

**Athletic Rules
for MAX**

***THE GYMNASIUMS WILL BE CLOSED DURING CHAPEL;
THEREFORE, DO NOT SCHEDULE
ANY PRACTICES AT THAT TIME.***

All-Star Selection Process

All-Tournament teams are selected by votes from each of the coaches in each team tournament in basketball and volleyball. One player from each of those tournaments will be selected as the Tournament Most Valuable Player (MVP). Awards will be presented to the All-Tournament Team members and MVP's during the MAXed Out Awards Ceremony on Saturday.

Basketball

Men's and women's games will be two 18-minute halves with the clock being stopped only on "technical" fouls and during the last two minutes of the second half. Standard high school rules apply except as listed below. Remember – no jewelry is to be worn during competition.

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| Double elimination | 3 time-outs per game per team |
| 3-point shot is in effect | Coach is allowed off bench within bench area |
| Dunk is allowed during game | Overtime period (first)– 4 minutes |
| NO DUNK at any other time – "technical" foul | Overtime period (second) – 3 minutes |
| "Technical" foul on player – 1 shot + possession/5-minute removal | |
| "Technical" foul on bench – 2 shots + possession | |
| Second "technical" foul – EJECTION | |

Bowling

Bowling competition will be held on Thursday. Time and place to be determined.

Dodgeball

Official Rules: The following is an abbreviated version of the rules printed in the **Official NADA (Nazarene Amateur Dodgeball Association) Rule Book**.

THE TEAM

Teams will be made up of 6-10 players. Six (6) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

THE FIELD

The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 ft long and at least 30 ft wide, divided into two (2) equal sections by a center-line and attack-lines 3m from and parallel to the centerline.

IDEAL MEASUREMENTS: 60' x 30' – identical to a volleyball court.

THE EQUIPMENT

The official ball used in tournament and league play will be an 8" rubber-coated foam ball or what is available.

THE GAME

The object of the game is to eliminate all opposing players by getting them “OUT”. This may be done by :

1. Hitting an opposing player with a LIVE thrown ball below the shoulders.
 2. Catching a LIVE ball thrown by your opponent before it touches the ground.
- Definition: LIVE: A ball that has been thrown and has not touched anything, including the floor/ground, another ball, another player, official or other item outside of the playing field (wall, ceiling, etc.)*

BOUNDARIES

During play, all players must remain within the boundary lines. Players may leave the boundaries through their end-line only to retrieve stray balls. They must also return through their end-line.

THE OPENING RUSH

Game begins by placing the dodgeballs along the center line – three (3) on one side of the center hash and three (3) on the other. Players then take a position behind their end-line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three (3) balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.

TIMING AND WINNING A GAME

The first team to legally eliminate all opposing players will be declared the winner. A 5-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 5 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a 1-minute sudden-death overtime period will be played.

TIME-OUTS AND SUBSTITUTIONS

Each time will be allowed one (1) 30-second timeout per game. At this time a team may substitute players into the game.

5-SECOND VIOLATION

In order to reduce stalling, a violation will be called if a team in the lead controls all six (6) balls on their side of the court for more than 5 seconds.

RULE ENFORCEMENT

During pool play or regular-season matches, rules will be enforced primarily by the “honor system”*. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a court monitor*. The court monitor’s responsibility will be to rule on any situation in which teams cannot agree. **THE COURT MONITOR’S DECISION IS FINAL – NO EXCEPTIONS.**

*NOTE: During tournament play, all semi-final and final round matches will be officiated by no less than three (3) officials. These officials will rule on all legal hits, out-of-bound and 5-second violations.

CODE OF CONDUCT

1. Understand, appreciate and abide by the rules of the game.
2. Respect the integrity and judgment of game officials.
3. Respect your opponent and congratulate them in a courteous manner following each match whether in victory or defeat.
4. Be responsible for your actions and maintain self-control.
5. Do not taunt or bait opponents and refrain from using foul or abusive language.

Flag Football – 7 on 7

The game is very similar to traditional football, with some very key differences. Most notably, Seven-on-Seven flag football, as defined by North Central Region NYI as a non-contact sport. This means that downfield blocking, jamming of receivers, bump-and-run coverage, and stiff-arm moves are all illegal.

1.1. Eligibility

Players may be in junior high or senior high and may be male or female in order to play in a MAX Football event.

1.2. Rosters

Teams can have up to 14 players on their rosters. MAX Football officials must approve changes to a team roster. Once a team has fielded a full team of ten, no changes will be allowed.

2. The Game

2.1. Determining the Initial Possession

The initial possession will be determined by coin toss. The winner of the coin toss will have the option to start on offense, or defer to the second half and choose direction of play. The loser of the coin flip will choose the direction of play if the winner chooses to start on offense.

2.2. Timing

All games will consist of two twenty minute halves. Halftime will last only 3 minutes. At the end of the first half, the active possession is terminated, and the team which started out on defense to begin the first half will start out on offense to begin the second half.

2.3. The Playing Field

The playing field is 25 yards wide and 64 yards long. The end zones are each seven yards deep. The first down marker is at mid-field. There are lines delineating no-run zones (See section x.x.x) located five yards from each goal line.

The field is surrounded by a white boundary line, which is considered out of play.

2.4. Determining a Winner

The team that has scored the most points during the course of the game will be deemed the winner. If a team, at any time during the course of the game, leads the other team by 50 or more points, the game will be ended, and the team in the lead will be deemed the winner.

2.5. Ties

Ties occurring in single-elimination games will be settled by overtime.

2.6. Overtime

Overtime will consist of each team having the option of attempting a one-point try from five yards outside the end-zone, or attempting a two-point try from twelve yards outside the end-zone. The team with the most points after alternating possessions will be deemed the winner.

3. Equipment

In order to participate, MAX Football requires that players adhere to rules and regulations governing appropriate equipment.

3.1. Mouth Pieces

Mouth pieces play a valuable role in limiting the occurrence of concussions, and each player will be required to wear a mouth piece at all times. Mouth pieces will not be available for purchase at MAX, so you must bring them with you or your team.

3.2. Footwear

Molded or screw-in cleats are allowed. Screw-in cleats must be made from plastic and no metal cleats.

3.3. Shirts/Jerseys

Shirts or jerseys should be tucked in at all times.

3.4. Pants/shorts

Pants type is up to the individual teams to decide. Shorts and/or football pants and pads are ok.

3.5. Footballs

Each field will be allocated one football, which can be used by both teams. If a team wishes to use its own football, it may do so if the referee approves. If a team opposes the use of a football deemed to be inappropriate, they may appeal to the field marshal to make a ruling about the use of the ball.

3.6. Flags

MAX Football will provide flags for each field. Teams may not use their own flags. In the event of broken or defective equipment, the team captain can appeal to the field marshal for a replacement.

3.7. Towels

A towel can be worn from the belt, but can not interfere with or obscure the players' flags. If a player chooses to wear a towel, the defensive player can choose to pull the towel from that players' belt, and it will be recognized as a valid flag pull.

3.8. Playbooks

Playbooks are to be kept on the sidelines. Players have the option of wearing approved wrist equipment that can contain a play list, but no playbooks will be allowed on the field during play.

3.9. Foreign Substances

The use of foreign substances, such as stick-um, will not be allowed.

4. Offense

At the beginning of the half, after a turnover-on-downs, after a safety, or after a touchdown, the offense will begin their possession at their own five-yard line.

They will have four plays in which to advance the ball past the first down marker. If they succeed, they will be given four additional plays in which to advance the ball into the end-zone.

After an interception, the offense will begin their possession at the point where the defending team pulled the flag of the intercepting player, or where that player went out of bounds. If possession begins before midfield, the team will have four plays in which to advance the ball past that marker for a first down, and will be granted four additional plays in which to advance the ball into the end zone.

If the possession begins past the mid-field marker, the offense will have just the four plays in which to advance the ball into the end-zone.

4.1. Alignment of Players at the Snap

Offensive players can align themselves in any way they choose before the snap. The only limitations are that the center must be on the line of scrimmage, and the other players must be on or behind the line of scrimmage. The offense must wait until the officials have properly marked the line of scrimmage and rushing line before snapping the ball.

4.2. Starting the Play

The center must snap the ball between his/her legs or a side snap in order to start the play. The center must give right-of-way to the defensive rusher.

4.3. Advancing the Ball

The offensive team can advance the ball in the following ways:

4.3.1. Forward Pass

After the snap, the Quarterback can complete a forward pass to a receiver. The receiver must be over the line of scrimmage in order for a forward pass to be legal.

4.3.2. Running or Passing the Ball After a Hand-Off

The Quarterback may choose to hand off the ball to a player in the backfield. There is no limit to the number of hand offs which can occur behind the line of scrimmage. After a hand off, the receiving player can choose to run the ball forward, or has the option to attempt a forward pass. As soon as the player advances beyond the line of scrimmage, his pass option ceases to exist. On plays beginning within, the no-run-zone located five yards before the end zone, the offense will not have the option to advance the ball without a forward pass. If a player should drop or fumble the ball at any time, the ball will be considered dead at the spot where it first hit the ground, or at the spot where the player lost possession, based on which is further back.

4.4. Spotting the Ball

The ball should be spotted at the point where the players' hips were when their flag was pulled.. Players can not extend the ball to achieve a better spot.

If a player falls towards his own line of scrimmage while making a catch, the ball will be spotted at the furthest point the ball progressed while in possession of the player, or at the hips of the player, which ever is closer to the original line of scrimmage.

4.5. Achieving a First Down

A First Down can be achieved in two ways:

The Offense advances the ball past the first-down marker in less than four plays, or an Official calls an infraction which results in a first down.

Upon achieving a first down, the offense will be granted a fresh set of downs in which to score a touchdown.

4.6. Scoring an Offensive Touchdown

An offensive touchdown is awarded when the offense advances the ball into the endzone.

Six points will be awarded for a touchdown.

4.7. Extra Points

After a touchdown is scored, the offense will have the following options:

4.7.1. Attempting a One-Point Conversion

The Offense will have one play from five yards outside the opponent's end zone. If they advance the ball into the opponents end-zone, they will be awarded one point.

4.7.2. Attempting a Two-Point Conversion

The Offense will have one play from twelve yards outside the opponent's end zone. If they advance the ball into the opponents end-zone, they will be awarded two points.

Note: Any defensive penalty occurring in the end-zone during the course of an extra point will result in the extra point try being deemed as successful, and the offense will be awarded the appropriate number of points.

5. Defense

The defensive team will attempt to stop the offense from scoring.

5.1. Alignment of Players Before the Snap

Defensive players can line up any way that they choose before the snap. Their only limitation is that they must be lined up between their own end-zone and the line of scrimmage.

5.2. Rushing the Quarterback

If the defensive team wishes to rush the Quarterback, they must line the rusher up at least seven yards back from the line of scrimmage. Before each play, an official will indicate where the seven yard mark is. If a player lines up in front of the seven yard mark, they must go back behind the mark before they rush the Quarterback.

5.2.1. 7 Second count

There will be a ten second sac count. The offense has ten seconds from the snap of the ball to release it or cross the line of Scrimmage with a run. A blitz may be used at any time so long as the guidelines for blitzing is followed. The blitz must start from 7 yards behind the line of scrimmage and the blitz must be called out Loud. When blitzed the quarterback has the option to throw the ball or run themselves.

5.3. Rushing After a Hand-Off

If the offense chooses to hand the ball off, any defensive player can rush immediately, regardless of where they lined up before the play.

5.4. Defending a Forward Pass

The defensive team can defend a forward pass by batting the ball down, or by trying to intercept the ball. No contact with offensive players will be allowed.

5.5. Interceptions

Interceptions can be returned by the defensive team.

5.6. Safeties

A safety occurs when the offensive team is stopped or commits a penalty in their own end zone. Two points and possession of the ball will be awarded for a safety.

6. Penalties

The field officials have the final say on all penalties. The tournament director will be present for all All-Star single elimination games, and can be consulted if there is confusion surrounding any given rule.

6.1. General Penalties –RED FLAGS

6.1.1. Fighting

Fighting will not be tolerated. Any players involved in fights will be immediately expelled from the game (and possibly future games), and their team may be disqualified. In addition, a fifteen yard penalty will be assessed along with a new set of downs.

6.1.2. Taunting

Taunting of players will not be tolerated. A fifteen yard penalty will be assessed along with a new set of downs for taunting, and repeat offenders will be expelled from the game.

6.1.3. Unsportsmanlike Conduct

Conduct deemed as unsportsmanlike includes cursing, excessive confrontation or abuse of an official, intentionally delaying the game, or otherwise disrupting the game in an unsportsmanlike manner. A fifteen yard penalty will be assessed along with a new set of down, and the offending player may be ejected. If there are two infractions on the same individual that person is automatically ejected.

6.2. Offensive Penalties – YELLOW Flags

The defense has the option to accept or decline any offensive penalty. All offensive penalties will result in a five yard penalty from the line of scrimmage, and a repeat of the down. Any offensive penalty occurring in the offense's end-zone will result in a safety.

6.2.1. Illegal Snap of the Ball

The ball must be snapped between the legs of the center or on the side. Illegal snap will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.2. Illegal Motion

Once the offense is set, only one player can be in motion at a time. The player must move laterally or backwards, and not forwards. Illegal motion will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.3. False Start

Offensive players can not move forward or cross the line of scrimmage before the snap of the ball. A false start will result in a five yard penalty and repeat of down.

6.2.4. Impeding the Rusher

Offensive players must give the defensive rusher a clear path. Impeding the rusher will result in a five yard penalty from the line of scrimmage and repeat of down.

6.2.5. Blocking Downfield

If a pass is completed to a receiver, other receiver may run to impede the defense but no contact may be made. If an offensive player makes contact with a defensive player after a completion is made by another offensive player, and the player without the ball interferes with a defender's opportunity to pull the receivers flag, downfield blocking will be called. The penalty is five yards from the line of scrimmage, and repeat of down.

6.2.6. Illegal Pick

Receivers are not allowed to intentionally set picks for defenders in order to free other receivers. Illegal picks will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.7. Flag Guarding

An offensive player in possession of the football can not impede the defender's ability to pull his flag by swiping at his hand or using the ball as a shield. Flag guarding will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.8. Lowering of the Head or Shoulder

The offensive player can not lower his head or shoulder in an attempt to run over or impede a defensive player. Lowering of the head or shoulder will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.9. Pass Interference

Offensive players can not in any way interfere with a defensive player at any time. Offensive Pass Interference will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.10. Illegal Forward Pass

Passes occurring beyond the line of scrimmage are not allowed. Illegal forward pass will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.11. Illegal Hand-Off or Pitch

The ball can not be handed off beyond the line of scrimmage. The ball can not be Pitched or lateralled backwards beyond the line of scrimmage. Illegal Hand-Off or Pitch will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.12. Grounding

This is a referee decision but a quarter back may not throw the ball into the ground when being chased by a defender to avoid a sack. There must be a reasonable receiver within 5 yards of the thrown ball. Grounding will result in a five yard penalty and a loss of down.

6.2.13. Illegal Run from Scrimmage

The offense can not advance the ball by running if the line of scrimmage is within one of the no run zones. The offense can not advance the ball by running unless a valid hand-off occurs. Illegal run from scrimmage will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.2.14. Delay of Game

The offense has 25 seconds from the time the ball and seven yard mark are spotted in which to run an offensive play. Failure to run a play within the allotted 25 second period will result in a five yard penalty from the line of scrimmage, and repeat of down.

6.3. Defensive Penalties

The offense has the option to accept or decline any defensive penalty. Defensive penalties occurring in the end-zone on extra points will result in scores being awarded. The game can not end on a defensive penalty.

6.3.1. Off-Sides

Defensive players must line up between their end zone and the line of scrimmage. Lining up over the line of scrimmage will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.2. Illegal Rush

Defensive players rushing from inside the seven yard mark with no hand-off occurring will be penalized for Illegal Rush. The penalty will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.3. Illegal Contact

Defenders can not jam receiver, or engage in any other type of illegal contact. This will result in a five yard penalty from the line of scrimmage and an automatic first down.

6.3.4. Holding

Defenders can not impede the offensive player by holding his body or equipment. Holding will result in a five yard penalty *from end of the play* and repeat of down.

6.3.5. Illegal Flag Pull

A defender can not intentionally pull the flag of an offensive player before that player has possession of the ball. Illegal flag pull will result in a five yard penalty from the line of scrimmage and repeat of down.

6.3.6. Pass Interference

The defensive player shall not make contact with the receiver while the ball is in the air. Pass interference will result in either a five yard penalty from the line of scrimmage and automatic first down, or a spot foul and automatic first down, depending on the severity of the infraction as judged by the official.

6.3.7. Roughing the Quarterback

The defensive player can not go for the arm of the quarterback at any time. A defensive player making contact with the quarterback's arm will result in a roughing penalty. Roughing the quarterback will result in a five or fifteen yard penalty and an automatic first down, depending on the severity of the infraction as judged by the official.

6.3.8. Delay of Game

Defensive players intentionally delaying the game will be penalized. Defensive delay of game will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.9. Illegal Push

The defensive player must make an attempt to pull the flag of the offensive player. He can not intentionally push an offensive player out of bounds. Illegal push will result in a five yard penalty from the line of scrimmage and repeat of down.

Official Rules have been adapted from Council Bluffs First Church of the Nazarene Flag Football League. Some changes have been made to adapt to the MAX environment and need to be approved by the North Central **Questions? Contact Dave McGaffey @ 563-386-4688 or djmcgaffey@aol.com.**

Power Lifting

Objective: To give students who compete in power lifting, football & wrestling an opportunity to compete at MAX and get a taste of the MNU Strength Program.

District qualification: Students must compete at the district level **before** being allowed to compete at MAX. If your district does not have this area of competition, you may have a High School coach observe and verify your lifts. In that case, we must have their name, address, phone, High School, position, date of lift, all three lifts for bench, squat & clean, and their signature to verify your lifts.

Weight classes: Sr. High Boys: (5 classes) = Below 125 lbs., 125-150, 150-175, 175-200, 200+

Sr. High Girls: (3 classes) = Below 110 lbs., 110-150, 150+

Weigh-In / Warm-Up: Students will check in and weigh one hour before the competition begins. Students must be wearing at least shorts and a T-shirt. A warm-up and stretch area will then be available for use.

Equipment: Lifting suits & shirts, weight belts, knee wraps are allowed. Shoes must be worn at all times.

“On Deck”: When a student is waiting “on deck”, they must write their name & next weight they are going to attempt on a card and hand it to the official. This will keep things flowing and insure proper weight.

Bench: Students will be given three chances for a max bench. The heaviest successful bench will be recorded. Three spotters will be at each bench. They will help lift the weight off and then call “clear”. The student will lower the weight until the official calls, “lift”. After full extension is reached, official will call “rack”, at which point the student will rack the weight with the assistance of the spotters. No bouncing off chest. No arching your back. Feet must remain on the floor. No throwing the weight back onto the rack.

Squat: Students will be given three chances for a max squat. The heaviest successful squat will be recorded. Three spotters will be at each squat rack. When ready, students will lift off and squat. Spotters are only for emergency. The official will watch to see that upper leg is at least parallel to the floor at the lowest point. If student does not go low enough, that attempt will be disqualified.

Power Clean: Students will be given three chances for a max power clean. The heaviest successful power clean will be recorded. Wrist wraps may not be used. Do not drop the weight after the clean, it must be lowered to at least the knees before releasing.

Placing: Awards will be given for the top three in each weight class based on your combined max weight from all three lifts.

MNU Power Lifting Team: After the competition, Coach Cross and several of his athletes will do a demonstration of Olympic Power Lifting for which they have received National recognition and awards.

Questions: Call Eric Bonness @ (605) 342-7729 or pastoreric@reallifenaz.org.

Skateboarding

Skateboarding will be divided into 3 areas:

1. Highest ollie – self explanatory. The skater will be given 3 attempts to do the ollie. The first height will be 6 inches and will increase by 6 inches thereafter.
2. Longest ollie – self explanatory. The skater will be given 3 attempts to do the gap. The first length will be 18 inches and will increase by 6 inches thereafter.
3. S-K-A-T-E. The game S-K-A-T-E is similar to the game of H-O-R-S-E in basketball. Skaters will be broken into 2- or 3-person groups. Those 2-3 skaters complete against each other. Objective: the first skater pulls off a trick and the 2nd and/or 3rd skater has to pull off the same trick. If he/she does not, they receive a letter until it spells out S-K-A-T-E. A judge will be assigned to each group.

Soccer

The form of the tournament will be double elimination. The games will be held on the MNU soccer field (east of Cook Center). NO SLIDE TACKLING ALLOWED. There will be a 3-goal per person limit per game. Players may be in junior high or senior high and may be male or female.

Table Tennis

Table tennis will be take place on Friday in the ASG Conference Room in Land Gymnasium. This is a double elimination tournament.

Three-Point Contest

The three-point contest will be held in the Cook Center (time/day to be determined). The top 3 from each district in each of the categories (junior high men, junior high women, senior high men, senior high women) will be eligible to participate. The following rules will apply:

2 rebounders (chosen by the shooters)

3 balls will be used

4 baskets to be used at the same time (1 basket for each category)

Top 4 will be in the finals

Finals will be held during the final games of the opposite gender (girls during the boys' finals; boys during the girls' finals)

Women's Volleyball

This will be a double elimination tournament. The winner of the match is best two out of three games. Standard high school scoring will be used. Each team is allowed 2 time-outs per game. Remember – no jewelry is to be worn during competition.

**REMINDER –
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THEREFORE, DO NOT SCHEDULE
ANY PRACTICES AT THAT TIME.**