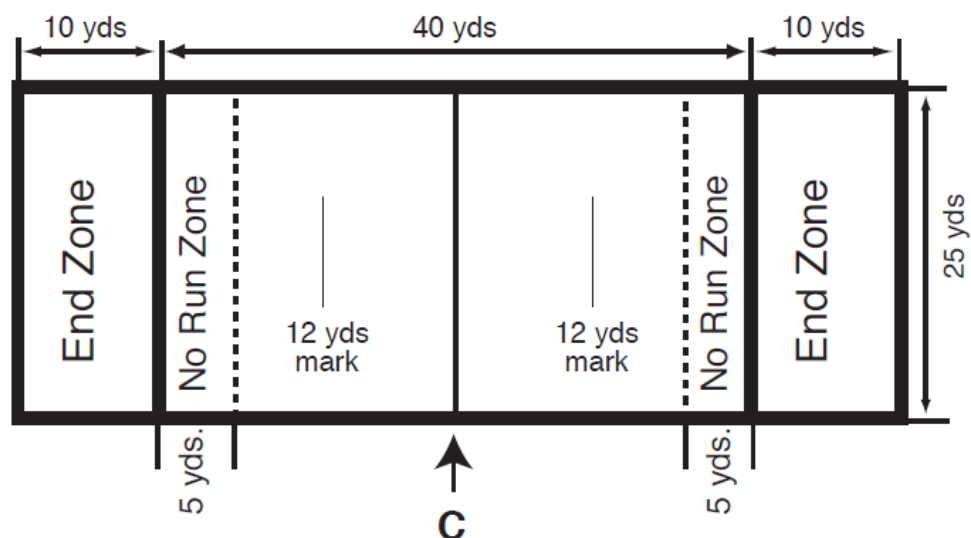
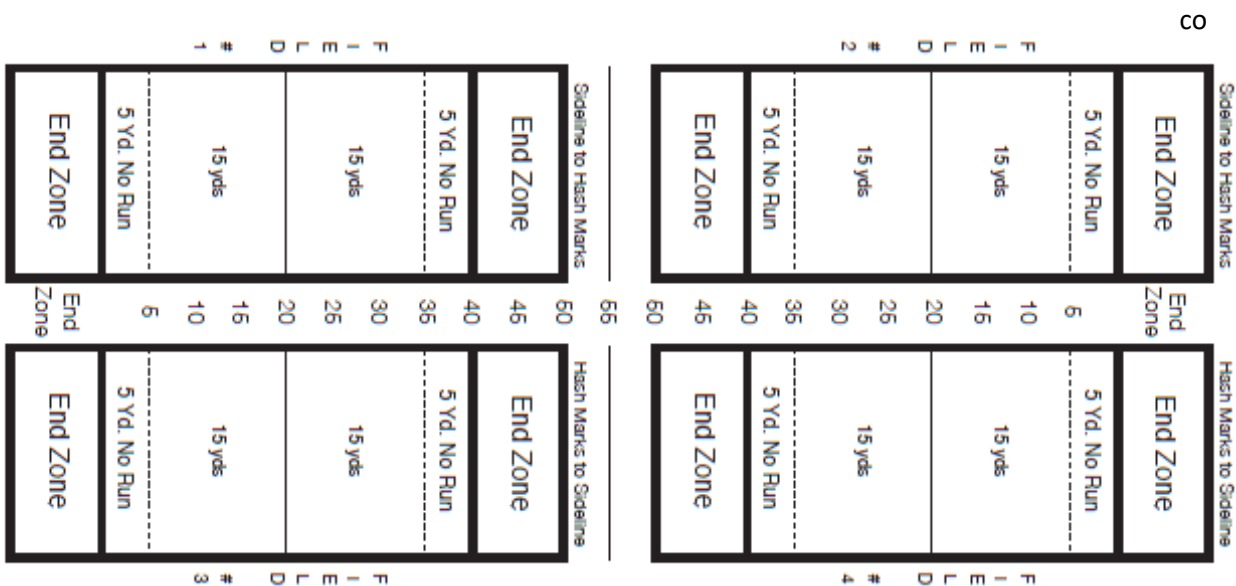


## The Team & Field

- 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



## 1st Down



## **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 ball 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 5 yard line & 2 points from the 12