



RULE 1: OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 50 yards long by 30 yards wide with 8 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by a League director.

Article 2. Minimum 4 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. A coin toss determines 1st possession. The team can elect to have offense, defense, defer or direction. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.

Article 4. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the **5-yard line** with the exception of an interception.

Article 5. Blocking is not allowed.

Notes:

- A. Offenses cannot stack all three receivers none side of the ball. One receiver must be on the otherside.
- B. The ball must be hiked from the ground.
- C. If a thrown ball does not get past the line of **scrimmage it is grounding.**

SECTION 3. ATTIRE

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change

into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

SECTION 4. GAME CLOCK FORMAT

Article 1. Game clock is 50 minutes 2 -25 minute Halfs. .

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 5. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 25 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal one-minute warning.

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 6. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for 24 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning (or less) the clock will stop for 30 seconds. The clock will be restarted and not stop for the remainder of the game. If there is a change of possession with less than 30 seconds the defense gets one play.

SECTION 7. MERCY RULE

If a team falls behind by 30 in the second half the game is over..

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. All offensive players may run the ball at any time, except in the no-run zones which are located 5 yards before mid-field and 5 yards before the goal line only in the direction that the offense is going.

Article 2. Teams may handoff (unlimited), pitch, or throw back in the backfield. **UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass.**

Article 3. Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backwards when behind the line of scrimmage, and only

backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 4. A forward pass DOES NOT have to cross the line of scrimmage to be a legal play.

Article 5. If the ball is placed on the “Back” of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 7. Only the center needs to be lined up on the LOS.

Article 8. QUARTERBACKS **CANNOT RUN!!** EVEN AFTER THE LINEMAN RUSHES.

SECTION 2. BLOCKING

Article 1. Blocking is not allowed.

Article 2. If any offensive player attempts to block the the play will be blown dead at the Spot. t.

SECTION 2. PASSING

Article 1. There is no 5 second count to pass the ball if not rushed.

Article 2. There is no arm in motion, if the ball is in hand when the quarterback’s flag is pulled then it will be ruled a sack.

Article 3. Interceptions may be returned.

Article 4. The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

Article 5. If ANY part of the players body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

Article 3. If a runner/player attempts to leap over a defender with the ball the play will be blown dead.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. One lineman must line-up 7 yards back from the line-of scrimmage – that player must identify themselves as the rusher. After the ball is snapped the rusher may attack the

Quarterback. After the lineman crosses the line-of-scrimmage more defensive players can also rush.

Article 2. The Center is protected when he snaps the ball. The Center cannot be touched until he picks up their head and takes one step towards his pattern.

SECTION 2. PASS COVERAGE

Article 1. Defensive players cannot Jam the receiver at the line. No contact is allowed.

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may “find” their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one- yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

RULE 4. SCORING

SECTION 1. POINTS

Touchdown	<ul style="list-style-type: none">• 6 points
Point After Touchdown (PAT)	<ul style="list-style-type: none">• 1 point from the 5-yard line (no-run zone in effect)• 2 points from the 12-yard line, run, pass (outside of no-run zone)•
Safety	<ul style="list-style-type: none">• 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier’s flag, the ball carrier will be awarded two points).

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 10. There is no overtime. Ties are ties.

SECTION 4. FLAG ETIQUETTE

Article 11. Flags must be visible at all times. If a player with the ball slaps the hand away from a defender the play will be ruled dead.

Milesports adheres to the no-argument rule. When the next play starts the argument ends.

Players can be removed for a play/series/half/or game by the officials.

Rosters – teams can list 12 players on their roster. If a team uses a non-

Rostered player or a player from another team they forfeit.