

Iowa Developmental Youth Football League
6th grade Football Rules

GENERAL LEAGUE RULES/GUIDELINES

There will be no league standings kept throughout the year. This is a re-emphasis of the fact that this level is about learning skills/fundamentals/the game itself. Scores will be kept at the games but as mentioned – no transfer to league standings.

The season: 6 weekends of play (1 scrimmage “in house”/5 games)

August 19: practices may begin.

Scrimmage Day: September 8

September 15 – October 13: first playing weekend

Practice Dates & Guidelines:

- Weeks 1&2: teams can practice no more than 4 times for 90 minutes.
 - It is recommended that teams practice no more than 2 days in a row before taking a day off.
 - The practices 1-2 are non-padded, practices 3-4 can be helmets only.
 - The first full pad practice is week 2
- Week 3-end: teams can practice no more than 3 times a week for 90 minutes
- No practice can be held prior to the start date as determined by the governing board of the league.
- It is recommended that time is spent each night on USA football blocking and tackling instruction with aligned drills.
- Contact Limitations for practice:
 - no more than 30 minutes a week may be considered LIVE CONTACT drills or practice.
 - Once games begin, it drops to 20 minutes a week in practice. Live Contact is defined as a drill or scrimmage situation in which a player is going full speed, there is game-like contact with another player, and there is no designated winner of the drill or play.
 - The first practice following a game MUST BE a helmet only practice.

Coaches in each community will determine the location of practice as determined by local league guidelines.

Players will be spread throughout each community's number of teams. Competitive balance will be the goal of this league. Any team or community that establishes an “all-star” team will have that team ineligible for participation until the changes have been made.

All players at this level will be of the same grade. There will be no playing “up” or “down” by anyone. You play the grade you are in during that season.

All teams will complete a league approved and supervised weigh-in scrimmage weekend. If a player is not present to weigh-in at this time, they must have a doctor approved (signed) weight taken before they are allowed to participate. There are NO exceptions to this rule.

There will be weight limits in place for the skill players.

- QB/RB/WR/TE/WB positions must be 115 or under – anyone over will play on the line.

All rules governing the game in grade 6 will be those used in the middle school level of football according to the IHSAA/NFHS rules.

Special Rules for 6th grade level:

Punting will be a part of the 6th grade game. This play will be governed the following way. You are not required to punt but if you choose to:

- a. The punter can line up no closer than 7 yards from the snapper.
- b. There will be no rush on the punter.
- c. Once punted the punting team can “cover” the kick but they cannot tackle or make contact with the return man.
- d. If the punt is muffed, it will be placed where it was muffed. The kicking team cannot recover a muffed punt.
- e. No fake punts are allowed.
- f. If the punt does not travel 25 yards, the ball will move 25 yards from the line of scrimmage and be placed 1st and 10 for the receiving team.
- g. If a ball travels farther than 25 yards, it will be placed where it lands or is caught. If a ball hits the ground and rolls an additional 20 yards, it is placed where it hit first as long as it was 25 yards.
- h. All punts will be an automatic fair catch in the air.
 - i. The purpose of these rules is to develop specialists for the coming years and also give certain kids a role within their team if they have the skill set.

Timing

- a. All 6th grade games will play 4 quarters – 15 minutes in length continuous clock stopping only for the last two minutes of each half. 90 min max block of time.
- b. Clock will always be stopped for
 - i. Touchdowns
 - ii. 2-point conversions

Blitzing/Stunting

- a. There will be no blitzing allowed. Defense must read and react.
- b. There will be no defensive line stunts allowed.
- c. Penalty for blitzing a LB/Corner/Safety – 10-yard penalty.
 - i. This applies to run or pass blitzing of LB and DB

Kickoff

- a. No kickoffs – the ball will be placed at the 40-yard line to start the game and the second half.

Offense

- a. Any offense is allowed to be run
- b. Motions and shifts are allowed as long as they are within the NFHS rules
- c. QB, RB, WR, TE, WB must be 115 or under – anyone over will play on the line.
- d. The following plays are NOT allowed
 - i. A GAP RULE: there will be no running plays between the center and guard (within 1-yard of center) when QB is under center. If a team chooses to run from the shot-gun formation, you are allowed to run plays into the A gaps.
- e. After a touchdown, the scoring team is allowed a 2-point conversion play. During this play, the weight limits are removed on ball carriers/throwers/receivers. This is a non-timed play.

Defense

- a. No zone coverage can be played in the secondary, all pass coverage will be man to man coverage.
- b. No LB blitz or DL stunts
- c. You must leave the center uncovered at all times.

RULE REGARDING UNSPORTSMANLIKE CONDUCT OF COACHES:

The League regards poor and/or bad sportsmanship as unacceptable and completely intolerable. Coaches are expected and required to lead by example in constantly demonstrating fair play and sportsmanship to all players.

The League has adopted a '**Zero-Tolerance Policy**' concerning coaches that display **Unsportsmanlike Conduct**. Coaches that are flagged by an official for the same will be subject to an **immediate, automatic, non-appealable expulsion from the game in which the infraction occurred**. This removal includes physically vacating the premises/venue where the game is being held and will be completed voluntarily by the offending coach. **(If the offending coach refuses to leave the venue, this will result in permanent league expulsion).**

In addition, the offending **coach will be subjected to an automatic one (1) game suspension**, which will be served at the next scheduled league game.

RULE REGARDING SPORTSMANSHIP OF SPECTATORS:

Spectators are required to demonstrate positive sportsmanship in respect to their players, opposing team players, parents, coaches and game officials. Spectators who are unable to demonstrate proper sportsmanship will be removed and/or be subject to **permanent league expulsion**.

Any game official, in an IDYFL league game, has the authority to remove a spectator from the premises of an IDYFL game if the official feels that this individual(s) is exhibiting inappropriate and unsportsmanlike behavior that takes away from the contest.

Approved/Updated June 2023