

NOAC 2024

UC Boulder



SEEK NEW HEIGHTS

Team Competitions

Referee Meeting

Pacesetters Committee

Meet Your Team Competitions VC

- Mowogo Lodge
- Lawrenceville, GA
- 2024 Lodge Chief of Mowogo



Alex Sutter



Learning Objectives

1. To understand why we host competitions at NOAC
2. How to judge your sport
3. How to make it fun

Our office will be located in Andrews N103. If you have any questions or need help during the conference, stop by and see us.

Email: pacesettersnoac2024@gmail.com



Flag Football



Game Set-Up

- 1) A team shall consist of a minimum of five (5) or maximum of seven (7) players.
- 2) Each team must provide one referee.

Game Length

- 1) Two twelve (12) minute halves & 5 min half time.
- 2) Running clock except for time outs and referee whistle.
- 3) Regulation play each team is allowed two (2) one-minute time-outs.

Scoring

- 1) Touchdown: 6 points.
- 2) Extra points: 1 point @ 5-yard line or 2 points @ 12-yard line.
- 3) Safety: 2 points.

Safety

- 1) "No running zones" within five yards from each end zone or midfield (Avoid power-running situations).
- 2) No laterals or pitches.
- 3) No cleats allowed.
- 4) There are no fumbles.
- 5) Players may not leave their feet to advance the ball.
- 6) No blocking or tackling is allowed.

Dead Balls

- 1) Between the leg ball snap to start play.
- 2) Play is ruled "dead" when:
 - a) Ball carrier's flag is pulled.
 - b) Ball carrier steps out of bounds.
 - c) Touchdown or safety is scored.
 - d) Ball carrier's knee hits the ground.
 - e) Ball carrier's flag falls off.

FORFEITS: Either team (or both) will forfeit if they are not present and ready to play within five (5) minutes of the scheduled starting time.

Rules of Play

- 1) Offensive Series:
 - a) Possession at 5-yd line.
 - b) 3 plays to cross midfield or change possession.
 - c) 3 plays to score or turnover at 5-yd line.
- 2) 7 second "play clock":
 - a) Ball must be passed or handed off within 7 seconds.
 - b) No rushing time period.
- 3) The offensive team must have at least three players on the line of scrimmage when the ball is snapped.
- 4) Passing and handoffs only behind the line of scrimmage.
- 5) QB can't advance the ball (must go to another player).
- 6) A player must have at least one foot inbounds when making a reception.
- 7) Ball is dead at the feet where the flag is pulled.
- 8) Interception is a change the possession (no advancing the ball).
- 9) changes of possession that do not start at the 5-yard line.
- 10) A team may have unlimited substitute players at dead-ball.

Penalties

- 1) Referee's decisions are final. Arguing, aggressive behavior, or serious unsportsmanlike will result in player disqualification.
- 2) Defense:
 - a) Offsides: Five yards and automatic first down.
 - b) Interference, Illegal Contact, Illegal Flag Pull, Illegal Rushing: 10 yards and automatic first down.
- 3) Offense:
 - a) Illegal Motion, Illegal Forward Pass: Five yards and loss of down.
 - b) Pass Interference, Flag Guarding: 10 yards and loss of down.
- 4) Delay of game-Clock stops, 10 yards and loss of down.



Ultimate Frisbee



Set-Up

- 1) Ultimate is a non-contact, self-officiated disc sport played by two teams of seven players.
- 2) Each point begins with both teams lining up on the front of opposite end zone lines.
- 3) The defense throws (“pulls”) the disc to the offense.

Game Length

- 1) Two (2) 10 minute halves and one two (2) min half-time.
- 2) There is a running clock.
- 3) A goal is scored when a player catches any legal pass in the end zone that player is attacking.
- 4) The clock will stop only for injuries.
- 5) Each team is allowed three (3) one minute timeouts per game.

Referee

- 1) Players are empowered to self-officiate using a framework governed by the principles of Spirit of the Game**.
- 2) Players are responsible for making all calls except where specific rules designate non-players to make calls.

Safety

- 1) Players must attempt to avoid physical contact during play. Picks and screens are also prohibited.
- 2) When a player initiates contact that affects the play, a foul occurs and the team loses possession.

Play

- 1) The disc may be advanced in any direction by completing a pass to a teammate.
- 2) Players may not run to advance the disc:
 - a) They move (pivot) at the point they caught the disc.
- 3) The person with the disc (“thrower”) has ten seconds to throw the disc:
 - a) The defender guarding the thrower (“marker”) counts out the stall count (one-thousand, two-thousands, etc).
- 4) The disc is advanced by passing it to other players.
- 5) The disc may be passed in any direction.
- 6) When a pass is not completed (e.g. out of bounds, drop, block, interception, stalled), the defense immediately takes possession of the disc and becomes the offense.

Fouls

- 1) Intentional contact: Pushing or tackling other players.
- 2) Throwing fouls: The thrower can't push the defender back to throw
- 3) Fouls that result in loss of possession:
 - a) Incomplete passes.
 - b) Intercepted passes.
 - c) Knocked-down passes.
 - d) Out-of-bounds passes.
- 4) Reckless play or dangerous aggression.
- 5) Taunting or intimidating opposing players.
- 6) Celebrating in a negative or aggressive way towards an opponent.
- 7) **Only the player who is fouled can call a foul.**

*** Spirit of the Game is a set of principles which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play.*



Pickleball



Players

- 1) Teams are composed of 2 players (Doubles).
- 2) All teams must provide a referee for each game it plays. Teams may be disqualified if no referee is provided.

Serving

- 1) Serves are made underhand, ball contact below the waist, and one foot behind the baseline.
- 2) The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
- 3) One serve attempt is allowed, except in the event of a let (touches net).

Serve Sequence

- 1) A serve ends on a fault (out) or score (in).
- 2) The first serve of each side-out is made from the right/even court.
- 3) If a point is scored the server shifts to opposite court.

Scoring

- 1) Points are scored only by the serving team.
- 2) 11 point game, win by 2.
- 3) Pickleball will be a single elimination tournament.

Two-Bound Rule

- 1) The ball must bounce once on each side of the court after a serve before either team can volley the ball.
- 2) The ball is now "in-play" and teams may either volley (in-air) or use ground stroke (off-ground).

Non-Volley Zone

- 1) The area of the court within 7 feet on both sides of the net.
- 2) Volleying is prohibited within the non-volley zone. (No smashing).
- 3) A player may legally be in the non-volley zone any time other than when volleying a ball.
- 4) The non-volley zone is commonly referred to as "the kitchen."
 - a) It is a fault if, when volleying a ball, the player steps on or into The Kitchen.
 - b) It is a fault if, after volleying, a player is carried by momentum into or touches The Kitchen.

Line Calls

- 1) A ball contacting any line, except the non-volley zone line on a serve, is considered "in."
- 2) A serve contacting the non-volley zone line is short and a fault.

Faults

- 1) Any action that stops play because of a rule violation.
 - a) A fault by the receiving team results in a point for the serving team.
 - b) A fault by the serving team results in the server's loss of serve or side out.



Gagaball



PLAYERS

- 1) Two competing teams that MUST be of equal size, eg: 4 vs 4, 5 vs 5.
- 2) Teams must have a minimum of 4 players.

Overview

- 1) Gaga is a form of dodgeball played in an octagonal "pit."
- 2) Players dodge the ball by running and jumping while trying to strike opponents.
- 3) A legal strike is on or below the knees.
- 4) Any player who is struck (legally) must exit the "pit".
- 5) Gaga is a best of 5 match.
- 6) Each set will be no longer than 5 minutes.

Set-Up

- 1) The referee begins play only after all players are standing in the gaga pit in the ready position - both heels on the ground and one hand touching the wall.
- 2) To start play the referee tosses the ball up in the air and into the pit.

Referee

- 1) The referee is the sole authority during play and is responsible for settling disputes and ensuring fair play.

Start

- 1) Once the referee puts the ball in play each player will:
- 2) Shout "Ga!" on the first bounce.
- 3) Shout "Ga!" again on the second bounce.
- 4) Release the wall after the third bounce - the ball is now in play.

Play

- 1) Players may only use their hands (open, palm, or fist) to direct the ball.
- 2) The ball cannot be carried, cradled or thrown.
- 3) Players may pass (teaming) the ball between teams.
- 4) Play continues until all players from one team or 5 min expire.
- 5) The team with the most remaining players wins.
- 6) Play does not stop (running clock).
- 7) Substitutions can ONLY be made between sets, NOT during play.

Player Elimination

- 1) Any player who "carries" the ball.
- 2) If the ball touches a player anywhere "on" or "below" the knee.
- 3) Any player who directs or is the last one to touch the ball that exits "pit".
- 4) Any player who "double-taps" a ball.
- 5) Once a player hits the ball, he or she must wait until the ball touches a wall or another person before hitting it again. If a player "double-taps," that player is eliminated.

WINNING CONDITIONS

- 1) The team with the fewest players remaining in the pit after 5 minutes of play, wins. If after 5 minutes there is an equal number of players from each team still in the pit, the "Tie" will be settled by the referee's coin-toss.



Basketball



Play Set-Up

- 1) A team shall consist of a minimum of three (3) or maximum of five (5) players.
- 2) Each team must provide one referee.
- 3) A team may have unlimited youth substitute players.

Game Length

- 1) Two ten (10) minute halves separated by a two (2) minute half time period.
- 2) Running clock except for time outs and referees whistles.
- 3) Each team is allowed three (3) one minute time-outs per game which may be taken at any time.
- 4) Basketball will be a five on five single elimination tournament.

Substitutions

- 1) Substitution shall be made only during dead ball situations (time-outs, fouls, etc.).
- 2) Substitutes may enter only when beckoned by an official.

Jump Balls

- 1) A jump ball will be administered to start the game and any overtime periods.
- 2) All other jump ball situations will be administered using the alternating possession procedure.

Fouls

- 1) Two shot free throws will be awarded in the following situations:
 - a) Personal fouls in the act of shooting.
 - b) If the shot is made, two points are awarded and one additional free throw.
- 2) Intentional fouls
 - a) Personal foul that a defensive player deliberately commits to stop play and gain possession of the ball.
 - b) Two (2) free throws will be awarded, plus possession.
- 3) Flagrant fouls
 - a) Personal foul that involves excessive or violent contact that could injure the fouled player.
 - b) Two (2) free throws will be awarded, plus possession.
 - c) The player who commits the flagrant foul will be disqualified (ejected).

Scoring

- 1) 1-1 bonus at the 7th team foul in a half.
- 2) 2 shot bonus at the 10th team foul in a half.
- 3) Three (3) point shots beyond 19' will be allowed.

FORFEITS: Either team (or both) will forfeit if they are not present and ready to play within five (5) minutes of the scheduled starting time.



Soccer



Safe

- 1) No slide tackling, unsportsmanship or excessive contact, jewelry, open-toe shoes, braces or casts.
- 2) Clock stops on the referee's whistle.
- 3) Penalties - Soccer is a contact sport, players must avoid excessive or intentional contact that can cause injury. There are 3 levels of penalties:
 - a) Red Card (whistle) - any action(s) of a player that will cause harm, is reckless, or serious unsportsmanlike (such as cursing, spitting, tripping, pushing, striking). The offending player is removed and the team will play down a player. Teams are awarded a penalty goal kick.
 - b) Blue Card (whistle) - Incidental / accidental 'fair-play' actions, handball fouls, flopping, or encroachment on free kicks. Offending player will be set to penalty area for 2 min. Team will play down a player.
 - c) Warning (NO-whistle) - Delay of game, minor unsportsmanship, improperly entering the field. Player will be verbally warned by referee. Multiple warnings will be upgraded to a Blue Card.

Scoring

- 1) Accelerated "Olympic Stage" point system
 - a) Win = 3 pts, Tie = 1 pt, Shutout = 1 bonus pt. Zero pts for loss.
 - b) Each team is guaranteed 2 games (Group Stage), day 1 & 2.
 - c) Top 16 team play (Knockout Stage) the 1st half of day 3.
 - d) Top 8 teams play championship game the 2nd half of day 3.

Fair

- 1) Referees have the final say on all rules and game conduct during the match.
- 2) If you have concerns or want to appeal a decision - contact the tournament director.
- 3) Teams have equal players. Minimum of 5 maximum of 7. Teams can consolidate if they choose to use pick-up players.
- 4) In case of weather, the score at half-time becomes the final.
- 5) Teams will decide side-out decisions. Referee will break any ties.
- 6) Each team must provide 2 volunteers (Referee and Timekeeper).

Fast

- 1) 40 min game - 5 min warm-up, 12 min half, 1 min break, 12 min half.
- 2) This is a running clock. The referee may add up to 5 min in case of injury.
- 3) No overhead throw-ins.
- 4) There are no offsides. Players may not 'hang-out' in the goal area.
- 5) The ball must be put into play immediately.
- 6) No goalkeeper.
- 7) Unlimited and immediate substitutions (like in hockey). On-coming Player can only enter after off-coming player fully crosses the touch line.



Volleyball



Game Set-Up

- 1) A team shall consist of a minimum of five (5) or maximum of six (6) players.
- 2) Each team must provide one referee.
- 3) A team may have unlimited youth substitute players.
- 4) Each match is twenty (20) minutes.

Scoring

- 1) Elimination round matches:
 - a) Uses Rally Scoring - each serve is scored.
 - b) Each match go to 21 points.
 - c) Team with most points at 20 is declared the winner.
- 1) Championship round:
 - a) Best of 3 games format.
 - b) First two games are played to 21 points.
 - c) Third game is played to 15 points.
- 2) Teams must win by 2 points.

Time-Outs

- 1) Each team is allowed one-30 second time-out per game.
- 2) Time-outs can be requested only when the ball is dead.

Court Rules

- 1) The ball must pass between the net poles when it crosses the net.
- 2) Team may only contact the ball in three or less hits (per volley).
- 3) It is permissible to run out of bounds to play the ball.
- 4) A player may not touch the ball in succession, unless played directly off a legal block.
- 5) It is legal to contact the ball with any part of the body above the waist.
- 6) A ball is out-of-play (side-out):
 - a) If it lands completely outside the boundary lines.
 - b) Contacts the net during a serve.

The Serve

- 1) The first server shall be the right back player.
- 2) The Server may serve (ball contact) from anywhere behind the service line.
- 3) The server must wait for a whistle from the referee before serving.

Player Positions

- 1) During the serve teams set up with 3 players in the front line and 3 players in the back line.
- 2) Each player must remain in position within the boundary lines of the court until the server has contacted the ball.
- 3) Players will conduct a service rotation (clockwise).

Net Play

1. A ball hit into the net by a team may still be kept in play provided any player does not touch the net.
2. No player may contact the net. If two opposing players touch the net the ball is declared dead.
3. Blockers may reach over the net. They cannot contact the ball prior to the opposing team touching the ball.

Spiking

- 1) A spiker must contact the ball on their side of the net but may in the follow-through reach over (but not touch) the net.
- 2) Players in the back court may not spike the ball from the front court.



Jeopardy

\$200	\$200	\$200	\$200	\$200	\$200
\$400	\$400	\$400	\$400	\$400	\$400
\$600	\$600	\$600	\$600	\$600	\$600
\$800	\$800	\$800	\$800	\$800	\$800
\$1000	\$1000	\$1000	\$1000	\$1000	\$1000

Set-Up

- 1) Each lodge can register a maximum of 2 teams.
- 2) A team can be up to 4 participants.
- 3) Each team will be assigned a number & name:
 - a) Example #1 Malibu Lodge.
 - b) If a Lodge has a second team they will increment their number (#2 Malibu Lodge).
- 4) Each team should arrive 10 mins early to their call time.
- 5) Each team must have a smartphone with the Buzzer App.

Tournament

- 1) Tues and Wed will be OA Jeopardy games with 10 mins to play- Lodge team play by themselves.
- 2) Tues and Wed will also be Open to all teams if there is time available: free play.
- 3) Thursday is competition day against the top 18 teams: team vs. team.

Scoring

- 1) Teams will be awarded points for each correct answer
- 2) Team will forfeit points:
 - a) If the answer is not phrased as a question.
 - b) If the answer is incorrect.

Tournament Etiquette

- 1) Remember a Scout is Trustworthy.
- 2) Cheating results in a disqualification.
- 3) No taking pictures in the room.
- 4) No telling other teams the answers.
- 5) Be respectful to all players and staff.
- 6) No searching up the answers on your phone.



Chess



Game Play

- 1) This tournament will follow the standard rules determined by the US Chess Federation.
- 2) For questions on timing, please see the NOAC 2024 Chess Rulebook.

Tournament Etiquette

- 1) No cell phone usage allowed while in the tournament room.
- 2) Participate in fair and friendly competition.
- 3) Players are responsible to be ready to play at the beginning of a round.
- 4) Players who are not present at the start of around may have their chess clocks started.

Tournament Play

- 1) Tuesday and Wednesday will be open play.
- 2) You must qualify for the tournament by winning # games during the open play.
- 3) Once a determination has been made as to those who will participate in the tournament, a single elimination bracketing system will be followed.
- 4) Thursday of the conference will be the tournament day.

General Rules

- 1) The touch move rule applies to all groups.
- 2) Individuals will use chess clocks with time controls are either 20 minutes with 5 second delay.
- 3) A game is won:
 - a) By checkmate;
 - b) If the opponent resigns;
 - c) If the opponent runs out of time, provided the following conditions are met.
- 4) A game is drawn:
 - a) By stalemate;
 - b) By agreement of the players during the game;
 - c) By three-fold repetition (see section below);
 - d) By fifty move rule (see section below).

Three-Fold Repetition

- 1) A player may claim a draw if an identical position has appeared on the chessboard at least three times.

Fifty Move Rule

- 1) A player may claim a draw if 50 moves of any player has been made without a capture and without a pawn move.

Officials

- 1) If a player has any questions concerning the rules, they may raise their hand and talk to a tournament official.
- 2) In case of any dispute or claim, stop the clocks and summon a tournament official.
- 3) Any decision by a tournament official may be appealed, if done immediately.



Takeaway Challenge

Take a selfie with a personal highlight each day at the conference.

i.e. seeing your lodge compete in a competition you're judging or maybe at the evening show, etc.

