



## **2025 MECA 7v7 TOURNAMENT RULES**

### **Player Maximum Per Team**

- 25 players

### **FIELD DIMENSIONS**

- Field Length is 40-yard

### **Opening Possession**

- First possession will be determined by coin toss. A whistle will begin each game.

### **Game Time/Clock Management**

- Each game lasts 20 minutes with a running clock. The time will be kept by the game's head official.
- 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.
- The official will declare when the clock is under 2 minutes. The clock never stops, except for an injury or referee timeout.



## Offensive Possessions/First Downs

- The offense has three (3) 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 3 downs to score a touchdown. The first person to control the football off the QB-Tee is the QB. Teams may elect to use a QB-Tee or designate a non-eligible player to toss the play to the QB as a shotgun snap. The QB is never eligible to run. The offense may run the ball as many times as they want on any down during the game **except when the offense is inside the 10-yard line, including extra point plays**. The QB is allowed to make one exchange (ex. Pass, handoff or toss). No toss passes, reverses or hook and ladder plays.
- Defensive players cannot cross the line on a run play until the quarterback hands the ball off to a RB. The Quarterback can **NEVER** run the ball.

## Coaching Conduct

- Only one offensive coach is allowed on the field at a time. The coach must be positioned behind the offensive huddle. Coaches are not allowed to challenge any official ruling. Remaining team coaches must work from the sidelines. NO defensive coaches are 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.



## **Blitzing**

- Each team is allowed one blitz per game. Only one player may blitz. If a team blitzes at the 40-yard line and sacks the quarterback, the ball will be spotted at the 40-yard line. In all other instances, ball will be spotted where the QB is sacked.
- If a team has already used their one blitz, any blitz thereafter will be penalized 15 yards (un-sportsman penalty) and the offense will get an automatic first down. No offensive players are allowed behind the quarterback. There is no blocking allowed – blocking will result in a loss of down, return to the previous spot.

## **Ball Carriers**

- Ball carriers are legally down when touched below the neck with at least one hand or the ball carrier's knee or elbow touches the ground. Defenders are allowed to leave their feet to make a tag. Offensive players are also allowed to leave their feet.

## **Fumbles**

- Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.

## **Play Clock/Spotting the Ball**

- Offensive team will have 25 seconds to put the ball into play. Delay of game results in 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 a delay of game.



### **Pass Interference/Holding**

- 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.

### **Time to Throw**

- 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.

### **Interceptions/Unsportsmanlike Penalties**

- An interception will result in an immediate stoppage of play and a change of possession with the intercepting team gaining possession at the 40-yard line. If an unsportsman-like penalty is given to the intercepting team, they will be penalized with a loss of down and will start from the 40-yard line. 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.

### **Offensive Alignment**

- The offense (wide receivers) have to line up outside the tackle box, and 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**

- Fighting will not be tolerated. If a player throws a punch, he is ejected immediately, and both teams involved will be disqualified from the remainder of the tournament.
- 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 ejected from the tournament in its entirety. If a team's bench clears, resulting in a fight, that team will be ejected, resulting in a forfeit and disqualification from the tournament.
- The referee has the right to throw out any player, players, or team out of the game. The Meca staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any tournament and they will have to leave the facility immediately. A referee can also give a 15-yard unsportsmanlike penalty.

## **Overtime/Tie Breakers**

- Games 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 get ONE play from the 40-yard line. The team that gains the most yards in one play will be declared the winner.
- If neither team gains a completion, or there is another tie, then the process will repeat and the team that lost the toss will choose to go offense or defense first. There is NO blitzing in overtime.



## **Bracket Format**

- All teams will be seeded in the bracket based on their results from pool play. All teams will play minimum of 4 games during the event, unless otherwise noted or if there are unforeseen circumstances.

## **BRACKET SEEDING WILL BE DETERMINED BY:**

- Wins/losses, 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**

- Offensive touchdown=6 points
  - One Point Conversion-5 yard line
  - Two point Conversion-10 yard line
- Defensive Stop=2 Points
- Defensive interception=3 points, and the intercepting team will gain possession at the 40-yard line.

## **PENALTIES**

## **ASSESSED**

## **RESULT**

### **OFFENSE**

False start/Illegal motion

Line of scrimmage

Loss of Down

Delay of Game

Line of scrimmage

Loss of Down

