



# SHOOK TOURNAMENTS

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## 2020 -2021 7v7 Football Rules

**ATTENTION:** This Rule Book consists of the official rules of the game for SHOOK Tournaments llc. The Board of Directors have reviewed, verified, and endorsed its content. However, at any time, if necessary, the Board may change, edit, add or delete any rule or regulation. This Rule Book is a living document and is not intended to be considered as a permanent or final version. It is the responsibility of the intended reader to check often for rule book updates. Any rule changes will be posted on the website. **Rule changes and additions will be highlighted and will remain so for at least 30 days or more.** SHOOK Tournaments llc is not responsible or liable for any misprints or language that may lead to misunderstandings or misinterpretations. The Board of Directors have absolute and final determination on all rules and regulations pertaining to SHOOK Tournaments llc. For more information, clarifications, and interpretations please email [QUESTIONS@SHOOKTOURNAMENTS.COM](mailto:QUESTIONS@SHOOKTOURNAMENTS.COM)

## **GENERAL RULES AND REGULATIONS**

**a. ROSTERS** - Team rosters will consist of no more than twenty-four (24) players. The Board of Directors will approve all players and rosters by the assigned deadline. No new players can be added to a team after the cutoff date.

- ✓ High School 11/12 teams will consist of High School Juniors and Seniors.
- ✓ High School 9/10 teams will consist of High School Freshman and Sophomores.
- ✓ Players can play up in a division but cannot play down.
- ✓ Players cannot roster on two different teams.

**b. ILLEGAL PLAY** – Any player found playing on a team who was not an approved roster player is an illegal player. The team shall forfeit ALL games and leave immediately. Upon review from the Board of Directors, the team and/or its Coach may face temporary or permanent disqualification from all Shook Tournament events.

**c. RAIN-OUTS OR CANCELLATION OF GAMES** – Cancellation of games will be at the discretion of the Board of Directors ONLY. In the event of an emergency, the continuation of games is at the discretion of the board.

**d. KICKING** – There is absolutely no punting or kicking of any kind.

**e. SIDELINES** – Tents and spectators must be at least 15 ft back from all field boundary sidelines, or as marked by tournament staff. If the facility does not allow spectators on the sidelines, the facility rules shall supersede. Board of Directors and game officials can remove spectators at any time for conduct deemed inappropriate or unsportsmanlike.

### **f. UNIFORMS -**

1. There will be no jewelry worn during games. If jewelry cannot be removed it must be covered by medical tape or bandage covers.
2. Gloves may be worn; however, no sticky aid is allowed of any kind.
3. All players must wear a mouthpiece and wear it properly during games.
4. Required and approved head gear (softshell helmets) must always be worn and fastened securely. If officials must warn players multiple times, it will be at their discretion and the discretion of the Board of Directors, to eject that player.
5. Players must wear uniforms for game play and must always wear shirts and shorts/pants at any facility. Home and away jerseys are encouraged, but not required.
6. No metal cleats are allowed.
7. No hard casts are allowed on the field at any time. Soft casts of any kind, or medical equipment, must be approved by the Board of Directors.
8. Eye wear may only be worn with athletic eye wear straps, unless approved by the board of directors.

### **COACHING:**

1. There will be one Offensive Coach allowed on the field at any time and THREE (3) active athletes behind him only (Athletes must be kneeling).
2. The Coach must be positioned behind the Offensive huddle.
3. Coaches can challenge if there is a rule discrepancy. A League Representative must make official ruling on challenges.
4. NO Defensive Coaches allowed on the field.
5. Coaches will be given 1 sideline warning during play. Second warning will result in a 10-yard penalty or half the distance to the goal. Third warning will result in Coach's ejection.
6. Any form of cheating is an automatic disqualification at any event and can result in Shook Tournaments LLC suspension and/or permanent expulsion.

### **FIELD DIMENSION:**

Field Length will be 50 yards. 40-yard playing field with a 10-yard end zone.

**GENERAL SCORING:**

1. Offensive touchdown is worth 6 points. Interceptions are worth 1 point. Extra points are 1 point from the 5-yard line or 2 points from the 10-yard line.

**BRACKET FORMAT:**

1. All teams will be seeded in the bracket based on Day 1 win/loss and day 1 schedule.
2. All teams will play minimum of 4 games during the event.

**GAME PLAY:**

1. A coin toss will determine which team gets the ball first. That team will begin possession of the ball on the 40-yard line with their choice of hash.
2. A whistle will begin each game.
3. Each game lasts 25 minutes with a running clock (Overtime in Pool Play) except for time-outs. Each team may use one time-out per game.
4. The official will declare when the clock is under 2 minutes
5. The clock will only stop for an injury, timeout, or referee timeout.
6. The referees will keep the official score and time on the field for each game.
7. Soft Helmets must always be worn by all players except the QB. If a player does not have a helmet they cannot participate until they do.

**MOVING THE BALL:**

1. Offense always starts on the 40-yard line with their choice of the hash after any change of possession.
2. All snaps at the 40-yard line must be off the QB-TEE (No Shotgun). Upon gaining a yard or more, QB may take a shotgun off QB-TEE.
3. Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines.
4. Once inside the 10-yard line, the Offense has 3 downs to score a touchdown.
5. The offense may run the ball as many times as they want on any down during the game. The QB can make one exchange (ex. Pass, handoff or toss). No toss passes, reverses, or "hook and ladder".
6. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB.
7. Quarterback can NEVER run the ball. If the foot of the QB passes the tee, it is an illegal forward pass.
8. The offense can go for 1 point from the 5-yard line or go for 2 points from the 10-yard line.

**OVERTIME:**

1. Games in BRACKET PLAY (SINGLE-ELIMINATION) that end in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose Offense or Defense.
2. Each team will have 2 plays from the 10-yard line.
3. If the Offense scores they MUST go for two points (2) from the 10-yard line. The opposing team gets the same opportunity to score. This will continue until a team wins.
4. This tiebreaker format will be used in SINGLE-ELIMINATION GAMES ONLY.
5. No points for interception during overtime ONLY.

**TIE BREAKERS:**

1. Head to Head
2. Points For
3. Points Against
4. Point Differential
5. If two teams are tied in all tie breaking categories, a coin flip will determine team placement.

## Penalties

1. One "Blitz" per game, to include overtime (Cannot be done when the Offense is on the 40-yard line). If a team "Blitzes" more than their allowable one time, there is a 15-yard penalty.
2. NO blocking.
3. Face guarding is allowed.
4. Blocking will result in a loss of down, return to the previous spot.
5. Ball carrier is legally down when touched below the neck with one hand or the ball carrier's elbow/knee, or the football touches the ground. A Defender CAN leave his feet to make a tag. The Offensive player can leave his feet also.
6. Fumbles (Including snap) are dead balls.
7. Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down.
8. The Offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
9. Defensive pass interference will result in a 15-yard penalty and an automatic first down. Defensive holding will result in a 10-yard penalty and repeat the down.
10. Offensive pass interference will result in a return to the previous spot, plus a loss of down.
11. QB is allowed 4.0 seconds to release the ball. Referees will stop play if 4.0 seconds is surpassed.
12. An interception will result in an immediate stoppage of play. A change of possession will take place with the intercepting team gaining possession at the 30-yard line AND RECEIVING ONE (1) POINT (If an un-sportsman penalty is given to the interception team, they will be penalized 10 yards and will start from the 40-yard line).
13. Excessive celebration is not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized for excessively celebrating or clearing of the sideline, the result is an unsportsmanlike penalty and a loss of down.
14. A game cannot end on a defensive penalty. If this occurs, the Offense will have an untimed down if time has expired.
15. The Offense (wide receivers) must line up outside the tackle box and one receiver must be on the line - on each side.
16. Fighting is unacceptable behavior and will NEVER be deemed appropriate at any time, for ANYONE. Game Officials and Event Representative reserve the right to remove anyone for any type of violence at any time. All violent behavior is subject to lawful prosecution.

**\*\*PLEASE SEE PENALTIES CHART APPENDIX A\*\***

## APPENDIX A - PENALTIES TABLE

OFFENSIVE PENALTIES	ASSESSED	RESULT
<ul style="list-style-type: none"> <li>➤ FALSE START</li> <li>➤ ILLEGAL MOTION</li> <li>➤ DELAY OF GAME</li> <li>➤ BLOCKING</li> <li>➤ PASS INTERFERENCE</li> </ul>	LINE OF SCRIMMAGE	LOSS OF DOWN
<ul style="list-style-type: none"> <li>➤ FUMBLES</li> </ul>	DEAD BALL	OFFENSE RETAINS POSSESSION ON THE MARK
<ul style="list-style-type: none"> <li>➤ UNNECESSARY ROUGHNESS</li> </ul>	15 YARDS – LOS	LOSS OF DOWN
<ul style="list-style-type: none"> <li>➤ UNSPORTSMAN (including but not limited to; kicking the ball at any point in the game, bench clearing celebrations, taunting, cursing, disrespect towards officials, shoving the ball at anyone, aggressive behavior, etc.)</li> </ul>	15 YARDS	LOSS OF DOWN
<ul style="list-style-type: none"> <li>➤ *UNSPORTSMANLIKE (on or during touchdown scoring)</li> </ul>	N/A	NO EXTRA POINT ATTEMPT
<ul style="list-style-type: none"> <li>➤ * UNSPORTSMANLIKE (on a one- or two-point conversion)</li> </ul>	N/A	OPPOSING TEAM WILL START DRIVE ON 25-YARD LINE

DEFENSIVE PENALTIES	ASSESSED	RESULT
<ul style="list-style-type: none"> <li>➤ ENCROACHMENT/NEUTRAL ZONE</li> </ul>	5 YARDS	REPEAT DOWN
<ul style="list-style-type: none"> <li>➤ HOLDING</li> </ul>	10 YARDS	REPEAT DOWN
<ul style="list-style-type: none"> <li>➤ PASS INTERFERENCE</li> </ul>	15 YARDS	FIRST DOWN
<ul style="list-style-type: none"> <li>➤ UNNECESSARY ROUGHNESS</li> </ul>	15 YARDS	LINE OF SCRIMMAGE
<ul style="list-style-type: none"> <li>➤ ILLEGAL PARTICIPATION</li> </ul>	5 YARDS	REPEAT DOWN
<ul style="list-style-type: none"> <li>➤ UNSPORTSMAN (including but not limited to; kicking the ball at any point in the game, bench clearing celebrations, taunting, cursing, disrespect towards officials, shoving the ball at anyone, aggressive behavior, etc.)</li> </ul>	15 YARDS	FIRST DOWN
<ul style="list-style-type: none"> <li>➤ *UNSPORTSMANLIKE (on a one- or two-point conversion)</li> </ul>	N/A	OPPOSING TEAM ON NEXT DRIVE LOSES A DOWN

For questions, concerns or clarification call or email:

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