

OFFICIAL LSFA SPRING 7v7 FOOTBALL RULES

Maximum players on a team

- 24 players

Age-Based Divisions (Grade-specific teams are encouraged)

- Max age on 1/1
 - 11U
 - 12U
 - 13U
 - 14U

Field Dimensions & Ball Size

- Field Length will be 50 yards. 40-yard playing field with a 10-yard end zone.
- 11U and younger - Junior size
- 12U - Youth **Recommended** - Can use Junior, if needed.
- 13U & 14U - Youth size

Starting Each Game

- A coin toss will determine which team gets the ball first. That team will begin possession of the ball on the 40-yard line with their choice of hash
- A whistle will begin each game
- Each game lasts 25 minutes with a running clock (Overtime in Pool Play)
 - If a team scores a touchdown with no time remaining on the clock, and they are down by 2 points or less, they get to attempt their extra point(s)
- The official will declare when the clock is under 2 minutes
- The clock never stops, with the exception of an injury or referee timeout
- A whistle will end each game
- The referees will keep the official score and time on the field for each game
- Soft Helmets and mouthguards must be worn correctly at all times by all players except the QB.
 - If a player does not have a helmet they cannot participate until they do.

Moving the Ball

- Offense always starts on the 40-yard line with their choice of the hash. After any change of possession
- 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
- Offense has three (3) downs to gain a first down in all zones.
 - First down markers will be at the 25 and 10-yard lines
- The first person to control the football after the snap is the QB.
- **The QB is never eligible to run.**
- **No running the ball.**
- No toss passes, reverses, or hook and ladder.
- After the offense scores a touchdown, they have the option of going for 1 point from the 3-yard line or going for 2 points from the 10-yard line.
 - Offense chooses hash for ball placement. If the coach doesn't respond to the official on which yard-line, the official will place the ball on the 3-yard line to go for 1 point. Once this decision is made, coaches cannot overturn this decision

Coaching your Team

- There will be one offensive coach allowed on the field at any time
- The coach must be positioned behind the offensive huddle
- Coaches are not allowed to challenge any official ruling
- Remaining team coaches can work from the sidelines
- NO defensive coaches allowed on the field
- 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 coach's ejection
- Any form of cheating qualifies for automatic team disqualification

Special Rules

- **NO BLITZING.**
- No eligible offensive players lined up directly behind the quarterback.
 - Players can be aligned adjacent to the quarterback but cannot be aligned directly behind the qb
- Players cannot line up on the line of scrimmage inside of the tackle box
- NO blocking – Blocking will result in a loss of down, return to the previous spot
- Face guarding is allowed
- Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground. A defender CAN leave his feet to make a tag. The offensive player can leave his feet also
- Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot
- Offensive team will have **25 seconds** to put the ball into play.
 - Official will give the offense a verbal 10 second warning
 - Delay of game will result in loss of down penalty
- 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 penalty
- 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 the down
- Offensive pass interference will result in a return to the previous spot plus a loss of down
- The QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed, which will result in a loss of down.
 - If the offense opts to use a center to snap the ball, the 4-second clock will begin on the snap. ***Centers are ineligible players who only place and hike the ball. Centers must remain still once the ball is snapped.**
- An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 40-yard line. If an unsportsmanlike penalty is given to the intercepting team, they will be penalized a loss of down (start at 2nd down)
- Excessive celebration is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating or clearing of the sideline, the result is an unsportsmanlike penalty and a loss of down
- A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired
- The offense must use a legal formation.
 - Players cannot be lined up on the LoS inside the tackle box.
 - One receiver has to be on the line on each side.

- If not, the offense will be penalized for illegal formation and a loss of down
- Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and CANNOT return to the game. If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion. If a second incident occurs with the same player(s), they will be entirely ejected from the tournament. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit. Referees have the right to throw out any players, coaches, or parents, including forcing a forfeit. The LSFA staff has the right in extreme cases to eject players, coaches, teams, and bystanders of any tournament and they will have to leave the facility immediately. A referee can also give a 15-yard unsportsmanlike penalty
- LSFA staff **WILL NOT** overturn a referee's call!

Overtime/Tie Breaker

- Games in BRACKET PLAY (SINGLE-ELIMINATION) that end 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
- Each team will have 2 plays from the QB-tee from the 10-yard line, choice of hash. If you score, you receive the standard 6 points
- If the offense scores, then they MUST choose to go for 1 point from the 3-yard line, or 2 points from the 10-yard line. If the coach doesn't respond to the official on which yard-line, the official will place the ball on the 3-yard line to go for 1 point. Once this decision is made, coaches cannot overturn the decision.
- The opposing team gets the same opportunity to win
- If neither team scores or it still ends as a tie, we will flip the coin again then back to the standard longest passing yard from the 40-yard line. There is no running allowed in the longest yard situations
- The team with the most yards will be declared the winner of the tiebreaker and will add 1 point to the final score
- 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.
- This format will be repeated until a clear winner is declared
- This tiebreaker format will be used in **SINGLE-ELIMINATION GAMES ONLY.**
- **NO BLITZING ALLOWED**
- If there is an invariant whistle on a play the offense will decide if the down will be replayed or the runner will be down where the invariant whistle was blown.

Shoot-Out Bracket Format

- All teams will be seeded in the bracket based on Day 1 win/ loss and day 1 schedule
- All teams will play minimum of 4 games during the event, unless otherwise noted

BRACKET SEEDING WILL BE DETERMINED BY

- Wins/losses, Head to head, points scored, and point differential. If after these determinations, there is still a tie, the system will automatically do a coin flip to determine team seeding

POINT VALUES

- Six (6) points for a touchdown
- One (1) point for a PAT from 3 yard line
- Two (2) points for a PAT from 10 yard line
- Two (2) Points for Defensive Stop on downs
- Three (3) Points for Interception (no points for an INT on a PAT play)

PENALTIES

OFFENSE	ASSESSED*	RESULT
False start/Illegal motion	Line of scrimmage	Loss of Down
Delay of Game	Line of scrimmage	Loss of Down
Illegal Forward Pass	Line of scrimmage	Loss of Down
Blocking	Line of scrimmage	Loss of Down
Pass Interference	Line of scrimmage	Loss of Down
Unnecessary Roughness	15-yards	Loss of Down
Unsportsmanlike or Taunting	15-yards	Loss of Down
Fumbles	Dead Ball (offense retains possession at the spot)	

DEFENSE	ASSESSED *	RESULT
Encroachment/Neutral Zone	5-yards	Repeat Down
Holding	10-yards	Repeat Down
Pass Interference	15-yards	First Down
Unnecessary Roughness	15-yards	First Down
Illegal Participation	5-yards	Repeat Down
Blitzing	15-yards	First Down
Unsportsmanlike or Taunting	15-yards	First Down

OTHER	ASSESSED *	RESULT
Sideline Warning	10-yards	Repeat Down

*Any penalty that cannot be enforced for the full assessed distance; instead will be enforced as half the distance to the goal. Unnecessary roughness or unsportsmanlike conduct penalties on the offense occurring from the 40-yard will result in loss of down and ad the ball remaining at the 40-yard line