

# YOUTH RULES



## General Information:

- 6 v 6 (High School is 7 v 7)
- Games will start at time posted on schedule – any warm up must occur prior to if time permits
- 20 min. running clock halves with last min. stop clock in 2nd half
- One time out per team per half
- Each team provides ball when on offense
- Ball sizes (1st-4th K2, 5th-6th TDJ, 7th-8th TDY)
- Mouth pieces are mandatory
- If worn, baseball hats must be on backwards
- Grades 1 thru 4 may have a coach on the field for instructional purposes. (1st & 2nd grade **must** have 2 coaches on the field.)

## General Rules:

- Follow USFTL rules of the game unless otherwise stated (usftl.com)
- Game starts with coin flip
- Team gaining possession will start with the ball on their own 5 yard line
- 4 downs to get to mid field for a first down
- If turnover on downs before or after mid field, then defense gets ball on their 5 yard line
- After crossing mid field, then 4 downs to score
- No punting

## When on Offense:

- 30 second snap clock
- All snaps between the legs
- All eligible receivers
- No blocking
- No direct hand offs – must be pitched or thrown
- Offensive teams may rush the ball only ONCE per set of downs:
  - a rush constitutes any offensive player advancing the ball over the line of scrimmage without a pass being completed.
  - a quarterback may advance the ball over the line of scrimmage only if the defense has crossed the line of scrimmage AND the offensive team has not already rushed during that set of downs (No QB sneaks)
  - a quarterback may pitch the ball to another offensive player who may then attempt a pass. It is NOT considered a rush until that ball carrier crosses the line of scrimmage.
- Touchdown results in 6 points:
  - 1 point conversion from the 5 yard line
  - 2 point conversion from 10 yard line
  - 3 point conversion from 20 yard line
  - 1, 2 or 3 point conversion must be forward pass
- Fumbles are a dead ball at the spot of fumble & offense retains possession
- The offense will have 10 seconds after the snap to advance the ball beyond the line of scrimmage or the play will be whistled dead and the ball will be marked at the spot where the play was blown dead.
- **NEW RULES FOR 1ST & 2ND GRADE TEAMS:**
  - *direct handoffs ARE allowed*
  - *may have up to 2 running plays per set of downs*
  - *QB may rush the ball (max. 2 times per 4 downs)*
  - *defense can ONLY blitz 2 of the 4 downs*

## When on Defense:

- Only defenders beyond 7 yard cushion can rush the QB:
  - There is no limit to the number of defenders that can rush
- All defensive penalties result in spot of foul and automatic first down
- All returned 1 or 2 pt conversions are worth 2 pts to the returning team

## Sportsmanship Rule (One team up by 17 points or more):

### • LEADING TEAM:

- must go for 1 point conversion when scoring
- can not rush the QB
- may not advance interceptions
- with possession of the ball in the last minute of stop clock will result in the end of the game since its unlikely trailing team would be able to come back

### • TRAILING TEAM:

- if turnover on downs before mid field, then defense gets ball at mid field; if turnover on downs after mid field, then defense gets ball at line of scrimmage where loss of possession occurred
- able to add 1 additional player until the lead drops below 17 points

**NEW RULE:** *Overly aggressive behavior and reckless challenges will be penalized 10 yards AND an automatic first down. The offending player will be suspended 4 plays.*



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