**El Paso Parks and Recreation Department**

**High School Football 7-on-7 Tournament**

**Spring 2024**

1. **Introduction**

The City of El Paso’s Parks and Recreation Department welcome you to the Spring 2024 High School Football 7-on-7 season. This document will serve as the primary source of rules and regulations for this season.

1. **Organization/League Information**

Red Zone Elite Football 7-on-7 will be the governing body for this tournament **with certain additional regulations placed by the City of El Paso’s Parks & Recreation Department at the discretion of the program supervisor. The Spring 2024 7-on-7 Season will consist of a guaranteed 5 game pool play plus a single elimination bracket (a total of 6).**

* Games will be played on Saturday (03/23) and Sunday (03/24).
1. **Refund Policy**

Once the schedule for the program has been released by the staff via [www.quickscores.com/elpaso](http://www.quickscores.com/elpaso) and a team is on the schedule; no refunds will be issued. Refunds will only be issued when the cause of program cancellation was issued by the City of El Paso.

1. **Player Eligibility**

The following age divisions will be offered this season: JV (9th and 10th grades only) and Varsity (grades 9th, 10th, 11th, and 12th). Players may not play on more than one division. NO EXCEPTIONS!

Player age will be determined by the grade they are enrolled in for the 2023-2024 school year. Whatever age they are on the aforementioned school year will be the age division they will be playing on:

* For JV: Only 9th and 10th graders allowed
* For Varsity: All grades (9, 10, 11, 12).

Teams may contain linemen and skill players.

All players will have to present their student ID’s for the current school year to the staff taking attendance before all games. NO ID = NO PLAY!

**Roster limit will be a maximum of 18 players.**

Players must be on the roster in order to be able to participate. The roster lock date will be on Friday March 15, 2024 at 11:59pm. After the lock date rosters will not be changed and no players may be added.

1. **The Game**

**OFFENSE**

1. Offense will start on the 40 yard-line with the option of using either hash. First downs will be at the 25-yard line and 10-yard lines. Once the 1st down is achieved inside the 10-yard line you will have three (3) downs to score.
2. Offense has three (3) downs to gain a first down.
3. Staff will provide QB tee, a center may be used to snap the ball off the tee if in shotgun. If using a center, he is ineligible to catch a pass, and must take a quick knee alongside the QB tee. NO SHOTGUN from the 40-yard line to prevent injury.
4. During a play, the ball must leave the QB’s hand completely before the timer goes off to be considered a fair throw. Forward progress when the timer goes off will not be considered a throw.
5. After a score, the offense can take the automatic (+1) point, or go for two (2) points at 10-yard line. The offense may place the ball either on the hash or the middle.
6. The offensive team may run the ball on ANY DOWN (Example they can run 1st 2nd and 3RD if they choose). All forms of runs and handoffs are permitted.
	1. A team may NOT run the football between the 5-yard line and the goal line. Infraction will be loss of down.
7. The 1ST player to receive the ball from the center is considered the QB and can NOT run. The 2nd player to possess the ball is the runner and is not allowed to throw or lateral the ball.
8. NO BLOCKING – THIS WILL RESULT IN A 5-YARD PENALTY FROM THE PREVIOUS LINE OF SCRIMMAGE AND A LOSS OF DOWN.
9. Fumbled shot-gun snap is a dead ball (loss of down), and the ball will return to the original line of scrimmage. All fumbles are dead where they lay.
10. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new line of scrimmage.
11. All offensive formations must be legal sets. Receivers’ alignment should respect the tackle box.
12. All offensive substitutions must enter through the back of the offense.

**SCORING**

1. Six (6) points for a touchdown
2. One (1) point for a PAT. Automatic if NOT going for 2 (MUST DECLARE ASAP)
3. Two (2) points for a PAT from 10-yard line (MUST DECLARE ASAP)
4. One (1) Point for an Interception & the *ball starting on the 30-yard line* (no runbacks or “pick six”)
5. Turnover on a PAT is dead ball (including interception) and no points will be given
6. If there is an interception that occurs with no time on the clock, the defense will still be awarded one (1) point for the interception.
7. Official scores will be kept by the HEAD OFFICIAL on the Field.

**OFFENSE PENALTIES**

1. False Start = Loss of Down
2. Delay of Game = Loss of Down
3. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be assessed.
4. Offensive Pass Interference = 5-yard penalty and Loss of Down
5. If there is an offensive penalty at the 40-yard line, the Offensive team will just be penalized with a loss of down.  (ex. 1st Down, Offensive Pass Interference penalty @ 40-yard line, next play will be 2nd down from the 40-yard line.
6. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball will result in a delay of game and be a loss of down.
7. Dead Ball penalties on the Offense assessed after the play would result in a 15-yard penalty.
8. If a personal foul is assessed on a Touchdown to the offensive player, Offensive team will lose the next down which is the PAT. No automatic (1) for PAT will be given. Ball goes to the Defense on the 40-yard line.
9. Back-to-Back delay of game penalties will result in a defensive stop and a change of possession.
10. If the scoring team is assessed a dead ball penalty after a touchdown, they will forfeit their extra point opportunity.
11. If there is an Offensive penalty (false start, delay of game, offensive pass interference, etc.) when the defensive team blitzes, the defensive team will be awarded their blitz back if the penalty is accepted.

**DEFENSE**

1. Blitzing will NOT be allowed.
2. A player must be touched with both hands in a controlled manner anywhere below the shoulders to be considered “tackled.”
3. Any player touched above the shoulders (unintentionally or intentionally) will be awarded an ‘Unnecessary Roughness” penalty as described in Rule number 15 of the “Defensive Penalties” section.
4. Players who touch above the shoulders unintentionally (at the official’s discretion) will be warned only once. Repeated offences will result in an “Unnecessary Roughness” penalty and the player must be taken out of the game and may NOT return for the rest of the game.
5. Shoves, regardless of age group, are NOT allowed.

**DEFENSIVE PENALTIES**

1. Off-sides = 5-yard penalty
2. Defensive Pass Interference = 15 Yards (1st down).
3. Defensive Holding = 10 Yards (Replay down unless penalty yds give 1st).
4. If Defensive Pass Interference occurs in the end zone, the NHSFA rule will be assessed.
5. Defensive Pass Interference on an extra point is half the distance for the same number of points. Ex. Going for two (2) from the 10-yard line, pass interference occurs in the endzone – ball is moved to the 5-yard line and if converted offense is awarded two (2) pts.
6. Any dead ball penalty on the defense AFTER a change of possession or TD would result in a loss of down for that team’s offense when they begin their ensuing possession.
7. Responsibility to avoid contact is with the defense.
8. Dead Ball penalties on the defense assessed after the play would result in a 15-yard penalty, or half the distance to the goal from the spot of the ball and an automatic first down.
9. Game CANNOT end on a defensive penalty!
10. Tackling or unnecessary roughness will be an unsportsmanlike penalty (No Warning). Resulting in a 15-yard Penalty and AUTOMATIC  1st Down, and subject to ejection of the player. Diving at the legs of an offensive player will be considered unnecessary roughness.

**TAUNTING**

Taunting or any sort of disrespectful gesture (verbal or physical) toward another player/coach/spectator/official/city staff will NOT be tolerated. Any person (player/coach/or spectator) being openly disrespectful will be subject to penalization up to the official’s discretion.

* 1st offense: 10-yard penalty
* 2nd offense:15-yard penalty Unsportsmanlike Conduct
* 3rd offense: Removal from game, may not return for the reminder of the day (player only).
	+ Spectator/Coach: Removal from complex for the day.
* Disciplinary action may follow toward anyone who is taunting.

**FIGHTING**

Fighting of any kind will NOT be tolerated. Any person fighting (player/coach/spectator) will be ejected for the day from the complex and may NOT return for the rest of the day.

* Anyone who is ejected will have 2-minutes to leave the complex completely for the day.
* Failure to leave in the allotted 2-minutes will result in a team forfeit.
* Disciplinary action will be taken toward anyone fighting.
* Players ejected for fighting will be reported to head coach and school athletic director.
1. **Equipment**

The following equipment will be used for play during the season. Staff will provide the equipment for the games.

* Ball Size:
* All age groups: Wilson Leather or Composite GST
* Teams may provide own ball. Must present it to the white hat official to be inspected prior to the beginning of the game.
* Timer
	+ -A timer stand will be used as a pass timer. If a timer is not available, the referee will count by chops. The officials are the only ones allowed to move the stands up to the LOS to begin the next play.

-The following time(s) is the amount of time the QB has to throw the ball

 -All age groups: 4 seconds to throw the ball.

-If the ball is not thrown within the aforementioned time limit and the QB stand buzzes, the QB will be considered “sacked” and the play will be stopped.

-Home team will provide a volunteer for the down marker. DOWN MARKER VOLUNTEERS ARE NOT ALLOWED TO COACH!

 -Volunteers on down marker duty who are found coaching/being disrespectful while on down marker duty will be removed from down marker and may be asked to leave the complex for the remainder of the day at the city staff’s discretion.

1. **Uniforms**

All players are required to wear appropriate uniforms and protective gear in order to participate. NO EXCEPIONS!

* Shirts must be worn at all times. Players may wear football jerseys or compression shirts (in team’s color scheme). All uniforms must match, have visible front and back numbers.
* Team logos are welcome and encouraged. Any vulgar language/imagery will not be allowed.
* Mouthguards are required to play and must be worn at all times on the field. A player with no mouthguard will NOT be allowed to step onto the field/play until a mouthguard is used.
* All players must wear a softshell helmet at all times when on the field of play.
* Cleats are allowed as long as they are not metal.
* Shorts without pockets are required. (color of shorts must be neutral or in team’s color scheme)
* Players with any sort of medical cast (soft or hard) will NOT be allowed to play.
* No metal cleats will be allowed.
* Sunglasses will not be allowed.
1. **Field**
* The field will be a 40-yard field to the goal line
* Offense will begin at the 40-yard line and will attack the end zone.
* Coach/Team box will be from the 20-yard line to the 30-yard line on both sides of the field.
* Home team will be on the side where the yard markers are placed.
* Field markings will be the same as in traditional football.
* Spectators are to be seated behind the ‘Parent Line.” The parent line is a line drawn on the field designated as the area where spectators may sit to avoid any possible injury while the games are going on.
* Players/coaches/spectators are NOT allowed to sit behind the end-zone regardless of distance from the end-zone. People in the end-zone will be made to go back to the ‘parent line’. If any spectator/coach/player refuses to comply with city staff moving them the Head Coach of the team will be made responsible for moving them.
	+ Failure to comply will result in a Forfeit plus possible expulsion from the complex for the remainder of the day.
1. **Time/Scorekeeping**
* Head official will keep time and score. All scores must be reported to the staff immediately after the game(s) have concluded.
* All games will be running clock; with one timeout (30 seconds) per team for the whole game
* All Divisions: Two 14-minute halves with a 2-minute halftime.
* Touchdowns will be 6 points
* Extra point attempts:
	+ +1 point (automatic): attempt will be from the 5-yard line.
	+ +2 point: attempt will be from the 10-yard line. Must indicate to head official.
* Interceptions will be 1 point followed by possession at the 30-yard line.
1. **Officials**

Officials are considered City of El Paso staff and are to be treated with the same respect. Officials have the power to stop the game and have a player/coach/spectator who is being disruptive or threatening toward any opposing player/coach/spectator/official or City staff.

1. **Illegal Players**

An illegal player is considered a player who:

* Is NOT on the roster of the team that is currently playing.
* Does NOT meet the age requirements.
* Has not checked-in with a valid Student ID.

If an illegal player is discovered, the game will be stopped and the offending team will be forfeited. NO EXCEPTIONS.

1. **Youth Coaching Policy**

Any individual wanting to coach a youth team must agree to undergo a Background Check regardless of occupation. All background check applications take 5-10 business days to complete and are non-refundable (pass or fail). All coaching staff must be 18 years or older and must complete the requirements below.

* $40 for the background check
* $5 for the yellow ID badge
* ID’s/Background checks can be done at
	+ Nations Tobin Sports Center – 8831 Railroad - (915) 212-0550
	+ Officer David Ortiz Rec. Center – 563 N. Carolina - (915) 212-0430

-High School coaches that are employed by a school are required to wear their school issued credential/ID on the sidelines.

-Any coach that is not employed by a school must undergo the Youth Coaches Background Check and must purchase a Coaches ID from the City of EL Paso. Background Check must be passed in order to get a City of El Paso Coaches ID.

1. **Coaches**

All coaches are responsible for the conduct of their players/staff/and spectators. Any person(s) who have been ejected must leave the complex and may not return for the rest of the day. NO EXCEPTIONS!

* Coaches are also responsible for:
	+ Submitting rosters via email to the staff no later than the date listed below.
	+ Making sure their team makes their assigned game on time.
	+ Setting up on correct sideline
	+ Sideline behavior and cleanliness
	+ Respecting other team’s sideline privilege.
* All coaches MUST wear their yellow coaches ID on the sideline at all times. Failure to do so will result in you not being able to coach.
* Coaches are responsible for cleaning their area (including their sideline) after the games.
1. **Player/Coach/Spectator Conduct**

All players/coaches/spectators are expected to be on their best behavior at all times. Any verbal/physical abuse toward anyone is prohibited and will result in expulsion for the day as well as a formal suspension by the City of El Paso. This program is intended for the development of young athletes so please behave accordingly. Be positive and have fun.

* There will be a “parent line” marked clearly on the ground away from the sideline of the field. Parents and spectators are NOT allowed to set up any chair or tent in front of the “parent line”
1. **Disciplinary Infractions**

If at any time benches clear during a physical altercation, the entire team is subject to disciplinary action. If members of the team and/or spectators enter the field of play even if to separate/stop the altercation they are subject to penalty. For all other disciplinary infractions, please refer to Administration Guideline 201

Participants suspended from a Park, or Parks and Recreation facility may not return until their suspension has expired.

Appeal Ineligible Actions:

Suspension or trespass actions taken by staff as a result of rule infraction or behavior management policy violation are able to be appealed to the Parks and Recreation Advisory Board through the Grievance Subcommittee. There are some actions however, that are ineligible for appeal:

• Infractions that occur during city league play-off games.

• Infractions that occur during league tournament play.

• Immediate ejection or removal from a facility or program at the time of the incident.

• Failure to meet standards as a result of a background screening.

Any parent/coach/player who follows an official out of the complex after their game has concluded with malicious intent will be reported to the staff and the whole team will be subject to suspension.

1. **Fees**

Program fees for a five (5) game pool play plus a single elimination playoff will be:

* $100/team for all age groups.
1. **Important Dates**
* Tournament Days: Saturday March 23 and Sunday March 24, 2024 @ the East Side Sports Complex in El Paso, TX.
	+ Eastside Sports Complex: 14380 Montwood, El Paso, TX 79938
* Rosters must be submitted and emailed to the staff no later than March 22, 2024.

For more information contact:

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www.quickscores.com/elpaso