

5TH/6TH GRADE TACKLE RULES

FOOTBALL SIZE - JUNIOR

SHOTGUN OR PISTOL - NO UNDER CENTER FORMATIONS IHSAA RULES GOVERN UNLESS CALLED OUT IN MODIFICATIONS BELOW

Playing Field: Regulation 100-yard field

Ball Carrier Weight Rule Chart:

Division	Max Running Weight lbs	Max TE Weight lbs
3rd	95	100
4th	105	110
5th / 6th	115	120

- *Weight restrictions only apply to offensive positions.*

All players exceeding the maximum running weight, in their division, will not be eligible to line up in the backfield, or play wide out for any reason. They will also not be eligible to carry the ball. If any player is over the maximum running weight but does not exceed the maximum TE weight, then they will be eligible to play TE and catch passes from that position. TEs are eligible to catch and advance a forward pass, but cannot be lined up in the backfield. TEs cannot line up off the LOS (line of scrimmage), must ALWAYS line up on the LOS and cover up an offensive lineman.

Coaches on Field: Coaches are NOT permitted on the field during play. One coach is permitted on the field during timeouts.

Clock: Four 8-minute quarters / 5-minute half time / 40 second play clock on all plays

- IHSAA clock rules for stoppage will be used. Most clock stopping events are reiterated below

- PRIMARY CLOCK STOPPING EVENTS
 - (a) Following a touchdown, field goal, touchback or safety.
 - (b) When a forward pass hits the ground.
 - (c) When the runner has gone out of bounds.
 - (d) Following a fourth-down play where a change of possession has occurred.
 - (e) At the end of a play where a flag has been thrown.
 - (f) Timeouts
 - (g) Injuries
 - (h) When a runner is tackled clearly beyond the line-to-gain (first down) stake, inbounds.
 - After a first down is awarded to Team A where the ball becomes dead inbounds, the Referee will start the game clock when the ball is spotted
 - (i) Change of possession

- The try (extra point) that follows a touchdown is not a timed down.

Timeouts: Each team is allotted two timeouts per half

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

Mercy Rule: If a team goes up by 25 points or more, the score will freeze and game/outcome score is final. However, the game will run to completion under a running clock.

SpecialTeams:

Punt: Must notify the opposing team and the refs that intend to punt.

- **Ball at Feet:** Ref will place the ball at Punter's feet, both teams will get in ready positions, ref will blow the whistle, punter has 5 seconds to get the kick off, defense must keep 9 players within 5 yards of the line of scrimmage until the ball is kicked, coverage team cannot release until the ball is kicked.

or

- **Snapped:** If snapped – Defense can rush the punt / Offense can run a fake

Kickoff: Kickoffs from the 40 / receiving team must have 5 players lined up between the 50 & 40. We will play using the IHSA rules for the kickoffs regarding the ball traveling 10 yards for an onside kick regardless if it's intended or not.

PAT: Can be advanced via rush, pass, or kicking

- The offense has the option of having the ball placed at the 3-yd line for a 1-point conversion, or they can have the ball placed on the 5-yd line for a 2-point conversion.
- If the offense chooses to kick–
 - **No Snap:** Line of scrimmage will be on the 3-yd line and ball will be spotted on the 10-yd line, ball will be placed at the holders feet, ref will blow the whistle, holder has 5 seconds to place the ball on the block tee and have kick executed, if no kick within 5 seconds, play called dead and the PAT is unsuccessful.
DEFENSE CANNOT RUSH. 2 points awarded for a successfully kicked PAT.
 - **Snap:** Offense can run a fake and defense can rush the ball.

Field Goal: Must notify the opposing team and the refs that your team intends to kick a field goal.

- **No snap:** ball will be placed at the holders feet 7 yards off the line of scrimmage, ref will blow the whistle, holder has 5 seconds to place the ball on the block tee and have the kick executed, if there is no kick within 5 seconds, play called dead, and opposition takes possession of the ball at the original line of scrimmage or the 20-yd line if kick crosses goalline.
- **Snap:** Offense can run a fake and defense can rush the ball.
- 3-points will be awarded for successfully kicking a field goal

Format: 11 vs. 11 football

Offense:

- All Center/QB exchanges to be in Pistol or Shotgun - no snaps under center
- Must have 7 players on the line of scrimmage
- It's encouraged that all down linemen get into 3pt stance but if player is unable then modify to a 2pt stance
- Must always have at least 1 other player besides the QB in the backfield – **No empty formation permitted**
- No hurry up / No Huddle offense not allowed until last two minutes of the 2nd/4th quarter
- No QB Sneaks allowed (QB Draw & QB Dive permitted from shotgun)

NON APPROVED OFFENSIVE FORMATIONS

Since we are forcing the defense to play an even front with 2 high safeties, we are limiting formations that the offense can line up in.

will not be using formations that our base defense would check out of 4-3 Cover 2, such as (but not limited To):

- 2 TE formations
- Quads
- Bunch
- Stack
- Tackle Over
- Unbalanced
- X Over
- Tight Wing
- Double Wing
- Full House
- Empty

If you are unfamiliar with any of the above formations, please reach out to your grade level director or the overall commissioner with questions.

Defense:

- 4-3 defense ONLY consisting of 4 down linemen, 3 linebackers, 2 corners, and 2 safeties – using a Cover 2 scheme or man
- **Safeties** (TOES) at depth of 10 yards off LOS
- **Linebackers** (TOES) at depth of 5 yards off LOS
- **Cornerbacks** (TOES) at depth of 5 yards off LOS
- **Defensive Tackles** can line up heads up on the guards or shade the inside or outside shoulder. One tackle may shade on the center, but is not permitted to play the center head-up. Must be in a 3 or 4 point stance.
- **Defensive Ends** can line up in any shade on tackles or tight ends. They need to be in a 3 point stance. 2-POINT STANCES ARE NOT PERMITTED. If in a shade, then they have to be within the framework of the offensive player's body.
- If in a goalline defense with offense inside the 5-yd line or 1-yard to go, safeties can be 5-yards off of LOS, and Cornerbacks and Linebackers 2-yards off LOS.
- **Blitzing** - 2 players (LBs and CBs only) may blitz per play. Blitzing backs must blitz from depth, no walk-ups. **NO DOUBLE A-GAP BLITZES permitted.**

Turnovers: Any player, regardless of weight, is permitted to advance the ball on fumbles or interceptions.

Tied Game: Any game tied at the end of regulation will result in overtime

- **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. Coin flip will determine who gets first possession.

Overweight QB Exception – A player who has shown a skill set to likely develop into a quarterback is permitted to request exception to play QB. Exceptions must be agreed upon by all teams within the division. Players playing with the exception are not permitted to rush the ball. They can handoff, or throw, but are not permitted to cross the LOS. These exceptions should only be considered in situations where all head coaches agree to it. **Over the limit players MUST play the line or QB, no other offense position will be allowed!**

GAME RULES RELATED TO HOW MANY PLAYERS ON THE FIELD - This league plays 11v11. No modifications to the onfield player numbers will be allowed if a team shows up with the minimum number of players to play. Example - Gold Rocks have a roster of 14 but only 11 show up to the game. The game will be played 11v11. If a player gets injured during the game or needs to come out, then the teams will move the game down to 10v10 until that player can return to the game.

POSITIONS IF PLAYING LESS THAN 11 V 11

10 V 10

- OFFENSE: 5 OL & 5 Skill Players (QB, RB, TE, or WR). 7 Players need to be on LOS
- DEFENSE - remove a Safety (4 DL, 3 LB @ 5 yards, 2 DB @ 5 yards, 1 S @ 10 yards)

9 V 9

- OFFENSE: 5 OL & 4 Skill Players (QB, RB, TE or WR). 6 Players need to be on LOS
 - OL are always ineligible receivers even if they are not covered
- DEFENSE: remove a Safety & Linebacker (4DL, 2LB, 2CB, 1S)
 - If no WR is split on their side, CB still needs to be at 5 yards depth and outside widest player on LOS