

2018 Spring 7 on 7 Registration Form

Player Registration Fee \$60.00

1. Player Registration must be postmarked 4/8/2019.
2. Make checks payable to **3-N-Out**.
3. Registration form must be accompanied by check, cash or money order– NO EXCEPTIONS!

Player Information – print legibly

Players Last Name: _____ First Name: _____ DOB: _____ Gender _____

Street Address _____ Home Phone _____

City/State/Zip _____

Spring 2019 Grade: _____ Spring 2019 School _____

Coach /TEAM: _____ Email: _____

Circle one; **4th** **5th** **6th** **7th** **8th**

Parent/Guardian Emergency Contact Information (please be complete as possible)

Parent / Guardian 1 Full Name		Parent / Guardian 2 Full Name	
Relationship to Player		Relationship to Player	
Work Phone		Work Phone	
Cell Phone		Cell Phone	
Email Address		Email Address	

Parent Permission

No Refunds. Players will not be allowed to participate in 3-N-Out youth Football league if payment is not paid in full. Fees include a team shirt.

IN CONSIDERATION OF the above athlete a minor child/ward (“my child”), being allowed to participate in any way in the **3-n-Out** program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury to my child from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. FOR MYSELF, SPOUSE, AND CHILD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my child’s participation; and,
3. I myself, my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (“Releases”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child’s involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I give my permission for the above named child to participate in the **3-n-Out** program. I WILL ASSUME ALL RISKS AND HAZARDS that are incidental to the conduct of activities. I AGREE TO RELEASE, ABSOLVE AND HOLD HARMLESS 3-N-OUT, SPONSORS, AND SUPERVISORS OF ALL LEGAL RESPONSIBILITIES. I give my permission to this league to provide medical treatment in case of emergency or injury. **I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Signature of Parent / Guardian _____ Print Name _____ Date _____



3-N-OUT SPORTS

SPRING SEASON 2019

7 on 7 League Official Roster Form

Coach Name: _____ Coach Phone: _____

Team Name: _____ Coach E-Mail: _____

Grade; Please Circle One: 4th 5th 6th 7th 8th

Players Name: _____ Shirt Size _____ Signed Release Form _____

1.		YS	YM	YL	AS	AM	AL	AXL	Y N
2.		YS	YM	YL	AS	AM	AL	AXL	Y N
3.		YS	YM	YL	AS	AM	AL	AXL	Y N
4.		YS	YM	YL	AS	AM	AL	AXL	Y N
5.		YS	YM	YL	AS	AM	AL	AXL	Y N
6.		YS	YM	YL	AS	AM	AL	AXL	Y N
7.		YS	YM	YL	AS	AM	AL	AXL	Y N
8.		YS	YM	YL	AS	AM	AL	AXL	Y N
9.		YS	YM	YL	AS	AM	AL	AXL	Y N
10.		YS	YM	YL	AS	AM	AL	AXL	Y N
11.		YS	YM	YL	AS	AM	AL	AXL	Y N
12.		YS	YM	YL	AS	AM	AL	AXL	Y N
13.		YS	YM	YL	AS	AM	AL	AXL	Y N
14.		YS	YM	YL	AS	AM	AL	AXL	Y N
15.		YS	YM	YL	AS	AM	AL	AXL	Y N
16.		YS	YM	YL	AS	AM	AL	AXL	Y N

“Coaches shirts are \$12 each”

Coaches Signature: _____ Date: _____

3-N-OUT Sports

7 on 7 Passing League Football Rules

SPRING SEASON 2019

1. FIELD DIMENSIONS

- A. Field Length -- 30 yards long
- B. Field Width -- 160 feet (60 feet to hash mark, 40 feet between)
- C. End Zone -- 10 yards deep

2. STARTING THE GAME

- A. Each field site will have a designated central time keeper and score keeper. All games will begin and end on this person's instructions.
- B. NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS! **3-N-OUT** will provide all teams with shirts.
- C. Players are permitted to wear standard football cleats with plastic or rubber spikes. **NO METAL SPIKES ARE ALLOWED!**
- D. Ball always placed on right hash mark when at the 30-yard line.
- E. **All Game Balls** will be provided by 3-N-OUT. A "Junior" size football will be used for 4th & 5th grade games. A "Youth" size football will be used for 6th, 7th and **8th Grade will use an Official Size Ball**
- F. Referee will announce score before each offensive possession begins.
- G. **Mouth guards are required!!**

3. MOVING THE BALL

- A. No kicking/punting.
- B. Field is marked at 10 yard intervals with cones. Each 10 yard mark is a first down.
- C. Possession always begins at the 30 yard line at the right hash. No penalty will be assessed in excess of the 30 yard line. If a penalty would move the offense beyond the 30 yard line, the offensive team shall be charged with a loss of down.

INTERPRETATION:

- >>First down – incomplete pass and offensive penalty results in the next down being 2nd down.
- >>Second down – incomplete pass and offensive penalty results in the next down being 3rd down.
- >>third down- Offensive Penalty and the defense will gain possession.

D. Offenses always move in the same direction

E. **ALL PASSES MUST BE FORWARD PASSES... NO HALF-BACK OR FLEA FLICKER PASSES. ONLY 1 (ONE) EXCHANGE.**

F. Three (3) offensive players including the center have to be on the line of scrimmage.

G. Only one player in motion at a time and offence can be ran out of any formation as long as there is three (3) players on the line of scrimmage.

4. SPECIAL RULES

A. No blocking, when the ball is caught or exchanged offensive players must stop. No screening

B. Receiver/Ball carrier is legally down when touched below the neck with one or both hands. (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards. Player will be expelled if ruled unsportsmanlike & flagrant).

C. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball. The 4.0 (5.0) second count remains in effect on snaps.

D. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty.

E. The QB is allowed 4.0 (5.0) seconds to throw the ball (5 seconds for the 4th/5th level). The Official timekeeper starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball.

F. If release is under 4.0(or 5.0) seconds, the play goes on. (The only infraction possible when the 4.0 (5.0) second count is called are: defensive holding, personal fouls, and unsportsman like conduct acts. There **CAN NOT BE**: an interception, offensive touchdown, or pass interference offensive or defensive.)

G. If the timekeeper sees that the clock has exceeded 4.0 (or 5.0) seconds, he will blow the play dead, then brings the ball back to the original line of scrimmage with loss of down. (The timekeeper will be an official or coach from a team that is not playing).

H. Game manager - placed on the 50 yard-line to keep score for his field (both games) and to assist with crowd/player control. (This may be a coach).

I. Defensive Pass Interference will be a 10 yard penalty and an automatic 1st down.

J. Checking and rerouting is allowed for the first 5 yards.

K. Offensive pass interference is 5 yard penalty and loss of down.

L. **Interceptions may not be returned however it is worth 2 points and becomes the defences ball.**

M. Offensive Center 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 to the referee will result in a delay of game and will be a 5-yard penalty from the succeeding spot.

- N. The offensive center is not an eligible receiver (teams must have a center).
- O. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage.
- P. No taunting or "trash talking." (5-yard penalty & expulsion if flagrant or repeated).
- Q. The offense will have 3 or less plays to get a first down, or the defense takes over. (There is no kicking).
- R. Fighting: the players involved will be ejected from the game and tournament. If a team fight occurs, the teams involved will be ejected from the tournament possibly the league and denied participation in any/all qualifying tournaments.
- S. Any dead ball foul on a play that results in the defense getting the ball and they are unable to be penalized back to the 30 yard-line; will result in a loss of down penalty. The defense - not the offense - would be starting play with 2nd down.
- T. For 4TH & 5th grade divisions, one coach is allowed on the field for the team's offensive possession. The coach must remain behind all offensive players at all times.

5. SCORING

6 points for TD, 1 point for PAT from 3 yard line, 2 point PAT from 10 yard line (interception on PAT is dead ball). An interception is worth 2 points and defense will take over possession. Interceptions cannot be run back. Official score is kept by field referee and game manager.

6. OVERTIME RULES

After coin flip to determine first possession, teams will alternate 3 down series from the 10-yard line. A winner is determined when one team scores during its possession and the other does not. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.

7. TIME

- A. Two 20-minute halves (continuous clock for each half--see: "starting the game").
- B. No time outs. (EXCEPTION: Injuries. Both games on the Field will halt until player(s) can be removed as soon as safety dictates).
- C. 5-minute halftime/10 minutes between games.
- D. 7-on-7 games require that all games start/end at the same time. If a team(s) are late and cannot start when the league officially starts, they will begin play with whatever time is left on the clock. (Not to exceed 10 minutes of 1st half. Forfeit will occur after 10 minutes of the 1st half) **IT IS IMPERATIVE TO KEEP TO THE GAME TIME SCHEDULE.** Teams must be on site and ready to play when scheduled).

8. SQUAD MEMBERS/LEAGUE FEES

- A. Players: Minimum of 10 players per team. We recommend a maximum of 16 players per team.

B. League Fees: Each player pays \$60.00 per player to play in the **3-N-OUT** 7 on 7 Football Passing league.

C. Team members must be represented by their current grade. There are 5 divisions for this league:

-4th Grade

-5th Grade

-6th Grade

-7th Grade

-8th Grade

Sometimes we may need to combine a division to make it more competitive.

D. NO Team member may participate at a lower division regardless of age, size, or ability.

E. Maximum of 8 Teams per division. During the regular season, all teams will play 2 (TWO) games every Saturday.

9. OFFICIALS

(2) - Referee/Field Judge and Back Judge for All Games

10. COACHES-FATHERS

A. All team coaches will wear an identification tag for clarification purposes. A team may not have more than 4 coaches on the sidelines. **ONLY the Head Coach will Communicate with the Officials!**

B. Each team must have a coach accompany it to any/all events to serve as an Administrator on duty for their particular team(s). This individual is responsible for the ACTION OF THOSE REPRESENTING THEIR TEAM!!!

11. INCLEMENT WEATHER POLICY

If there is inclement weather on the day of the play, **3-N-OUT** will evaluate the conditions to determine if the game will be held as scheduled. **3-N-OUT** will reserve the right to reschedule or cancel the game if the inclement weather makes it unsafe or unplayable for players and spectators. In general, a game will be played if there is light to moderate rain, with no thunder or lightning. If there is inclement weather on the day of the game, call **3-N-OUT** for updates.

12. LEAGUE CODE OF CONDUCT

In an effort to promote good sportsmanship, **3-N-OUT** Sports Youth Football Tournaments, has pledged to enforce a code of conduct that we hope will ensure the physical and emotional well-being of all its participants. Our goal is to ensure that all of our participants will thrive in an environment where respect, team play, and camaraderie abound. **3-N-OUT** recognizes the physical and aggressive nature of the sport and, as such, we recognize the need for control. As parents and coaches, it is our responsibility

to lead by example. All participants who are deemed to be in violation of the Code of Conduct are subject to suspension and/or expulsion from the program. Parents who are found to be in violation may be barred from attending future games and/or forfeit their child's right to participate in the program.

Such offenses that may warrant suspension or expulsion are as follows:

- 1) Abuse of a game official, coach, league officer, player, or spectator, whether it is verbal or physical, including but not limited to swearing, violence, obscene gestures, and other aggressive/inappropriate behavior reported to **3-N-OUT** official.
- 2) Gross misconduct, including but not limited to fighting with an opposing player on or about the playing fields of **3-N-OUT** 7 on 7 Youth Football League or Tournaments.
- 3) Intentional acts that could result in bodily injury or emotional harm to any person on or about the playing fields of **3-N-OUT** 7 on 7 Youth Football League or Tournaments.

Coaches will be responsible for routine discipline of minor infractions as they incur within their own team. Any infraction that cannot be controlled at the team level or that the coach believes warrants, will be referred to the Director for further action.

Coaches are to place the emotional and physical well-being of his or her players ahead of his desire to win. Coaches will lead by example in demonstrating fair play and sportsmanship to his or her players. Swearing and excess physical contact will not be tolerated and complaints of such shall be referred to the Director for further action.

Parents and other spectators are expected to express their enthusiasm positively during games. Any negative expressions (booing, jeering, etc.) will be considered in violation of this code. Furthermore, parents/spectators are not to approach coaches during or immediately after a game with questions or complaints relative to playing time, positions, game strategy, etc. These matters should be taken up in a private conversation at a later (and less emotional) time.

3-N-OUT hopes to enhance the development of its participants. Our goals are to benefit the children who choose to participate. The above guidelines are set as a reminder that as parents and coaches we are to act as positive examples for our children to follow. With your help, these disciplinary measures may never need to be imposed.

3-N-OUT Sports

MIKE HENRICKSEN

DIRECTOR OF OPERATIONS

E-MAIL: THREENOUT@HOTMAIL.COM

208-681-9474

updated 1/31/19