EDG 7-ON-7 CIRCUIT

Official Tournament Rules — Flag Pull Format

These rules apply to all three EDG events at Jackson Sport Complex: EDG Spring Kickoff (March 20–21), EDG East Coast Showdown (April 24–25) and EDG Circuit Championship (May 15–16). EDG plays a **flag pull** format, and **no coaches are allowed on the field** during play.

1. Eligibility & Rosters

- Divisions: 10U, 12U, 14U, 15U and 18U. A girls division may be added at EDG's discretion.
- Roster limit: 25 players per team. Every player must be registered ($25 per player) before their team's first game.
- A player may appear on only one team roster per event.
- Teams play 7 on 7. A team must have at least 6 players to start or continue a game.

2. Field & Game Setup

- The field is 50 yards: a 40-yard playing field plus a 10-yard end zone. First-down lines are at the 25 and the 10.
- Games last 25 minutes on a running clock that does not stop. The referee will announce when 2 minutes remain.
- The referee's whistle starts and ends each game. Referees keep the official score and time.
- The home team (listed second on the schedule) gets the ball first.
- Every possession, including after a turnover, starts at the +40 with the offense choosing the hash.

3. Flags & Equipment

- Every player must wear a flag belt with two flags, one on each hip, for the entire game.
- Flags must hang freely and in full view. Flags may not be tied, tucked, knotted or covered by a jersey or shorts. A player with illegal flags may not play until they are fixed.
- Soft-shell helmets and mouthpieces are required for every player except the quarterback.
- Players without the required gear may not take the field until they have it.

4. Flag Pull Rules

- The ball carrier is down at the spot where the ball is when either flag is pulled.
- If a ball carrier's flag falls off on its own, that player is down when touched by a defender with one hand.
- A receiver who catches the ball without a flag (pulled earlier or fallen off) is down at the spot of the catch.
- **Flag guarding** is not allowed: the ball carrier may not use hands, arms or the ball to block a defender from pulling a flag.
- Defenders may pull flags only from the ball carrier. They may not hold, grab, push or tackle the ball carrier to get to a flag.
- Defenders may not leave their feet (dive) to pull a flag.
- No blocking by either team. Face guarding is allowed.

5. Offense

- The offense has 3 downs to reach the next first-down line. Inside the 10, the offense has 3 downs to score.
- The offense has 25 seconds to snap the ball. Exceeding it is a loss of down.
- From the +40 the snap must come off the QB tee (no shotgun). Once the ball is past the +40, the QB may take a shotgun snap off the tee.

- The first player to control the ball off the tee is the quarterback. The quarterback may never run the ball.
- The quarterback may make only one exchange (pass, handoff or pitch). No laterals, reverses or hook-and-ladder plays.
- The quarterback has 4 seconds to throw. If time runs out, the play is dead and it is a loss of down.
- The offense may run the ball (after a handoff) on any down.
- Fumbles and bad snaps are dead at the spot, and the offense keeps the ball.
- After each play, the offense must return the ball to the referee. The clock does not stop.

6. Defense & Blitz

- Each defense gets **one blitz per game**, overtime included. An unused blitz carries into overtime.
- On a blitz, the 4-second clock is off. The quarterback may hold the ball, but still may not run past the line of scrimmage.
- Defenders may not cross the line on a run play until the handoff. Crossing early counts as the team's blitz.
- After a team uses its blitz, the referee marks it on the sideline. A second blitz is a 15-yard unsportsmanlike penalty.
- An interception ends the play immediately. The intercepting team starts at the +40.

7. Scoring

Play	Points
Touchdown	6
Extra point (from the 5)	1
Two-point conversion (from the 10, offense picks hash)	2
Tiebreaker win (see Section 10)	1 added to final score

8. Coaches & Sidelines

- **No coaches are allowed on the field during play** — offense or defense. All coaches stay on their team's sideline.
- Coaches may call plays and signal from the sideline only. Players run their own huddle on the field.
- Only rostered players and registered coaches may be in the team area.
- Coaches may not argue or challenge a referee's call.
- Sideline or coach violations (including stepping onto the field): first offense is a warning; second is a 10-yard penalty (or half the distance to the goal); third is ejection of the coach.
- Each team must clean up its sideline (water bottles and trash) after every game.

9. Penalties

Offensive Penalty	Result
False start, illegal motion, delay of game	Loss of down
Blocking	Loss of down
Offensive pass interference	Loss of down from the previous spot
Flag guarding	5 yards from the spot of the foul + loss of down
Illegal play (e.g., QB run, second exchange)	5 yards + loss of down
Unnecessary roughness	15 yards + loss of down
Unsportsmanlike conduct	15 yards + loss of down

Defensive Penalty	Result
Encroachment / neutral zone	5 yards, replay the down
Illegal flag pull (holding, grabbing, pushing the ball carrier)	Spot of the foul + automatic first down
Defensive holding / pass interference	Spot of the foul + automatic first down
Diving to pull a flag / illegal play	5 yards + automatic first down
Second blitz in a game	15 yards (unsportsmanlike)
Unnecessary roughness	15 yards
Unsportsmanlike conduct	15 yards + automatic first down

A game cannot end on a defensive penalty. If time expires on a play with a defensive penalty, the offense gets one untimed down.

10. Overtime & Tiebreaker

- Any game tied at the end of regulation goes to the tiebreaker.
- Coin toss: the home team calls it, and the winner chooses offense or defense.
- Each team gets one snap from the 40 with its choice of hash. The longest completion wins and earns 1 point on the final score.
- If neither team completes a pass, or the completions are equal, repeat the tiebreaker. The team that lost the first toss chooses offense or defense.
- Repeat until there is a winner.

11. Pool Play & Bracket

- Every team is guaranteed at least 4 games per event.
- Bracket seeding is based on Day 1 record and Day 1 schedule. Bracket games are single elimination, decided head to head.
- Seeding and at-large tiebreakers, in order: (1) record, (2) total points scored, (3) point differential.
- Each division crowns a champion at every event, and each division champion receives the $5,000 prize.

12. Sportsmanship & Conduct

- No excessive celebration. If a team clears its sideline after a touchdown, it is a 15-yard penalty and the team loses its extra-point try. On an extra-point try, the point does not count and a 15-yard penalty is assessed.
- Any player who throws a punch, pushes or shoves is ejected and may not return.
- If a bench clears into a fight, both teams are ejected and forfeit.
- Referees may eject any player, coach or team. EDG staff may remove players, coaches, spectators or teams from the event and Jackson Sport Complex for serious misconduct.
- Every non-playing attendee must wear a $20 weekend wristband to enter the venue.