



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 7 yards from the ball as marked by the official.

2) After the rusher crosses the line more defensemen 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