

7v7 Tournament Format

Rule Modifications

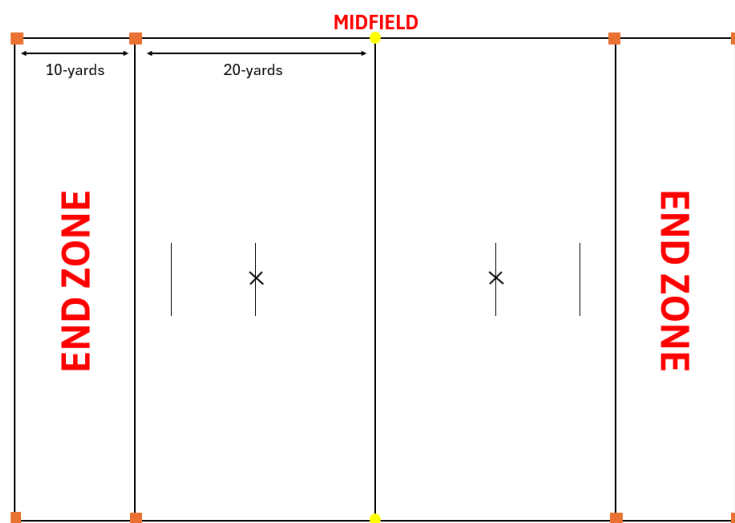


Game Basics:

1. Two 15-minute halves
2. The game is played with a running clock. The clock only stops for timeouts and at the official's discretion.
3. Three 30-second timeouts per game
4. Halftime is 2 minutes
5. 30-second play clock
6. 14-player max roster
7. Once the point differential breaches 28-points, the game is over

Field:

1. 40-yards wide by 60-yards long
2. Midfield to gain at 20-yards
3. 10-yard endzones



Game Play:

1. The offensive team takes possession of the ball at its 10-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown.
2. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 10-yard line.
3. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 10-yard line.
4. All possession changes, except interceptions, start on the offense's 10-yard line.

Coaches:

1. 3 coaches permitted on the sideline

All other rules follow FHSAA 7v7 girls flag rulebook