

GO PLAY FLAG

CHAMPIONSHIPS



OFFICIAL 7v7 CHAMPIONSHIP RULES

HIGH SCHOOL GIRLS | 2026 EDITION

COMPLETE PLAYING RULES FOR THE GO PLAY FLAG CHAMPIONSHIPS

Effective November 2026
Half-Field 7v7 | Championship Tournament Play

POWERED BY



Version 1.0

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ABOUT THIS RULEBOOK

This document is the complete governing rulebook for the Go Play Flag Championships 7v7 High School Girls division. It is designed so coaches, players and officials can understand the event rules without needing to consult a separate Michigan Girls Flag Football League (MGFFL) or Detroit Lions rulebook.

Rule hierarchy: The playing framework is adapted from the MGFFL Girls High School Flag Football Playing Regulations, Version 6.1 dated March 17, 2026. The Go Play Flag Championship modifications printed in this document control whenever they differ from that framework. This document is the rules authority for this event.

Core Go Play Flag Championship Modifications

- Games are played 7v7 on a half-field. The 50-yard line is a hard out-of-bounds boundary separating the two competition fields.
- **Games consist of two 14-minute running-clock halves with a two-minute halftime.**
- Each standard possession begins at the offense's 40-yard line.
- The offense has four downs to cross the 20-yard line. Crossing the 20 earns an automatic first down and a new four-down series to score.
- There are no punts.
- **Interceptions immediately end the play; the intercepting team begins a new possession at the 40-yard line. No returns.**
- **All changes of possession, including turnovers on downs anywhere on the field, place the new offense at the 40-yard line with four downs to cross the 20.**
- There are no safeties. The ball is reset to the offense's 40-yard line and the offense is charged a loss of down.

Revision Control

Version	Effective Date	Description
	November 2026	Updated tournament rules: 14-minute halves, two-minute halftime, 40-yard change-of-possession reset, yardage overtime, and 5v5-aligned seeding. Table of contents updated with page references; turnover-on-downs placement simplified.

Reference framework: Michigan Girls Flag Football League (MGFFL) Girls High School Flag Football Playing Regulations, Version 6.1, March 17, 2026. Go Play Flag is independently administering this championship event; this rulebook controls event play.

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1. AUTHORITY, ADMINISTRATION & RULE HIERARCHY

1.1 Controlling Rules

These rules govern all 7v7 High School Girls games played as part of the Go Play Flag Championships. Event operations, scheduling, eligibility, rosters, seeding and venue procedures may be established separately by the Tournament Director. Any published event procedure that expressly modifies a rule in this book controls for that event; otherwise this rulebook remains in force.

1.2 Officials and Tournament Administration

- Game officials administer the playing rules and penalties on the field. Officials have authority from the pregame conference through the referee's declaration that the game has ended.
- The Tournament Director or designated Site Director has final administrative authority over eligibility, scheduling, discipline, field assignments and matters not assigned to game officials.
- Judgment calls are final. Coaches may respectfully ask for a rules clarification but may not protest or repeatedly debate a judgment call.
- The referee may rule on any situation not specifically covered by this rulebook in a manner consistent with safety, fairness and the spirit of 7v7 flag football.

1.3 Team Responsibility

- Teams are responsible for knowing these rules and arriving at the assigned field ready to play at the scheduled game time.
- The head coach is responsible for the conduct of players, assistant coaches, team personnel and spectators associated with the team.
- Before the game, each head coach must ensure all players are legally equipped and meet the uniform and safety requirements in this rulebook.
- Each team shall designate a speaking captain. The head coach or speaking captain may request timeouts and appropriate rule clarifications.

2. FIELD & GAME SETUP

2.1 Half-Field Configuration

Each 7v7 competition field uses one half of a regulation football field. Offenses attack toward the end zone from the 40-yard starting line. The 50-yard line behind the offense is a hard out-of-bounds boundary and separates adjacent competition fields.

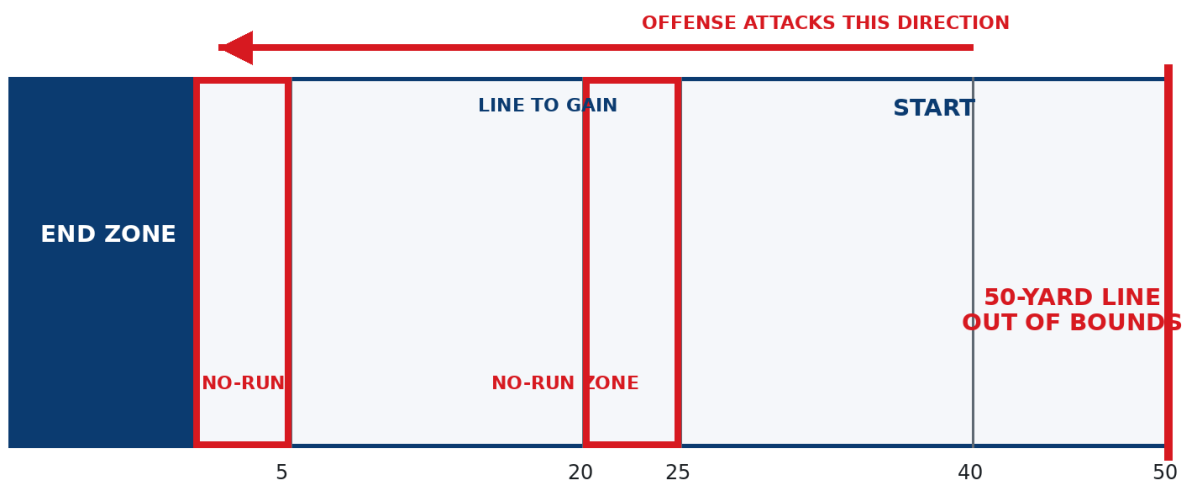
GO PLAY CHAMPIONSHIP MODIFICATION — The 50-yard line is out of bounds. A player or live ball that touches or crosses the 50-yard line is out of bounds. Officials may immediately kill a play if continued action would create a safety risk on the adjacent field.

2.2 Key Field Marks

- 40-yard line — standard starting line for a new possession.
- 20-yard line — line to gain. Crossing it during a live series awards an automatic first down.
- Goal line — crossing the plane with possession results in a touchdown.
- No-run zones — five yards before the 20-yard line and five yards before the goal line whenever that next line is live.
- Seven-yard rush line — designated by an official or marker seven yards behind the offensive line of scrimmage.

2.3 Field Width, Markers and Team Areas

The preferred playing width is 40 yards and may be adjusted by the Tournament Director to fit the venue. Soft markers, cones or discs may be used to identify the line to gain, no-run zones, rush line and other boundaries. Team areas shall be designated outside the sideline and must remain clear of live play.



Half-field schematic — not to scale. Tournament field markings and officials control the playable boundaries.

3. EQUIPMENT & UNIFORMS

3.1 Game Ball

The official game ball shall be an intermediate/junior-size football unless the Tournament Director designates another tournament ball. The tournament or officials may designate the game ball for each contest.

3.2 Required Player Equipment

- A mouthguard is mandatory for every player during live play.
- Each player must wear a flag belt with two flags positioned at the hips. Flags must contrast with the shorts or pants and remain unobstructed.
- Jerseys must not cover or obstruct the flags. If required by the official, a jersey must be tucked in before the ball is ready for play.
- Athletic shoes or legal cleats may be worn. Exposed metal cleats or other dangerous projections are prohibited.

3.3 Permitted Equipment

- Gloves, soft elbow pads and soft knee pads.
- Forearm, hand or finger tape that does not create a hard or dangerous surface.
- Soft headbands, skull caps and soft non-abrasive protective headgear.
- Pliable non-rigid sports sunglasses with a band and properly fitted protective face shields without protrusions.
- Wristband play-call sheets worn on the forearm.

3.4 Illegal Equipment

- Jewelry, including rings, earrings, necklaces, bracelets, gauges, plugs and similar items.
- Hard or rigid headwear, billed hats, exposed knots or hard protrusions.
- Exposed metal, dangerous braces, ceramic or exposed-metal cleats.
- Open pockets, exposed belt loops or exposed drawstrings. Pockets or loops must be securely taped before participation.
- Towels or hand warmers worn at the waist.
- Any sticky or slippery foreign substance on equipment or exposed skin.
- Electronic or mechanical communication equipment used by a player during competition.

Equipment enforcement: An official may require a player to leave the field until illegal or unsafe equipment is corrected. The game will not be delayed for a player to correct avoidable equipment issues.

4. GAME FLOW, DOWNS & POSSESSION

4.1 Players

The game is played 7 versus 7. A team may start or finish a game with six players. A team with fewer than six available players may be subject to forfeiture at the Tournament Director's discretion.

4.2 Coin Toss and Start of Halves

Before the game, captains meet with the referee for the coin toss. The visiting team calls the toss. The winner may choose to start on offense or defense. Because the tournament uses a one-direction half-field, there is no direction-of-goal option. The team that began the game on defense begins the second half on offense.

4.3 Starting Position

GO PLAY CHAMPIONSHIP MODIFICATION — Standard possessions begin at the offense's 40-yard line. The offense attacks toward the 20-yard line and then the goal line.

4.4 Downs and the Line to Gain

- The offense receives four consecutive downs to cross the 20-yard line.
- The forward point of the ball when the play becomes dead determines whether the 20-yard line has been crossed.
- Crossing the 20-yard line awards an automatic first down and a new series of four downs to score a touchdown.
- A penalty may award an automatic first down or may move the ball across the line to gain in accordance with the penalty rules.
- Once the offense has crossed the 20-yard line and earned the new series, the goal line becomes the line to gain.

4.5 No Punts / Turnover on Downs

GO PLAY CHAMPIONSHIP MODIFICATION — There are no punts and no fourth-down punt declaration.

End of offensive series	Where the new offense starts
Turnover on downs (anywhere on the field)	40-yard line; four downs to cross the 20
Interception (no return)	40-yard line; four downs to cross the 20

4.6 Interceptions

An interception immediately ends the play for tournament administration. The intercepting team becomes the new offense and begins its possession at the 40-yard line. Interceptions can not be returned.

4.7 Possession After Penalty

Unless otherwise specified, accepted penalties are enforced before the next down and the down/line-to-gain status is determined after enforcement. A rule decision may not be changed after the ball is next legally snapped.

5. TIMING, PLAY CLOCK & TIMEOUTS

5.1 Game Length

GO PLAY CHAMPIONSHIP MODIFICATION — Games consist of two 14-minute running-clock halves with a one-minute halftime (pending final halftime confirmation).

The 14-minute game clock runs continuously during each half, including the final minute. It stops for a charged team timeout, injury, or necessary official stoppage. The clock restarts on the referee's signal. Games are scheduled in 40-minute field blocks; overtime and delays are administered by the Tournament Director.

5.2 Play Clock

The offense has 25 seconds to snap the ball after it is declared ready for play. Failure to snap within 25 seconds is delay of game.

5.3 Team Timeouts

Each team is entitled to three charged 30-second timeouts per game. Timeouts may be used at any time during regulation and do not carry into overtime. The game clock stops for charged timeouts and player injuries.

5.4 Injury and Official Timeouts

The referee may stop the clock for an injury, unsafe condition, equipment issue, field issue, timing correction or another circumstance requiring official intervention. An injured player must leave for at least one down unless the halftime or overtime intermission occurs.

5.5 Rule-Interpretation Conference

A head coach may use an available timeout to question the application of a rule. If the ruling was correct, the timeout is charged. If the rule was misapplied, the timeout is restored and the proper ruling is enforced. Judgment calls are not reviewable.

5.6 End of Half / Untimed Down

A half or game may not end on an accepted defensive penalty unless the offense declines the penalty. When required by rule, the offense receives one untimed down.

5.7 Spiking

A deliberate spike is a dead-ball play at the original line of scrimmage and consumes a down. Because the tournament uses a running clock, a spike does not create a special clock stoppage.

5.8 Tournament Mercy Rule and Forfeits

Unless an Event Supplement states otherwise, a tournament game ends when one team establishes a 35-point lead.

Unless an Event Supplement states otherwise, a forfeit is recorded as 35-0.

Tournament standings may cap point differential at 35 points per game even when administrative scoring produces a different recorded score.

6. SCORING

Scoring play	Points / administration
Touchdown	6 points
PAT from 3-yard line	1 point
PAT from 10-yard line	2 points
PAT from 15-yard line	3 points
Safety	0 points awarded. Offense resets at the 40 with loss of down

6.1 Touchdown

A touchdown is scored when a runner in possession causes the ball to break the vertical plane of the goal line, or when an eligible receiver completes a legal catch in the end zone. A touchdown is worth six points.

6.2 Point After Touchdown

After a touchdown, the offensive captain selects a one-, two- or three-point attempt from the designated line. Once the ready-for-play spot is established, the choice may be changed only by using an available timeout before the play clock expires. An interception on a PAT is dead and may not be returned.

6.3 Safety

GO PLAY CHAMPIONSHIP MODIFICATION — There are NO safeties on one way fields. A loss of down will be awarded and the ball will be respotted at the 40 yard line.

7. LIVE BALL & DEAD BALL

7.1 Live Ball

The ball becomes live when it is legally snapped. The down continues until the ball becomes dead by rule or an official sounds the whistle.

7.2 Neutral Zone

The neutral zone is one yard wide, extending from the offensive line of scrimmage toward the defense. After the ready-for-play signal, entering the neutral zone before the snap is a dead-ball foul. Officials may give a brief courtesy warning before penalizing minor alignment issues.

7.3 When the Ball Becomes Dead

- The ball carrier's flag is legally pulled.
- The ball carrier or live ball goes out of bounds, including touching or crossing the 50-yard boundary.
- The ball touches the ground, including a bad snap or fumble.
- A ball carrier's knee, arm or another body part other than hands or feet contacts the ground.
- **A touchdown or point-after-touchdown is scored.**
- The seven-second pass clock expires.
- A player catches or gains possession while wearing one or no legal flags.
- An official sounds the whistle.

7.4 Fumbles and Loose Balls

There are no live fumble recoveries. When a fumble or backward pass touches the ground, the ball is dead. A forward fumble is spotted where possession was lost; a backward loose ball is spotted where it becomes dead, subject to out-of-bounds rules.

7.5 Inadvertent Whistle

If an inadvertent whistle occurs, the offense may accept the ball at the spot where the whistle occurred with the down consumed, or replay the down from the previous spot. If it occurs on the final play of a half or game, the offense is entitled to an untimed down with the same options, subject to accepted penalties.

8. RUNNING & BALL MOVEMENT

8.1 Quarterback Run

The quarterback may not directly advance the ball across the line of scrimmage. The quarterback is the player who receives the snap. The quarterback may become a runner only after a legal handoff exchange makes that player eligible under the handoff rules.

8.2 Handoffs

- Any player may directly hand the ball forward or backward behind the line of scrimmage.
- The offense may use multiple legal handoffs behind the line of scrimmage.
- Once the ball carrier crosses the line of scrimmage, the ball may not be handed off.
- A center sneak is not permitted: the quarterback may not hand the ball directly back to the center as the first handoff of the play.

8.3 Pitches and Laterals

Pitches and laterals after the initial direct handoff or after a reception are prohibited. A loose backward pass that touches the ground is dead.

8.4 No-Run Zones

No-run zones apply during the five yards immediately before the 20-yard line and the five yards immediately before the goal line whenever that next line is live. In a no-run zone, the play must result in a legal forward pass that crosses the line of scrimmage.

8.5 Ball Carrier Restrictions

- The ball is spotted where the ball is when the flag is pulled.
- A runner may spin or make a jump cut but may not dive, hurdle or leap to avoid a flag pull.
- A runner may not stiff-arm, charge into or deliberately initiate contact with a defender.
- A runner may not use a hand, arm, the ball, shoulder or jersey to deny a defender reasonable access to the flags.
- A teammate may not push, pull or otherwise physically assist the runner.

8.6 Loss of Flag Belt

If a runner loses a flag belt accidentally or inadvertently before a legal flag pull, play continues. The runner is down when an opponent makes a one-hand tag between the shoulders and knees. If a player with one or no legal flags first gains possession of the ball, the play is dead at that spot.

9. PASSING & RECEIVING

9.1 Forward Pass

A forward pass must be released from behind the line of scrimmage. The passer's foot may not be beyond the vertical plane of the line of scrimmage when the ball leaves the hand. Only one forward pass is permitted per down.

9.2 Pass Must Cross the Line of Scrimmage

A forward pass must cross the line of scrimmage unless it is touched by a defender. A forward pass caught behind the line or thrown incomplete without crossing the line is an illegal forward pass. The quarterback may throw the ball away to avoid a sack, but the pass must cross the line of scrimmage.

9.3 Seven-Second Pass Clock

The quarterback has seven seconds to release a forward pass. If the ball is not released within seven seconds, the play is dead, the down is consumed and the ball returns to the line of scrimmage. Once a legal handoff occurs, the seven-second pass clock is eliminated and all defenders become eligible to rush.

9.4 Who May Throw

Any player who receives a legal handoff may throw a legal forward pass from behind the line of scrimmage, provided no forward pass has already been thrown during the down.

9.5 Shovel Pass

A shovel pass is permitted when it is a forward pass and is received beyond the line of scrimmage. It remains subject to all forward-pass rules.

9.6 Catch / Interception

- A catch is complete when a player controls the ball and the first foot or other body part contacts the ground in bounds.
- If opposing players simultaneously possess a pass in bounds, possession is awarded to the offense.
- All players are eligible receivers, including the quarterback after a legal handoff.
- **An interception ends the play immediately and the intercepting team begins its next possession at the 40-yard line.**

9.7 Pass Interference

During a legal forward pass that crosses the line of scrimmage, neither team may illegally contact an eligible receiver in a manner that restricts the opportunity to reach, catch or defend the pass. Catchability does not determine whether interference occurred under this ruleset.

10. RUSHING THE PASSER

10.1 Seven-Yard Rush Line

Any number of defenders may rush the quarterback, but every rusher must be at least seven yards from the line of scrimmage when the ball is snapped. A marker or official will identify the seven-yard rush line.

10.2 When All Defenders May Rush

Once the quarterback legally hands the ball off, the seven-yard restriction ends and all defenders may cross the line of scrimmage to pursue the ball carrier or passer.

10.3 Illegal Rush

- A defender who starts inside the seven-yard rush line may not cross the line of scrimmage before a pass or handoff.
- A rusher may move before the snap, but if that player crosses the line of scrimmage before the ball is passed or handed off, the rush is illegal.
- Teams are not required to identify a designated rusher before the play and are not required to rush the quarterback.

10.4 Rush Path

A legal rusher is entitled to a clear path from the rusher's pre-snap position to the quarterback. The path is established at the snap and does not move with the quarterback. A moving offensive player may not enter or obstruct that path. A stationary offensive player is not required to move; the rusher must avoid contact and go around the stationary player.

10.5 Sack and Roughing the Passer

A sack occurs when the quarterback's flag is pulled behind the line of scrimmage. Rushers may attempt to block a pass, but they must make a definite effort to avoid avoidable contact with the passer after the ball has been released. Illegal contact with the passer may be penalized as roughing the passer.

11. FLAG PULLING, SCREENING & CONTACT

11.1 Legal Flag Pull

A flag may be pulled only after the ball carrier has possession. The play ends when a flag is legally removed. Defenders may dive to pull a flag but may not tackle, hold, push or run through the ball carrier.

11.2 Stripping the Ball

A defender may not punch, strip, pull or otherwise attempt to remove the football from a ball carrier's possession.

11.3 Illegal Early Flag Pull

A defender may not intentionally pull the flag of a player who does not possess the ball. Pulling a receiver's flag before the receiver touches a forward pass is illegal.

11.4 Screen Blocking

Non-contact screen blocking is permitted. A screen blocker must keep hands and arms at the side or behind the back and may not initiate contact. The blocker must remain on the feet before, during and after the screen. Interlocked interference is prohibited.

11.5 Screen Blocking Beyond the Line

There are no moving screens beyond the line of scrimmage. An offensive player beyond the line may establish a stationary screen or pick only if the defender has a reasonable opportunity to avoid contact. Offensive players in close proximity to the ball carrier must stop their movement once the ball has crossed the line of scrimmage.

11.6 Charging and Contact

A runner must avoid a defender who has legally established position. The runner may not lower a shoulder, stiff-arm, drive through a defender or attempt to squeeze through a space that does not provide a reasonable path without contact. Defenders may not hold, grasp or obstruct a runner while attempting to remove the flag.

12. FORMATIONS, SHIFTS & MOTION

12.1 Offensive Line

The snapper/center is the only offensive player required to be on the line of scrimmage. Up to four offensive players may be on the line. The quarterback must be off the line of scrimmage.

12.2 Snap

The snap must be one quick and continuous motion from the ground or legal ball spotter. The center may snap between the legs or use a legal side snap. The center may not snap the ball to themselves. The player receiving the snap must be at least two yards behind the offensive line of scrimmage when the ball is first touched.

12.3 Set Requirement and Shift

After a huddle or shift, all offensive players must come to a complete stop and remain set for at least one full second before the snap.

12.4 Motion

Only one offensive player may be in motion at the snap. The player may not be moving toward the opponent's goal line at the snap. Other offensive players must be stationary.

12.5 False Start / Encroachment

An offensive player may not simulate the start of a play before the snap. A defensive player may not enter the neutral zone before the snap. These are dead-ball fouls and the ball may not be snapped until the penalty is administered.

12.6 Substitutions

Any number of eligible substitutes may enter between downs. Replaced players must leave the field before the next snap. A substitute must enter from the team area and be on the proper side of the neutral zone when the ball is snapped.

13. COACHES, SIDELINES & COMMUNICATION

13.1 Coaching Location

Coaches must remain in the designated team area and off the playing field once the ball is ready for play. Team photographers, managers, parents and other nonplayers must remain in designated spectator or team areas and clear of the sideline.

13.2 Communication With Officials

Only the head coach or designated speaking captain may appropriately address an official about a rules clarification or request a timeout. Players and assistant coaches may not repeatedly question or challenge calls.

13.3 Electronic Communication

Electronic or mechanical communication equipment may not be used by an on-field player to receive play calls or competitive information during a live contest.

13.4 Team and Spectator Control

The head coach is responsible for keeping team personnel and associated spectators in their designated areas and for assisting event staff when conduct or crowd control requires intervention.

14. SPORTSMANSHIP & CONDUCT

ZERO TOLERANCE — Go Play Flag events are intended to be safe, competitive and first-class. Fighting, threats, abusive language, repeated arguing, deliberate dangerous contact and intimidation are not acceptable.

14.1 Unsportsmanlike Conduct

- Profane, insulting, vulgar, threatening or confrontational language or gestures.
- Taunting, baiting or deliberately attempting to provoke an opponent.
- Disrespectfully addressing an official or repeatedly objecting to a judgment call.
- Mimicking offensive signals or cadence in an attempt to confuse the offense.
- Intentional tackling, elbowing, cheap shots, deliberate unnecessary contact or other dangerous acts.
- Intentionally contacting an official or leaving the team area to participate in a fight.

14.2 Ejections

A flagrant act may result in immediate disqualification. A second unsportsmanlike conduct penalty charged to the same player or coach in one game results in ejection from the remainder of that game. The Tournament Director may impose additional game or event discipline for serious or repeated misconduct.

14.3 Spectators

Spectators may cheer for their teams but may not harass officials, opponents, event staff or other spectators. The Tournament Director may remove any spectator whose conduct threatens safety or disrupts competition.

15. PENALTIES & ENFORCEMENT

15.1 General Enforcement Principles

- The referee calls and administers penalties and determines incidental contact.
- Live-ball fouls are administered at the end of the down unless the rule makes the ball immediately dead.
- Dead-ball fouls are enforced from the succeeding spot and are administered separately from live-ball fouls.
- The offended team may accept or decline a distance penalty unless the rule provides otherwise.
- A penalty may not place the ball more than half the distance from the enforcement spot to the goal line when the full penalty distance cannot be enforced.
- A half or game may not end on an accepted defensive penalty unless the offense declines it.
- When two live-ball fouls by opposing teams create a double foul, the penalties generally cancel and the down is replayed, subject to change-of-possession exceptions.

15.2 Penalty Summary — Defensive Fouls

Foul	Enforcement
Defensive pass interference	Spot foul; automatic first down. In the end zone, ball at the 3-yard line unless half-distance applies.
Holding / obstructing runner	5-yard spot foul; automatic first down.
Stripping / attempted strip	10-yard spot foul; automatic first down.
Unnecessary roughness	10 yards; automatic first down; ejection if flagrant.
Unsportsmanlike conduct	10 yards; automatic first down; ejection rules apply.
Offside / encroachment	5 yards; automatic first down when enforced as a defensive live/dead-ball infraction under the penalty summary.
Illegal rush	5 yards from line of scrimmage; automatic first down.
Illegal early flag pull	5 yards from line of scrimmage; automatic first down.
Roughing the passer	5 yards; automatic first down.
Taunting	5 yards; automatic first down unless ruled unsportsmanlike conduct requiring 10.

15.3 Penalty Summary — Offensive Fouls

Foul	Enforcement
Illegal contact / illegal screen	10 yards; loss of down.
Charging	10 yards; loss of down.
Flag guarding	10 yards; loss of down.
Unnecessary roughness	10 yards; loss of down; ejection if flagrant.
Unsportsmanlike conduct	10 yards; loss of down; ejection rules apply.
False start / offensive offside	5 yards; loss of down under the tournament penalty summary.

Foul	Enforcement
Illegal forward pass	5 yards; loss of down.
Offensive pass interference	5 yards; loss of down.
Illegal motion / shift / procedure	5 yards; loss of down.
Delay of game	5 yards; loss of down.
Impeding the rusher	5 yards; loss of down.
Helping the runner	5 yards; loss of down.
Taunting	5 yards; loss of down unless ruled unsportsmanlike conduct requiring 10.

15.4 Automatic First Down and Loss of Down

When a penalty includes an automatic first down, the offense receives a new series after enforcement. When a penalty includes loss of down, the down counts as one of the offense's available downs. If the foul occurs on fourth down and the penalty causes the series to end, possession changes according to the tournament change-of-possession rules.

15.5 Spot Fouls Near the Goal Line

Defensive spot fouls in the end zone are administered at the prescribed spot or by half-distance when appropriate. There are no safeties. If an action would otherwise produce a safety, the offense retains possession at the 40-yard line with a loss of down, subject to an ordinary turnover on downs if no downs remain.

16. TOURNAMENT & OVERTIME PROCEDURES

16.1 Round-Robin Games

Round-robin games tied after regulation use the same two-play cumulative net-yardage overtime procedure as bracket games under Section 16.3. Unless an Event Supplement states otherwise, all teams advance to single-elimination bracket play. Round-robin record and Section 16.4 determine bracket seeds. Point differential used for standings is capped at 35 points per game.

16.2 Bracket Games

Single-elimination bracket games tied after regulation use the same two-play cumulative net-yardage sudden-death overtime under Section 16.3.

16.3 Overtime — Yardage Sudden Death (Round Robin and Bracket Play)

1. A coin toss determines which team has the first offensive opportunity. Each overtime series starts at the 40-yard line and advances toward the goal line on the half-field.
2. Each team receives up to two offensive plays per series. Unless Play 1 ends the series or must be replayed, Play 2 begins at the dead-ball spot after Play 1 and any penalty enforcement.
3. After both teams have had equal opportunities, the team with greater cumulative net yards gained over its two plays, including penalty enforcement, wins. If still tied, repeat equal two-play series until a winner is determined.
4. Interceptions immediately end the play and may not be returned. An interception on Play 1 produces zero total yards for that team's series and eliminates Play 2. On Play 2, that play earns zero yards but the net gain from Play 1 counts.
5. Standard offensive and defensive penalties apply: defensive pre-snap penalties are enforced without consuming an overtime play; offensive pre-snap fouls carrying loss of down consume the play; automatic first downs do not add plays; plays replayed for offsetting live-ball fouls, inadvertent whistles, or administrative errors do not consume a play.
6. No team timeouts are permitted in overtime. Officials may stop play for injury or safety. PATs do not determine overtime winners; the regular-game PAT choices remain 1 point from the 3, 2 from the 10, or 3 from the 15.

16.4 Bracket Advancement & Seeding

Unless an Event Supplement states otherwise, all teams advance to single elimination. Overall round-robin record determines seeding first. TWO-TEAM TIE: (1) head-to-head, (2) fewer Points Against, (3) higher Point Differential, capped at 35 per game, (4) Longest Yard. THREE OR MORE TIED: use head-to-head only if one team defeated every other tied team; award that team the highest available seed and restart for the remaining tied teams. Otherwise compare (1) fewer Points Against, (2) higher capped Point Differential, (3) Longest Yard. Whenever a seed is assigned, restart this hierarchy for the unresolved teams.

16.5 Longest Yard Seeding Playoff

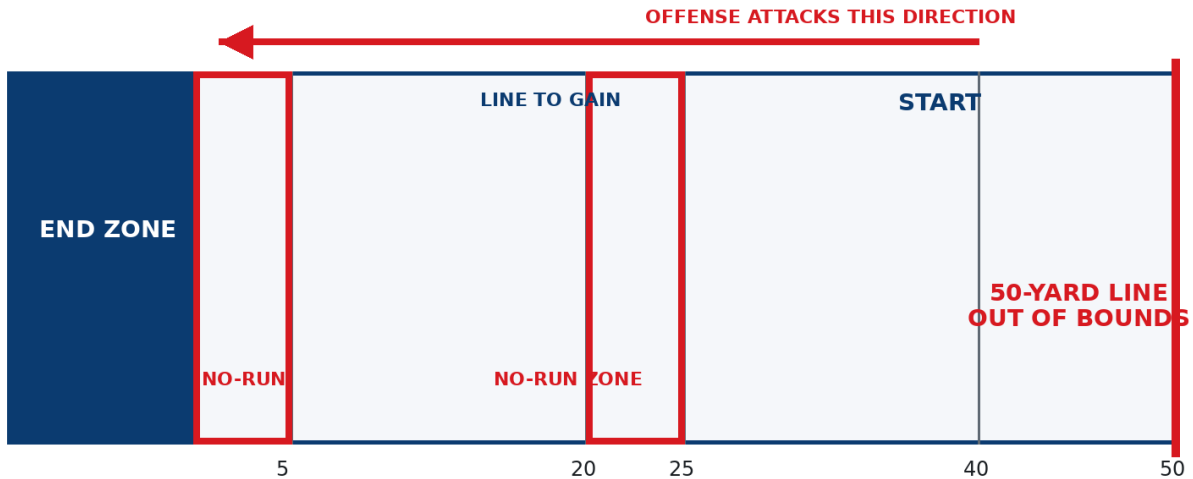
Longest Yard uses the same two-play cumulative net-yardage format as Section 16.3. When three or more teams remain tied, each receives an equal two-play series; the greatest cumulative net yardage earns the highest remaining seed. Unresolved ties repeat among remaining teams, with equal attempts. All overtime takes place from the 40-yard line toward the goal line on the half-field.

APPENDIX A. COACHES QUICK REFERENCE

USE THIS PAGE ON GAME DAY — This is a fast reference only. The complete rule language in Sections 1-16 controls.

Topic	Go Play 7v7 Championship Standard
Players	7v7; may start or finish with 6.
Field	Half-field; 50-yard line is out of bounds / adjacent-field boundary.
Game length	Two 14-minute running-clock halves; two-minute halftime.
Play clock	25 seconds after ready-for-play.
Timeouts	Three 30-second timeouts per team per game.
Start of possession	40-yard line.
First down	4 downs to cross the 20; then a new 4-down series to score.
Punts	None.
Interception	Dead immediately; new offense starts at the 40.
Turnover on downs: 40-21	New offense starts at the 40, regardless of field position.
Turnover on downs: at/inside 20	New offense starts at the 40, regardless of field position.
Safety	There are no safeties. Offense retains ball at 40 with loss of down.
No-run zones	5 yards before the 20 and 5 yards before the goal line.
QB run	Quarterback may not directly run across the LOS.
Pass clock	7 seconds until legal handoff.
Rush	Any number from 7 yards; after handoff, all defenders may rush.
Screen blocking	Non-contact screens allowed; no moving screens beyond LOS.
Lost flag	Play continues; one-hand tag between shoulders and knees.
Round-robin tie	Two-play cumulative net-yardage sudden death; start at 40, no timeouts.
Bracket tie	Same two-play yardage sudden death as round robin; start at 40.
Mercy finish	35 point differential

APPENDIX B. HALF-FIELD DIAGRAM



Half-field schematic — not to scale. Tournament field markings and officials control the playable boundaries.

How to Read the Field

- The offense normally starts at the 40 and attacks toward the end zone.
- The offense earns an automatic first down by crossing the 20 within four downs.
- The red-outlined areas represent the no-run zones: 25-to-20 and 5-to-goal.
- The 50-yard line is the rear out-of-bounds boundary. It also separates the adjacent half-field competition area.
- Field markings and official instructions control if venue markings differ from this schematic.

COACHING NOTE — Because the field is one-direction and half-field, coaches should teach players to treat the 50-yard line exactly like a sideline or end line. Players must not continue through that boundary into the neighboring game area.

GAME-DAY ADMINISTRATIVE NOTES

- 1. Both halves last 14 running-clock minutes with a two-minute halftime. Each team has three 30-second timeouts per game; timeouts and injuries stop the game clock.
- 2. Tournament game starts are scheduled 40 minutes apart; the Tournament Director manages any overtime spillover or field delays.
- 3. Round-robin and bracket games both use equal-opportunity two-play net-yardage overtime at the 40-yard line. No team overtime timeouts.
- 4. Bracket seeds follow Section 16.4: record; head-to-head when applicable; points against; capped point differential; Longest Yard.
- 5. No safeties. The offense resets to the 40-yard line with loss of down when a safety-equivalent situation occurs.
- 6. Regular-play extra-point choices remain 1 from the 3-yard line, 2 from the 10, and 3 from the 15. These are not overtime attempts.