



## **NON-CONTACT**

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

No kickoffs

Fields are 40 yards by 28 yards.

Teams start at the 5 yard line.

### **Offense**

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

There is a 5 line count – you must simulate 5 seconds.

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

QB's cannot run

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.

### **Scoring**

from outside the half way line 8 pts.

Inside the halfpoint line 6 pts.

If the defense stops the offense from crossing the half point line – 1 pt.

### **Defense**

a player must line-up as a line-man 2 yards from the ball.

After 5 count the line-man can rush.

the lineman must allow the center to get off the line.

If you grab a players shirt you have a second to let go.

## **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

a half for rough play with no fees returned

Milesports adheres to the no argument rule

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

