

CORE 5 7V7 LEAGUE RULES

Games are 40 minutes long with two 20 min halves and a 5 minute halftime. The clock runs continuously all game and stops according to the rules during the final 1:00.

- ★ 7 defenders and 6 offensive players (5 eligible receivers). (must use a center (not eligible) or extra player to snap).
- ★ 1 running back allowed in the tackle box (loss of down if not thrown outside tackle box).
- ★ Each possession starts on the 40-yard line – going in.
- ★ Field width is 50 yards (some Core 5 locations may be different due to limited space for fields)
- ★ First downs are made by crossing the 25-yard line and the 10-yard line.
- ★ Three downs to make a first down; even inside the 10- yard line.
- ★ PAT 1 point snaps are at the 5-yard line, ball is spotted by the center and as close to the center of the field.
2 point conversions will be from the 10-yard line.
- ★ 5.0 seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time. The clock will be stopped on a sack in the final 1:00 of the game.

NOTE: Passes may be thrown behind the line of scrimmage but receiver must advance beyond L.O.S. or play will be treated as a sack.

- ★ Five (5) second clock starts on snap of ball.
- ★ Possession changes after PAT attempt, failure to make a first down, or turnover.
- ★ One 60 second time-out per team per game. 1 additional 30 second time-out per overtime.
- ★ All offensive formations must be legal sets. (At least 2 eligible players must be on the line of scrimmage).
- ★ Twenty-five seconds to get the play off.
- ★ One-hand touch from the shoulder down.
- ★ No running plays allowed.
- ★ No double passes.
- ★ No defensive coaches on the field, coach from the sidelines. 1 offensive coach is allowed behind the offense.
- ★ Pressing is allowed within the first 3 yards.
- ★ No fumbles allowed except on the snap from the center to the QB. The ball is still live with the 5 second pass clock.
- ★ Once the ball is thrown to a player behind the line of scrimmage, all defensive players can pass the line of scrimmage.
- ★ Youth size football must be used during games (May use larger size football but no smaller than YOUTH).
- ★ Offensive players are allowed to dive with the football
- ★ When the player is down, the ball will be spotted where the football is (not front foot).
- ★ Offense: No blocking or running alongside the offensive player
- ★ All snaps must come from the ground
- ★ No passes allowed inside the tackle box
- ★ QB cannot run with the ball
- ★ 1 offensive player allowed in motion parallel to the line of scrimmage at a time.

Overtime:

Consists of 2 plays from the 10 yard line. Each team has an attempt to score in each overtime period. Overtime periods are not timed.

Mercy Rule:

If the margin of score between the two teams is 21 points or greater at the end of the 1st half, the clock will continue to run continuously for the remainder of the game; regardless if the margin of score becomes less than 21 points.

Scoring:

- Touchdown - 6 points
- Interception - 3 points (no points for INT on PAT)
- Turnover on downs - 2 points
- PAT - 1 point at the 5 yard line. (may opt for 2 point conversion from the 10 yard line)

Penalties:

- ★ Defense pass interference = Automatic first down and 5 yards from original line of scrimmage.
- ★ Offense pass interference = Previous spot and loss of down.
- ★ Defensive holding = Automatic first down and 5 yards from original line of scrimmage. In the event there is defensive holding and a sack on the same play, the defense will be penalized according to the above and the sack will be ignored.
- ★ Illegal procedure (offense) = Loss of down.
- ★ Defensive off-sides = 5 yard penalty.
- ★ Delay of game = Loss of down and clock stops in final 1:00.
- ★ Fighting / unsportsmanlike conduct = ejection from game.
- ★ No pushing out of bounds = unsportsmanlike conduct 10 yard penalty (offense loss of down) (defense automatic first down)

Personal Foul Penalties:

- ★ Offense = loss of down and 5 yards from original line of scrimmage.
- ★ Defense = 1st down and 5 yards from original line of scrimmage.

Seeding, Tournament, and Tie-breakers:

- ★ Teams will be seeded for the tournament according to overall records from pool play.
- ★ Records which are tied will be broken as follows:
 - Fewest points allowed. Most points scored.

★ Equipment

- All players are required to wear the designated Core 5 uniforms, if provided. If not, teams may wear their own uniforms.
- Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spikes are allowed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- Players must remove all watches, earrings and any other jewelry that officials deem hazardous.

