



## **Tournament Rules**

### **General**

Age Divisions 8U, 10U, 12U, 13U, 14U, 15U and 18U

January 1st of the current 7v7 season year is the date used to determine eligibility for age divisions

**NO SENIORS ALLOWED**

Only (3) three coaches per team are allowed on the sidelines.

All other personnel must remain a minimum of 10 yards off the field and out of the end zone area.

Coaches, this is your responsibility to keep your fans in the designated area. Failure to do so will result in an Unsportsmanlike Conduct penalty.

RATED Fivestar reserves the right to cancel or change the location of a Tournament. If a tournament is changed or canceled, RATED Fivestar will not reimburse any team, players, or spectators for any expenses incurred including but not limited to airfare, ground transportation, lodging, and food. Teams may request a refund of the tournament registration fee, subject upon approval. All decisions made by RATED Fivestar staff are final.

### **Coach & Spectator Conduct/Responsibilities**

Rated Fivestar may require coaches, family members, parents, and spectators to observe the contest from designated areas.

Coaches must agree to sign a coaches code of conduct and strictly adhere to our guidelines for coach conduct and attitude.

All family members, parents and spectators will observe play from the designated areas. Participants, coaches, parents and family members must conduct themselves appropriately during the tournament.

Inappropriate, rude or confrontational behavior by any coach, team or parent(s) may lead to a team's disqualification from a tournament at the sole discretion of Rated Fivestar.

Misconduct by any individual may lead to removal from the premises at the sole discretion of Rated Fivestar.

No media teams will be allowed on the field without a physical media pass.

### **Check-in & Registration**

Participation requirements and registration guidelines are provided to each head coach/club admin when registering for a tournament via Zorts Sports.

Rated Fivestar, INDEMNITY AND HOLD HARMLESS AGREEMENT, RELEASE FROM LIABILITY, AND PHOTO/VIDEO WAIVER, signed electronically by a

parent or legal guardian, must be submitted by the participant. Participants will not be eligible to play without the proper waivers submitted via Zorts Sports. Players must have an active/eligible Zorts Player Card (Bronze or above). Please visit <https://www.zortssports.com/shop/index> for additional details regarding Zorts Player Cards.

Roster changes are no longer available once your first game has started.

Roster additions after the deadline will cost \$10/player.

Rated Fivestar reserves the right to disqualify players and/or teams if individuals do not meet the Tournament Requirements.

All players and coaches must check-in in person at the check-in tent prior to starting play.

## **Rosters**

All rosters must be completed through via Zorts Sports.

Teams must consist of at least 7 players with a maximum of 30 players per team.

All roster protests will be addressed, by the RATED Fivestar Tournament Director, either prior or during game play only.

Coaches will need to immediately notify tournament staff when submitting a roster protest.

Game play and time will not be stopped, both teams will continue to play during the roster protest. If a roster is ruled illegal, the team at fault will forfeit the game, awarding the other team a 28-0 victory. If a roster is proven legal, the game will be recorded as is. Roster protests will not be valid after a game has been played.

**Players may only play for a (1) team per age division. Players may play for their current age division while playing up at the next age division; in this case player must be rostered on both teams prior to the tournament start.**

Organizations with Multiple teams in the same age division:

Once a team is eliminated from tournament play that disqualifies those players on the losing team from further play during that day.

Wristbands are not interchangeable among players. All players must have a wristband to be eligible to compete. This will be monitored by tournament staff.

Any players/teams that are caught competing without a wristband will be automatically eliminated from the tournament.

If a team is caught using players not on their original roster team, that team will be disqualified.

## **Pool & Bracket Play Format**

Teams will play a minimum of 3 games in pool play

Teams could potentially play a 4th pool play game if the schedule could be accommodated

Subject to change based on Tournament Directors discretion

Pool play games will end when time has run out even if the score is tied.

### **Bracket Play - Sunday**

Single Elimination playoff bracket games will be scheduled after pool play official results are submitted via Zorts Sports

Divisional playoff seeds are determined by

Overall Record

Point Differential

Total Points Allowed

Total Points Score

## **The Game**

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball
  - During bracket play, the higher seed will choose which team gets the ball first
    - #4 seed plays #5 seed, #4 seed will choose which team gets the ball first
  - Offense always starts on the 40-yard on the right hash line, except for in the case of an interception, offense will get the ball on the 30-yard line. QBs may take a shotgun snap after advancing the ball beyond the 40-yard line
- If using a center to snap the ball, the center is ineligible to catch a pass and the ball must be snapped from the ground.
- The snapper is able to tag a player down if the opposing team catches a pick. However, snapper needs to have a mouth guard and helmet in order to be eligible to tag.
- Offense has three (3) downs per line-to-gain. Line-to-gains will be at the 25-yard, 10-yard, and goal line.

- A player is legally down when the ball carrier is touched with at least one hand below the neck.
- The QB will have 4.0 seconds to throw, Stopwatches will be used for verification. The four second clock starts on the snap of the ball and ends when the ball is out of the QB's hand.
- **Each team will get ONE BLITZ and ONE RUN (handoff) per game. A QB run during a blitz does not count as the one run allowed. You can blitz as many players as you like. The 4 second rule DOES NOT apply if you Blitz the QB and the QB is allowed to run. You cannot blitz when the offense is on the 40-yard line. Blitzing more than once will result in an automatic 1st down 15 yards. More than one run will result in a loss of down.**

**No time outs on Saturday.**

**One 30 second timeout per game on Sunday.**

**Officials have the final ruling on their field.**

## **Equipment**

- Mouth guards are **MANDATORY**
- Soft shell helmets or halos are **MANDATORY - ( Halo helmets will be available for PURCHASE ONLY at the tournament)** Soft shell helmets **MUST** be secured at ALL times if when worn or player will be removed from the play
- Teams must provide their own matching uniforms  
Numbers are recommended but not mandatory  
If teams are wearing the same color, there will be a coin toss, the losing team will need to change to a different color  
Suggestion, bring an extra white shirt or backup color  
Subject to change based on Tournament Directors discretionary  
Players must wear closed toed shoes. Cleats are allowed, however, no metal cleats are permitted.

Subject to change based on certain facility rules

Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are permitted. Players must remove all jewelry, hats, and do-rags. Winter beanies and sunglasses are allowed.

## **BALL REQUIREMENTS**

Teams will provide their own footballs and will be inspected prior to game start

**Football must be a LEATHER or COMPOSITE LEATHER BALL**

**APPROPRIATE SIZE MUST BE STATED ON THE BALL**

**IF A TEAM IS CAUGHT PLAYING WITH AN ILLEGAL BALL, IT WILL BE A TURNOVER NO DEFENSIVE POINTS AWARDED, BALL WILL START FROM THE 40 YD LINE**

8U - K2

10U - TDJ

12U - TDY

13U - GST

14U/15U/18U - GST

## **Field**

Field Length will be 50 yards

40-yard playing field

Line-to-gains will be at the 25-yard, 10-yard and goal line

1st line-to-gain will be 15 yards (25-yard line)

2nd line-to-gain will be 15 yards (10-yard line)

3rd line-to-gain will be 10 yards (Goal Line)

## **Timing & Overtime**

5 Minutes after Game time is Forfeit time

Registration will not be a reason to hold up games

Forfeited games will result in a 28-0 final score

Subject to change based on Tournament Directors discretionary

Pool play and Bracket play games are played on a 25-minute continuous clock

Clock stops only for timeouts (during bracket play) or injuries at the officials discretion / tournament director's discretion

Each time the ball is spotted, a team has **25 seconds** to snap the ball

Offense is responsible for retrieving the football after every play and spotting the ball with the line judge official refs will provide a 10 sec warning. Failure to snap on time will result in a loss of down.

Each team has (1) 30-second timeout per game **ONLY DURING BRACKET PLAY**

The game clock does not run during extra-points after a time out has been called  
Officials can stop the clock at their discretion

In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play

Injured player must take off for at least one play if attended to during an injury timeout

If the score is tied during pool play, the score will be final as a tie. An overtime period will be used to determine a winner of the tie during BRACKET PLAY ONLY.

Overtime period format is as follows:

Higher seeded team will choose Offense or Defense

1st & 2nd OT

**Each team will receive 1 play from 15-yard line, choice of hash**

**If the offense scores, they will have the opportunity to go for the extra point or 2-point . If the team **DOES NOT** score the teams will flip and the Defense will now get 1 play from the 15-yard line, choice of hash. If they score, the game is over.**

**3rd OT each team will start at the 40-yard line and the team that produces the most yardage of their drive will win**

## Scoring

- 6 points for a Touchdown

A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra

point, requires a charged timeout. A decision cannot be changed after a penalty

- **Once per game a team is allowed to opt in for a 1v1 in lieu of a PAT:**
  - **Each team will chose their own designated player for 1v1**
  - **There will be a red flag issued to each coach before the game starts. When the coach decides to use the 1V1 challenge he will throw the red flag in the presence of an official on the field to confirm his decision. At this point the official will set up for the 1v1 at the 7-yard line and blow whistle when ready for play. The offense has 25 seconds to get the play off.**
  - **Receiver will start at the 7yd line**
  - **No motion is allowed**
  - **DP results in 5yd penalty, 2nd DP results in offense win**
  - **OP results in defense win**
  - **3 points are awarded to offense for TD**
  - **2 points are awarded to defense for a stop**
  - **4 second clock is still in play, no blitz is allowed during this option**

**(Typical use for this is if you are in a tight game and you need 3 points to tie or to win)**

- 2 points are awarded for a defensive stop
- 2 points are awarded for a safety
- 3 points for an interception (no runbacks or “pick-six”)
- 0 points are awarded for a pick on a PAT

Official scores will be kept by the officials

## **Coaches**

- Only (3) three coaches per team are allowed on the sidelines. All other personnel must remain a minimum of 10 yards off the field in the end zone area
- **Only (1) one offensive coach is allowed on the field at any time. Penalty is delay of game and a loss of down.**



The offensive coach must be positioned behind the offensive huddle and not coaching after the ball is snapped. **Penalty is delay of game and a loss of down**

- **Offenses/Defenses cannot get preset.**
- No defensive coaches can be on the field at any time  
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

### **Live Ball/Dead Ball**

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead
- The official will indicate the neutral zone and line of scrimmage. All balls must be snapped from the ground or from a QB Tee. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back behind the line of scrimmage.
- A player who gains possession in the air is considered in bounds if the first foot contacts the ground in the field of play
- The defense may **NOT** mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty
- Substitutions may be made on any dead ball
- Any official can whistle the play dead.
- Play is ruled "dead" when:
  - When touched below the neck with one hand
  - The ball hits the ground
  - If the ball hits the ground because of a bad snap, the ball is then placed where the ball hit the ground
  - The ball-carrier steps out of bounds
  - A touchdown, PAT or safety is scored
  - The ball-carrier's knee or arm hits the ground
  - The 4 second pass clock expires
  - Inadvertent whistle

Note: There are no fumbles. The ball becomes a dead ball. (If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession)

### **Inadvertent Whistle:**

- Any inadvertent whistle (whistle accidentally blown during play that was meant to continue) results in dead ball, the offense will have a choice of replaying the down or taking the result of the play of the inadvertent whistle
- If inadvertent whistle occurs under 2 minutes in playoff games, clock stops until a decision have been made by the offense and will start at the ready whistle
- If inadvertent whistle occurs at end of regulation, the offense will have a choice of replaying the down or taking the result of the play of the inadvertent whistle
- If inadvertent whistle occurs on any play of overtime, the offense will have a choice of replaying the down or taking the result of the play of the inadvertent whistle

Note: If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options

### **Offense**

- The ball is spotted where the ball is when the runner is touched
- Offense has one run per game and the quarterback is never eligible to run.
- The quarterback has a four-second "pass clock." If a pass is not thrown within the four seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage.

**If the QB is being blitzed, the 4 second rule no longer applies, however QB is now allowed to run.**

- All passes must be from behind the line of scrimmage, thrown forward and ball out of hand prior to breaching the line of scrimmage. Should a swing pass not cross the LOS and a defensive player tags the ball carrier behind the 40-yard line, the play will result in a safety (2 points for the defense)

- No blocking or “screening” is allowed at any time – THE PLAY WILL BE CALLED DEAD AT THE POINT AT WHICH THE CARRIER IS SPOTTED WHEN THE BLOCK TOOK PLACE. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier
- All offensive formations must be legal sets. The offense (wide receivers) has to line up outside the tackle box, and one receiver has to be on the line on each side. Illegal Formation, loss of down.
- All offensive substitutions must enter through the back of the offense
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage. Multiple players may go in motion but will all need to come to a full stop before snapping the ball.  
Illegal Shift, loss of down
- A player must have at least one foot in bounds, contacting the ground first. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense
- **The Tackle box is three yards on either side of the TEE. No player is to allowed to rule their route within that are. They can not start outside the tackle box and come back run their route through it. All routes **MUST be OUTSIDE the tackle box.****

## Defense

- It is the defense’s responsibility to avoid contact
- An interception will result in an immediate stoppage of play and a change of possession with the interception team gaining possession at the 30-yard line. If an unsportsmanlike penalty is given to the interception team, they will be penalized 15 yards + loss of down
- Interceptions cannot be ran back or “pick six”, immediately dead after change of possession
- Defensive player is allowed initial disruptive contact/jam against offensive player at line of scrimmage but will be assigned a 5-yard holding penalty if there is prolonged or excessive contact after disruption/jam, and if contact

includes shoving, pushing or striking a blow against another player, a 15-yard personal foul penalty will be assessed instead of the 5-yard holding penalty

- An offensive receiver/ball carrier is considered down when a defensive player contacts the player with at least one hand below the neck and above the ankles
- The defense is allowed one blitz per game, tracked by the referees, defense can blitz as many players as they want
- **NO BLITZING AT THE 40 YARD LINE ALLOWED. IF A DEFENSE BLITZES, THIS WILL BE DEEMED AN ILLEGAL PROCEDURE AND AN AUTOMATIC 1st DOWN AND FIVE (5) YARDS FOR OFFENSE and FORFEIT THEIR ONE BLITZ**
- Defensive players cannot cross the line on a run play until the quarterback hands the ball off or laterals to the RB/WR
- If there is an offensive penalty on the play that the blitz is used, the defense is awarded their blitz back
- If the defense blitzes after already using their one blitz, it is treated as a live ball foul. The defense will be assessed a 10-yard penalty and an automatic first down awarded to the offense
- In the event of a team blitzing and facing a defensive penalty on the play, the blitzing team will forfeit their blitz along with a 5-yard penalty. In the case of offsetting penalties, the defense will retain their blitz.

## Penalties

OFFENSE	ASSESSED	RESULT
False Start	Line of Scrimmage	Loss of Down
Illegal Formation/Shift/Motion	Line of Scrimmage	Loss of Down
Offsides	Line of Scrimmage	Loss of Down
Delay of Game	Line of Scrimmage	Loss of Down
Illegal Forward Pass	Line of Scrimmage	Loss of Down
Illegal Advancement	Line of Scrimmage	Loss of Down
Blocking	Line of Scrimmage	Loss of Down

Offensive Pass Interference	Line of Scrimmage	Loss of Down
Unnecessary Roughness	15 Yards - LOS	Loss of Down
Unsportsmanlike	15 Yards	Loss of Down
Fumbles	Dead Ball (Offense Retains Possession at the Spot)	

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DEFENSE	ASSESSED	RESULT
Encroachment/Neutral Zone	5 Yards	Repeat Down
Illegal Formation/Shift/Motion	5 Yards	Repeat Down
Offsides	5 Yards	Repeat Down
Provoking Offensive Cadence or Snap	5 Yards	Repeat Down
Defensive Pass Interference	15 Yards	First Down

Holding	5 Yards	First Down
Unnecessary Roughness	15 Yards	First Down
Additional Blitzing	15 Yards	First Down
Unsportsmanlike	15 Yards	First Down

- Offensive hands to the face: Loss of down
- Defensive hands to the face: 5-yard penalty, first down
- Offensive delay of game: 5-yard penalty unless occurs at 40-yard line, then loss of down
- Defensive delay of game: 5-yard penalty, first down
- If offense commits two consecutive delay of game penalties, change of possession occurs and opposing defense is awarded 2 points
- If offense commits delay of game penalty in final five minutes of playoff game, game clock stops until next snap

### **What Qualifies as Delay of Game:**

- Offense taking more than 25 seconds to snap ball once referee marks it ready for play
- Quarterback throwing ball well after play is blown dead
- More than 7 players on the field for either the offense or defense
- Delay by either offense or defense in retrieving and returning the ball to referee

- Throwing or launching ball into the air
- Offensive personal foul: 15-yard penalty, loss of down
- Defensive personal foul: 15-yard penalty, first down
- Offensive personal foul on turnover/other change of possession: 15-yard penalty for opponent's offense
- Defensive personal foul on turnover/other change of possession: Loss of down for their offense
- Offensive personal foul after touchdown is scored: Lose PAT chance

### **What Qualifies as a Personal Foul:**

- Excessive force, such as shoving, pushing or striking a blow on an opposing player
- Defensive player diving at an offensive player
- Unnecessary or avoidable contact with another player
- Directly taunting an opposing player, coach or spectator — some trash talk is OK, but keep it clean!
- Excessive celebration after any play — anything that disrupts flow of game and instigates opposing players or coaches
- Kicking or punting the ball (unless done with intent to give to referee or field monitor)
- Tackling or running into a receiver when a forward pass obviously is underthrown or overthrown is disregarding the ball and is illegal
- Coaches that need to have conversations with officials about specific rulings within the game must do so from the Team Area. Coaches are encouraged not to enter the field of play or leave the Team Area to debate officiating decisions, and those that do so will have committed an automatic Unsportsmanlike Conduct Foul

### **Appeals/Roster Request:**



- Appeals are not permitted during pool play games, all questions and interpretations may be brought up to a field monitor for any explanation needed
- In playoffs, teams must use their timeout to appeal a rule interpretation or penalty enforcement. If the appeal is successful, then timeout will be rewarded back. If the appeal is not successful, then the timeout will not be rewarded back.
- In playoffs, field monitor can stop clock in game and discuss referees' ruling with them at their discretion
- All appeals and roster protests must come from coaches, not players
- Requests for roster protests are allowed at any time. Coaches must notify officials and the field monitor before or during the game. Coaches are limited to protesting 1-3 players. The game will continue without interruption as tournament staff officials review the rosters. If the protest is successful, the opposing team will forfeit the game with a score of 28-0. If the protest is unsuccessful, the game will be recorded as is. Roster protests requested after the game will not be permitted.

## **Celebrations / Fighting Conducts**

We encourage celebrations. However, we do not tolerate taunting. Keep it fun and keep it quick so as not to unnecessarily delay game play. If during a celebration your players pass the other team's hash, you will be penalized for taunting. If a team is penalized for excessively taunting, the result is an unsportsmanlike penalty, a loss of down and ejection of the player.

**BALLHEAD NOTE: Circling or touching players from the opposite team will result in a double taunting penalty plus two (2) points being awarded to the non-offending team. A second violation may result in ejection at the discretion of the Tournament Director**

**Fighting will not be tolerated.**

If any coach encourages inappropriate behavior and acts aggressively towards other coaches or players, the coach will be ejected from the event after one warning

If any coach touches any player from another team, the coach will be ejected from the tournament

**If a player throws a punch, he is ejected immediately and CANNOT return to the tournament**

If players are involved in pushing or shoving, they may be ejected immediately from the game at the referees' discretion

If a second incident occurs with the same player(s), they will be ejected from the tournament in its entirety

If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit

The officials have the right to throw out any player, players, or team out of the game

The tournament staff has the right in extreme cases to eject players, coaches, teams, and by-standers of any tournament and they will have to leave the facility immediately. A referee can also give a 15-yard unsportsmanlike penalty

I **Ray Alexander** Certify that the rules above are the rules that will be enforced during any and ALL RATED tournaments.

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Ray Alexander