

2018 4th Grade Tackle Football

General Guidelines

1. Heads up football techniques and philosophy
 - a. Membership encouraged – certify coaches
 - i. <http://usafootball.com/headsup>
 - b. Concussion certified
 - i. <https://nfhslearn.com/courses/61037/concussion-in-sports>
 - ii. Mandatory for all coaches
2. Healthy competition with development of all players is the main goal
3. 2 Referees for each game
4. Game Rules
 - 1 game - 40-60 plays depends on the day and flow of the game
 1. The team that will start with the ball is determined by a coin flip.
 2. The team that loses the coin flip will get the choice at half time to start with the ball first or second after half time.
 3. The field will be divided in half. Each team will begin at the 40 yard line of the defense and have 10 offensive plays.
 4. After each team has had the ball for 10 plays it will be half time.
 5. 2 time-outs per half
 - a. 1 minute length
 6. 5 minute half time
 7. TD's are 6 points
 8. Point after touchdown conversions (These are extra plays and do not count as 1 of the 10 plays)
 - a. 1 point for successful run
 - b. 2 points for successful pass
 5. No Blitzing
 - a. Linebackers must start 5 yards off of the L.O.S.
 - b. Only D-Linemen can cross the line of scrimmage until a clear hand-off is made or qb leaves the tackle box on a run
 6. No defensive touchdowns – turn-over is blown dead and remainder of 10 plays starts back at the 40.
 7. 4-4 defense only
 - a. No defensive player may line head up on the center
 - b. Defensive Linemen must line up head up or outside shade of the lineman across from them.
 - c. D-line can slant on the snap.
 - d. Linebackers can shade to gaps but must keep back
 - e. Safeties and corners must stay minimum 5 yards off of the line of scrimmage
 8. Offense must always have 5 down offensive linemen,
 9. No unbalanced offensive line formations
 10. A fumbled QB center exchange is blown dead unless:

- a. the QB is the first to recover the football. In that case the play will continue on.
 - b. If QB does not recover it first it is a loss of that down.
 - c. If the defense is the team to recover then it is a turnover and the ball goes back to the 40 yard line to finish the rest of the 10 plays.
11. Any loss of yardage **on a play that is ruled down** behind the 40 yard line, the ball is placed back on the 40
12. Any player weighing 95 pounds or more will not be permitted to carry the ball, they can play TE and **CAN ONLY CATCH A FORWARD PASS**
- a. Coaches will have a list of players, with jersey numbers that are not eligible to carry the ball.
- 13.. 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)
14. No QB sneaks-Can do a QB draw out of shotgun (1 Warning - Redo down, 2nd time or more is a penalty)
15. No cut blocking (1 Warning - Redo down, 2nd time or more is a penalty)
16. 2 Offensive coaches are allowed in the huddle
17. 30 seconds for offensive huddle play calling and substitutions – not firm but do your best to keep huddles moving (Not currently a penalty)
18. 2 defensive coaches are allowed on the field – behind the safety during the play
19. Penalties

<p><u>10 yard penalties:</u> Illegal block on the back Illegal Blitz Holding Horse Collar Tackle Unsportsmanlike behavior Pass Interference</p>	<p><u>5 yard Penalties:</u> False start Encroachment Off Sides Facemask</p>
--	--

Please make sure the players have the mouth guards in at all times

Please remember the kids are learning the game, so please call only the penalties that are really noticeable. Explain to the kids what they are doing wrong. The games are for fun.

There is no blitzing! Never! Not by anyone!

Points of Emphasis:

- Encourage your defensive players to play with their heads up. For safety, they need to see what they hit.

- Proper use of helmet:

- Do not tackle with your helmet - this is very dangerous for the tackler.

- Do not dive into, or onto people helmet first.

- Do not block with your helmet.

* If you see any of this - correct it immediately.

- Blocking:

- Hands should stay within the frame of the body and your head should be up so you can see what is ahead of you. If the defender turns and runs, you cannot block him in the side - this is illegal blocking.