



Note:

Elevate will be hosting NO FULL WEEKEND SPORTS (Basketball, Soccer, or Volleyball) on Friday afternoon or evening. This change is being made in order to preserve the integrity of the tournaments. The three full weekend sport tournaments will begin bright and early on Saturday morning and continue into Sunday afternoon. This will allow for churches who have longer drives and scheduling conflicts (such as graduation) to arrive in time for their games without risk of forfeit or penalty, as has often been the case on Fridays.

There will be a coaches meeting for all sports (with the exception of dodgeball) Friday afternoon at 5 pm. This meeting will take place in Cunningham (North Side of Cafeteria).

What follows is a comprehensive list of all the sports related rules which apply to Elev8. These rules should be read, understood, and expected. Thank you for your participation in Elev8!

Rules which apply to all Elevate Sports:

1. Players and Coaches will adhere to the decisions made by the referees of their respective sports. Any use of profanity or excessively rude conduct towards a referee, player, coach, or other official will result in the said person being removed from the gymnasium for the remainder of the tournament.
2. Fans and teams are encouraged to bring signs of support, noise-makers for atmosphere, and anything else that may contribute to the experience of Elev8. However, these things must be used in an appropriate manner and are subject to confiscation at the discretion of the Elev8 staff and PLNU.
3. A student who wishes to play in more than one of the four “full weekend” sports (Basketball, Soccer, Ultimate Frisbee, Volleyball), may do so only in pool play. Once teams are seeded, and playoffs begin for an individual sport, a student must choose which one (1) sport they will choose to continue with.
4. **Any student, playing in a playoff game with, who has already played in a different sports playoff game, will be immediately disqualified from sports for the remainder of the weekend.** *This decision has been made in order to maintain the integrity and fairness of Elev8 as a whole. It keeps in mind many things including, but not limited to, students who attend the event as one sport athletes, teams who travel a long way to play one sport, and the Elev8 Event staff's desire to allow different students to all display their abilities.*
5. **Students may only be listed on rosters as participants, and play in games, for one team per sport. Any student who plays for multiple teams in one sport's tournament, either in pool play or playoffs, will be immediately disqualified from the rest of the games for either of the teams he or she has already played for.** *Please Note: This should never happen to a student. Youth Pastors and Youth Leaders should maintain the integrity of their roster's so that a student is never disqualified from play in this fashion. It is simple: a student can play on only one team per sport.*
6. Roster Sizes will be described in each sports individual rules. They are set, and expected to be followed, but they are loose due to the fluctuating number of students brought by different churches. Should you need to exceed the roster size for a particular sport, please contact Elev8 Staff to explain.
7. **NO Cleats on the soccer or baseball fields.**

8. Turf shoes are acceptable on the soccer and baseball fields at the discretion of Point Loma Nazarene University. A participant may be instructed to stop playing in a particular pair of turf shoes if the shoes are too destructive.

Following is an example of an acceptable type of turf shoe:



Continue reading for sport specific rules

Soccer Rules: Elev8

GENERAL INFORMATION

1. Guaranteed 3-5 games in tournament.
2. Each team shall have their own uniform shirts with numbers. PLNU will not provide any jerseys.
3. Each team shall consist of one goalie (male or female) and six (6) field players. A MINIMUM of two (2) players MUST be female. A team must have a minimum of five (5) field players to begin or continue a game. Two (2) of the seven (7) players must be female. There is a maximum of fourteen (14) people allowed on each roster. There is a maximum of two (2) coaches allowed on the sidelines.
4. A copy of all rosters MUST be turned in to the elevate office friday . Players may only be listed on one roster and may not be added to the roster after the competition has begun. Teams not turning in rosters at this time will subject to possible forfeiture of games.
5. Game time is forfeit time – there are no exceptions

GAME RULES:

1. If a team begins with less than seven (7) members, but members arrive late (who can bring the team to it's full completion), the additional player(s) may enter the game only as permitted by substitution rules. The male to female ratio is always intact.
2. Either team may substitute at any dead ball (unlimited).
3. Substitutes shall notify the nearest official before entering the field of play.
4. Goalkeeper will wear the odd colored shirt. A substitute for the goalkeeper must wear the odd colored shirt to become the new goalkeeper.
5. No substitutions may be made during a penalty kick. Players in the field may however switch positions.
6. The clock will be running at all times. Halves will be 12-15 minutes. The championship game will be 20 minute running halves. Each halftime period will be five (5) minutes in duration.

7. The ball may be placed anywhere in the goal area for the goal kick.
8. Corner kicks will be placed and played from the corner spot.
9. There is no sliding in our soccer tournament. This is a decision made with safety in mind. The first slide by a player in a game will be given a warning. The second slide in a game will be given a yellow card and a 2 minute penalty from the field.
10. Once pool play is completed and the playoff portion of the tournament begins, In the event of a tie, the game will go to a "Golden Goal" overtime with two (2) 5 minute halves. In the event that no one scores, the game will be decided by penalty kicks as under the United States Soccer Federation. Two of the five must be females in altering positions (male, female, male, female, male). If tied after five penalty kicks, rotation will begin again.

SPORTSMANSHIP:

11. Unsportsmanlike conduct will result in immediate ejection from the game, possible banishment from the field and possible suspension from the tournament. If a player is banished from the field, it is the coach's responsibility to get the player away from the field in five minutes or your team may forfeit the game. If an ejection occurs, the player who was ejected and his/her coach must meet with the tournament director for future playing privileges. An ejection may occur at the Refs discretion.

Volleyball Rules: Elev8

GENERAL INFORMATION

- 1. Each team shall have their own uniforms with numbers.**
- 2. Each team shall consist of a minimum of six (6) players and a maximum of twelve (12) players. Each team must start the match with six (6) players, but may finish the match with a minimum of four (4) players.**
- 3. A copy of all rosters with each players full name and uniform number must to turned into the tournament director prior to the teams first game. Players may not be added to the roster after the competition has begun. Teams not turning in rosters at this time are subject to forfeiture of matches.**
- 4. Each team will be allowed a maximum of two (2) coaches on the bench with their players. All other individuals should remain in the designated viewing areas.**

GAME RULES

- 1. Each match will consist of the best two (2) out of three (3) games played to twenty-one (21) points each using rallying scoring. Should both teams win one (1) game, the third game will be played to fifteen (15) points. A team must win by two (2) points with a cap at twenty-five (25) points. The championship match will consist of the best two (2) out of three (3) games played to twenty-five (25) point, the third game will be played to fifteen (15) points. A team must win by two (2) points with a cap at thirty-five (35) points.**
- 2. The first serve and side of the court will be determined in the pre-match meeting consisting of one coach and one captain from each team with the referee. Should a third game need to be played, one captain from each team will meet with the referee to determine the serve and side of the court.**
- 3. Game time is forfeit time. If a team does not have six (6) eligible players from their roster on the court by the time the game is scheduled to start, it will result in an immediate forfeit. Players are welcome to scrimmage for a limited amount of time, but no referee will be present and the result will not be taken into account.**

Basketball Rules: Elev8

GENERAL INFORMATION:

1. **Guaranteed 3-5 games in tournament.**
2. **Each team shall have their own uniform shirts with numbers. PLNU will not provide any jerseys.**
3. **Each team shall consist of 5 players with provision for 7 substitutes per team if desired. (12 player spots on each roster). You must start with a minimum of 5 players and finish with 3. There is a MAXIMUM of two (2) coaches allowed on the sidelines.**
4. **A copy of all rosters MUST be turned in to the tournament director or assistant tournament director prior to the first game. Players may not be added to the roster after the competition has begun. Teams not turning in rosters at this time will subject to possible forfeiture of games.**
5. **Games will be two (2) 15 minute running halves. The clock will stop during timeouts and the final two (2) minutes of each half, and overtime as long as the game is within 10 points. Half time will be three (3) minutes long. Overtime will be two (2) minutes using the stop clock. Each will be allowed two (2) timeouts in each half (non accumulative). Timeouts will be 30 seconds long. Each team will be allowed one (1) timeout in overtime.**

**Game time is forfeit time –
there are no exceptions**

GAME RULES:

1. **Men's college basketball rules will be followed with some tournament adjustments.**
2. **The first possession of the game will be determined at the pre-game meeting with the coach, and one captain from each of the two teams playing at the time. Each jump ball will result in alternating possessions. Possession in overtime will be determined at the mid-court meeting.**

3. **NO shot clock will be used. A stalling tactic for more than one (1) minute is not legal and a technical foul will be called.**
4. **Five (5) fouls results in disqualification for that game. A technical foul counts as one of the five personal fouls toward disqualification. Two (2) technical fouls in one game will result in disqualification for that game and possibly the next game or the rest of the tournament. (Either the tournament director or assistant director will make this decision).**
5. **Flagrant fouls and fighting will result in automatic ejection from the game and the succeeding game.**
6. **One and one free throws will be shot on fouls #7, 8, and 9. Bonus free throws (automatic two (2) shots) on the 10th foul and thereafter.**
7. **The backcourt violation will be explained in the pre-game meeting**

SPORTSMANSHIP:

Sportsmanship, fair play and fellowship are at the heart of this tournament.

Therefore:

1. **Unsportsmanlike conduct will result in immediate ejection from the game, and possible banishment from the gymnasium and possible suspension from the tournament. If a player is banished from the gymnasium, it is the coach's responsibility to get the player out of the gym in five minutes or your team may forfeit the game.**
2. **Foul language will result in a technical foul**
3. **If a referee has his back turned and cannot determine who was using the foul language, a bench technical will be assessed to both benches.**

DodgeBall Rules: Elev8

The Rules

1. The referee's are always right. Any use of profanity or excessive rude conduct towards a referee or a player on another team will result in the said person being kicked out for the night.
2. The teams will be made up of eight (8) or more people with no less than two (2) girls on each team. A team may be made up of all girls if they so choose.
3. Only one (1) adult per team. An adult is any player that is older than eighteen (18) who is not currently a "student" at the event.
4. The games will be played within the boundary lines of the volleyball courts in the PLNU gym.
5. These lines are the boundaries and if a player dodges out of bounds then they will be out. If they go out of bounds to retrieve a ball (including making a catch) then they will remain in.
6. The format of the games is a two (2) minute time limit. The team with the most players left at the end of the time limit is the winner. A team also wins if they eliminate the entire opposing team from play.
7. The tournament format will be a best of one (1) with the winners moving on and the losers being eliminated.

The Game

** A Live ball is a ball that has been thrown by a player and has not touched the ground, a wall, or a referee.*

1. The object of the game is to get opposing players "OUT".
2. You can get opposing players "OUT" by hitting them with a LIVE* thrown ball or catching a LIVE* ball that is thrown at you.
3. Only one player can get out per thrown live ball. (If a live ball deflects off of one player into another then only the first player to be hit by said ball will be out. However, If a live thrown ball deflects off of a player and someone on their team catches it then they are both still in and the person who threw it is out while someone on the catchers team may enter the court.)
4. If a person catches a live thrown ball then a person who is out on their team may come in. The people who get out must form a line on the sidelines, in the order they got out, in order to come back in on a catch. Only the person who has been on the sideline the longest may come in on

a catch. They may only enter the court if there is less than eight (8) people already on the court. You may not choose who comes in on a catch. Also, if you have more than eight (8) people on your team, you may only have a max of six (6) males on the court at all times. So, if there is a catch made with six (6) males on the court then the next female in line would enter the court.

5. If, while you are holding a ball, a different ball is thrown at you and you: (1) deflect the ball and it touches no part of you or anyone else on your team's body before hitting a wall, floor, or referee, then you are safe. (2) deflect the ball and it does touch part of you or someone else on your team's body before hitting a wall, floor, or referee, then the person who was hit is "OUT". (3) deflect the ball and a person on your team catches the ball that was thrown at you then that counts as a catch and a person from your team may enter while the person who threw the ball is "OUT". (4) lose control of the ball in your hands and it falls to the floor, hits a wall, or touches a referee, then you are "OUT".

The Rush

1. The rush is when the game starts. This will either be signaled by a referee yelling "Dodgeball" or a horn from the scoreboard. When either of those things happen both teams may "rush" to the center in attempt to grab one of five (5) balls that will be in play.
2. You may cross the center-line on the rush but as soon as all balls are collected you must be on your side.
3. At the beginning of the game, you may not throw any balls until you have taken them back to the 10 foot line.

Co-ed Ultimate Frisbee Rules: Elev8

General Information

1. Each team will play at least 3 games during the weekend. A round robin group play format will determine seeding for playoffs, with the best team from each group advancing to playoffs. Groups will be set randomly.
2. This is a co-ed tournament, so at least one female is required to be on the field for each team.
3. Roster size is a minimum of 7 and **capped at 12 (This was changed last year to prevent larger churches from outlasting smaller churches with an excess of fresh substitutions)**. Adults may not play (Be on the lookout for the creation of a staff team to fill in empty time slots!)
4. Play time will be two 8 minute halves on a running clock, with a 4 minute halftime. **There are no timeouts during the round robin group play. During playoffs, teams will have one 1 minute timeout per half.**
5. When time expires at each half, the team in possession of the frisbee will be allowed to finish out their possession. If an interception occurs, the half ends. If a touchdown occurs, the point is counted. Please note that this final possession proceeds normally, and is NOT limited to one final hail mary pass.

Game Rules

1. A “frisbee flip” will determine the starting possession. This will alternate at halftime. The team winning the flip may decide to throw or receive the throw.
2. The half will start on the referee’s whistle. Thereafter, each kickoff will start at the referee’s whistle/verbal indication or at the opposing team’s indication that they are ready for kickoff. **Kickoff should begin within 5 seconds to avoid delaying the game and stalling while ahead.**
3. The thrower, while in possession of the disc, should be given one arm’s length radius with which to throw and pivot, with the defender respecting that space.
4. Said defender may count “7 alligators” or “7 mississippi’s” as a stall count. The thrower has that length of time to release the frisbee. At the end of the stall count, the defender must say “DROP!” IE- “7 Alligator...DROP!” if the thrower has not released the disc when the defender begins to say

“DROP!”, a turnover occurs. **Only the defender closest to the thrower may perform the stall count, and only if they are clearly marking the thrower. (They do NOT have to be at arm’s length, but they must not be defending someone else)**

5. A receiver is allowed ***extra steps*** to stop safely while catching the disc. Typically, this results in 2-3 steps to halt their momentum, but a student in a full sprint might exceed this substantially. **SAFETY IS YOUR #1 PRIORITY!** Should momentum carry a student beyond the 2-3 step norm, they should bring the disc back to the spot where they might have stopped. **A referee may signal that this should be done with two quick chirps on a whistle. Momentum may never score a touchdown, even the normal allowable 2-3 steps. If a disc is caught outside the end zone, and momentum carries the receiver into the end zone, another throw should occur to secure the point. If the momentum was 2-3 steps, the throw may occur inside the end zone. If the momentum exceeded that, the throw should take place at or before the goal-line, whichever is more applicable.**

Fouls

1. No contact should be made with the thrower or the disc (considered part of the thrower) prior to the disc being released from the thrower’s possession.
2. Once the thrower has secured/established possession, contact with the disc resulting in a drop is considered a “strip” and the thrower will retain possession. A strip will also reset the stall count.
3. If the defender counts too fast, skips a number in the count, or fails to enunciate clearly, a “fast count” foul has occurred. This will reset the stall count. Each count of the stall should be *at least* one full second.
4. Travelling occurs in two instances. If the thrower establishes their pivot foot and then breaks the pivot, a travel has occurred. If a receiver’s momentum carries them past three steps and they do not bring the disc back to that spot, a travel has occurred. Both instances result in a turnover.
5. **If the defender on a throw is at arm’s length, and the thrower lunges toward or through the defender during their pivot, any resulting contact will be a violation on offense; a turnover will occur and the defense will retain possession. This rule had not previously been enforced.**
6. Incidental contact might occur during a contested bid for a throw still in the air. Every player is entitled the opportunity to jump straight upward in a bid for the disc. This is known as the “zone of verticality.” Anyone encroaching on another player’s zone of verticality may be assessed a penalty if contact

was made that interfered with or hindered their attempt to catch a disc. Such a penalty will be awarded at the spot of the foul. If the foul occurs in the end zone, the disc will be played at the goal line. Please note that this call is highly subjective and player safety will also be factored into these calls.