



NON-CONTACT

Games are 30 minutes long. 2 - 15 minute halves with a **1 minute** half time.

No kickoffs - Offense starts at the 5 yard line.

Fields are 40 yards by 30 yards.

Uniforms.

players must wear jerseys of the same color.

players shorts must not have open pockets. They must have no pockets or sewed (not taped) pockets.

Shorts cannot have shorts with strips that camouflage the flags.

Offense

Teams get 3 downs to cross the mid point - if they do they get 3 additional downs.

There is a 6 line count – you must simulate 6 seconds.

there has to be a receiver on each side of the ball (no stacking)

Ball must be snapped at the middle of the field

QB's cannot run

The ball can be pitched or lateraled and THAT player may run.

There can only be 1 forward pass per play - eve if they are behind the line.

the ball must cross the goal line.

There is no blocking or obstructing. After a teammate catches the ball stand still or get out of the way.

Pitch-outs and running is allowed but **no blocking**.

Teams have 3 downs to cross the midway point. If they do they get another 3 downs.

If they don't they turn the ball over at the teams **10 yard line**.

The lineman must allow the center to get off the line. They can't hold the center up
If you grab a players shirt you have a second to let go.

Scoring.

Td's - 7 pts.

If a team scores beyond the midway point - 8 pts.

Stopping the offense from crossing the midpoint line - 1 pt.

safety 2 points.

Penalties

Offensive

To save time all offensive minor penalties are no loss of yardage but loss of down.

Blocking – dead ball at spot.

Defensive

Holding – 10 yards repeat down (**including shirt grabbing**)

Unsportsman like conduct – 10 yards

players can be removed for a play for a play, half, or game.

Milesports adheres to the no argument rule

Once the next play starts the arguing with officials and other players must end.

