

## 5th/6th Grade Tackle Football 2018 Rules

### General Guidelines

1. Combined 5<sup>th</sup> and 6<sup>th</sup> grade teams
2. Multiple teams from one school divided evenly (balanced)
3. Heads up football techniques and philosophy
  - a. Membership encouraged – certify coaches
    - i. <http://usafootball.com/headsup>
    - ii. Concussion certified mandatory for all coaches
    - iii. <https://nfhslearn.com/courses/61037/concussion-in-sports>
4. Healthy competition with development of all players is the main goal
  - a. Host responsibilities
  - b. Stopwatch for officials to keep time
  - c. Chains-chain gang
  - d. 2 Referees for each game
    - i. Must be at least 2 high school aged kids
    - ii. If you have a first year referee try to match them with your most experienced officials/Adults.
5. Weather Cancellations - Responsible for calling all coaches/coordinators that would be at your site for that day.
6. Game Rules - 2 game double header against 2 different teams
  - a. 40 minute games
  - b. 20 minute halves
  - c. Running time kept by officials
  - d. Time stopped for injuries, time-outs, and touchdowns
  - e. 2 time-outs per half 1 minute in length
  - f. 5 minute half time
  - g. Offense starts at the 40 yard line going in
  - h. 4 plays to get first down - 10 yards, else turn-over to defense back to 40 yard line
  - i. TD's are 6 points
  - j. Point after touchdown conversion
    - i. 1 point for successful run & 2 points for successful pass
7. No Blitzing
  - a. Linebackers must start 5 yards off of the L.O.S.
  - b. Only Defensive Line can cross the line of scrimmage before a clear hand-off is made or qb leaves the tackle box on a run
  - c. Defensive Linemen will wear wristbands to differentiate who can be past line of scrimmage. Defensive lineman must be in a 3 or 4 point stance.
  - d. In the case of a blitz by non-D-Lineman there will be a 5 yard penalty and the down will be replayed.
  - e. If the blitz happens a 2nd time it will be a 10 yard penalty and replay the down

- f. The third blitz or any thereafter are 15 yard penalty from line of scrimmage and automatic first down, and unsportsmanlike conduct penalties on the coach.
  
- 8. No defensive touchdowns – turn-overs are blown dead and defense takes over at the 40
- 9. 4-4 defense only (4 defensive lineman, 4 linebackers, 2 corners, 1 safety)
  - a. No defensive lineman may line head up on the center
  - b. Defensive tackle must line up head up the guard or outside shade of the guard
  - c. Defensive ends must line up head up the tackle, outside shade of the tackle, inside shade of the TE, head up the TE, or outside shade of the TE
  - d. D-line cannot line up in gaps and must be in a 3 or 4 point stance
  - e. D-line can slant on the snap but not stunt to other gaps
  - f. Linebackers can shade to gaps but must keep back
  - g. Outside Linebackers can not be wider than the most interior eligible receiver (Generally the slot or TE)
  - h. Safeties and corners must stay minimum 6 yards off of the line of scrimmage
- 10. No unbalanced offensive line formations – all other legal offensive sets are permissible
- 11. On a fumbled QB center exchange as long as the QB recovers the ball the play will continue.
  - a. If another offensive player recovers the ball then the play will be blown dead and it will be a loss of down
  - b. If a defensive player recovers the fumbled snap then it will be considered a turnover
  - c. In a shotgun situation, the rule remains the same on a bad snap, except:
  - d. When the QB has to turn his back completely to retrieve the ball the play will be blown dead and it will be a loss of down. Ball will be placed back at original line of scrimmage.
- 12. Any loss of yardage **on a play that is ruled down** behind the 40 yard line, the ball is placed back on the 40
- 13. Any player weighing 110 pounds or less will be permitted to carry the ball out of the backfield, Any players 111 or more can play TE and **CAN ONLY CATCH A FORWARD PASS**
  - a. Each town will be responsible for weighing in their players
  - b. Each town will fill out a roster of each team with player numbers and weight and send them to Tom Middagh, [tmiddagh@isd110.org](mailto:tmiddagh@isd110.org) in Waconia to keep master rosters for each team.
- 14. Offensive backfields should be rotated every series – emphasis on different players carrying the ball (Currently no penalty for this unless it starts to create issues)

15. No QB sneaks (1 Warning per game and redo down) (2nd time 10 yard Penalty) QB draws and sweeps are allowed.

16. No cut blocking (1 Warning per game and redo down) (2nd time 10 yard Penalty)

17. 2 Offensive coaches are allowed in the huddle

18. 30 seconds for offensive huddle play calling and substitutions – not firm but do your best to keep huddles moving (referees reserve the right to call it at anytime)

19. 2 defensive coaches are allowed on the field – behind the safety during the play

## 20. Penalties

### 5 yards

1. false start/illegal motion – give leeway early in the season especially if no advantage is gained or contact prior to the snap is made
2. encroachment/off-sides– give leeway early in the season especially if no advantage is gained or contact prior to the snap is made.
3. Holding
4. Face-mask

### 10 yards

1. illegal block in the back – open field defenseless player
2. horse collar tackle
3. unsportsmanlike behavior (2nd Unsportsmanlike is an ejection and 1 week suspension)
4. Tackling using the face mask
5. Cut Block
6. QB Sneak (Warning for 1st time and replay down)
7. 2nd time blitzing a LB or DB

### 15 yards

1. 3rd time or later blitzing a LB or DB