**The Team & Field**

* The game is 5 vs. 5
* Two 20-minute halves
* Teams should have between 8 – 12 players (more if you want)
* Ball size is Bantam Sized Wilson TDY (not High School Ball)
* Field Size is 60 yards longs
	+ 40-yard main field
	+ Two 10-yard end zones



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**Rules**

* The offensive team takes possession of the ball on their 5-yard line, unless there was an interception.
	+ The team has 3 plays to cross mid-field (15 yards)
	+ The team then has 3 plays to score a touchdown (20 yards)
	+ If the team fails to cross half or score a touchdown it is a turnover on downs and the other team takes possession on their own 5-yard line.
* To begin play, the ball must be snapped by the centre to the quarterback, there is no minimum distance.
	+ The 3 other offensive players can line up anywhere on their side of the line of scrimmage and can all be in motion.
	+ The defensive team must be a minimum of 1 yard off the line of scrimmage.
	+ If the defensive team wants to have a rusher they must start 7 yards back of the line of scrimmage.
* The quarterback cannot run across the line of scrimmage but is allowed to run around anywhere on their side of the line of scrimmage.
	+ The quarterback can run if the balls has been handed off or tossed to another player and returned.
* A forward pass must cross the line of scrimmage to be legal. No forward shovel passes behind the line of scrimmage.
* Handoffs must be backwards or sideways. No forward handoffs.
* Any ball that hits the ground is a dead ball and the whistle is blown, including fumbles and bad snaps.
* No intentional contact of any sort (tackling, holding & blocking)
* The ball carrier cannot jump, dive or use their hands to block flags

**Scoring**

* 6 points for a touchdown
* Convert = 1 point from the 5yard line & 2 points from the 12