

General

- 80 yard field (goaline to goaline)
- 10 yard endzones
- 4 downs to midfield for a 1st down / 4 downs from midfield to score
- No matter field position at start of drive same rules apply
- Ball is dead when it hits the ground
- (2) 30 minute halves with continuous clock / (1) 10 minute half
- 1 TD = 1 pt / team with most points at the end of regulation wins
- Overtime: coin toss to determine first possession, ball starts at own 10 yard line, whoever scores first wins

Offense

- Start possession at own 10 yard line (turnovers at the spot of the ball at the end of the play)
- No hand-offs or pitches
- Required positions to be filled for legal formation:
 - 1 QB
 - 1 center
 - 2 WRs
 - 1 RB
- 2 feet or 1 knee or 1 elbow must be down in bounds and possession maintained for a completion / interception.

Defense

- 1 blitz per 4 downs allowed
- 5 mississippi countdown for regular down rush (must be called by intended rusher)
- Any formation allowed

Penalties

- All penalties are 5 yards from previous spot of the ball (determined by Ref)
- All penalties at line of scrimmage will stop play (whistled dead by Ref)
- False start (offense)
- Offsides (defense)
- Interference (offensive or defensive)
- More than 1 blitz per 4 downs
- Illegal formation (offense)
- Rushing prior to 5 mississippi on a non-blitzing down unless no blitz has yet been executed, then it will count as the 1 blitz for the 4 downs (defense)
- Hand-off or pitch (offense)