



Tournament Rules

Ladies 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 **10** 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 6sec line count – you must simulate 6 seconds.
- 2) There has to be a receiver on each side of the ball (no stacking)

Ball must be snapped at the middle of the field. The Ball does not have to be snapped under your legs.

- 3) QB's **cannot run.**
- 4) the ball must cross the goal line for there to be a TD.
- 5) 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.
- 6) After a pitch the QB can go out and be a receiver.
- 7) Teams can punt on 3rd down - the other team gets the ball at the 10 yard line and get the point.
- 8) 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.
- 11) The ball can be pitched or handed off. That player can run. After a hand off or pitch the lineman can blitz without counting.

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 immediately.

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. Unsportmanlike conduct like 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. All arguments must end with the refs and the other team or face penalty.

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 deferential

* Please have shorts that do not have pockets