



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)

Ball must be snapped at the middle of the field

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.

Teams can punt on 3rd down - the other team gets the ball at the 10 yard line and get the point

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.

