

# **T.S.O. SPORTS**



**2024**

**Varsity Division**

**7 on 7 Rules**

**Field dimensions:**

**50 yds by 25 yds.**

**8 yd endzones**

**2 yd frozen zones**

**5 yds for 2 point conversion**

1. **Players:**

- Each team will field seven (7) players on offense and defense.
- A minimum of five (5) players are required to field a team—opposing team may still field all seven (7) players.

2. **Equipment:**

- All players must wear a mouthpiece and a protective cup during the game (if applicable)
- Matching jerseys are required on the field of play.
- Each player must wear their flag belts over their jerseys. The jersey must NOT be tucked into pants.
- Flag belts must be completely visible at all times and may not be altered in any way.
- No hard football pads, hard braces or casts unless properly covered with soft padding. **A doctor's note allowing participation must accompany the player.**
- No metal cleats or any other illegal equipment—this is enforced at the referee's discretion.

3. **Coin Toss:**

- Visiting team calls the coin toss:
- The winner has two (3) choices to start the game—(1) receive the ball---(2) defend a goal--- (3) defer to 2<sup>nd</sup> halve
- Teams switch direction in the second half.

4. **Game Clock / Time Outs:**

- A game will consist of two (2) twenty five (25) minute halves. The clock will continue to run throughout the game and will only be stopped in the last minute of both halves (pro clock)
- Each team gets three (3) time outs per half. Each time out will be twenty (20) seconds. Time out can only be called by a player on the field or a designated coach.
- Games must start on time. The clock will be started at time game is scheduled. If a team is more than ten (10) minutes late, that team will forfeit the game. If a team is less than ten (10) minutes late, the team that was on time will have the option to receive the ball both halves.

## 5. **Rules:**

- Only the **“HEAD COACH”** is allowed to question a call and to have an officials’ conference.
- Offensive teams are allowed one (1) forward pass per play. Pitch backs are OK after a completed pass downfield only. Shuffle passes are allowed.
- The teams will play 7 on 7, if a team has 8 or less players. The coach has the option to play 7 on 7 or 6 on 6.
- **Varsity Division may use a Official or Intermediate Size Football**

**Dead Ball:**--The following is considered a “dead ball”

- FUMBLES—there are NO FUMBLES. The ball is spotted where it is fumbled.
- Any part of the ball carrier’s body hits the ground, except for the feet or hands
- The flag falls off the ball carrier (NO EXCEPTIONS)
- If an offensive and defensive player catches the ball at the same time, it is awarded to the offense at the spot.
- If a player catches a ball while his knee is down or if his flag has already fallen off before the catch is made, the catch is allowed but the ball cannot be advanced.

**Interceptions:**

- If a defensive player intercepts a pass, they may run it back. However, once the interception is made, that team now becomes the offensive team and must obey the offensive rules. The intercepting team will take possession of the ball wherever they are flagged.

**Blocking:**

- There is NO BLOCKING for the ball carrier. However, offensive players may set a basketball pick. An offensive player can run

alongside the ball carrier; HOWEVER he cannot prevent a defender from making a play on the ball carrier.

### **Frozen Zones:**

- Two (2) yards before the end zones or the first down markers at midfield. If any part of the ball touches the Frozen Zone, the offense is only allowed to pass the ball. The offense cannot run the ball for the yardage needed even after the five (5) count but the defense can still rush after the five (5) count.
- All passes in the Frozen Zone MUST BE A FORWARD PASS beyond the line of scrimmage.

### **Mercy Rule:**

- If a team is winning by eighteen (18) points or more at any time during the game, whenever they take possession of the ball it will be back on their own five (5) yard line. **The team that is losing by eighteen (18) points or more will take their possessions 1<sup>st</sup> down and three (at 47 yard line) for the first down.** However, once the score is less than an eighteen (18) point difference, all rules go back to normal. **NO MERCY RULE IN THE PLAYOFFS.**  
**If a team is winning 25 points or more, the QB that played when most of the points were scored, has to come out.**
- If a team is winning by nine (9) points or more and they take possession of the ball at the one (1) minute warning, THE GAME IS OVER.

**Overtime:** If a game is tied after regulation, a coin toss will determine who receives the ball first. Visiting team will call the toss.

- Winner has two choices: #1-ball or #2-defend
- Both teams will go in the same direction.
- The team that starts on defense will pick direction.
- One time out per team (no carry over from regulation)
- Each team will be given four (4) downs to score from the opponent's 49 yard line. **(on the 3<sup>rd</sup> overtime, team must go for 2)**
- If the defensive team intercepts the ball during the four (4) downs, the offense forfeits their remaining attempts. If the score is still tied after

each team has a try, the game will be considered a tie. During the playoffs, the sequence will continue until there is a winner.

## 6. Offense:

- Offensive team starts on their own five (5) yard line. They have four (4) downs to reach the first down marker at mid-field. If so, they get four (4) more downs to score. If they fail to reach the first down marker, or if they fail to score at any time during their possession, the opposing team takes over the ball on their own five (5) yard line and vice-versa. **In the Varsity Division, the Coach must declare if he is trying or punting (placing ball on 5 yard line ) on 4<sup>th</sup> down. If a try is attempted and is unsuccessful, the defense takes over at the spot (if the spot is inside their 5 yard line, ball comes out to the 5 yard line).**
- **Play Clock - 25 twenty five seconds to call a play.** After the referee sets the ball at the line of scrimmage and blows the ready whistle the play clock begins. Delay of Game.
- At the snap of the ball (can be from the side or between the legs ) the referee will count to **(4) in Varsity Division.**
- **There are no run plays in the Varsity division besides the QB. Laterals after a completed pass are allowed down field.**
- The quarterback can run with the ball ONLY after the **(4) count in Varsity Division.**
- **In Varsity Division Only – 2 quarterback runs per half (extra points: Forward Pass across line of scrimmage only)**
- QB runs on a blitz do not count as a run by the offense.
- Receivers must have one (1) foot in bounds for it to be a completed pass.
- The snap can occur with a hand clap or quarterback sound. **NO SILENT COUNTS.**
- Whoever receives the ball from the center is the quarterback.
- **The quarterback MUST receive the ball from the center. The ball can be pitched back, handed back or snapped between the legs of center.**
- When the flag is pulled the ball will be spotted where the ball carrier's **HIPS** are, NOT THE BALL.
- The ball carrier can spin to avoid a defender. He cannot guard the flag or leave his feet to avoid a defender.

- The ball carrier must avoid the defensive players. There is no charging into the defensive player.
- All players must be at least five (5) yards from the sideline for the huddle to be legal.
- Offensive receiver can not line up back and run forward (ie arena football)
- The ball can not be set, no closer than 8 yards from sideline

## 7. Defense:

- The defensive player must wait for the (4) count in the Varsity Division before crossing the line of scrimmage. Play action does not count.
- 2 Blitzes per Half. Blitzer must be 1 yard from the LOS. Blitzer must yell blitz(Official must hear it). No other play may rush at the same time. QB runs on a blitz do not count as a run by the offense. **If a team blitzes without yelling blitz, the team will be assessed a 5 yard penalty and lose a blitz. Offense will repeat the down.**
- Intentionally pulling the flag of an offensive player without that offensive player having possession of the ball is considered a hold.
- A defensive player is allowed to leave their feet in order to pull a flag—HOWEVER—in doing so; it must not impede the runner. If it does impede. It will be considered illegal contact.

## 8. Coaches on the Field:

- **Varsity – NO COACH ALLOWED ON THE FIELD**

## 9. Penalties:

### Offense:

5 yards from line of scrimmage and repeat down

- Delay of game
- Defense Offside ( free play )
- False start

- Failure to wear proper equipment
- Too many players on the field
- snap infraction
- **Illegal touching—if a receiver runs out of bounds**

**5 yards from spot and loss of down**

- **Illegal forward pass**
- **Guarding the flag**
- **Intentional grounding**

10 yards from spot of foul and loss of down

- Stiff arming
- Blocking

10 yards from line of scrimmage and repeat down

- Pass interference
- Hurdling

Personal Fouls – 10 yards from spot & loss of down

- Unsportsmanlike conduct
- Unnecessary roughness
- Tying on the flag belt
- Charging into player
- Fighting

## **Defense:**

5 yards from the line of scrimmage and repeat down

- Off sides (**on defense live ball** / **on offense dead ball**)
- Illegal rush (**live ball**)
- Failure to wear proper equipment
- Snap infraction

**Defense Pass Interference – spot foul & automatic first down**

5 yards from spot of foul or end of play and auto 1<sup>st</sup> down

- Holding / Illegal contact
- Grabbing the flag before receiver has possession

10 yards from spot of foul or end of play and automatic first down

- Personal Foul
- Unsportsmanlike conduct
- Unnecessary roughness
- Tackling
- Pushing out of bounds
- Stripping or attempt to strip
- Fighting

## 12. Scoring:

### **Touchdown**

- 6 Points

### **Conversions**

- 1 point from the two (2) yard line---pass only
- 2 points from the five (5) yard line---run or pass

### **Interception and returned on extra point attempt**

- 6 points

### **Safety**

- 2 points ( after a safety, ball is at mid field )

## Lop Side Rules

If a team go up 30 points or more,



the following rules will go into effect:

- 1 - The QB can not run after referee finishes counting.  
( if QB runs, play is blow dead )
  
- 2 - No pass maybe be more than 10 yards  
( if pass is more than 10 yards, ball will brought  
back to line of scrimmage and down counts)
  
- 3 - If the defense intercepts, the ball is dead where the  
catch is made.

### **Last 3 minutes of the Game**

If a team is intentionally committing a foul ( false start, off sides) to try to get another 25 second play clock. The referee will notify the coach they have 10 seconds to snap the ball. If the team does it again, they have 10 seconds to snap the ball loss of 5 yards and the down.

**ANYTHING NOT COVERED IN HOUSE  
RULES, WILL BE ENFORCED  
FROM FEDERATION RULE BOOK.**