

AGE REQUIREMENTS

- U18 and incoming 1st year university players.
*Player's birth certificate/proof of age is required to participate in 7on7.

FIELD DIMENSIONS

Field Length will be 70 yards. 50 yard playing field with a 20 yard end zone.

70n7 FOOTBALL POSITIONS

The 7 players on offense consist of a **center**, **Quarterback** and **6 eligible receivers**. Two of those receivers must be on the line of scrimmage at the snap – each positioned on opposite sides of the center.

STARTING EACH GAME

- Teams **must** provide their own ball.
- The coin toss 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. The Winning team will begin possession of the ball on the 50-yard line with their choice of hash.
- A whistle will begin and end each game.
- Center must snap the ball to begin play but is **not** an eligible receiver.
- Each game last 30 minutes with running clock.
- Each team has one 40 second timeout per game.
- Official will alert the teams when the clock is under 2 minutes.
- The clock never stops.
- The referees will keep the official score and time on the field for each game.
- Face coverings and Gloves (except Quarterbacks) must be worn at all times by ALL players. If a player does not have a Face covering or Gloves, they cannot participate in the game until they do. Players will be given one (1) warning to put on Face covering and Gloves on properly during play. Second warning will result in player being asked to leave field for a series for not wearing proper Face covering and/or gloves properly. A 15 yard penalty will be assessed to a team who has a player not properly wearing face covering and Gloves.

MOVING THE BALL

- Offense always starts on 50-yard line with their choice of the hash. After any change of possession, teams must lineup in legal football formation.
- All snaps at the 50-yard line must be from under center or Shotgun.
- Offense has four (4) downs to gain a first down.
- First down markers will be at the 25 and 10 yard lines.
- Once inside the 10 yard line, the offense has 4 downs to score a touchdown.

- The first person to control the football is the QB. The QB is never eligible to run.
- Offense has 6 eligible receivers. You cannot start a play with 6 receivers on one side of the ball, must be legal football formations.
- 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.
- 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.
- Quarterback can NEVER run the ball.
- After a score, 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

- 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 only 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 coaches' ejection.
- Any form of cheating qualifies for automatic team disqualification.

SPECIAL RULES:

- NO blocking downfield.
- Blocking downfield will result in a loss of down, return to previous spot.
- Ball carrier is legally down when Flag is pulled.
- Face guarding is not allowed.
- A defender may leave his feet to pull a flag.
- Offensive player can leave his feet as well.
- 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.
- Delay of game is a loss of down.
- 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.
- Defensive pass interference will result in a 15-yard penalty and an automatic first down.
- Defensive or Offensive holding will result in a 10-yard penalty and repeat of the down.
- Offensive pass interference will result in a return to the previous spot plus a loss of down.
- QB has 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.
- The defense is allowed one (1) blitz during the game (No Overtime).

- If a team blitz's more than one time in a game, they will be penalized 15 yards, un-sportsmanlike conduct.
- If a second or more blitzes is attempted by the defense and time expires on the clock the offense will take 15 yards (half the distance if inside 15 yard line) and have one (1) untimed down.
- 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 un-sportsman penalty is given to the interception team, they will be penalized 10 yards and will start from the 50-yard line.
- EXCESSIVE celebration is not allowed and will not be tolerated.
- If a team clears the sideline to celebrate a touchdown and delay the game, 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.
- A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
- Games will end when time expires. If the team who is down has the ball and has started their drive when time expires they will be allowed to finish their drive ONLY if they are within 8 points.
- Any violence toward the quarterback (i.e. blow to the head, QB Knocked down, etc) will be assessed as roughing the passer and given a 15-yard penalty.
- The offense (Receivers, RB) has to line up outside of the tackle box, and one receiver has to be on the line on each side of the QB.
- **FIGHTING WILL NOT BE TOLERATED!** If a player throws a punch, he is ejected immediately and can NOT return to the game.
- If players are involved in pushing or shoving, they will be ejected immediately from the game and cannot returned.
- If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit.
- The referee has the right to throw out any player, players, or team out of the game.
- The EB4 All-Star Performance staff has the right in extreme cases to remove players and/or teams from the league. And they will have to leave the field area/park immediately. A referee can also give a 15 yard un-sportsman penalty.

Tie Breaker:

- 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.
- Each team will have 1 snap from the 50 yard line, choice of hash.
- 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 there is a clear winner is declared.
- This tiebreaker format will be used in all games.
- **No Blitzing is allowed in Overtime.**

POINT VALUES:

- 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.)
- 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-sportsmanlike 15 Yards First Down

*COVID-19 PROTOCOLS WILL BE IN PLACE

THANK YOU!!!

COVID-19

EB4 AllStar Performance Football Program COVID plan:

ENTRY

Required temperature check on everyone (coaches, athletes, referees, event staff,) before they are allowed to enter the field area.

Social distancing rules apply.

Anyone with a temperature of 100.4 or higher will not be permitted to participate.

The entry process will be contactless (no staff will come into contact with entrants).

REGISTRATION

All team waivers, at check-in, will be collected by EB4 AllStar Performance staff (handled with gloves).

Team wristbands, if any, will be given to coaches to give to their players. EB4 AllStar Performance staff will not place the wristbands on each athlete.

STAFF

Staff will be required to wear masks for the entirety of the event.

Staff will not come into direct contact with any spectator or participant.

ON THE FIELD

All players are required to wear a face covering and gloves (except QB's) on the field of play.

Players and coaches should use the hand sanitizer upon entering the field for warm up or game participation.

Hand sanitizer will be provided.

Water dispensers will not be provided. Each athlete must bring their own water bottle.

Athlete's and coaches are expected to wear a mask when they cannot social distance 6 feet or more.

SPECTATOR SEATING

All spectators will be required to stand/sit that are 6 feet apart.