



## **Men's 5 on 5 tournament Rules**

Coin flip

Winner will get the Ball in the first or second half.

Halves are 15 minutes – 1 minute half-time

Each time gets 1 time out per half

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### **Offense**

4 receivers and 1 QB

1 receiver must be on each side of the ball during the snap.

Ball must be snapped in the middle of the field

All players are eligible to catch

Quarterbacks cannot run the Ball even if they are double pitched back.

offense has 3 plays to cross the mid-point line to get a first down.

After crossing the mid- line the offense gets 3 plays to score.

There is no blocking

Running is allowed after a qb handoff.

A back can throw after a pitch but the pitch cannot be in front of the qb. The ball cannot be pitched or thrown forward twice in 1 play. The QB is eligible for a pass.

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Scoring.

Passes or runs TD's inside the mid-line – 6 points

Passes or runs TD's outside the mid-line – 8 points

Safeties – 2 points

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## **Defense**

5 players

The rusher must line up 7 yards from the line and parallel to the center.

After the snap the rusher can rush the Quarterback.

There are no bump and run defenses.

When you tag a player with the ball you must say so out loud.

The play may not be whistled dead without the yell.

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## Penalties

Any offensive penalty is a loss of down no yardage

Any defensive penalty is 5 yards repeat down

Except for Pass interference spot foul – repeat down.

Players are expected to review the M/ilesports Code of conduct  
And adhere to it.