



TOURNAMENT RULES

PARTICIPANTS

Minimum of 7 players, maximum of 10 per team. Teams that are not compliant will not be allowed to participate.

FIELD DIMENSIONS

70 yards long (50 yard field plus 2 x 10 yard end zones) x 35 yards wide

FORMAT OF TOURNAMENT

Two 12 minute halves (10 minutes running clock; after 2 minute warning, clock stops at the end of the play unless the runner is tackled (flag pull) inbounds and a new first down has not been attained) and one 3-minute halftime. Each Team has one 30-second timeout per half.

RULES

1. Initial possession determined by coin toss. Winner can choose to go on offense or defense first. The team that starts the first half on offense will start the second half on defense.
2. Ball starts on 5 yard line.

Offense

1. 4 downs to make a first down (midfield) then 4 downs to score.
2. NO running plays. (no handing off the ball behind the LOS)
3. One pass per down which is a forward pass that crosses the neutral zone, made from behind LOS by the person who receives the snap.
4. Person who receives the snap has 7 seconds to throw the ball.
5. Everyone is an eligible receiver.
6. Only one player is allowed to motion (player must be set before the ball is snapped)
7. 25 second play clock from when the ball is made ready. If a team exceeds 25 seconds it will result in a loss of a down, the game clock will stop and will restart on the snap.
8. No flag guarding
9. **This is a non-contact game and deliberately contacting an opponent will result in disqualification.**

Defense

1. Everyone must be at least 1 yard behind the LOS.
2. One blitzer, who must start at least 7 yards from LOS, to make themselves known by putting their hand above their head before the ball is snapped.

3. Interceptions – Defense can advance the ball
4. A defender cannot dive (feet leave the ground) in an attempt to flag pull the ball carrier

Scoring

1. Touchdowns are worth 6 points.
2. PAT from the 5 yard line for 1 point or 2 points from the 12 yard line.
3. Safety if ball dead behind offense goal line.

PENALTIES

1. OFFENSE - Loss of Down
2. DEFENSE - 5 yards, repeat down

Except for contact and Unsportsmanlike fouls that will result in 10 yard loss (plus loss of down if by offense.)

*** Absolutely NO Unsportsmanlike conduct (taunting, foul language etc.) will be tolerated. Failure to comply will result in loss of possession and the offender will be removed from the game. Second infraction will result in disqualification from the tournament.**

Overtime

1. Sudden Death alternate 1 point conversions from the 5 yard line.

PROPER ATTIRE

Gym Shorts (N.B. No pockets), must have **mouth guard**, Jaguars provided t-shirt. **No Jewelry, hats or anything with a hard or sharp surface.**

No metal studs or cleats longer than 1.25cm