensive attempt from the 10-yard line.
- Each successful attempt is worth two points.
- Teams alternate attempts until a winner is determined after equal opportunities.
- No timeouts are permitted.

C. Interceptions during overtime — all games

An interception at any point during overtime results in an immediate victory for the intercepting team.

- Every legal defensive interception is worth 3 points, including overtime.
- The game ends immediately when the interception is secured.
- The intercepting team is automatically declared the winner.
- The opposing team does not receive any remaining overtime attempts.
- This rule applies to pool-play, championship, and third-place overtime games.
- No interception returns are permitted.

Example: Team A throws an interception on its first overtime play. Team B receives three points and immediately wins without taking an offensive snap.

The overtime winner receives the applicable game result. Pool-play overtime counts as a win or loss in season standings; championship and third-place results follow Article 10.

ARTICLE 13 | PENALTIES

INFRACTION PENALTY

False start 5 yards

Illegal formation 5 yards

Delay of game 5 yards

Illegal running play 5 yards and loss of down

Offensive pass interference 10 yards and loss of down

Defensive pass interference 10 yards and automatic first down

Defensive holding 5 yards and automatic first down

Illegal contact 5 yards

Unsportsmanlike conduct 10 yards

Fighting Immediate ejection

Two unsportsmanlike conduct penalties against the same player or coach result in ejection.

ARTICLE 14 | PLAYER ELIGIBILITY & AGE VERIFICATION

DIVISION ELIGIBLE LEAGUE AGES

10U 8–10

12U 11–12

14U 13–14

League age is determined by the player’s age as of February 1, 2027.

All players must complete in-person age verification before participating.

Required documentation

- School Aeries portal identification.
- Original birth certificate or passport.
- Current player headshot photograph.

Verification will take place on a date determined by league officials.

All original documents will be returned the same day.

Verified players receive an official player card that must be presented at every game-day check-in.

ARTICLE 15 | TEAM ROSTERS

- Maximum of 16 players per team.
- Every organization must field 10U, 12U, and 14U divisions.
- No B teams.
- No guest players.

- No borrowing players from other organizations.
- Players cannot represent multiple organizations during the season.
- No roster additions after Week 3.
- All players must be registered and verified before participating.

ARTICLE 16 | SPORTSMANSHIP & CONDUCT

The league enforces a zero-tolerance policy for fighting and threatening behavior.

- Fighting results in immediate ejection and possible additional suspension.
- Players involved in fighting may be removed from the league.
- Coaches are responsible for their team's conduct.
- Only authorized coaches and rostered players are permitted on the field.
- Parents and spectators must remain in designated areas.
- Threatening or physically confronting officials is prohibited.
- Referees have final authority over on-field judgment calls.
- League officials may impose additional disciplinary action for serious misconduct.

ARTICLE 17 | SEASON STANDINGS

All pool-play wins and losses accumulate throughout the eight-week regular season.

Every organization plays two scheduled pool games per week, resulting in 16 scheduled pool games per team over the season.

Pool-play overtime ensures that every completed game produces one winner and one loser.

Weekly tournament champions receive one additional season win for each championship victory.

Season standings are ranked by

1. Total season wins, including championship bonus wins.
2. Head-to-head record.
3. Season point differential.
4. Fewest points allowed.
5. Most points scored.

Total wins are the primary ranking metric because championship victories award additional wins without assigning extra losses to runners-up.

ARTICLE 18 | SEASON PLAYOFFS

After Week 8, the top six teams in each division advance to the season playoffs.

ROUND MATCHUP / ADVANCEMENT

First round No. 3 seed vs. No. 6 seed

First round No. 4 seed vs. No. 5 seed

Byes No. 1 and No. 2 seeds advance automatically

Semifinal 1 No. 1 seed vs. lowest remaining seed

Semifinal 2 No. 2 seed vs. other remaining seed

Season Championship Semifinal winner vs. semifinal winner

The final championship winner is crowned the division’s 7v7 Season Champion.

ARTICLE 19 | WEEKLY GAME SCHEDULE

Each division has eight teams on two fields. All regulation games last 15 minutes, with no halftime or timeouts. Each team plays

two pool games; pool winners play for the championship, and pool runners-up play for third place.

GAME ROTATION — 10U (same rotation repeats at 6:00 PM for 12U and 8:00 PM for 14U)

4:00–4:15 PM | Field 1: Pool Game 1 | Field 2: Pool Game 2

4:20–4:35 PM | Field 1: Pool Game 3 | Field 2: Pool Game 4

4:40–4:55 PM | Field 1: Pool Game 5 | Field 2: Pool Game 6

5:00–5:15 PM | Field 1: Pool Game 7 | Field 2: Pool Game 8

5:20–5:35 PM | Field 1: Championship | Field 2: Third Place

DIVISION SCHEDULE

10U: Games 4:00–5:35 PM; awards 5:35–5:45 PM; buffer/clearing 5:45–6:00 PM.

12U: Games 6:00–7:35 PM; awards 7:35–7:45 PM; buffer/clearing 7:45–8:00 PM.

14U: Games 8:00–9:35 PM; awards 9:35–9:45 PM; buffer/clearing 9:45–10:00 PM.

There are five 15-minute rounds per division with four 5-minute transitions. Awards are limited to 10 minutes per division. The

remaining 15 minutes are reserved for overtime, delays, and field clearing. All game times are subject to change; all games must end by 10:00 PM.

Total: 30 games across three divisions on two fields.

ARTICLE 20 | LEAGUE MISSION

The league’s mission is to provide a competitive, organized, safe, and fair football environment that promotes player development, sportsmanship, and accountability.

Every organization has an opportunity to compete for a weekly tournament championship, regardless of its overall season record.

At the same time, every pool-play game matters toward the season standings, rewarding consistency and competitive performance.

Eight weeks. Eight opportunities to become a weekly champion. One ultimate Season Champion per division.

Publication note: This is the current consolidated rulebook draft. Before official publication, procedures for forfeits, penalties during overtime, and

tournament scheduling delays should be finalized.