



# FOOTBALL UNIVERSITY

## FBU 7v7 Official Rulebook

### GENERAL

- A.)** Offense will Start on the 40-yard line.
- B.)** There will be a coin flip before each game for 1<sup>st</sup> possession.
- C.)** The player is down when he is touched with one hand below the neck and above the ankle.
- D.)** QB will have 4.0 seconds to throw. Refs will 3-chop and the 4<sup>th</sup> chop is the whistle. (Stop-watch can be used as well for verification.) The four second clock starts on the snap of the ball.
- E.)** Teams are NOT permitted to blitz on defense
- F.)** Teams are NOT permitted to run the ball on offense
- G.)** There are NO untimed downs except for the extra point if a team scores a touchdown as the game time expires
- H.)** The Field General can stop the clock to ensure proper application of the rules outlined herein
- I.)** Any players or coaches involved in an escalated physical altercation will be ejected from the tournament. They will not be allowed to participate for the remainder of the game, or the following game. Each team is responsible for their fans, coaches and players following the FBU Code of Conduct Policy.
- J.)** Taunting will NOT BE TOLERATED. Football is fun. We want your players to enjoy the event and celebrate. However, celebrations or gestures that are made towards an opposing player or team will result in a penalty.
- K.)** Mouthguards and Soft-Shell Helmets are required to play and must be worn at all times, with the exception of Quarterback. Soft-Shell Helmets will be available for rent on-site.
- L.)** Teams are required to use Wilson branded footballs (leather or composite) and follow the size requirements listed below. Teams may choose to use a larger game ball size, but the minimal requirements must be followed.  
12U & 14U = TDY or Higher | 15U = High School or Higher
  - I.** 12U & 14U = TDY or Higher
  - II.** 15U = High School or Higher

### TEAMS, COACHES AND GAME MANAGERS

- A.)** Maximum number of players on one team is eighteen (18)
- B.)** Players must remain on their sideline during the game.
- C.)** Field managers will make sure all teams follow the FBU code of conduct on the sidelines
- D.)** Maximum of four (4) coaches per team.
- E.)** One Offensive Coach and no more than two players can be on the field (players must be on one knee) during play. 1<sup>st</sup> time is a warning. 2<sup>nd</sup> time is a delay of game will be assessed (which is a loss of down)! No defensive coaches can be on the field at any time.
- F.)** The offense can't set up on the field on 40-yard line until the opposing offensive team reaches the 15-yard line. Doing so before the team reaches the 15-yard line will result in a delay of game and a loss of down.
- G.)** Each game will have at least 2-3 Officials, and a Field Manager
- H.)** Field Managers will oversee teams during the game and ensure the rules are enforced properly

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## PLAYER CERTIFICATION & AGE REQUIREMENTS

**A.)** Every team & participant will be required to check in at the registration table. Please arrive an hour before game time to allow time for the registration process.

**B.)** FBU 7v7 events strive to ensure fair and equitable play. All teams and players must be registered in PlayerFirst in order to expedite the certification process. Players must be included on the PlayerFirst Team Roster and provide photo ID upon check-in. **All players will receive jersey during check-in.**

- I.** **15u**– team members CAN NOT turn 16 years old before 1/1/25; Must have registered and submitted Birth Certificate through PlayerFirst to be rostered
- II.** **14u**– team members CAN NOT turn 15 years old before 1/1/25; Must have registered and submitted Birth Certificate through PlayerFirst to be rostered
- III.** **12u**– team members CAN NOT turn 13 years old before 1/1/25; Must have registered and submitted Birth Certificate through PlayerFirst to be rostered

## GAME TIMES AND LATE POLICY

- A.)** Please be at the field at least 30 mins early and ready to play as FBU reverses the right to start games early.
- B.)** Each game will last 25 minutes.
- C.)** Running clock with no timeouts.
- D.)** Teams must be onsite and ready to start on time. Game clock will start at the original scheduled game time, or the game time specified by the Event Director. Any teams that are 10+ minutes late to the originally scheduled start time will forfeit the game. A win by forfeit will result in a 7-0 final score.
- E.)** If a touchdown is scored as time runs out, the scoring team will be allowed an extra point try
- F.)** The head official will keep the time and will be located by the offensive huddle; The head official will blow the whistle to start the clock.

## SCORING

- A.)** Six (6) points for a touchdown
- B.)** One (1) point for a PAT from 5-yard line
- C.)** Two (2) points for a PAT from 10-yard line
- D.)** Two (2) points for a defensive stop
- E.)** Three (3) Points for Interception (no runbacks or "pick six")
- F.)** Turnover on a PAT is dead ball (including interception) and no points will be given
- G.)** If there is a defensive stop or an interception that occurs with no time on the clock, the defense will still be awarded two (2) points for the defensive stop or three (3) points for the interception.

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## OFFENSIVE RULES

- A.) Offense will start on the 40 yard-line with the option of using either hash. First downs will be at the 25-yard line and 10-yard lines. Once a 1<sup>st</sup> down is achieved inside the 10-yard line you have three (3) downs to score
- B.) Offense has three (3) downs to gain a first down.
- C.) Each team must possess a center to snap the ball. If using a center, he is ineligible to catch a pass.
- D.) After a score, the offense can go for one (1) point at the 5-yard line or two (2) points at 10-yard line. The offense may place the ball either on the hash or the middle.
- E.) The offensive team may **NOT** run the ball on ANY DOWN
- F.) The 1<sup>ST</sup> player to receive the ball from the center is considered the QB and can **NOT** run. The 2nd player to possess the ball is the runner and is not allowed to throw or lateral the ball.
- G.) **NO BLOCKING** – this will result in a 5-yard penalty from previous LOS and a loss of down.
- H.) Fumbled shot-gun snap is a dead ball (loss of down), and the ball will return to the original line of scrimmage. All fumbles are dead where they lay.
- I.) The offensive team is responsible for retrieving and returning the ball to the previous spot or the new LOS
- J.) All offensive formations must be legal sets. Receivers' alignment should respect the tackle box.
- K.) All offensive substitutions must enter through the back of the offense.
- L.) The Goal Posts are out of bounds.

## OFFENSE PENALTIES

- A.) False Start = Loss of Down
- B.) Delay of Game = Loss of Down
- C.) Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed
- D.) Offensive Pass Interference = 5-yard penalty and Loss of Down
- E.) If there is an offensive penalty at the 40 yard line, the Offensive team will just be penalized with a loss of down. (ex. 1st Down, Offensive Pass Interference @ 40 yard line, next play will be 2nd down from 40 yard line)
- F.) Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball will result in a delay of game and be a loss of down.
- G.) Dead Ball penalties on the Offense assessed after the play would result in a 15-yard penalty.
- H.) If a personal foul is assessed on a Touchdown to the offensive player, Offensive team will lose the next down which is the PAT. Ball goes to the Defense on the 40 yard line..
- I.) Back-to-Back delay of game penalties will result in change in a defensive stop and defense will be given 2 points
- J.) If the scoring team is assessed a dead ball penalty after a TD, they will forfeit their extra point opportunity.
- K.) If there is an Offensive penalty (false start, delay of game, offensive pass interference, etc...) when the defensive team blitzes, the defensive team will be awarded their blitz back if the penalty is accepted

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## DEFENSIVE PENALTIES & BLITZING

- A.) Offsides = 5-yard penalty
- B.) Defensive Pass Interference = will be a spot foul (1st down at the spot).
- C.) Defensive Holding = will be a spot foul (1st down at the spot).
- D.) If Defensive Pass Interference occurs in the end zone, it will result in a 1st down at the one-yard line.
- E.) Defensive Pass Interference on an extra point is half the distance for the same number of points. Ex. Going for two (2) from the 10-yard line, pass interference occurs in the endzone – ball is moved to the 5-yard line and if converted offense is awarded two (2) pts.
- F.) Any dead ball penalty on the defense AFTER a change of possession or TD would result in a loss of down for that team's offense when they begin their ensuing possession.
- G.) Responsibility to avoid contact is with the defense
- H.) Dead Ball penalties on the defense assessed after the play would result in a 15-yard penalty, or half the distance to the goal from the spot of the ball and an automatic first down.
- I.) Game CANNOT end on a defensive penalty!
- J.) Tackling or unnecessary roughness will be an unsportsmanlike penalty (No Warning). Resulting in a 15-yard Penalty and AUTOMATIC 1<sup>st</sup> Down, and subject to ejection of the player. Diving at the legs of an offensive player will be considered unnecessary roughness.
- K.) If there is a Defensive penalty that occurs when the defensive team blitzes (defensive holding, offside, etc.) the defensive team will lose their blitz for the remainder of the game. (Ex: Defensive team blitz, offensive team scores a TD. There is a defensive penalty on the play. The defense loses the blitz.)
- L.) Punting the Ball will result in a personal foul, if on a change of possession, the penalty will result in a loss of down and the ball placed on the 40yd line.
- M.) There is **NO BLITZING** allowed on ANY DOWN

## TIE BREAKER/OVERTIME RULES

- A.) Any game that ends in a tie will result in Overtime.
- B.) The referee will select a team to call the coin toss in overtime, at his/her discretion.
- C.) The winner of the coin flip will select if they want to be 1<sup>st</sup> offense or defense.
- D.) Ball will be marked on the 10-yard line & NCAA overtime rules apply. Each Team has 3 attempts at end zone.
- E.) Only offensive scoring will count in overtime.
- F.) After the 1st overtime, both teams must go for two (2) points (spot ball @ 10-yard line) after a Touchdown
- G.) If a game goes into a 2<sup>nd</sup> overtime, the team that gets the ball 2<sup>nd</sup> in the 1<sup>st</sup> overtime will receive the ball 1<sup>st</sup> in the 2<sup>nd</sup> overtime. 3<sup>rd</sup> overtimes and the teams will switch again.
- H.) Penalty rules do not change for the overtime periods

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