



Interstate Sports Tournament

Information and Rules

All tournaments are single elimination. Boys play Soccer, Volleyball, Basketball, Flag Football and Softball. Girls compete in Soccer, Volleyball, Basketball and Softball. Groups who do not have enough players to form a team may join with another group.

Volleyball

- 6 players
- 1 game to 21 (rally scoring)

Basketball

- 5 players
- 1 game to 20 points (2's and 3's) or 12 minutes. (girls game to 12 points or 12 minutes)
- Half time is at 10 points (girls is at 6 points)
- 1 minute overtime. If still tied, play sudden death

Flag Football

- 6 players
- 1 game, 20 minutes (2, 10 minute halves)
- Running clock, only stops on dead balls and time-outs in the last minute of the 2nd half
- Touchdown = 6 points, conversion run or pass = 1, kick = 2
- Field goal = 3
- No blocking except 3 yards both sides of the line of scrimmage, only picks everywhere else
- No fumbles, ball is dead when it hits the ground.
- No stiff arming or guarding the flag
- First downs are awarded when offense enters the next zone (zones are 20 yards)
- Overtime: each team is given 4 downs from the 10 yard line

Softball

- 10 players
- Slow pitch, must have an arch
- Game of 7 innings or 45 minutes (no new inning after 35 minutes)
- No bunting
- 10 run rule applies after the 2nd inning
- Runners cannot leave the base until the ball is hit

Soccer

- 6 players
- 50 x 60 yards
- 6 players (5 field players and 1 goalie)
- 12 minute running clock
- No slide tackling
- The offsides rule does not apply
- All players must wear shin guards
- Overtime: Will be a shootout. Both teams will select one kicker. Each kicker will get a chance to kick. If still tied after the first kick then the teams will select another kicker it will continue until one team has won.