



All Conference 5/6 Rules 2011

3/8/11

The YSF was established to provide young players with a competitive tackle football league to develop and enhance their desire to learn and develop their abilities as a football player. All our coordinators and coaches are focused on the ideal of providing each player an opportunity to learn a defensive and offensive football position and practice those positions in game situations. The following rules have been adopted by the league to make it possible for this mission to be carried out.

(Below are the YSF 5th-6th grade football rules. We will follow the NFHS for all other rules)

SECTION I: Playing Field

- 1a. The playing field will be a standard high school field (120 yards in length and 53 1/3 yards in width) or a regulation 8-man field.

SECTION II: Clock

2a. The clock will stop for change of possession, penalties, touchdowns, P.A.T.'s, injuries, out of bounds, and incomplete passes and punts. We will use the NFHS Rules following kicks. The 30 second clock will start with the ready for play. The game clock starts with the snap for any of the above situations.

SECTION III: Equipment

- 3 a. All players must have their helmet, shoulder pads and pants that they were fitted for and assigned to at practices and games. Any player missing any of these items will not be allowed to borrow from another player in order to play.
- 3 b. Hooded sweatshirts are not allowed under the uniform. All clothing worn under the uniform must not show except at the arms.
- 3 c. A player may play with a cast as long as the league has a written note from his doctor and parents before any practice or game. The player must use a soft cast prescribed by the doctor or a hard cast with 1/2" thick polyurethane foam covering as stated in the Iowa High School football rules book. For further questions we will refer to the rules book.
- 3 d. All players must have a fitted mouthpiece to be eligible to play.
- 3 e. Metal cleats are not allowed. Players may wear rubber or hard plastic screw-in cleats. If the screw-in cleats become worn to where the metal is showing, the cleats must be replaced or the shoes changed.
- 3 f. No jewelry can be worn during practice or games.
- 3 g. **All standard equipment worn by a player must be YSF approved.**

SECTION IV: Practices

- 4 a. Practice Times:
Week 1 & Week 2 – 8 hours maximum per week with 2 hours maximum per day.
Week 3 until the end of season- 6 hours maximum per week with 2 hours maximum per day.
The YSF has specified the maximum practice time per week of the program and they can be padded or unpadded practices. Each YSF community may decide how closely they follow these guidelines without exceeding them.
- 4 b. The first two days of practice must be helmets and shorts for all players. If a player joins late he/she must go two days in helmets and shorts before going full equipment.
- 4 c. Water must be available at all practices. Players may get a drink as needed.
- 4 d. When the temperature reaches 90 degrees or the humidity is at 85% or higher, teams must practice without equipment on. Practices must also start after 5:30 P.M.
- 4 e. All coaches and parents should watch the weather situation. Practices are cancelled when lightning is spotted. Other conditions may also warrant cancellation. Coaches must use good judgment.
- 4 f. Practices should be scheduled around religious and school training.
- 4 g. **Players will not be allowed to practice if the YSF office does not have the player's registration form, signed waiver and payment.**
- 4h. **All practices are designed to develop and enhance a football player's individual and team development. Attendance at practice may be a factor in determining a player's actual playing time on game days.**

SECTION V: Player Weight

- 5 a. Players may be weighed in shorts and t-shirts and without shoes and socks at sign up time.
- 5 b. The offensive line consists of the league specified number of positions, which include but are not limited to, the following positions; center, guard, tackle and tight end. Offensive line players are not limited by any league prescribed weight limit. Any other player at any other offensive position must have a season weight of 110 lbs or under and may attempt to advance the ball on any type of play behind the line of scrimmage.
- 5 c. Coaches and parents should do everything in their power to discourage cutting weight to play a position. **To the discretion of the YSF Regional Directors, any coach encouraging a player to cut weight will be dropped from the YSF program. Any parent who is caught encouraging his/her child to cut weight for a position, may jeopardize their child's participation in the YSF League. This will also be to the discretion of the YSF Regional Directors.**
- 5 d. All players weighing between **105-112 lbs** at registration will be re-weighed at the conference jamboree. This will be the player's 'official weight' for the season. The YSF office will get a list of the players who fall under this category to the coordinators prior to jamboree. The list will also include any player not officially weighed at registration. **The player weight must be turned into the YSF office no later than the Friday prior to the first game for both the 3rd /4th and 5th /6th grade programs. This information will also be made available on the YSF website.**
- 5 e. Until the YSF office receives a player's 'official weight' that player will be ineligible to participate in games.
- 5 f. All players over 110 lbs. will be required to have a red sticker on the front of their helmet for identification.
- 5 g. Any player who is found to be taking performance-enhancing supplements/drugs (ie: steroids or creatine) will be dropped from the YSF program.

SECTION VI: Offense

- 6 a. The offensive line will consist of seven players on the line of scrimmage. The interior line will consist of one (1) center (handles the snap of the football), two (2) guards (one on each side of the center and no more than 1 yard split from the center), two (2) tackles (each one on the outside of the guards and no more than a one yard split from the guards). The tight end position can be one (1) or two (2) ends that are split no more than 1 yard from the tackle and are part of the interior line. If you are using two tight ends that makes seven players on the line of scrimmage. You may also make either one or both your ends, split ends. If you choose to use split ends, the split between the end and the nearest tackle must be at least seven (7) yards. No additional players are allowed on the line of scrimmage. No more than two (2) backfield players may be on either side of the quarterback either before, or simultaneously with the snap of the ball.
A team cannot use an unbalanced line set. You must have 3 players on each side of the center, on the line of scrimmage.
- 6 b. Anyone who receives a direct snap from the center may NOT run between the center and the guards.
- 6 c. A tight end, as defined by section 5a, who has a season weight of greater than 110 lbs, must line up within 1 yard of the tackle and cannot be a split end. All tight ends may only receive forward passes beyond the line of scrimmage.
- 6 d. Offensive line players are not limited by any league prescribed weight limit. Any player playing in the offensive backfield or split end must be 110 lbs. and under.
- 6 e. **No straight (stiff) arm above the shoulders.**
- 6 f. All blocks must be above the knees.
- 6 g. **Any player not on the line of scrimmage is a backfield player.**

Rationale

The number of questions the YSF has received concerning formations was quite large this year. A number of coaches were experimenting with different offensive alignments. The YSF believes that we need to adjust our offensive rules in order to address this issue. The YSF thought a rule change would better meet coaches' needs, rather than issuing a lengthy article that showed legal formations. The YSF believes that these rules will not cause undue restriction on legal formations.

SECTION VII: Defense

- 7 a. **On the defensive line of scrimmage you may have a maximum of six (6) players and a minimum of four (4) players. You may cover any offensive player either on or off the line of scrimmage except the center, as long as your defensive player is head up on the offensive player.**
- 7 b. Any player that is not one of the six on the line of scrimmage must be 5 yards off of the line of scrimmage before the snap of the ball. Any player on the line of scrimmage who is covering a man who goes in motion or shifts, does not have to move back 5 yards if he was covering the player before he moved.
- 7 c. No players off the line can violate the 5-yard depth rule before the ball is snapped. (No creeping forward prior to snap).
- 7 d. Inside the 5-yard line the Linebackers and Defensive Backs can be on the goal line; one of these players may cover the center. From the 2-yard line to the goal line, the player covering the center must be in a three or four point stance.
- 7 e. A player that lines up over an offensive tackle or offensive guard will be in a down position. Our league defines the down position to be a three or four point stance.
- 7 f. A player may not be tackled or pulled to the ground using any part of the helmet. The penalty will be 15 yards from the end of the run.
- 7 g. **No horse collar tackles. A horse collar (in the YSF) is defined as placing the hand inside the side or back (not the front) of the jersey or shoulder pads and grabbing or pulling the runner. It does not matter if the runner is tackled and taken to the ground or forced out of bounds. It is still considered a horse collar in the YSF rules (15 yard penalty from the end of the run). This rule is in place for the safety of our players.**

SECTION VIII: Kicking

- 8 a. We will not kick off. The team choosing to receive at the coin toss will start their possession with the ball placed in the middle of their 30 yard line. After a safety the ball will be placed on the 50 yard line
- 8 b. When punting, the kicker must kick the ball from a spot at least five yards behind the line of scrimmage. The kicking team may have a center and kicker and the receiving team may have no more than two deep players to catch the ball. The team may leave all 11 players on the field if they wish. There will be no rushing the punter or returning the punt. The ball is dead where it is touched or where the receiving team gains possession of the ball, whichever is further. All punts are a minimum of 25 yards, but may be more if the receiving team does not gain possession of the ball. If a team elects not to punt the official will move the ball 25 yards.

Kicking – cont

- 8 c. Any punt possession between the 10-yard line and goal line, will automatically be spotted on the 10-yard line and the receiving team will start from the 10 yard line. Note: this rule does not apply on a change of possession. A punt into the end zone will be spotted on the 20-yard line.
- 8 d. A team may not punt inside their opponent's 30-yard line.
- 8 e. When you score a touchdown you can attempt to run for a P.A.T. or kick for a P.A.T. Both teams should have all 11 players on the field if they wish.
- 8 f. You may NOT rush the kicker, shout or jump to attempt to block the kick. (15 yds. after change of possession) The defense is allowed to have both hands raised during the kick. If a defensive player jumps, shouts or rushes the kicker the offensive team will have another chance to kick and the defense will not be allowed on the field.
- 8 g. You may NOT 'fake' a kick or a punt. If you decide to kick the ball for a P.A.T., a field goal (or punt), you must kick the ball.
- 8 h. You may kick a field goal. Field goals (and P.A.T.'s) should be kicked 5 yards behind the line of scrimmage. Same rules apply for field goals as with P.A.T.; no rushing, shouting or jumping to attempt to block a field goal.
- 8 i. **When a team is kicking an extra point, field goal or punting, the defending team must stay on the field. Players should be on their knees with their hands in the air.**
- 8 j. Kicking a P.A.T will be worth 2 points; running or passing a P.A.T. will be worth 1 point.
- 8 k. The clock will stop for all kicks.

SECTION IX: Game Time & Miscellaneous

- 9 a. Game coaching staff will be limited to one (1) Head Coach and four (4) Assistant Coaches. The Head Coach will be the only coach that can discuss game situations with officials. Only one coach can be on the field during a timeout.
- 9 b. **Head coaches will and must exchange line up cards prior to the game on game day. The cards must be completely filled out and include all rostered players. Failure to produce and exchange the card at least 5 minutes prior to the start of the game, could result in your team forfeiting that particular game. The head official will make that call.**
- 9 c. The YSF Office recommends that a team consist of 18-22 players. The YSF will allow up to and including 30 players on one team. If a community registers 31-60 players they must go to two teams. Every additional 30 player total will require an additional team.
- 9 d. The YSF is recommending that you have at least 2 adult officials (preferably 3) on the field at all times. **The head official must be 21 years or older.** YSF also recommends that one of these be high school certified. Every YSF official will know all current YSF Rules. It will be up to the coordinator to make sure these rules available to all officials at least one week before the Jamboree. The coordinator should also have a copy of the current rules at every contest.
- 9 e. We will run 7- minute quarters. NFHS rules will apply on the clock. Two time outs per half with no carryover. Halftime will be 7 minutes.
- 9 f. The clock will stop for change of possession, penalties, touchdowns, P.A.T.'s, injuries, out of bounds, and incomplete passes and punts. We will use the NFHS Rules following kicks. The 30 second clock will start with the ready for play. The game clock starts with the snap.
- 9 g. At the mid point of quarter 1, quarter 2, and quarter 3 the clock will be stopped. Coaches will use the clock stopping to substitute players that they have not had a chance to substitute during the first half of the quarter. The teams will stay on the field and coaches will stay on the sideline during this timeout. The timeout will not be a charged timeout to either team.
- 9 h. The offense must run a play within 30 seconds of the ball being marked **and signaled ready for play.**
- 9 i. Each team will receive 2 time outs per half with no carryover to the second half.
- 9 j. A team that is ahead by 18 points in the second half may not call a time out **unless you are substituting.**
- 9 k. A game tied at the end of regulation is a tie game. No over time will be played.
- 9 l. Weather may result in the cancellation of a game at any time; the home coordinator will make this decision. Visiting coordinators should check with the home team coordinator for weather situations.
- 9 m. Half time is considered a completed game. In bad weather situations a game may be called at half and count as a completed game.
- 9 n. In the event of rain, special game or other circumstances beyond our control, the game will be moved to either the practice field, another suitable field or even cancelled. If a game is cancelled it may be rescheduled. **All rescheduled games will be the responsibility of the town coordinator and two head coaches to their approval and discretion.** YSF is not responsible for the rescheduling. All rescheduled games must be completed before the final Bowl Games. Dates and scores should be reported to the YSF office A.S.A.P.
- 9 o. Sportsmanship must prevail at all times. **ANYONE** (coach, player, parent, fan etc.) may be ejected from a game or practice due to; negative outbursts, acts or threats. They will also be suspended/banned from the next game. If ANYONE is ejected twice from a practice or game they will be ejected from the YSF football program.
- 9 p. **All YSF illegal formations or rule violations stated above will be a 5- yard penalty.**
- 8 q. Every Jamboree host site will be covered by at least one medical person. It is recommended that you have at least one medical person at all games.
- 8 r. If a team's roster falls below 15 players, a team may take up to 3 players from another team within their own YSF community to supplement their roster for a particular game. The 3 players may only play on the offensive line, and can't play any other position. If your roster is below 15 for more than one game throughout the season, you must use 3 different players on a rotating basis. You must notify your respective YSF Regional Director, your town coordinator, the opposing team's coordinator, the opposing head coach, and the officials prior to the game being played. You must provide them the names, jersey numbers of the players who will be playing on the offensive line to fill your roster.
- 9 s. **If a team is up by 35 points at half time, the scoreboard will be turned off.**