

TOURNAMENT RULES



THE GAME

- a. No intentional contact allowed.
- b. NO BLOCKING.
- c. A coin toss determines first possession.
- d. Games are thirty (30) minutes REAL TIME with running clock for entire game.
- e. Ball may be snapped directly between legs, between legs in shotgun formation, snapped sideways or snapped sideways in shotgun formation.
- f. The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
- g. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- h. All possession changes except interceptions start on the offense's 5-yard line.
- i. Teams change sides after the first fifteen (15) minutes, possession does not change and the clock does not stop (no quick snaps).
- j. Each time the ball is spotted a team has thirty (30) seconds to snap the ball. Failure to snap the ball within thirty (30) seconds will result in a Delay of Game penalty. Officials will give a ten (10) second warning before the ball must be put in play.

ATTIRE

- a. Cleats are recommended. Metal spikes are not permitted.
- b. Shirts/Jerseys must be tucked in shorts, pants, etc. **Jerseys cut at least two (2) inches above the waist are allowed.** Pants with pockets are discouraged.
- c. No hats, visors or jewelry.

ROSTER CHANGES

- a. Roster changes will be accepted via email, mail and in person at the pre-event Captain's Party. NO FAXING.
 - b. All roster changes must be approved by tournament officials.
 - c. No player changes will be accepted after the first game begins, even if due to injury.
 - d. A team will forfeit any game in which it is determined that a player has participated who is not listed on the final team roster or is not of legal age.
- Official roster change must be submitted by the Team Captain and include:**
- Team name, division, new player name and name of person being replaced.
 - Legible photocopy of replacement player's ID and signed waiver (registration form).

PLAYERS/GAME SCHEDULES

- a. Teams must field a minimum of three (3) players at all times.
- b. Teams consist of six (6) players (4 on the field with 2 substitutes).
- c. Coed teams must field two (2) female players at all times.
- d. Game time is forfeit time.
- e. Tournament directors reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- f. In Co-Ed, if only one female shows up, that team must play with three (3) players.
- g. All players must carry ID or proof of age.

SCORING

- a. Games are played to 35 points or 30 minutes, whichever comes first.

- b. TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points
- A team who scores 2 points for a safety will also take possession at their 5-yard line.
- c. If defense intercepts an extra point attempt and returns the ball for a score, the defensive team will be awarded points equal to the amount of the extra point attempt.

TIME OUTS

- a. Each team has one sixty (60) second time out per game, in which the play stops. The clock will continue to run.
- b. Timeouts are not allowed after the two-minute warning.

RUSHING THE QUARTERBACK

- a. All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. The 7-yard rule is also in effect on extra point attempts.
- b. Players not rushing the QB may defend on the line of scrimmage.
- c. Once the ball has left the QB's hand by either hand off, pitch, lateral or pass, the 7-yard rule is no longer in effect and all defenders are eligible to rush.
- d. A special marker, or the referee, will designate 7 yards from the line of scrimmage.
- e. Players may not line up in a three-point stance at any time.
- f. Defenders must go for the QB's flag and not his arm.
- g. Defenders rushing the QB are allowed to raise arms to block passing lanes or to deflect a pass. No contact to the passer's arm, hand or head is allowed and will be called a foul.

RUNNING

- a. The QB CANNOT run the ball. **Exception: if the QB attempts to pass and a defender bats the football, the QB is eligible to catch it and run.**
- b. The player who receives the snap is designated as the QB (quarterback).
- c. The player who takes the hand-off or lateral can run with the ball as long as the line of scrimmage is not in a "No-Run Zone."
- d. The player who takes the hand-off or lateral can throw the ball as long as he does not pass the line of scrimmage.
- e. "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction. All pitches or laterals must be thrown BEHIND the line of scrimmage.
- f. "No Running Zones" are designed to avoid short yardage power running situations.
- g. Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- h. The team advancing the football cannot dive in order to gain yardage, either for a first down or touchdown.
- i. The ball is spotted where the ball carrier's BELT is when the flag is pulled, not where the ball is.
- j. Ball and flags must break the plane for a first down and touchdown.
- k. Downfield laterals will result in a 10-yard penalty and loss of down.

PASSING

- a. The QB has a seven (7) second "pass clock". If a pass is not thrown in seven seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- b. Interceptions change the possession and the ball is placed where the player is downed. Interceptions may be returned. The ball comes out to the 5-yard line if the interception occurs in the end-zone and is downed in the end-zone.

c. Only one forward pass is permitted per offensive play, even if it occurs behind the line of scrimmage. Two forward passes on one play are not allowed.

RECEIVING

- a. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- b. Only one player is allowed in motion at a time. Motion cannot be forward prior to the snap of the ball.
- c. Player must have at least one foot in bounds and control of the ball for a completed pass.
- d. Pass may not be intentionally tipped in any direction to another teammate.
- e. If a receiver goes out of bounds, he/she can't be the first to touch the ball.

SUBSTITUTIONS

- a. Players may substitute freely between plays.

DEAD BALLS

There are no fumbles. The ball is spotted where it hits the ground. Anytime the ball touches the ground, it is dead. Play is ruled "DEAD" when:

- a. Offensive player's flag is pulled.
- b. Ball carrier steps out of bounds.
- c. Touchdown is scored.
- d. Anything other than the ball carrier's hand or foot hits the ground.
- e. The ball hits the ground.
- f. Ball carrier's belt falls to the ground.
- g. Receiver's belt falls to the ground (play is dead at point of reception).

SPORTSMANSHIP/ROUGHING

- a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, flag tying or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Tournament director has authority to eject players from the tournament. FOUL PLAY WILL NOT BE TOLERATED.
- b. Trash talking is illegal. Official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.
- c. The first warning to one team will serve as a warning to both teams.

OVERTIME

- a. If the score is tied at the end of thirty (30) minutes, teams move directly into overtime.
- b. Coin toss or "odd/even" number pick determines possession.
- c. Each team receives one play from their OWN 5-yard line.
- d. The team gaining the most yardage on the one play is declared the winner and awarded one additional point even if the result of the play is a touchdown.
- e. Negative yardage on a play is better than an interception, but not an incomplete pass.
- f. Defensive penalties may be accepted resulting in 10 yards and the option to run an additional play if necessary. Result of following play and the 10 yards from the penalty count towards the overall possession's yardage. A penalty on the offense is deemed as negative 10 yards and loss of down.

PENALTIES

- a. All penalties will be called by the Referee and may be declined.

- b. All penalties are assessed from the original line of scrimmage.
- c. A penalty will not move the ball more than half the distance to the goal line.

Defense

- a. Offsides.
- b. Interference.
- c. Illegal Contact (holding, bump and run, blocking, etc.).
- d. Illegal Flag Pull (before receiver has ball).
- e. Illegal Rushing (start rush from inside 7-yard marker).
- f. All defensive penalties are 10 yards (from line of scrimmage) and automatic first down.

Offense

- a. Illegal Motion (more than 1 person moving, false start, motion, etc.).
- b. Offensive Pass Interference (illegal pick play, pushing off/away defender).
- c. Flag Guarding.
- d. Delay of Game –10 yards and loss of down (**clock will NOT stop**).
- e. All offensive penalties are 10 yards (from line of scrimmage) and loss of down.
- f. Within 10 yards of goal, ball is placed half the distance to the goal.
- g. Referees determine incidental contact which may result from normal run of play!
- h. Only the team captain may ask the referee questions about rule clarification and interpretations.
- i. Players cannot question judgment calls.
- j. Games cannot end on a defensive penalty, unless the offense declines it.

TOURNAMENT SEED TIE BREAKERS

For tournament championship seed purposes, total points scored will be used to determine the higher seed. If two teams are tied in wins/losses and have the same total points scored, the team with the lower amount of points scored against them will be the higher seed. If two teams are still tied, a coin toss will be used.

OTHER

- a. If flag is pulled before the football leaves the QB's hand, QB is down.
- b. Players experiencing bleeding must step off the field of play until bleeding is stopped.

ALL ENTRIES

- a. Must have a minimum of four (4) players on registration form along with valid photo identification with legible date of birth and photo.
- b. Confirmation letters will be emailed once registration form and entry fee has been received. Please provide a legible email address.
- c. If your team has been confirmed in the tournament your ENTRY FEE IS NON-REFUNDABLE!
 - Teams who are denied entry because of a full/closed division will have their check/money order returned.
- d. Entry fees must be paid by check or money order. **Cash payments can only be made in person at the Hickory Police Department and a receipt will be given.**
- e. Before you seal the envelope to mail your entry form, be sure all of your information is printed clearly and legibly. Team registration fee must be included inside the envelope for processing.

DEADLINE

Completed registration forms and entry fee must be received by September 10th, 2010.
Team spaces are limited and are on a first come-first served basis.

ADDITIONAL GENERAL INFORMATION:

Each team will receive an email confirmation after their registration and team entry has been confirmed.

PLEASE NOTE: Receipt of registration form and entry fee does not guarantee a spot in the tournament. Entries are limited to first-come first-serve.

Team registration must include the following:

- 1) Minimum of four players on roster.
- 2) Signed waiver by each player.
- 3) Legible copies of each player's photo ID with date of birth.

Teams will find out their first game time at the pre-event Captain's Party on the Friday preceding the event. Only one representative from each team is required to be present, but you are welcome to bring your entire team.

The tournament will begin at 9:00 a.m. on September 18th 2010 and will conclude at approximately 6:00 p.m. for the teams that make it to the championship game.

Please understand that all game times are subject to change, so please check the Bracket Board area after each game throughout the weekend. We strongly recommend that one individual be present at the pre-event party in order to receive any last minute changes to your schedule or to correct any scheduling problems that may occur. Teams that have scheduling issues will not be serviced on-site, only at the pre-event captain's party.

The location of the pre-tournament Captain's Party, scheduled for September 17th 2010, is to be determined. Details will be emailed to all registered teams by September 10th 2010 once a location is finalized.

- Teams must bring their own game ball.
*Specifications – regulation High School football and up;
- Coed – Approved Junior size football and above
- Tournament does not provide jerseys.
- Tournament provides flags.

Teams may not change their roster once the tournament officially begins.

Official roster change must include:

- 1) Team name, division, new player name and name of person being replaced.
- 2) Legible photo-copy of replacement player's ID and signed waiver (registration form).
- 3) Roster changes are accepted via email, mail and in person at the Captain's Party.

NO FAXING PLEASE

Tournament Set-up

Teams will play 2 games of pool play to determine tournament seeding. Game 3 will be the first game in a single elimination tournament.

Players must be 18 years old or older by September 18th 2010 to be eligible.

There is no cost for friends or family to attend the tournament. Concessions will be available.

Coolers are permitted however alcohol and glass bottles are prohibited. Players need to make hotel arrangements for themselves. We are working on a special hotel rate. Information relating to special tournament hotel rates will be announced in the near future.

Please contact Capt. Thurman Whisnant at (828) 261-2607 or at twhisna@ci.hickory.nc.us for any further questions.

