

7 ON 7 YOUTH TACKLE RULES - DEFENSE

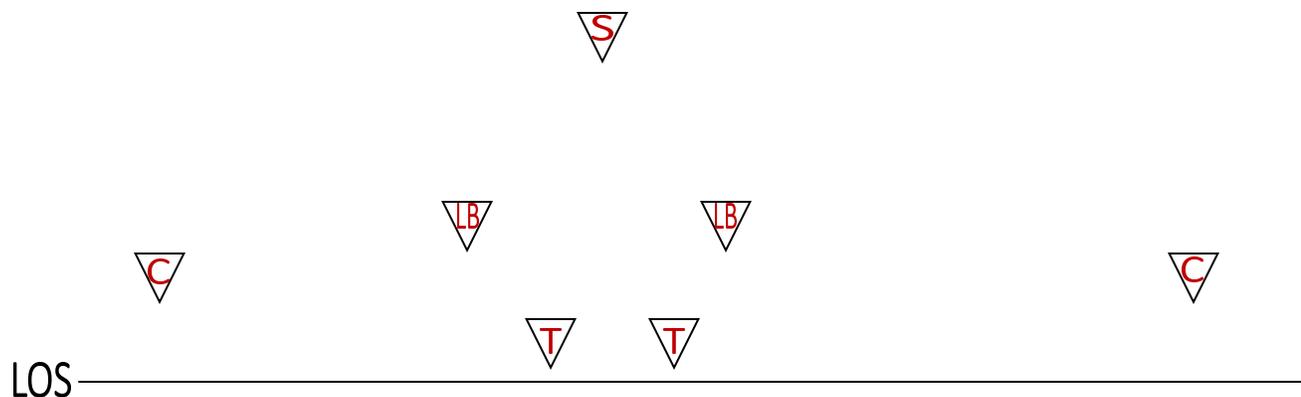
1. The Defense must field 7 players:

A. (2) Defensive Lineman (Tackles).

B. (5) Secondary Players (2 Linebackers, 2 Cornerbacks and 1 Safety).

It is at the discretion of the Defensive Coordinator how these players are positioned.

Although, there must always be at least 2 interior lineman on the "Line of Scrimmage" (LOS).



2. The Defense is allowed to position as many players on the "Line of Scrimmage", or "In the Box" to match the number of players that the offense shows at the start of the play.

Example:

A. If the Offense positions only 3 players (Interior lineman) at the LOS at the start of the play...

The Defense may only position 3 players "In the Box" or, up on the LOS.

B. If the Offense shows 4 players at the start of the play...

The Defense may bring 4 players up "In the Box".

3. **The Defense may NEVER line a defender head up over the center!**

All defenders must attempt to execute through the gaps, or outside the guards.

4. The Defense is allowed to run "Stunts" and/or "Blitz"

Stunts - No "Stacking The Gap" - It is illegal to position two defender in the same gap at the LOS.

Blitz - If the Defense has matched up with the Offense at the LOS and is executing a "Blitz"...

The player(s) blitzing, must start at least 2 yds off the LOS at the start of the play.

*** NO Blitzing is allowed when the offense is in the "No Run Zone"**

5. **Interceptions** - May be returned for a score.

If a PAT or Extra Point is intercepted and run back for a score. The defense will earn the point value that the offense was attempting to gain.

6. **Fumbles** - May be recovered by the defense... But, may not be advance. (Turn-Over)