



## Women's tournament Rules

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### Women's 6 on 6 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 minute out per half

### **Offense**

5 receivers and 1 QB – QB can be a male

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 hand-off.

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.

### **Scoring.**

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

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

Safeties – 2 points

### **new**

If your defense stops the offense from crossing the mid line they get 1 point.

### **Defense**

6 players – All must be girls

After the snap the rusher must count to 6 and simulate 6 seconds.

After the 6 count more than 1 girl can rush.

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.

### **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.