

2025 6 on 6 Rules

(2025 Rule Changes Highlighted in Yellow in Sections IX and XI)

I. Student Eligibility

A. Incoming 9th Grade Students

1. Must have COMPLETED the 8th grade
2. Must be ENROLLED in the new school
3. Must have completed all financial requirements of newly admitted student

B. Transfer Students

1. See [Section 104](#) of the TAPPS By-Laws.
2. If school is in session the student must be ATTENDING the member school
3. Must have completed all financial requirements of newly admitted students

C. Graduating Seniors

1. Are allowed to participate after graduation through June of the current year

D. Team Roster

1. No more than 25 players per team

II. Coach Eligibility

- A. Coaches must be assigned by the member school
- B. Coaches must complete the TEaMs program
- C. Coaches must be entered and identified in TAPPS database

III. Required Safety Equipment

- A. Beginning in 2019, the TAPPS requires the following for participation in 7 on 7, 6 on 6, or similar activities.
- B. All participants shall wear soft shell protective headgear
 1. This requirement applies to
 - a) League games
 - b) Qualifier Tournaments
 - c) State Tournaments
 2. The head gear must meet the following standards:
 - a) Helmets must have a Virginia Tech rating of 4 star or higher; or like standards
 - b) No metal components

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- c) No hard plastic components
- d) Nor sharp edges that could cause harm to another player
- e) Must have a functional retention system

IV. TAPPS Tournament Playing Rules

A. Field Dimensions

- 1. Length 45 yards
- 2. Width 40 yards
- 3. Endzone 10 yards

B. Team Areas

- 1. The team zone will be an area on the sideline where only team members may be during game play. Anyone in the team area shall be considered a coach or team member and subject to any penalty earned.
- 2. This will be an area from the 15-yard line to the 30-yard line. Players and coaches may not be out of the team zone during game time.

V. Time

A. Pool Play

- 1. 30 Minute games
- 2. Continuous Clock

B. Bracket Play

- 1. 20 Minute Halves
- 2. 5 Minute Halftime
- 3. 15 Minutes between games (when possible)

C. No Time Outs

- 1. (Exception, injuries.) In the event of injuries, games on the adjoining two fields will halt until the player(s) can be removed as soon as safety dictates.
- 2. Injury time outs may reduce the amount of time between halves and/or games to maintain game schedules.
 - a) All games on adjoining fields will begin at the same time
 - b) Teams must be on site and ready to play.
 - c) During bracket play, if a team is late the game will be forfeited.

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d) During pool play, if a team is late, they will begin play with whatever time is left on the tournament clock and the team that is late will start on defense.

e) Timing

(1) A central timekeeper will be designated.

(2) All games will begin and end on that person's instructions.

(3) Timekeeper will announce the time remaining at the 10, 5 and 2-minute mark.

VI. Bench Areas

A. Visitors (Team in white) will always align their team on the right sideline facing the end zone.

B. Home (dark jersey) will always align their team on the left sideline facing the end zone.

VII. Ball Placement

A. The ball is to be placed on the right hash mark when at the 40 yard line.

VIII. Teams

A. Pool Play

1. TAPPS will assign Home and Visitor

a) Visitor shall have first possession

B. Bracket Play

1. Bottom team on the bracket shall wear dark jerseys

2. Top team on the bracket shall wear white jerseys

3. First possession shall be determined by coin toss prior to the game

IX. Moving the ball

A. Offensive plays may be:

1. A forward pass; or,

a) A run past the line of scrimmage but only after a legal exchange under 6 man rules.

2. Possession always begins at the 40-yard line at the right hash mark. Hash mark placement of the ball must be enforced by the officials, in accordance with the NCAA rules, once the ball has been advanced.

a) No penalty will be assessed in the excess of the 40-yard line. On an unsuccessful or successful offensive play from the 40-yard line resulting in an offensive penalty: The ball will be returned to the 40-yard line and 1st down will become 2nd down: 2nd down will become 3rd down: and 3rd down will result in a turnover.

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- b) The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. Four down territory occurs only after offense proceeds to or inside the 10-yard line cone.

X. Removal from a contest

- A. If a player is removed from a contest for the reasons outlined below the player shall be ineligible to participate the remainder of the tournament.
 - 1. Fighting
 - 2. Contact deemed excessive by the officials
 - a) Unsportsmanlike behavior as determined by the tournament director to include but not limited to the following:
 - (1) Repeated excessive contact
 - (2) If excessive, removal from contest may be immediate
 - (a) Use of language (if flagrant)
 - (b) Taunting (if flagrant)
 - (c) Disrespect towards officials

XI. Rules

- A. No blocking
- B. Receiver/ball carrier is legally down when touched with one or both hands
- C. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball.
- D. Two delay of game penalties in the same possession results in a turnover. A delay of game penalty on the extra point try results in a turnover
- E. The offense is not required to pass the ball or cross the line of scrimmage within 4 seconds (there is no 4 second clock).
- F. The defense is allowed 1 rusher on each play, who must be 10 yards from the line of scrimmage at the snap.
- G. The rusher must be identified by raising his hand when the offense comes to the line of scrimmage.
- H. The defense is responsible to place a cone or similar marker at the 10 yard spot on each play.
- I. Interference/Holding Penalty on Defense Ball is placed at next first down line

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- J. Responsibility to avoid contact is with the defense. There will be NO chucking, deliberate bumping or grabbing. These actions will result in a “tack on” penalty at the end of the play (5-yard penalty)
- K. Interference Penalty on Offense = Loss of down and five-yard loss
- L. Interceptions may be returned (“no blocking” rule applies). If an interception is returned beyond the 45-yard line (the offensive origination point) it is a touchdown and point after attempt should ensue. The teammates of the person who intercepted the ball may trail the runner so as to be in position to take a backwards pass. They may not block for or screen for the runner
- M. The offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot in a timely fashion. Failure to do so can result in a delay of game penalty.
- N. The offensive center is an eligible receiver
- O. The ball must be snapped from the ground between the snapper’s legs
- P. The center will be responsible for setting or re-positioning the Referee’s bean bag at the line of scrimmage.
- Q. On change of possession, the team moving to offense will ensure the bean bag gets to the new scrimmage line.(centers on both teams responsible)
- R. Penalties
 - 1. No taunting or “trash talking”. (5-yard penalty & expulsion if flagrant)
 - 2. Illegal motion on offense = loss of down
 - 3. Offside on defense = gain of 5 yards for offense
 - 4. Illegal formation on offense = loss of down
 - 5. Too many men on defense = 5-yard gain for offense
 - 6. Too many men on offense = loss of down
 - 7. Any Tackling/Excessive Contact
 - a) by shoving, pushing or striking a blow by defense = Ball is placed at the next first down marker. Warning will be issued
 - b) 2nd violation by same player = sit out rest of game
 - c) 3rd violation by same player = removal from tournament
 - d) Any dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty. The defense, now the offense, would be starting with 2nd down

XII. Scoring

- A. 6 points for a TD
- B. 1 point for PAT from 5-yard line, 2-point PAT from 10-yard line.
- C. 2 points if a team returns a PAT back across the 45.

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- D. 1 point for an interception
- E. Intercepting team gets the ball for a new series
 - 1. 6 points for an INTERCEPTION returned back to 45-yard line untouched
 - a) PAT will ensue after the score
- F. Official score is kept by field referee

XIII. **Game Tie Breaker**

- A. After a coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line.
- B. A winner is determined when one team scores during its possession and the other does not.
- C. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

XIV. **Tournament Tie Breaker**

- A. Head-to-Head, Points Differential (between common opponents) will determine the pool winners or teams to advance.
- B. In a three-way tie, only the scores of games between teams in the tie will be counted. Once a winner has been declared, the remaining two teams will revert back to head-to-head to break the remaining tie.
- C. A forfeit will be treated the same as a qualifying team in a bracket. In essence, this becomes a pool with one less team.