

### **2/3 Grade & 4-6 Grade Divisions**

1. Every play begins with each player (except the center – hands on ball to center between legs) in the ready position.
  - a. Feet shoulder width apart
  - b. Knees bent
  - c. Hands on thighs (except QB – hands up to receive snap or under center)
  - d. NO 3 POINT STANCE ALLOWED
2. Each possession has a minimum of four downs unless the ball is intercepted or a touchdown is scored or safety occurs.

Scoring:

  - a. Touchdown – six points
  - b. Running play for a point after touchdown – one point
  - c. Passing play for a point after touchdown – two points
  - d. Safety – 2 points
3. First downs can be achieved by moving the ball across one of two first down lines located on the field (the field dimensions are 30 X 50 yards with two first down segmented the field into thirds).
4. Change of possessions takes place when:
  - a. A touchdown is scored
  - b. The ball is intercepted
  - c. Four downs have been used without getting a first down
  - d. A team punts the ball
  - e. Safety occurs
5. No change of possession on a fumble, the ball is down where it hits the ground.
6. In the event of an interception, the play continues until the flag of the person who intercepted the pass is pulled. The team intercepting the ball will get possession of the ball where the intercepting player is determined to be down.
7. All players, except the three interior line players (center, right and left guards), are eligible to receive a pass or run.
8. No players are allowed to be in motion - GUARDS ARE NOT ALLOWED TO PULL OR TAKE A HANDOFF.
9. NO RUN UP THE MIDDLE OR QB SNEAK UP MIDDLE WITHIN 1 YD OF FIRST DOWN OR END ZONE – Safety reasons!!
10. The ball is dead when:
  - a. A flag is pulled.
  - b. A touchdown is scored.
  - c. Player steps out of bounds.
  - d. The ball carrier's knee hits the ground.
  - e. The ball carrier's flag falls off.
  - f. The ball carrier leaves their feet (Player can spin but one foot needs to be down on ground. If player with the ball has to jump over another player that is on the ground, the play is whistled dead)
  - g. The ball is fumbled

11. Coaches will be allowed in the huddle and on the field to help organize.  
Cards with plays diagramed can be used in the huddle so the players know where they are going. A play should occur within 30-seconds of huddling. The huddle should break after 20 seconds and the snap of the ball should occur after another 10 seconds. **NO MORE THAN 2 COACHES PER TEAM ON THE FIELD AT ONE TIME.**
12. Neutral zone extends one yards from the tip of the ball. Defensive line needs to maintain the one yard buffer from the tip of the ball. Officials will mark that off before each play.
13. Offensive players need to block with closed hands against chest and elbows out. (Grab own shirt!!).
14. The defensive line players including the CBs are the only defensive players who can cross the line of scrimmage. The defensive line can cross the line of scrimmage after:
  - a. The official's "three banana count" is completed and the official says "rush."
  - b. The ball is handed off or passed.
  - c. The QB scrambles outside the hash- marks.
15. Shotgun snap to RB is legal but is considered a handoff, so D-line can rush immediately without a 3 banana count. Not legal for RB or WR to come in motion and grab ball from center – Under the center snap needs to come directly to the QB.
16. All penalties will be five-yards. There should not be a lot of penalties. If a penalty occurs, the coaches and officials will make a teaching point with the individual to clarify the rules. Likely penalties are:
  - a. Defensive: off-sides (rushing too early)
  - b. Offensive: holding and flag guarding (stiff arming is illegal)
17. In a punting situation, the offensive team will have to declare the punt. There is no rushing the punter. The punting team cannot go down field until the ball is punted. There will be no snap to the punter. Receiving player can muffle the catch and then pick up and run. Once has clear possession, if fumble again then the play is whistled dead.
18. A kick-off will take place to begin the game and after each touch down. The kick-off takes place on the 20 yard line. The receiving team will line-up twenty yards away from the point of the kick-off. If kickoff goes out of bounds the ball will be placed on the 1<sup>st</sup> first down line. Receiving player can muffle the catch and then pick up and run. Once has clear possession, if fumble again then the play is whistled dead.
19. If a safety occurs, the team that has possession will PUNT from the 20 yard line.
20. The quarterback cadence will be "ready, hut".
21. Rubber cleats can be worn. NO METAL!!
22. All participants must keep their shirts tucked in at all times.
23. Prior to the snap, each player must make sure their flags are at their sides. If a play occurs and the ball carriers' flags are not in the appropriate spot, the play will be whistled dead and a 5 yard penalty will be assessed and replay the down.

24. Offense Positions (9 players):

Quarterback, Running Back, Center, Two Guards, Two TE's, Two Receivers

Defensive Positions (9 players):

Four Defensive Line Players, Two Linebackers, two Cornerbacks, one Safety

25. Offensive formations must:

- a. have a quarterback under center or shotgun.
- b. have 2 wide receivers.
- c. have a running back or slot back. (Can line up anywhere off the line of scrimmage but needs to remain between the TE's)
- d. have 7 players on the line of scrimmage including WRs.

26. Defensive formations:

- a. Defense must have 6 players on the line of scrimmage.
- b. Defensive line needs to be in a balanced formation and the defensive ends cannot be outside the TE's. (DE inside shoulder should be parallel to TE outside shoulder)
- c. Two linebackers must line up within the width of the defensive ends and behind the defensive line.
- d. Cornerbacks can be lined up on either side and does not need to be directly opposite the receivers.
- e. Safety needs to be behind the linebackers and centered.
- f. Within one yard of each first down line or end zone there is no limit to the number of players the defense can place on the line of scrimmage or their formation.

27. Positions rules:

A player cannot play the same position on consecutive series and cannot play the same position more than two series throughout the entire game. ONE PLAY IS CONSIDERED A SERIES. The intent is that everyone play each position throughout the season. **Do not rotate players after every play. Players should play the same position the entire series.**

28. Game Length:

Two twenty-five minute halves, running clock. One timeout per half, which stops the clock. If you gain possession of the ball with one minute or less remaining in each half, you will be given 4 plays to complete the half or the game.