



## Rules

### PARTICIPANTS

No required max players per team

### FIELD DIMENSIONS

50 yards long x 53.5 yards wide (ball starts on the 40-yard line)

### RULES

- Initial possession determined by coin toss
- Ball Starts on 40yd line
- All offensive plays must have a player or coach to snap the ball
- One coach may be in the huddle
- Offense
  - 4 downs to make a first down (20 yd line), then 4 downs to score
  - A minimum of one back in backfield (inside the tackle box)
    - May motion into an empty set
    - May go empty last 5:00 of second half
  - NO running plays (including QB)
  - QB has 4 seconds to release the ball
  - Sacks equal loss of down, restart ball on original line of scrimmage
  - 5 receivers are eligible
  - 25 second to put ball in play (play clock)
    - If team exceeds 25 seconds, loss of down
  - No blocking is permitted
- Scoring
  - Touchdowns are worth 7 points (there is no extra point)
  - Interceptions are worth 3 points
- Defense - Any coverage is allowed

### PENALTIES

OFFENSE-Loss of Down

SITUATIONS-Pass Interference, Blocking, False Start, Illegal Formation

DEFENSE-5 yards, repeat down

SITUATION-Off-sides, Illegal contact (holding), Pass interference

**\* ABSOLUTELY NO taunting, excessive celebration or foul language will be tolerated by players or coaches. Failure to comply will result in loss of possession and player will be removed from the game. 2<sup>nd</sup> infraction will result in an ejection from the tournament.**

### TIEBREAKER PROCEDURES\*

\*(no points for INT)

#### **1<sup>st</sup> Overtime**

- Start ball on 20 yd line, 4 downs to score
- PAT attempt from 5 yd line- 1 point (overtime only)
- Each team has chance to score

#### **2<sup>nd</sup> Overtime**

- Start ball on 20 yd line, 2 downs to score
- PAT attempt from 5 yd line- 1 pt (overtime only)

#### **3<sup>rd</sup> Overtime**

- Start ball on 20 yd line, 2 downs to score
- PAT attempt from 10 yd line - 1 pt

### FORMAT OF TOURNAMENT

- Two 10-minute halves (last 2 minutes REAL TIME) and one 3-minute halftime
- Each Team has one 30-second timeout per half

### PROPER ATTIRE \*\*\*HELMETS ARE REQUIRED\*\*\*

- Gym Shorts
- Mouth guard
- Cleats
- Team Jersey
- No Jewelry