

1ST & 2ND GRADE ROOKIE TACKLE RULES

FOOTBALL SIZE - PEEWEE

WYSI RULE ON VISORS:

- Eyeshields or visors must be made of a clear, rigid material
- Tinted visors are not allowed, and there are no exceptions to this rule
- If an athlete has a medical need for tinted eye protection, he must wear tinted eyeglasses or athletic goggles

Ball Carrier Weight Rule: There will be no ball carrier weight restrictions for 1st and 2nd grade tackle football.

Team and League rules:

1. Because of all players, all positions, all skills, philosophy, there are no weight restrictions regarding player positions.
 - a. Make every effort to match athletes with similar skill sets against each other on the line. This is a learning opportunity for the kids. They don't learn when one kid physically dominates another every play.
 - b. The goal is to have kids play all different positions throughout the season with the opportunity to be a lineman or a skill player.
2. USA Football modified rules:
 - a. The playing field is 40-by-35 & 1/3 yards.
 - i. Sidelines are at numbers on a traditional football field and should be marked with additional cones
 - ii. Teams always start on the plus-40, always going in toward the end zone
 - iii. After each play, the ball is marked in the middle of the field
 - b. Each game is made up of four (4) quarters of 10 minutes each with a running clock. Halftime is FIVE MINUTES. Each team is granted TWO timeouts per half. Timeouts do not carry over from half to half and are ONE minute in length
 - The clock will follow normal HS/MS Rules only for the final TWO MINUTES of the 4th quarter
 - The running clock will only stop in the following situations.
 - Timeout

- Injury
 - Change of possession (allow the teams to set up back at the 40 yard line)
 - Before the final 2 minutes of the game, all Extra Points will still be timed. Clock will only stop reset the ball on the 40.
- A spike, incomplete pass, running out of bounds, and touchdowns before the last two minutes of the 4th Quarter WILL NOT stop the clock. Defensive penalties, under two minutes, will give the choice to the offense to stop the clock or continue running.
- There will be a 40 second play clock on all plays
 - This rule will be loosely used during the season but will be enforced during playoffs

c. NO OVERTIME DURING REGULAR SEASON - GAMES CAN END IN A TIE

d. ALL PENALTIES WILL BE ENFORCED AT 5 YARDS

- Offensive penalties incurred with the offense on the starting 40yd line will result in a loss of down rather than a loss of yards. However, if you get a penalty on the 39, you lose the 1 yard back to the 40 but get to keep your down.

f. Coaches on the field: Each team is allowed two coaches on the field at all times to facilitate faster play calling and keep the speed of the game and activity levels high. Once the huddle is broken, the on-field coaches may assist in alignment but there are no audible calls or changing of plays allowed.

i. Teams have the option to have an offensive and defensive coaches who switch on change of position

ii. Extra instruction will receive one (1) warning and all continued infractions will result in a 5-yard penalty

lii. Defensive Coaches are NOT ALLOWED CALL OUT WHERE THE PLAY IS GOING while on the field. You are only there to assist in formations to help speed up play. Put the kids into their positions and let them read the play. This is how they learn. This will result in a 5 yard penalty

g. No special teams

i. There are no kickoff or punts. The game starts with the ball on the plus-40, and if the ball is turned over on downs, the team's flip sides, and the ball is placed back on the 40-yard line.

ii. No extra points by a kick. All PATs are replaced by a run or pass try from the 3-yard line for 1 point, or the 5-yard line for 2 points.

h. Offensive regulations

i. Each play must have three (3) offensive linemen for 7 man format and (5) offensive linemen for 9 man format– a center and two guards, one on either side of the center for 3 man alignment – center and two guard on either side of center flanked tackles on outside shoulders

1. Guards and Tackles are required to play from a two-point stance

2. The distance between guard and center may not exceed three feet (1 yard).

3. Because of “all players, all positions, all skills” and the changing of positions during the game, the three offensive linemen must identify themselves by raising their hands as they approach the line of scrimmage.

a. Once identified as an offensive lineman, players may not shift to another position.

ii. The offense must have four (4) players on the line of scrimmage in 7 man format and (5) players on line of scrimmage in 9 man format

iii. There is no quarterback – center exchange

1ST GRADE The QB will start with the ball in their hands. Head coaches will stay by QB until everyone on offense is set and then allow their QB to yell “GO” and start the play

2ND GRADE The QB will start with the ball on the ground. Head coaches will stay by QB until everyone on offense is set and then allow their QB to yell “READY” “SET,GO” and start the play

iv. The non-offensive line players may be deployed in positions at the coach’s discretion: QB, RB, FB, TE and WR in any numbers

1. As long as one is on the LOS

v. There will be no “trips” formations

vi. Motion is not allowed

vii. There are no cut blocks (any block below the waist) allowed by any player on any point of the field

viii. QB Sneaks are not permitted, QB runs must be off-tackle (B Gap to Boundary)

ix. There are no empty formations. There needs to be at least one back in the back field with the QB.

i. Defensive restriction

i. Defenses may only have two defensive lineman for 7 man format and 4 defensive linemen for 9 man format

1. Defensive lineman must be in a two-point stance 1 yard off of line of scrimmage

2. Defensive lineman must be aligned on the guards head up or outside shade

a. Players in a shade must always have one foot aligned inside the stance of the opposing guard.

ii. The defense must have one player at least ten yards from the ball.

iii. The remaining players may be deployed at coach's discretion but must be five yards off the ball unless covering the offense's fourth offensive player on the line of scrimmage.

1.If the ball is inside the 3-yard line, the four non-linemen, non-deep players may align on the goal line.

iv. There are no "blitz" or "stunt" plays from any defensive backer position

v. "A" gap is not to be used and Center is to remain unopposed

vi. The space between the offensive and defensive lines is to be marked by two flat cones at a 1 yard distance.

j. Fumbles are live on offensive recoveries, but will be called dead on defensive recoveries

3. **PLAYOFFS OVERTIME:** Each team will be awarded 4 plays from the 10-yd line. If a team scores, they can go for either a 1 or 2 point conversion. If the game remains tied after each team possesses the ball, the game will be called and ended in a tie. No overtimes in the regular season, games can end in a TIE. Coin flip will determine who gets first possession.

4. Whether the league is 7v7, 8v8 or 9v9, all games will be played as such. No modifications to the onfield player numbers will be allowed if a team shows up with the minimum number of players to play. Example in 7v7, one team is short from their roster but has 7 kids available to play. They must play all 7 kids. Should a kid get injured or need to be taken out, then both teams will then play 6v6 until that player can return. In 6v6, you must use a Guard, Center, Guard on the OL and only TWO Defensive Linemen. Same logic applies to all leagues