**Purpose of League**

* HAVE FUN!
* 3rd – 6th graders (current school year) are eligible to play.
* Give every child an opportunity to play all skill positions on the football field.
* Focus on skills sets for throwing, catching, and open field running.

**Season Schedule**

* Early May – End of June (Sunday afternoon/ evening)
* ~8 games via double header schedule
* Each session is approximately 1.5 hours

**Coaches**

* Each team will provide their own coaches.
* These individuals are responsible for the ACTION OF THOSE REPRESENTING THE TEAM.
* Home team will be the official score keepers of the game.
* Each team will provide one Ref for the game. One Ref will keep the official time keeping of the game.

**Team Makeup**

* Each grade level will have its own “league” (if applicable).
* Games will be played five on five (or 7 on 7) for 3rd -6th graders.
* Any player is allowed to play any position.
* Player rotation is up to the coach’s discretion. However, every player must play equal time on offence and defense.

**Field Dimensions**

* Field Length — 45 yards
* Field Width — 50 yards
* End Zone— 10 yards deep

**Starting Game**

* Coin flip will determine initial possession will be held 10 minutes prior to the game time.

**Time**

* Two (2) 20 minute halves, (running clock)
* Clock is stopped time for the last minute of each half. Normal football clock stoppage is in effect (out of bounds, incomplete passes, “sack”, or a time out is called).
* Halftime is five (5) minutes.
* One timeout per half (timeouts will last 30 seconds).
* Officials on field controls time and score of game.

**Scoring**

* *Offense*
  + 6 points for a touchdown
  + 1 point for conversion from the 5 yard line
  + 2 points from conversion from the 10 yard line
* *Defense*
  + 3 points for an interception
  + 2 points for stopping the offense on downs
  + No points allowed on an interception on an extra point

**Offense**

* All grades – 1QB plus any combo of 4 WR/RB
* RB can split out as a WR.
* All possessions will begin on the 40 yard line.
* Each team will have 25 seconds to put the ball into play; delay of game penalty will be loss of down.
* Play starts on the following: QB picks the ball off the timer on the snap count.
* Play ends when the defense touches the offensive player with one hand.
  + A diving touch is considered a touch.
  + Swiping the jersey is considered a touch.
* No kicking/punting.
* Mid-field is the first down spot. Anytime mid-field is crossed the offensive team receives a first down resulting in four more downs.
* One running play is allowed per offensive possession. No running play is allowed within 10 yards of the end zone.
* BEHIND THE LOS a backward pass/lateral combined with a forward pass is allowed but must be completed within the X second forward pass rule allotment. Any time the QB hands the ball off in the backfield this is considered a run. i.e. if the QB hands the ball off behind the line of scrimmage (LOS) and another player throws it this is considered a run. If the ball this thrown to a WR behind the LOS this is also considered a run.
* Lateral pitches/backward passes are permitted down field.
* If QB drops the ball behind the LOS he can pick it up and still throw/run within the time allotted.
* Fumbles are dead ball at the spot with the last team in control retaining.
* If a lateral pitch\backwards pass occurs anywhere on the field and is fumbled, the ball is dead at the spot of the fumble and is retained by the team that fumbled.
* After ball has been put in play the offense will have to release the ball as a forward pass or run within:
  + 3rd - 4th Grade - 6 seconds
  + 5th – 6th Grade – 5 seconds
* If the QB is in the throwing motion while the buzzer goes off the pass will be considered a valid pass.
* If offense has not released the ball at the above stated time the play will be called dead with loss of down.

**Defense**

* No blitzing, no defensive player can cross the line of scrimmage (LOS) **UNTIL** the ball leaves the QB’s hands. (i.e. if a laterally or a handoff occurs behind the LOS, the defender then can cross the LOS)
* No bump and run defense can be used.
* DB’s can line up (approx.) a minimum of 3 yards off the LOS and a maximum of 10 yards off the LOS.
* Defender covering the QB must stay within approx. 5 yards of LOS until ball is thrown.
* **Interceptions on the extra point** – no points will be allotted.

**Tie Breaker**

* Coin flips to determine possession.
* Normal High School rules apply for Over Time; ball is on the 10 yd line going in to score. The team that scores in the least number of plays wins.
* Teams will play until a winner is determined.

**Special Rules**

* No down field blocking of any kind for the ball carrier is allowed.
* Responsibility to avoid contact is with the defense; deliberate bumping or grabbing will be a 5 yard penalty from the end of the play.
* Coaches are not allowed on the playing field.
* Unsportsmanlike conduct may result in a possible expulsion from the game or league.
* Mouthpieces must be worn at all times. If a player does not have a mouthpiece they cannot play. Extra mouthpieces should be available at the playing field.
* All high school football rules apply where needed. All penalties will be enforced.

**Playoff Seating’s** (tie breaker) – in case of a tie the below criteria will be used to finalize seating’s for the playoffs:

* Season’s record
* Head to head record
* Least points scored on your team
* Coin flip