



Tournament Rules

A. NON-CONTACT

- 1) Games are 30 minutes long. 2 - 15 minute half's with a **2 minute** half time. No kickoffs
- 2) Fields are 45 yards by 25 yards. Teams start at the 5 yard line.

B. Offense

- 1) 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.
- 2) There has to be a receiver on each side of the ball (no stacking)
- 3) Ball must be snapped at the middle of the field
- 4) QB's **cannot run.**
- 5) the ball must cross the goal line for there to be a TD.
- 6) 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.
- 7) After a pitch the QB can go out and be a receiver.
- 8) Teams can punt on 3rd down - the other team gets the ball at the 10 yard line and get the point.
- 9) There Cannot be more than 1 forward pass per play - even if they are behind the line.
- 10) If a team is stopped the other team takes over on their own 10 yard line.

C. Scoring

- 1) from outside the half way line 8 pts. Inside the half point line 6 pts.
- 2) If the defense stops the offense from crossing the half point line – 1 pt.
- 3) Safeties are 2 pts.

D. Defense

- 1) A player must line-up a line-man 2 yards from the ball.
- 2) After the 6 count the line-man can rush. After 6 count more than 1 player can rush.
- 3). The lineman must allow the center to get off the line.
- 4). If you grab a players shirt you have a second to let go.

E. Penalties

I. Offensive

- 1). False start - 5 yards repeat down.
- 2). To save time all offensive minor penalties are no loss of yardage but loss of down.
- 3). Blocking – dead ball at spot.

II. Defensive

- 1). Holding – 10 yards repeat down (including shirt grabbing)
- 2) Unsportsmanlike conduct – 10 yards.
3. Pass Interference – point of foul / repeat down.

F. Notes -

- 1). Officials can remove a player for a play *half* or game.
2. There are no Refunds.
3. We practice the no-argument rule. After the next play starts.

G. Overall championship Winner.

After Each game the winning Team must immediately turn in the score card.

After each games teams receive:

100 pints for a win

50 for a tie

25 for a loss

$\frac{1}{2}$ point for each point scored

$\frac{1}{4}$ point for each point differential