

# 7 ON 7 YOUTH TACKLE RULES - CLOCK TIME & SCORING

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## TIMING AND OVERTIME

1. Each game is made up of four 10-minute quarters... Or, two 20-minute halves with a running clock.
  - A. Last 2:00 minutes of each half... The clock will stop after each score (TD), Incomplete Pass, Ball out of bounds, Penalty, And anytime at the discretion of the official.
  - B. Each team will be allowed (3) 1 minute Time-Outs per half.
2. The option for adjusting the Game Clock and number of Time-Outs is a league-specific decision.
3. Halftime is five minutes.
6. Total game time is approx. 50 minutes, not including timeouts.
7. If the score is tied at the end of regulation time... The game will move in to over-time (No Clock).

Each team will start from the 15-yd line and get 3 plays to gain the most yardage.

Team to gain the most yards in 3 plays, is declared the winner.

  - A. In over-time, touchdowns will count as yards gained only (No points gained)
  - B. In over-time, Interceptions will be considered as incomplete pass (No turn-over).

## SCORING

1. Touchdowns are worth - 6 Points.
2. PAT - 1 Point (From the 5-Yd line).. 2 Points (From the 10-Yd line)
3. With no special teams, there is no field goal.
4. Safety - 2 Points
5. Defense interception run back for a score:

Touchdown - 6 Points.

PAT intercepted and run back for a score - Defense will earn the point value the offense was attempting to gain (1 or 2).