

## Byrnes 7 on 7 Rules

1. 7 defenders and 7 offensive players, (center must be used). A defense may NOT an 8<sup>th</sup> player on defense and drop him to a knee or blitz them.
2. Each possession starts at 40 yard line going in. Offense chooses the hash.
3. First downs are made by crossing the 25 and then the 10 yard line. You have 3 downs to get to the 25, 3 downs to get to the 10 and 3 downs to score.
4. PAT snaps are at the 5 yard line. Offense picks the hash. This is worth one point. Two point conversions will be from the 10 yard line.
5. QBs have EXACTLY 4 seconds to get the ball off or it is considered a sack. The clock starts when ball is snapped. If the stopwatch shows ANYTHING over 4 seconds, the official will raise his hand. The play will continue, but any result on the play will not count. This will enable both teams to get another rep of practice. Ball will be placed at point of sack for the next play and it will be a loss of down. If it is 3<sup>rd</sup> down then the ball is turned over. If the offense is on the 40 yard line, then no loss yardage will result, but the loss of down will still be applied..
6. Games are 22:00 long. The first 20 minutes are a continuous clock. The last 2 minutes are game situations. No overtime will be played until the tournament.
7. Overtimes will consist of 3 plays from the 10. You must attempt a 2pt. conversion starting with the 3<sup>rd</sup> overtime.
8. ONE timeout, (one minute), per team. ONE additional timeout for each OT. Timeouts DO NOT carryover. The clock will stop for the timeout.
9. 25 seconds to snap the ball. Play clock will start on officials whistle as in a game. Delay of game will be a loss of down, (not a 5 yard penalty)!
10. All formations must be legal. Illegal formations will result in a loss of down.
11. ONE hand touch. No running plays allowed. ALL passes must be across the line, (NO SCREENS). No double passes or shuffle passes. Fumbles are dead. Ball is placed at point where ball was fumbled. No blocking is allowed.
12. Coaches MUST coach from sideline. ABSOLUTELY no coaches on the field except during timeouts. (This includes standing in the huddle and/or standing behind the play)

13. Scoring is as follows...

TDs are 6 pts.

INTs are 3 pts. (INTs are dead and are not returned. Ball spotted at 40)

TOD is 2 pts. (Possession starts back at 40)

PAT is 1 point or 2 points. INT's get zero pts on conversions.

14. Penalties...

Defense pass interference is 5 yards and automatic first down

Offense pass interference is loss of down and ball placed back at spot.

Illegal procedure is loss of down

Delay of game is loss of down and clock stops

Fighting/Unsportsmanlike conduct-1<sup>st</sup> offense ejection from game

2<sup>nd</sup> offense ejection from tournament

Personal Foul Offense- loss of down and 5 yards

Defense- 5 yards and automatic 1<sup>st</sup> down

Defensive offsides- 5 yards

NO BLOCKING allowed

15. Seeding/Playoffs/Tiebreakers

Seeding--- The 5 pool winners will be the top 5 seeds. Of these 5 teams, the 4 with the best record will get the bye with 1-4 seeds. The other 15 teams will be seeded based on overall record.

Playoffs---The playoffs will follow the bracket each coach received in their packet. It is double elimination. If a team loses their first playoff game, they are finished until Saturday morning.

Tiebreakers—Head-to-head is first tiebreaker.

Points scored is next

Points given up is third

Most points scored in pool play is 4th

Most points given up in pool play is 5th

Coin flip is last

16. Any additions to rules will be discussed in the coach's meeting on the first day of the tournament on Thursday.