

HEARTLAND OF AMERICA

7V7 NATIONAL CHAMPIONSHIP

2019 OFFICIAL GAME RULES

Field Dimensions:

Field Length will be 50 yards. 40 yard playing field with a 10 yard end zone.

Starting Each Game:

1. Coin Toss. The toss of coin will take place within two minutes of scheduled start time of game. The toss will be called by the team captain (Ref's Discretion) before the coin is flipped. Winning team will begin possession of the ball on the +40 yard line with their choice of hash.
2. A whistle will begin each game.
3. Each game last 25 minutes with running clock (Overtime in Pool Play).
4. Official will declare when the clock is under 2 minutes
5. The clock never stops.
6. A whistle will end each game.
7. The referees will keep the official score and time on the field for each game..

Moving the Ball:

1. Offense always starts on +40 yard line with their choice of the hash. After any change of possession. Teams must lineup in legal football formation.
2. All snaps at the +40 yard line must be off the QB-TEE (No Shotgun). Upon gaining a yard or more QB may take a shotgun off QB-TEE.
3. Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10 yard lines.
4. Once inside the 10 yard line, the offense has 3 downs to score a touchdown.
5. The first person to control the football off of the QB-Tee is the QB. The QB is never eligible to run.
6. The offense may run the ball as many times as they want on any down during the game. The QB is allowed to make one exchange (ex. Pass, handoff or toss). No toss passes, reverses or hook and ladder.
7. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB. If he does that is considered a blitz.
8. Quarterback can NEVER run the ball.
9. The offense can choose to automatically receive 1 point, or go for 2 points from the 10-yard line. Offense chooses hash for ball placement.

Coaching your Team:

1. There will be one offensive coach allowed on the field at any time.
2. The coach must be position behind the offensive huddle.
3. Coaches are not allowed to challenge any official ruling.
4. Remaining team coaches can work from the sidelines.
5. NO defensive coaches allowed on the field.
6. Coaches will be given 1 sideline warning during play. Second warning will result in a 10 yard penalty or half the distance to the goal. Third warning will result in coaches ejection.
7. Any form of cheating qualifies for automatic team disqualification at the tournament.

Special Rules:

1. Blocking is allowed on run plays. No downfield blocking on passing plays.
2. Face guarding is allowed
3. No blind side blocking ever. Blind side blocking will result in a loss of down, return to previous spot.
4. Ball carrier is legally down when touched below the neck with one hand. A defender may leave his feet to make a tag. Offensive player can leave his feet as well.
5. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
6. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
7. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
8. Defensive pass interference will result in a 15-yard penalty and an automatic first down. Defensive holding will result in a 10-yard penalty and repeat of the down.
9. Offensive pass interference will result in a 15-yard penalty plus a loss of down.
10. QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed. Only when the defense blitzes the 4.0 second clock is not in play meaning the QB can avoid the rush for as many seconds as needed but he is still not allowed to run pass the line of scrimmage.
11. The defense is allowed four (4) blitz during the game (**None in Overtime**). If a team blitz's more than four times in a game, they will be penalized 15 yards, un-sportsmanlike. If a second or more blitz infraction is attempted by the defense the offense will take 15 yards (half the distance if inside 15 yard line).

12. NO BLITZING FROM THE 40-Yard LINE.

13. An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the **30 yard line**. If an un-sportsman penalty is given to the interception team, they will be penalized 10 yards and will start from the 40-yard line.

14. Celebrating is encouraged. However, excessive celebration is not allowed and will not be tolerated. If a team delay the game while celebrating, they will be penalized 15 yards on defense on the next opponent's offensive drive/possession. If on an extra point the team will be penalized 15 yards on defense and the extra point will not count.

15. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.

16. Any violence toward the quarterback (i.e. blow to the head, etc.) will be assessed as roughing the passer and given a 15-yard penalty.

17. The offense (wide receivers, TE) has to line up outside of the tackle box, and one receiver has to be on the line on each side of the QB-Tee.

18. **Fighting will not be tolerated.** If a player throws a punch, he is ejected immediately and can NOT return to the tournament. If players are involved in pushing or shoving they will be ejected immediately from the game but will be eligible to continue to play in the tournament (pending they advance). If a team's bench clears, resulting in a fight, the team deemed the aggressor is ejected, and the hereby forfeiting. The referee has the right to throw out any player, players, or team out of the game. The AAU and AYFCO staff has the right in extreme cases to throw out players and teams out of the tournament. And they will have to leave the complex immediately. A referee can also give a 15 yard un-sportsman penalty.

Tie Breaker:

1. Any game that ends in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense.
2. Each team will have 1 snap from the 40 yard line, choice of hash.
3. The team with the most yards will be declared the winner of the tiebreaker and will add 1 point to the final score.
4. If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
5. This format will be repeated until there is a clear winner is declared.
6. This tiebreaker format will be used in all games
7. No Blitzing is Allowed in Overtime.

SHOOT-OUT BRACKET FORMAT:

1. All teams will be seeded in the bracket based on Day 1 win/loss and day 1 schedule.
2. All teams will play minimum of 4 games during event.

BRACKET WINNER WILL BE DETERMINED BY:

1. Head to head Competition.

AT LARGE TEAM WILL BE DETERMINED BY:

1. Record
2. Total points scored.
3. Point differential total score minus total give up.

POINT VALUES:

1. Offensive touchdown 7 = points. (EXCEPTION: If a team elects to go for 2 points, attempt will be from the 10 yard line. If they score, they get 8 points, if they miss they only get 6 points.)
2. Tiebreaker victory = 1 point.

PENALTIES:

Offensive Penalties Assessed Result
False start/Illegal motion Line of Scrimmage Loss of Down
Delay of Game Line of Scrimmage Loss of Down
Blocking Line of Scrimmage Loss of Down
Fumbles Dead Ball (offense retains possession at the spot)
Pass Interference Line of Scrimmage Loss of Down
Unnecessary Roughness 15 Yards – LOS Loss of Down
Illegal Play 5 Yards Loss of Down
Un-sportsman 15 Yards Loss of Down
Defense Penalties Assessed Result
Encroachment/ Neutral zone 5 yards Repeat Down
Holding Offense FD Spot Foul & 1st Down
Pass Interference Offense FD Spot Foul & 1st Down
Unnecessary Roughness 15 Yards Line of Scrimmage
Illegal Play 5 yards First Down
Un-sportsman 15 Yards First Down

AGE Requirements

High School Division

- No player can be in the 12th grade or older.

15U Division

- This division is primarily intended for High school freshman and 8th graders. No Sophmores or Juniors.

7/8th Grade (14U) Division

- This division is primarily intended for 7th and 8th graders. NO HIGH SCHOOL PLAYERS. PERIOD.

5/6th Grade (12U) Division

- This division is primarily intended for 5th and 6th graders.

3/4th Grade (10U) Division

- This division is primarily intended for 3rd and 4th graders.

Player's birth certificate is required to participate in Heartland of America National Championship Series events.

PLEASE HELP US KEEP OUR FIELDS CLEAN; EACH TEAM IS RESPONSIBLE FOR CLEAN UP OF WATER BOTTLES AND TRASH ON THEIR OWN SIDELINES. THANK YOU!!!