

Triple Threat Football Rules 2022 - 2023

These rules may be amended at any time except during an active tournament.

Triple threat football is a fast-paced non-contact version of American football. Each game consists of 3 individual players that rotate positions on a 20x20 yard playing field (no endzones). Players take five snaps at each position: Quarterback, Receiver, and Defensive Back. Points are awarded for completed passes, receptions, pass deflections and interceptions. Each snap is over once the reception is completed, incomplete or intercepted. After the five snaps are completed, players rotate positions until each player has taken five snaps in all three positions. The player with the most points at the end of the 15 snaps is declared the winner.

Waiver

All athletes must sign a Waiver of Liability form.

Points Breakdown

Quarterback:

Completed pass 5-10 yds: 2 points

Completed pass 11-20 yds: 4 points

Receiver:

Reception 5-10 yds: 2 points

Reception 11-20 yds: 4 points

Defensive Back:

Deflected or batted down pass: 2 points

Interception: 4 points

If an incomplete pass occurs that was not caused by the defensive player, no points will be awarded and will result in loss of a snap.

In single elimination tournament play, In the event of a tie at the end of the game or match, whichever player got the most points in the defensive position among the tied players will be declared the winner.

Rules

-Starting positions determined by a ball spin. Winner chooses preferred starting position.

-Quarterback must pass behind the line of scrimmage. They may run parallel, but must not advance the ball forward. If they advance past the line of scrimmage the snap is whistled dead and loss of 2 points.

-Quarterback has 5 seconds to release the pass attempt

-Pass must be at least 5 yds. downfield for any points to be awarded or loss of down.

-Receiver must not pass the line of scrimmage before the ball has been snapped. (Offside)

-Receiver must have at least one "body part" land (touch the ground) in bounds for points to be awarded for a catch.

-Receiver is allowed to go in motion before snap as long as they do not advance past the line of scrimmage before the snap. (Offsides)

-Defensive Back may not rush the Quarterback or breach the line of scrimmage. (Blitzing)

-Defensive Back may press or bump and run within the first 5 yds. of the line of scrimmage any contact after the five yards constitutes interference

-Defensive Back must have at least one "body part" land in bounds for points to be awarded for an interception.

- There is a 30 second clock between each snap. Failure to snap the ball within the time frame will result in a penalty to the quarterback. (Delay)

-Receiver is responsible for getting football back to official in a timely manner (Delay)

-There is a 2-minute break between change of positions. Players must be on the field and ready to snap the ball unless there is an official referee timeout. (Delay)

-Receiver or Defender must maintain possession for 1 second or through contact with the ground. Failure to do so will result in the snap being ruled incomplete

-In the event there is an injury, the injured player has up to 5 minutes to return to competition or forfeit the game. All points at the time of injury will then be declared final.

Penalties

2 -point Penalty	- Not attempting a pass withing 5 seconds -Offsides -Blitzing -Interference
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	-Delay
Loss of snap	-Out of bounds -Incomplete -Less than 5 yards
4-point Penalty/Ejection*	-Unnecessary roughness/Personal Foul

*At official's discretion

Officiating

One official is needed for each game or match. They will be responsible for ensuring the rules and level of competition are adhered to according to this document. Officials' interpretations of the rules and rulings are considered final.

Players will wear a red or white bracelets to differentiate players.

Tournament Format

All players are guaranteed at least 3 matches with the highest score of the 3 matches determining seeding.

Amount of elimination bracket is determined by the number of total entrants. Bracket shall be divisible by 3. For example:

- 9-26 players registered – 9 players advance to the knockout bracket.
- 27-80 players registered - 27 players advance to the knockout bracket.
- 81-242 players registered – 81 players advance to the knockout bracket.
- 243-729 players registered - 243 players advance to the knockout bracket.

Playing Field

A football sized playing field is adequate to run a full tournament with 5 to 56 games or matches running simultaneously as each game or match is played in a 20x20 yd square.

Age Groups and Genders

Can be played by school age kids up to full grown adults. Ideal age is 14 – 30. Can be played by male and female athletes.

Equipment

Officially licensed headgear and mouth protection by GameBreaker required. The following helmets are the only helmets which meet our safety standards:

- Shock Doctor Showtime Pro Headgear
- Adidas Force PRO Softshell Headgear
- GameBreaker-PRO Soft Shell Headgear
- GameBreaker Multi-Sport Soft Shell Headgear.

Football cleats and receiver's gloves are recommended but not required.