

2019 Powerade Invitational Rules

FIELD:

The playing field will be 50 total yards. 40 yard plus a 10-yard end zone.

BALL:

Teams will use their own football.

TIME: 22 minute games with a running clock.

A television timeout will be taken during the first change of possession after the 11 minute mark of each game.

Each team will have one 30 second timeout per game (In case of injury the clock will stop at the discretion of the referee. Any stoppage by the referee will require the injured player to leave the field for a single play). ***In the Championship game each team will get one 60 second timeout. The final minute of each game will be played with a stopped clock*** (Clock stops on first down until set, incomplete pass, out of bounds, etc.)

A 25-second play clock is in effect, and begins on the referee's whistle after the ball is spotted.

POSSESSION OF THE BALL:

All possessions will originate from the 40-yard line to start a game, or after a turnover on downs or interception.

Possession will be decided by a coin toss.

In bracket play the higher seed gets the ball first until the semi-finals and championship game. Possession will be decided by a coin toss in those games. The higher seed will call the coin toss.

PLAY:

Play is limited to seven on seven.

Coaches are allowed in the offensive huddle, but must stay 10 yards back after breaking the huddle. No more than 2 coaches in the huddle. ***All offensive subs must stay on the sideline.***

Defensive coaches must be on the sideline.

Any player not in a play must stand on the sideline.

Included in the offense's seven players must be a center. Once the ball is lifted off the T-stand the 4 second count begins.

Offense must be lined up in a legal formation (Receivers must line up outside the tackle box).

Everyone is eligible to receive passes, except the center and QB.

NO RUNNING PLAYS ALLOWED IN TOURNAMENT

Running Backs going out for a pass must release from the offensive guard position on out. No releasing over the centers path.

No fumbles or stripping. The ball is dead if it touches the ground and the offense retains possession. If an offensive player attempts to lateral a ball, and it's intercepted by a defensive player, then possession goes to the defensive team at the 40-yard line.

Play ends with one hand touch below the neck.

The QB has 4 seconds to release the ball or it is blown dead with a 5-yard penalty and a loss of down. If the QB drops the snap the 4 second count starts immediately and the play continues.

There is no rushing the QB. No RB passes.

2 first downs are possible per possession, achieved when reaching the 25-yard line in 3 downs and reaching the 10-yard line in 3 downs. Once you reach the 10-yard line you have 3 downs to score. The game cannot end on a defensive penalty, unless the offense declines it.

SCORING:

6 points for Touchdowns

1 point for conversion from 5 yard line

2 points for conversion from 10 yard line

3 points for Defensive Interceptions (Offense starts possession at the 40 yard line)

2 points for Defensive stops (defensive stops and interceptions are not combined)

(No points for interception on a try after touchdown)

OVERTIME (Bracket play and Championship Games Only):

A tiebreaker will start with a flip of a coin to determine possession. After a 2-minute break, each team will get 1 play from the 10-yard line, until the tie is broken. Extra point must be attempted after each Touchdown. **Teams must go for 2 points beginning with 3rd overtime.**

Interception ends the game!!!

PENALTIES:

All penalties will be enforced. Emphasis is placed on pass interference, holding, unnecessary roughness, and unsportsmanlike conduct.

No blocking, or screening of opponents.

Jamming is allowed off the line. **ALL bump and run must be executed with hands. No forearms or shoulders allowed. Safety is of utmost importance during the contest.**

This is a minimal-contact game and any flagrant contact is cause for immediate ejection. As always any unsportsmanlike conduct is also cause for ejection. The referees' decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches control profanity, and are expected to eliminate profanity on their team.

Offensive Penalties: (Cannot go back pass the 40 yard line – loss of down)

Blocking or Holding: 10 yards from spot of foul and replay the down.

Illegal Motion: 5-yard penalty and replay the down.

Illegal forward pass: 5-yard penalty plus loss of down

Offensive Pass Interference: 10-yard penalty plus loss of down

Delay of Game: 5-yards penalty. In the last 2 minutes of a game the clock will be stopped.

Unsportsmanlike Conduct: 10-yard penalty, and possible ejection

Offensive sack (4 second violation): 5-yard penalty and loss of down **(if the ball is already marked on the 40-yard line then it just stays there)**

Any dead ball offensive unsportsmanlike penalty on Touchdowns or Extra Points the Defense has the option to tac 10-yards on to the point after try or get the ball at the 30-yard line to start their offensive possession.

Illegal touching is a loss of down

Defensive penalties:

Holding/Illegal Bump: 10-yard penalty replay down

Offsides: 5-yards penalty and replay down

Pass Interference: 10-yard penalty and replay down

Unsportsmanlike Conduct: 15-yard penalty, replay down and possible ejection

BLOOD RULE: If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and excessively bloody uniform is changed.

All Players must wear mouth pieces during play.

Coaches:

1. Make sure you maintain control over your team's parents.
2. All Official calls are final.
3. Please pick up trash at the end of your game.

Tournament rules may be changed at any time if problems arise due to concerns with safety conditions, sportsmanship, or any other unforeseen issues.