

STARS UNLIMITED 2023 FALL FOOTBALL LEAGUE

Games: Double headers each Sunday (10 games + playoffs)

Location: under the lights at Lake Stevens High School

League Rules:

- 5on5 or 6on6 (Captain's decision)
- Rock paper scissors for who opens with the ball
- We are a non-contact league.
- Blocking is with no hands (Moving Screen acceptable).
- Two 20 min half's (Per game)..
- 2 minute and 1 minute (whistle)
- Call your own penalties (field monitor is on site if issues can't be worked out by the captains).
- Most penalties are spot fouls or redo of the down.
- The ball must be thrown past the line of scrimmage to advance the ball -QB can't rush.
- Double pass is acceptable.
- 6 points for TD -2 point and 1 point options for point after.
- One first down per possession.
- Punts are dead until the ball is kicked (2 men back everyone else at the line of scrimmage).
- Standings will be posted online each week. **FB: @starsunlimitedwa**