



RULES & METHOD OF PLAY

Saturday, June 7th - Arundel HS (Anne Arundel County)
Saturday, June 14th - Tuscarora HS (Frederick County)

METHOD OF PLAY

1. Pregame coin flip determines team to start on offense.
2. Ball will always start on the offense's 40 yard line (baseline) to start a possession. (This includes interceptions not returned for TDs).
3. Offense will be given 4 downs to make a first down at the 20 yard line in order to receive 4 additional downs.
4. Offense may have only 5 Eligibles, plus QB and Center (Center is optional).
5. Offense must have at least 1 back/receiver lined up within imaginary tackles upon snap of ball at least 5 yards deep.
6. The football must be thrown within 4 seconds with a center-quarterback exchange and within 3 seconds without a center-quarterback exchange. Officials use electronic countdown timers on the field and will not count out loud. A sack occurs when the quarterback does not RELEASE the ball in time (if the timer goes off with the arm in motion, it's a sack) – play the next down from the previous line of scrimmage.
7. The ball is declared dead when the runner is tagged with one hand between the shoulders and the knees (including the hand and arm) or the ball touches the ground (this does not include the center-quarterback exchange).
8. All touchdowns are 1 point (includes interceptions for scores). No PATs.
9. Offenses may finish a drive started before time has expired only if they have a chance to win or tie.
10. Overtime: Each team is given 3 plays with the team gaining the most yards winning. A touchdown at any point, constitutes the end of overtime. Interceptions constitute a dead ball and end of series during overtime.
11. Team with the most points at the expiration of time wins.

RULES OF PLAY

1. Each game will be 30 minutes running time.
2. Offense has 30 seconds to put the ball in play.
3. No timeouts (with the exception of an official calling time for clarification, injury, etc.).
4. Mouthpieces are mandatory on the field of play.
5. No coaches or additional players are allowed on the field during play.
6. No running plays (QB may not run the football).
7. No blocking or screen blocking what so ever. Blocking constitutes a loss of down penalty.
8. The offense may pass the ball only once from the QB during a play. Double passes constitute an illegal forward pass.
9. Offensive players are responsible for retrieving the football after each play.
10. Defense cannot line up closer than 3 yards from the LOS. Defense must give offense a free release off the LOS.
11. No contact on defense during route progressions – contact is defined as body to body, forearms, or with two hands. One hand does not constitute contact (except for holding). It is the responsibility of the defender to avoid contact.
12. Excessive contact during play or unsportsmanlike conduct will not be tolerated and could be cause for the removal of a player or team from the tournament (the tournament director will be notified and make the final decision).

OFFENSIVE INFRACTIONS

Penalty: -5 yards from original L.O.S. and repeat down

- Offsides
- Illegal procedure (no backs within tackles on snap)

Penalty: -5 yards from original L.O.S. and loss of down

- Ineligible receiver downfield
- Illegal forward pass
- Blocking or screening
- Pass interference
- Delay of game

DEFENSIVE INFRACTIONS

Penalty: +5 yards from original L.O.S. and repeat down

- Offsides (defense inside 3 yard LOS cushion)

Penalty: +5 yards from original L.O.S. and automatic first down

- Holding
- Illegal contact
- Pass interference

