

SHOOK



2024 7v7 Football Rules

NOTICE: This Rule Book contains the official game rules for SHOOK Tournaments LLC, as reviewed, verified, and endorsed by the Board of Directors. However, the Board retains the authority to modify, amend, append, or remove any rule or regulation as needed at any time. This Rule Book is a dynamic document and should not be regarded as a definitive or conclusive version. It is the responsibility of the intended reader to regularly check for updates to the rule book. Any alterations to the rules will be published on the website and prominently highlighted for a minimum of 30 days or longer. SHOOK Tournaments LLC cannot be held responsible or liable for any typographical errors or phrasing that may lead to misunderstandings or misinterpretations. The Board of Directors has the ultimate and conclusive authority over all rules and regulations pertaining to SHOOK Tournaments LLC. For further information, clarifications, and interpretations, please contact:

QUESTIONS@SHOOKTOURNAMENTS.COM.

GENERAL RULES AND REGULATIONS

1. **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. There are absolutely no exceptions to this rule, as deadlines are given well in advance.
 - a. Players must meet age requirements to be eligible for team rosters. For those aged 12 and under, the required age cutoff date is 08/01/2023. 14u and 15u must adhere to the required age cutoff date of 01/01/2024. High school players, both with and without Senior divisions, must be under 18 years of age, currently enrolled in school, and obligated to furnish grade level eligibility documents for the current school year. Grade level documents and school IDs must be submitted during registration and made available upon request during the tournament. These documents must be official school records, displaying the player's full name and grade level.
 - b. Players must be rostered to only one (1) team per division (i.e., As long as the player meets all eligibility requirements for each division, he/she can roster on more than one (1) team but CANNOT be rostered to more than one (1) team in the same division. NOTE**** PLAYERS CAN ONLY ROSTER TO ONE ORGANIZATION OR "PROGRAM". PLAYERS CANNOT PLAY FOR MULTIPLE ORGANIZATIONS/PROGRAMS even if they meet eligibility requirements.)**
2. **ILLEGAL PLAY** – Any player found playing on a team who was not an approved roster player is an “illegal player”. The ENTIRE team shall forfeit ALL games, winnings, 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.
3. **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. There will be no refunds of any kind if there is a rain-out or cancellation of any or all games for any reason.
4. **KICKING** – There is absolutely no punting or kicking of any kind.
5. **SIDELINES** – Tents and spectators must be at least 15 ft back from all field boundary sidelines, or as directed and/or marked by tournament staff. If the facility does not allow spectators or tents on the sidelines, the facility rules shall supersede. **The Board of Directors and game officiants can remove spectators at any time for conduct deemed inappropriate or unsportsmanlike and refunds will not be issued.**
6. **UNIFORMS** –
 - a. There will be no jewelry worn during games. If jewelry cannot be removed, it must be covered by medical tape or bandage covers.
 - b. Gloves may be worn; however, no sticky aid is allowed of any kind.
 - c. All players must wear a mouthpiece and wear it properly during games.
 - d. Required and approved head gear (softshell helmets) must always be worn and fastened securely during game play except for the QB. The approved headgear must be a Gamebreakers brand helmet or a 4–5-star Virginia Tech rated head protection (documentation of certification must be provided upon request). If officiants must warn players more than once, it will be at their discretion to eject that player. This rule will be enforced strictly for the safety of all players. If a player does not have a helmet they cannot participate until they do.
 - e. Players must wear uniforms for game play and must always wear shirts and shorts/pants at any facility. **SHORTS MUST BE FINGERTIP LENGTH OR LONGER.**
 - f. No metal cleats are allowed.
 - g. No hard casts or braces that include metal, are allowed on the field at any time.
 - h. Eye wear may only be worn with athletic eye wear straps. Sunglasses are not allowed to be worn on the fields during game play.
7. **MUSIC/SPEAKERS** – Music must not contain profanity or explicit lyrics and cannot be played by players, coaches, or spectators during game play on the fields.

COACHING:

1. Coaches and Staff must have required wristbands to be on the sideline. **There will be no more than a total of three (3) Coaches and/or staff/media on a team's sideline. Additional coaches/staff can be added up to five (5) for an additional fee of \$30.00.** *****NOTE: The HEAD COACH must be 18 years of age or older. All asst.coaches/staff must be 16 years of age or older.
2. 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).
3. The Coach must be positioned behind the Offensive huddle.
4. Coaches can challenge if there is a rule discrepancy. Head referees must make an official ruling on challenges. (Please see “Game Play” & “Penalties” for additional information regarding challenges.)
5. Defensive Coaches are NEVER allowed on the field. Coaches will be given ONE warning. Second warning will result in a 15-yard penalty.

6. Coaches will be given one (1) sideline warning during play. The second warning will result in a 10-yard penalty or half the distance to the goal. Third warning will result in the Coach's immediate ejection at the discretion of the game officials.
7. **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:

1. Field length will be 50 yards. 40-yard playing field with a 10-yard end zone.
2. Field width will be between 50 and 53.5 yards. This will vary depending on the allotted space at each venue.

GENERAL SCORING:

1. Offensive touchdown is worth 6 points.
2. Interceptions are worth 1 point. (NO interception points are awarded on extra points or overtime.)
3. Extra points are 1 point from the 5-yard line or 2 points from the 10-yard line.

PLAYERS ON THE FIELD:

1. Offense will consist of five (5) eligible receivers and the QB.
2. Defense will consist of seven (7) eligible defenders.

GAME PLAY:

1. A coin toss will decide which team starts with the ball. The chosen team will commence possession of the ball at the 40-yard line, with the option to select their preferred hash. During bracket play, the team with the higher seed will have the privilege of deciding which team starts with the ball.
2. A whistle will begin each game.
3. Each game lasts 25 minutes with a running clock (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, emergency, or referee timeout.
6. The referees will keep the official score and time on the field for each game.
7. **The Head Referee and/or the Referee Coordinator shall have the final call on all fields. Video replays/photos are not permissible for review on game play.**
8. Offensive team will have **30 seconds** to put the ball into play. Delay of game is a loss of down.
9. One "Blitz" per game, to include overtime (Blitzing is NOT allowed when the Offense is on the 40-yard line).
10. The QB has 4.0 seconds to release the ball, with play stopping if this limit is exceeded. No time limit applies during a blitz.

****Blitz Note:** If a blitzing defender jumps offsides, an encroachment penalty is called, the defense retains their one allowable blitz per game (automatic first (1st) down). The offense can accept or decline the penalty based on the play's result, with a declined penalty counting as a blitz used. Blitzing is only allowed in regular game play, not in overtime.**

11. 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. Defense will NOT receive one point for an interception if the interception occurs on an "extra point" attempt.
12. **Challenges to the rules or calls will pause the game clock, and the Head Referee (or the Event Referee Coordinator) will provide clarification ONLY.** If the challenging coach is incorrect, it will result in a timeout loss. If the team has no remaining timeouts, this will lead to a 15-yard penalty. If applying the 15-yard penalty isn't possible, the Head Referee will make an appropriate ruling.
13. Games in BRACKET PLAY (SINGLE-ELIMINATION – COMMONLY ON SECOND DAY OF TOURNAMENT) will be played within the "Mercy Rule" system. If either team exceeds their opponent's score by 28 points or more, the "Mercy Rule" will take effect and the game will end.
14. **ON-SIDE KICK – IN BRACKET PLAY ONLY (SINGLE-ELIMINATION – COMMONLY ON SECOND DAY OF TOURNAMENT):**

- Each team will be given one (1) onside kick.
- The clock will continue to run until a team declares an onside kick or uses a timeout.
- Onside Kick must be declared after the extra point play and before the tee is set for the next play.
- This can ONLY be used within the last two (2) minutes of the game.
- The score between both teams is within eight (8) points or less.
- They will be allowed one (1) untimed play from the forty (40) yard line to obtain twenty (20) yards or more.
- If the team successfully gains 20 yards or more – they keep the ball, and their drive will start from the forty (40) yard line.
- The clock will resume at the snap of the ball.
- If 20 yards or more is not obtained – the opposing team will start their drive on the thirty (30) yard line.

- Interceptions will not result in a point during an onside kick.
- During the onside kick, there will be no touchdown and you cannot blitz. The team takes possession of the ball ONLY.
- Defensive penalties will be assessed on this play.

MOVING THE BALL:

1. Offense always starts on the 40-yard line with their choice of the hash after any change of possession.
2. **QB cannot snap the ball** from shotgun at the 40-yard line (still unable to blitz the QB from the 40-yard line)
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 or handoff). 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. A quarterback can NEVER run the ball. If ANY foot of the QB passes the line of scrimmage, it is an illegal forward pass.
8. QB can put the ball into the RB’s “belly” to fake the hand-off and pass. If the QB hands-off to the RB, RB cannot throw the ball – he must run (there can never be a “hand-off pass” or “reverse pass”).

BRACKET PLAY/FORMAT:

1. All teams will be seeded in the bracket based on Day 1 pool play in this order:
 - a. Win/Loss record
 - b. Head-to-Head
 - c. Points For
 - d. Points Against
 - e. Point Differential
 - f. If two teams are tied in all tie breaking categories, a coin flip will determine team placement.
2. If there is an uneven number of games played within a pool due to an odd number of teams within the pool, “head-to-head” will be removed from the equation and percentage (win/loss record) and average (points for, etc) will be used instead.

OVERTIME: (This tiebreaker format will be used in SINGLE-ELIMINATION GAMES ONLY.)

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 will choose to go for 1 point or 2 points. The opposing team gets the same opportunity to score.
4. **No points for interception during overtime ONLY.**
5. On the first drive of OT (score is still tied), if an interception occurs, the intercepting team will take possession. If they score, they win the game, and the game is over.
6. If the defense intercepts the ball after their offense has already scored in OT, that team wins, and the game is over.
7. **There is absolutely no “blitzing” in overtime.**

DOUBLE OVERTIME:

1. Both teams get two tries from the 10-yard line and must go for two points. This will repeat until there is a winner.
2. **No points for interception during overtime ONLY.**
3. **There is no “blitzing” in overtime.**

PENALTIES:

1. If a team “Blitzes” more than their allowable one time, there is a 15-yard penalty. A blitz is **NOT** considered to be used if the defense “jumps” and is called for encroachment by the official. At that point an encroachment penalty would be assessed **(AUTOMATIC FIRST (1ST) DOWN).**
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. The offensive team will have **30 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. If an unsportsmanlike penalty is given to the interception team, they will be penalized 10 yards and will start at the 40.

12. Celebration is allowed between players on the field if it does not delay the game or is not directed towards the opposing team. **Excessive celebration, especially bench clearing or actions that are unsportsmanlike, are not allowed and will not be tolerated. At the discretion of the referee, if a team is penalized the result is an unsportsmanlike penalty and a loss of down.**

14. A game cannot end with 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. Aggressive behavior, cursing, and fighting are considered 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 unsportsmanlike conduct at any time.** All violent behavior is subject to lawful prosecution.

PRIZES, AWARDS, TROPHIES, MEDALS, ETC.

1. Prizes, awards, trophies, medals, and similar honors are presented to winning teams provided they have adhered to all rules and regulations and have not engaged in any cheating or unsportsmanlike conduct.

2. Winning donations will be written to the club/team/program name and no donation will be given directly in the name of any individual, such as program director, coach, player, or relatives of players. It is recommended that the team have a valid 501(c)(3) nonprofit status.

3. In the spirit of fair competition and sportsmanship, we hold all participating teams to the highest standards of conduct and behavior. The following actions may result in the disqualification of a team from winning awarded donations, trophies, or titles:

- a) ****Unsportsmanlike Behavior:**** Any conduct deemed unsportsmanlike, including but not limited to taunting, disrespectful language or gestures, excessive celebrations, or actions that undermine the integrity of the game.
- b) ****Fighting:**** Engaging in physical altercations, fights, or aggressive behavior towards opponents, officials, or spectators.
- c) ****Sideline Aggression:**** Demonstrating aggressive behavior or creating an unsafe environment on the sidelines, including harassment of officials, coaches, or players.
- d) ****Cheating:**** Any form of cheating, including but not limited to tampering with equipment, using illegal substances, or violating rules and regulations to gain an unfair advantage.
- e) ****Use of Alcohol or Illegal Substances:**** The consumption or possession of alcohol or illegal substances during arrival, games, warming up, or any event related to the competition.
- f) ****Verbal Abuse:**** Using derogatory, abusive, or offensive language towards opponents, officials, or spectators.
- g) ****Refusal to Comply:**** Failing to comply with the instructions of tournament organizers, officials, or referees.
- h) ****Repeated Violations:**** Consistently displaying a pattern of behavior that goes against the principles of fair play and good sportsmanship.

NOTE: It is our commitment to promoting a safe, respectful, and competitive environment for all participants. Any team found in violation of these behavioral standards may face disqualification, forfeiture of prizes, or other appropriate sanctions as determined by the tournament organizers and officials.

SEE THE NEXT PAGE FOR THE PENALTIES TABLE

APPENDIX A - PENALTIES TABLE

OFFENSIVE PENALTIES	ASSESSED	RESULT
<ul style="list-style-type: none"> ➤ FALSE START ➤ ILLEGAL MOTION ➤ DELAY OF GAME ➤ BLOCKING ➤ PASS INTERFERENCE 	LINE OF SCRIMMAGE	LOSS OF DOWN
<ul style="list-style-type: none"> ➤ FUMBLES 	DEAD BALL	OFFENSE RETAINS POSSESSION ON THE MARK
<ul style="list-style-type: none"> ➤ UNNECESSARY ROUGHNESS 	15 YARDS – LOS	LOSS OF DOWN
<ul style="list-style-type: none"> ➤ 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.) 	15 YARDS	LOSS OF DOWN
<ul style="list-style-type: none"> ➤ *UNSPORTSMANLIKE (on or during touchdown scoring) 	N/A	NO EXTRA POINT ATTEMPT
<ul style="list-style-type: none"> ➤ * UNSPORTSMANLIKE (on a one- or two-point conversion) 	N/A	OPPOSING TEAM WILL START DRIVE ON 25-YARD LINE

DEFENSIVE PENALTIES	ASSESSSED	RESULT
<ul style="list-style-type: none"> ➤ ENCROACHMENT/NEUTRAL ZONE 	5 YARDS	AUTOMATIC FIRST (1ST) DOWN
<ul style="list-style-type: none"> ➤ HOLDING 	10 YARDS	REPEAT DOWN
<ul style="list-style-type: none"> ➤ PASS INTERFERENCE 	15 YARDS	FIRST DOWN
<ul style="list-style-type: none"> ➤ UNNECESSARY ROUGHNESS 	15 YARDS	FIRST DOWN
<ul style="list-style-type: none"> ➤ ILLEGAL PARTICIPATION 	5 YARDS	REPEAT DOWN
<ul style="list-style-type: none"> ➤ 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.) 	15 YARDS	FIRST DOWN
<ul style="list-style-type: none"> ➤ *UNSPORTSMANLIKE (on a one- or two-point conversion) 	N/A	OPPOSING TEAM ON NEXT DRIVE LOSES A DOWN

For questions, concerns, or clarification email:

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