

RULE BOOK DDS

25-26

DON'T DUCK SMOKE 7on7 FOOTBALL TOURNAMENT RULES

MAXIMUM ROSTER SIZE!

20 players

UNIFORMS AND APPAREL!

All players must wear uniform tops of the same color.

FIELD DIMENSIONS!

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

GET THE GAME STARTED!

- A coin toss will determine which team gets the ball first. That team will begin with possession of the ball on the 40-yard line with their choice of hash

- A whistle will begin each game

- Each game lasts 25 minutes with a running clock

(There is no overtime in Pool Play)

If a team scores a touchdown with no time remaining on the clock, and they are down by 2 points or less, they get to attempt their extra point(s)

- The official will declare when the clock is under 2 minutes

- The clock never stops, with the exception of an injury or referee timeout

- A whistle will end each game

- The referees will keep the official score and time on the field for each game

- Mandated Soft Helmets / Halos and mouthguards must be worn correctly at all times by all players except the QB. If a player does not have a helmet they cannot participate until they do

DRIVING DOWN FIELD!

- Offense always starts on the 40-yard line with their choice of the hash. After any change of possession

- 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

- Offense has three (3) downs to gain a first down. First down markers will be at the 25, and 10-yard lines
- Once inside the 10-yard line, the offense has 3 downs to score a touchdown
- The first person to control the football off the QB-Tee is the QB.
- Quarterback can run the ball ONLY when being blitzed and outside of the “ NO RUN ZONE” (5 Or Less Yards From a 1st Down Or Goal Line)
- After the offense scores a touchdown, they have the option of going for 1 point from the 5-yard line or go for 2 points from the 10-yard line. Offense chooses hash for ball placement. If the coach doesn't respond to the official on which yard-line, the official will place the ball on the 5-yard line to go for 1 point. Once this decision is made, coaches cannot overturn this decision

COACHING YOUR TEAM!

- There will be No offensive coach allowed on the field at any time
- Coaches are not allowed to challenge any official ruling
- Remaining team coaches can work from the sidelines
- NO defensive coaches allowed on the field at any time
- Players cannot come onto the field at any time prior to the exchange of possession. Teams must remain in the designated on-deck position until the previous series ends
- Only one (1) team photographer is allowed on the playing field 10-yards behind the offensive team
- Any form of cheating qualifies for automatic team disqualification at the tournament!

TEAM CONDUCT RULE

- Head coaches are responsible for the behavior of their coaches, players, and fans
- Any unsportsmanlike conduct deemed unacceptable according to the code of conduct will result in a 15-yard penalty the real deal
- 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. THE DEFENSE WILL GET THEIR BLITZ BACK IF IT WAS NOT ALREADY USED
- ONE BLITZ PER HALF IS ALLOWED – during regular game play once a yard is gained on the offensive possession, the defense can now use their blitz.

Multiple players can blitz at one time. If a team has already used their ONE blitz for the half any blitz after will be penalized 15 yards and the offense will get an automatic first down

- When the defense blitzes, the 4-second time is non-existent. The quarterback can scramble behind the line of scrimmage as long as he does not get tagged by the defender(s) or have the option to run as long as play takes place outside of the "NO RUN ZONE" (5 Yards or less From The 1st Down Or 5 Yards or less From The Goalline)
- NO substitutes may position themselves behind the offensive team at any time during play – with the exception of the snapper, who has to be on a knee at the tee
- NO blocking – Blocking will result in a loss of down, return to the previous spot
- Face guarding and Jamming is allowed
- 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 is allowed leave his/her feet
- Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot
- Offensive team will have 25 seconds to put the ball into play. Delay of game is a loss of down
- 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
- 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
- Offensive pass interference will result in a return to the previous spot plus a loss of down
- QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds is surpassed, which will result in a loss of down
- An interception will result in an immediate stoppage of play and a change of possession with the intercepting team gaining possession at the 30-yard line AND WILL BE AWARDED TWO (2) POINTS. If an un-sportsman penalty is given to the intercepting team, they will start from the 30-yard line and WILL NOT be awarded two (2) points
- 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.
- A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired

- The offense (wide receivers) must line up outside the tackle box, and one receiver has to be on the line on each side. If not, the offense will be penalized for illegal formation and a loss of down.

- Fighting will not be tolerated. If a player throws a punch, he is ejected immediately and CANNOT return to the remaining portion of 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 referee has the right to throw out any player, players, or team out of the game. The 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

- If is an inadvertent whistle by the referee, the team in possession of the ball can either put the ball back in play where it was dead or repeat the down

OVERTIME / TIE BREAKER

- 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 to be on either offense or defense

- Each team will have 2 plays from the QB-tee from the 10-yard line, choice of hash. If you score, you receive the standard 6 points

- NO running in overtime. All plays MUST be a pass

- If the offense scores, then they MUST choose to go for 1 point from the 5-yard line, or 2 points from the 10-yard line. If the coach doesn't respond to the official on which yard- line, the official will place the ball on the 5-yard line to go for 1 point. Once this decision is made, coaches cannot overturn this decision

- The opposing team gets the same opportunity to win

- If neither team scores or it still ends as a tie, we will flip the coin again then back to the standard longest passing yard from the 40-yard line. There is no running allowed in the longest yard situations

- The team with the most yards will be declared the winner of the tiebreaker and will add 1 point to the final score

- If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to take

offense or defense

- This format will be repeated until a clear winner is declared
- This tiebreaker format will be used in SINGLE-ELIMINATION GAMES ONLY, NO BLITZING ALLOWED IN O.T
- If there is an invariant whistle on a play the offense will decide if the entire play will be done over, or the runner will be down where the invariant whistle was blown.

BRACKET FORMAT

- All teams will be seeded in the bracket based on Day 1 win/loss and day 1 schedule
- All teams will play minimum of 4 games during the event, unless otherwise noted

BRACKET SEEDING:

- Wins/losses, points scored and point differential. If after these determinations there is still a tie, the system will automatically do a coin flip to determine team seeding
- scoring points:
- Offensive touchdown = 6 points. After the touchdown, the team MUST elect to go for 1 point from the 5-yard line or 2 points from the 10-yard line.
 - Interceptions = 2 points, if no penalty(ies)

PENALTIES:

PENALTIES OFFENSE	ASSESSED	RESULT
False Start/ Illegal Motion	Line Of Scrimmage	Loss Of Down
Delay of Game	Line Of Scrimmage	Loss Of Down
Illegal Forward Pass	Line Of Scrimmage	Loss Of Down
Blocking	Line Of Scrimmage	Loss Of Down
Pass Interference	Line Of Scrimmage	Loss Of Down
Unnecessary Roughness	Line Of Scrimmage	Loss Of Down
Un-sportsmanlike	15 Yard Penalty	Loss Of Down
Fumbles	Dead Ball	Dead Ball

PENALTIES DEFENSE	ASSESSED	RESULT
Encroachment	5 Yards	Repeat Down
Holding	10 Yard	Repeat Down
Unnecessary Roughness	15 Yards	Line Of Scrimmage
Pass Interference	15 Yards	First Down
Illegal Participation	5 Yards	Repeat Down
Additional Blitzing	15 Yards	First Down
Un-sportsmanlike	15 Yards	First Down

User journeys

Journey 1

Define the persona and their goals

Map the persona's journey with your product. The journey can be visual (flowchart, storyboard) or a narrative.

- Example: As a busy parent, I want to quickly reorder household items from my phone to save time and never run out of essentials
- Define the user (new customer, returning customer, power user)
- Select the task the user wants to accomplish (purchase, sign up, use feature)
- Detail each step from initial contact to final outcome

Journey 2

Define the persona and their goals

Map the persona's journey with your product. The journey can be visual (flowchart, storyboard) or a narrative.

- Example: As a busy parent, I want to quickly reorder household items from my phone to save time and never run out of essentials
- Define the user (new customer, returning customer, power user)
- Select the task the user wants to accomplish (purchase, sign up, use feature)
- Detail each step from initial contact to final outcome

Competitive analysis

Competitor A

- Brief overview of the company and product or feature
- Strengths
- Weaknesses
- Market position

Competitor B

- Brief overview of the company and product or feature
- Strengths
- Weaknesses
- Market position

Competitor C

- Brief overview of the company and product or feature
- Strengths
- Weaknesses
- Market position

Competitive analysis

Feature	Your product	Product A	Product B	Product C
Feature 1	Add description	Add description	Add description	Add description
Feature 2	Add description	Add description	Add description	Add description
Feature 3	Add description	Add description	Add description	Add description

Pricing model

Feature	Your product	Product A	Product B	Product C
Free tier	Free	Free	Free	Free
Basic tier	\$0.00	\$0.00	\$0.00	\$0.00
Pro tier	\$0.00	\$0.00	\$0.00	\$0.00
Enterprise tier	\$0.00	\$0.00	\$0.00	\$0.00

Differentiators

Explicitly highlight what sets your product or feature apart to gain a competitive advantage

Requirements

Functional requirements

Indicate importance levels (Example: P0 = Must-have, P1 = Should-have, and P2 = Nice-to-have) and outline what the product or feature must do

Priority	Detailed description
P0 ▾	Add requirement
P1 ▾	Add requirement
P2 ▾	Add requirement

Non-functional requirements

Performance

Add the speed, responsiveness, and any other performance-related statistics

Security

List any authentication, data protection, and any other security-related features

Usability

Describe the ease of use, accessibility, and any other usability-related features

Compatibility

List the browsers, operating systems, devices, and any other notes on compatibility

Dependencies

Internal

Describe other teams, systems, or components this project relies on

External

State third-party integrations and specific technologies required

Assumptions

List the key assumptions that might change the business equation

Risks and mitigations

Risks

Describe potential obstacles or challenges and mitigation plans

Timeline and milestones

Timeline and milestones

Milestone	Details	ETA
M1	Add key feature deliverables	Date
M2	Add key feature deliverables	Date
M3	Add key feature deliverables	Date
M4	Add key feature deliverables	Date
M5	Add key feature deliverables	Date

Questions and resources

Open questions

Questions	Status
Add question	Open ▾
Add question	In discussion ▾
Add question	Resolved ▾

Additional resources

- ▢ File
- ▢ File
- ▢ File