

PW & Bantam Rules to send out to all coaches

1. Game time:

15 minute quarters with Run time for both PW & Bantams.

Stop only for Time outs.

2. No contact on the centre during long snaps

No contact on the centre during long snaps (i.e. during punts fields goals, and point after kicking attempts)

Foul will result in a 10 yd penalty for contact on the centre during long snaps.

3. Conversions:

a. KICK -- 2 pts RUN or PASS -- 1 pt

b. Only D Line can rush the kick