

RUMBLE ON THE ROCK

Overview of Activities

What: 7 on 7 Passing Competition

When: Saturday – July 18th 9am to 4pm

Where: Mercer Island High School – Coaches Social Following Competition – Roanoke Inn

General Rules – Apply To Both Games and Tournament

Skill offensive and defensive players.

Playing surface will be turf and grass. Players should prepare for both surfaces.

25 minute contests. 40 yard fields High school rules apply as needed.

One hand touch (below the neck). No Pads. **Mouth guards are mandatory throughout the day.**

Extra mouth guards will be available for sale.

QB stools used for snaps with a four second clock.

Home/away jerseys should be brought.

Offensive team provides game ball coin toss determines possession start for each game.

Maximum (2) teams/school – Minimum 6 offensive players. Maximum 8 defensive players (Odd front teams must declare blitzing player at the snap. This player must take a knee at the snap, may not cross the LOS, and may not participate in the play at any time).

Rules: Games

Round robin, instructional style competition.

Running plays are not permitted – loss of down.

If the buzzer on the QB stool sounds, before the release of the football, it will be considered a sack.

Fumbles: Dead ball where ball hits ground.

Blocking not permitted – defensive player's responsibility to avoid contact.

Blocking foul – 5 yard penalty from spot of foul & loss of down.

Running backs must release outside the tackles on all passing routes.

Coaches permitted on field behind line of scrimmage only.

4 downs to get 20 yards for 1st down. 4 downs to score.

Rules: Tournament (rules will be reviewed at coaches meetings, on day of competition)

Single elimination tournament.

Referees will be provided.

Seeding is decided by order of registration. Only one team per school may receive a 1st Rd bye.

Two plays, total, from the 5 yd line (each team will get one play on both offense and defense).

If tied after two plays there will be a coin flip for offense and defense, and there will be one play from the 5 yd line.

Running plays are not permitted – loss of possession.

If the buzzer on the QB stool sounds, before the release of the football, it will be considered a sack and possession is lost.

Holding: Offensive = 5yds from the spot of the foul, and replay the down. Defensive = Half the distance and replay the down.

Pass Interference: Offensive = 10yds from the LOS, and replay the down. Defensive = Spot foul, and replay the down.

Blocking: Offensive = 5yds from the LOS, and replay the down. Defensive: Spot foul, and replay the down.

Running backs must release outside the tackles on all passing routes.

Coaches permitted on field behind line of scrimmage only.

Champion will be awarded at the end, and trophy and T-shirts provided to the winners.

Player Information

- *Mouth guards are mandatory.* Athletic supporters encouraged.
- Parent waivers required for all participants to receive wristbands which must be worn during all competitions, and to receive meals.
- All Participants are required to remain on site to ensure game schedule is maintained.
- **Players must be age eligible to play high school football in the upcoming school year.**
- Player individual participation fees cover meal and event T-shirt.
- Teams responsible for taping all participants. First aid station provided.
- Shoes: Turf or tennis shoes for field turf games; football cleats for grass fields.
- T-shirts, shorts, sweatshirts, sweatpants, windbreaks or raingear (weather dependent).
- Knee or elbow pads and personal water bottles, will be permitted on fields. No gum, seeds or food permitted on fields.

Coaches Information

- Complimentary lounge available for meals and meetings.
- Reserved parking spot for each participating head coach - carpooling suggested.
- Coaches/team check-in done the morning, plus coaches meeting/field assignments.
- Player waiver forms required to be signed/turned in at team registration on the day of competition. Players will NOT be allowed to compete without the waiver form.
- Player fees may be remitted at coaches check in.
- On-line registration, team fees and player fee deposit must be remitted by deadlines. Estimated of number of players and coaches attending also required - final reconciliation will be done at check in.

Questions about registration? Contact: Jason Seng, rumbleontherock7on7@gmail.com