

## **5v5 LINEMAN'S TOURNAMENT RULES**



1. Each team will consist of a minimum 5 and a Max of 9 players.
2. Each game/match will be on a 10-minute running clock. The clock will only stop at the discretion of the referee.
3. A coin flip by the referee will determine who goes on offense or defense first.
4. Each rep will start at the first movement of the offense.
5. You will have 4 seconds for each rep.
6. Reps are scored on a 1-point scoring system.
7. Each team will have 2 reps on offense and 2 reps on defense per player.
8. Offensive Line splits will be at 2ft.
9. Each rep starts on the Offensive lineman's movement.
10. Guards & Tackles must be set before the start of the next rep. They must also move or step away from rep/action if not participating in rep.
11. Scoring – DL has 4 seconds to touch the bag (QB). He MUST touch the BAG to win the rep or be rewarded the point. OL has to MAINTAIN his block for 4 seconds to be rewarded a point.
12. No Bull Rush – Bull rush is when a defender DOES NOT make any attempt at utilizing a second move or counter move. A point will be rewarded to the offensive player.

13. No Holding – Hands must be inside, if not point will be rewarded to the defense.
14. In the event of a tie the winner will be decided by a best on best, best of 3 reps. A second coin flip will decide who starts on offense or defense.
15. Mouthguards must be worn correctly at all times by all players. Soft helmets are encouraged.

### **Sportsmanship**

This event is intended to involve the athletes in our area that do not play 7 on 7 positions giving them a place to compete and learn. We want it to be fun and competitive.

Celebrations will not be penalized and are encouraged so long as they are not directed at the opponents. Athletes are encouraged to cheer on and celebrate with their teammates.

If an official deems a celebration to be offensive or downputting to the opposing team the team will receive a warning or a point deduction depending on the severity at the discretion of the official.