

Greater Grand Forks Youth Football

5th/6th Grade Guidelines & Playbook

Paul Strande, Executive Director – ggfyfdirector@gmail.com

John Stempinski, Coaching Coordinator - ggfyfassistant@gmail.com

Team Name: _____

Coaches: _____

Items in Equipment Bag - 5th/6th Grade

- 6 Junior Size Football
- Small Mesh Bag Containing 13 Helmet Covers
- 8 Disc Cones
- 1 First Aid Kit
- Agility Ladder
- Playbook

Greater Grand Forks Youth Football

Guidelines for the 5th/6th Combo League

General

- Practices will be held Monday, Tuesday and Thursday evenings beginning at 6:00 pm. Practices will last until 7:30 / darkness. After the first three weeks practice will be Tuesdays and Thursdays.
- All GF team practices will be held at the fields east of Purpur and Gambucci Arenas. These arenas are located on the south side of Demers across from the Main GF Fire Station. See the website for practice locations of other towns in our program.
- All Games will be played at Ulland Park in Grand Forks on Saturday mornings beginning at 9:00 AM. Players should arrive by 8:30 for proper warm-up for the games.
- In case of inclement weather, cancellations will be posted on the website, our Facebook site and Twitter page.
- No league standings will be kept. This is an instructional league to promote proper technique, to encourage participation and to develop a sense of enjoyment in the sport. **ALL PLAYERS MUST PLAY EQUAL TIME.** Coaches are responsible to enforce this guideline.
- It is the coach's responsibility to teach all players the **proper techniques to promote safe play and good sportsmanship!**

Weight Restriction

- **Offensive skill position players and punt returners will have a weight restriction.** No offensive player who exceeds **130 pounds** may carry the ball. Player weights will be taken during equipment checkout. Players with a **GREEN** dot on top of helmet will be eligible to carry or catch the ball, players with **RED** dot are ineligible to carry or catch the ball. Any coach who fails to enforce this rule or intentionally deceives this rule will be subject to a ONE GAME suspension.
- Defensive players who exceed this limit may advance the ball if they intercept a pass or recover a fumble.

Greater Grand Forks Youth Football

Pre-Season

Week #1

- Players will only wear helmets w/mouthguards, practice jerseys & cleats for Practices 1 & 2. Practice 3 will be helmet and shoulder pads only. First week of practice will focus on skill development using circuits by grade.

Week #2

- Shoulder pads and helmets only for Practice #4 provided that the players have had two (2) helmet only practices. Continued emphasis on fundamentals. Practice 5 & 6 will be fully padded provided the players have had 4 practices already.

Week #3

- Full padded practices provided players have had two (2) practices with helmets only and two (2) practices in shells. Jamboree will take place on Saturday morning at end of week 3.

This follows USA Football's guidelines for preseason practices

Fundamental circuits will focus on Blocking, Tackling, Ball Security and Takeaways. Practice guidelines and drills will be developed by a GGFYF Coaches Advisory Committee consisting of area High School Head Coaches.

Greater Grand Forks Youth Football

Game Days

Game Administration

- A coin toss will be executed according NFHS Rules Book. There will be no kickoffs so the team that wins the toss may elect to **take the ball, defend a goal, or defer to the second half**. The offensive team will take possession of the ball on their own 30-yard line.
- League rules for basic penalty yardage enforcement will follow North Dakota eleven-man rules.
- Because we are a fundamental league, all coaches MUST help coach proper enforcement of the rules. ***The only way players will stop committing penalties is if coaches correct the player committing the penalties.***
- Games will be two 20-minute halves with a 5-minute halftime. Teams will have 4 downs to get a first down. On 4th down, teams may choose to punt or go for it. Actual punting will begin Week #3 of practice. No Punt Rush is allowed by the defense.
- There is NO OVERTIME.
- **Teams are allowed ONE 30 second timeout per half. This timeout can only be used in the last two minutes of a half**
- Two coaches may be in the huddle; however, the offense must break the huddle within **30 seconds** of the time the official spots the ball ready for play. Offensive coaches must stand behind the offensive team. Defensive coaches must move 25 yards downfield before the play begins so they will not be in the way.
- Teams will only use the footballs provided by GGFYF for practices and games.
- All teams must lineup to shake hands at the conclusion of the game. Referees shall be present as teams shake hands. Emphasis on SPORTSMANSHIP should be made by referees and COACHES. Any unsportsmanlike acts may result in a ONE game suspension.

Greater Grand Forks Youth Football

Scoring

- A touchdown will be worth six (6) points.
- PAT - Point after Touchdowns will be handled as follows. Offense can place the ball at the 3-yard line to attempt a one-point play. Offense can place the ball at the 5-yard line to attempt a two-point play.

Offense

- All offensive formations and plays must be from the GGFYF playbook. **No EXCEPTIONS**
- 6th grade will use the Pro, Trips, Twins and **Spread** Formations.
- Running backs must line up in the backfield between the tackles. ***I-backs or split backs***
- All quarterbacks must line-up under the center.
- No QB Sneaks. QBs are not allowed to run the ball with the exception being on 4th down. On downs 1st – 3rd the QBs must throw the ball away if no one is open. On 4th down if no one is open, the QB may tuck the ball and run. They must **TUCK** the ball and once they tuck the ball, they cannot switch to throw the ball. This must come from a designed play in the playbook, no Naked Bootleg plays
- No pre-snap motion is allowed.
- No Crack Blocks (WR coming down on S or W linebacker)
- Unbalanced offensive lines are prohibited.
- Offensive linemen are required to block the player that is lined up head-to-head on the line of scrimmage.
 - No double-teaming, no pulling, no trapping, no cross blocking allowed on running plays.
- Offensive line splits may be no less than one (1) foot and may not exceed one (1) yard.

Huddle

- Teams should be able to break the huddle within 30 seconds of the ball being placed and official spotting the ball. Excessive delays will be called a penalty.

****COACHES MUST MODEL AND COACH SPORTSMANSHIP****

Greater Grand Forks Youth Football

Defense

- The Defense used will be a head-up 4-3 with a cover 2 shell.
- Defensive players shall be lined up as follows:
 - The interior linemen (DT's) must line up head to head with the corresponding Offensive Guards. Interior Lineman must use a three or four point stance. Interior linemen may not stunt on a pre-designed or premeditated play upon the snap of the ball.
 - Defensive ends may shade outside shoulder of the tight end or offensive tackle (whichever is on the end). DE's can be in a two or three point stance.
 - Linebackers may line up no closer than 4 yards from the line of scrimmage.
 - Linebackers must line up between the offensive guard and tackle to their side. Cornerbacks must line up outside the Defensive Ends.
 - Defensive backs may line up no closer than five (5) yards from the line of scrimmage. NO PRESS COVERAGE
- Defensive line slants and stunts are **PROHIBITED**. Defensive lineman must always engage the blocker. No shooting the gaps! Once they have engaged the offensive linemen they may then shed the block and make a play.
- Linebackers, Cornerbacks and Safeties may not blitz or stunt on a pre-designed or premeditated play upon the snap of the ball. Linebackers, Cornerbacks and Safeties may, however, respond to an offensive play i.e. a ball carrier and cross the line of scrimmage to make a tackle.
- Defensive lineman and linebackers are required to get into positions of alignment and not move. Defensive players are prohibited from deliberate pre-snap movement for the purpose of causing an offensive procedure violation.

****COACHES MUST MODEL AND COACH SPORTSMANSHIP****

Greater Grand Forks Youth Football

Violations

- Offensive and Defensive personal foul violations will result in the following penalties:
 - First infraction referee warns player and coach
 - Second infraction by the same team results in a penalty.
 - Second infraction by the same player results in a major penalty and player suspension for one half.
- **Flagrant Fouls:** Any participant that has committed a flagrant foul will be immediately ejected from the game and suspended from attending and participating in the next game. Subsequent infractions will result in review by the Board and possible expulsion from the league.

Unsportsmanlike Conduct

- Unsportsmanlike conduct can be called for swearing, fighting, and arguing with an Official or any act that detracts from the purpose of the game. When such conduct occurs, a major penalty will be assessed and the Player or Players involved will be ejected from the game. In those cases, the Executive Director should be notified immediately after the game so that proper action can be taken. This same rule also applies to Coaches and obnoxious Parents or Spectators. The discretion of the attending Officials will prevail. If Coaches or Parents demeanor warrants it, action can and will be taken by the Board against that Parents related team, as deemed appropriate by the Board of Directors.

Jamboree Guidelines

Coin flip or Rock, Paper, Scissors to see who gets the ball first

- Team A – 11 minutes to run as many plays as they can
- Team B – 11 minutes to run as many plays as they can
- 5 minutes for water
- Team A – 11 minutes to run as many plays as they can
- Team B – 11 minutes to run as many plays as they can

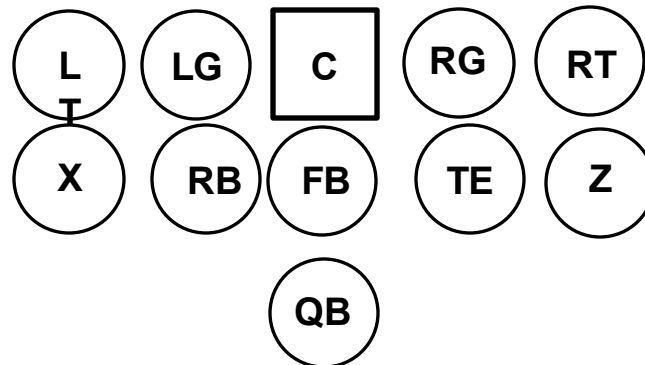
- Teams start possession on the opposite 30 yd. line
- Referees will be instructed to call the obvious penalties
- If a team scores a Touchdown the ball goes back to the 30 yd. line to continue running plays
- No First Downs, just run as many plays as possible in 11 minutes
- Teams should shake hands, high five or fist bump the other team after the game
- QUICK Whistles should be used

5th/6th Grade Playbook

HUDDLE ALIGNMENT

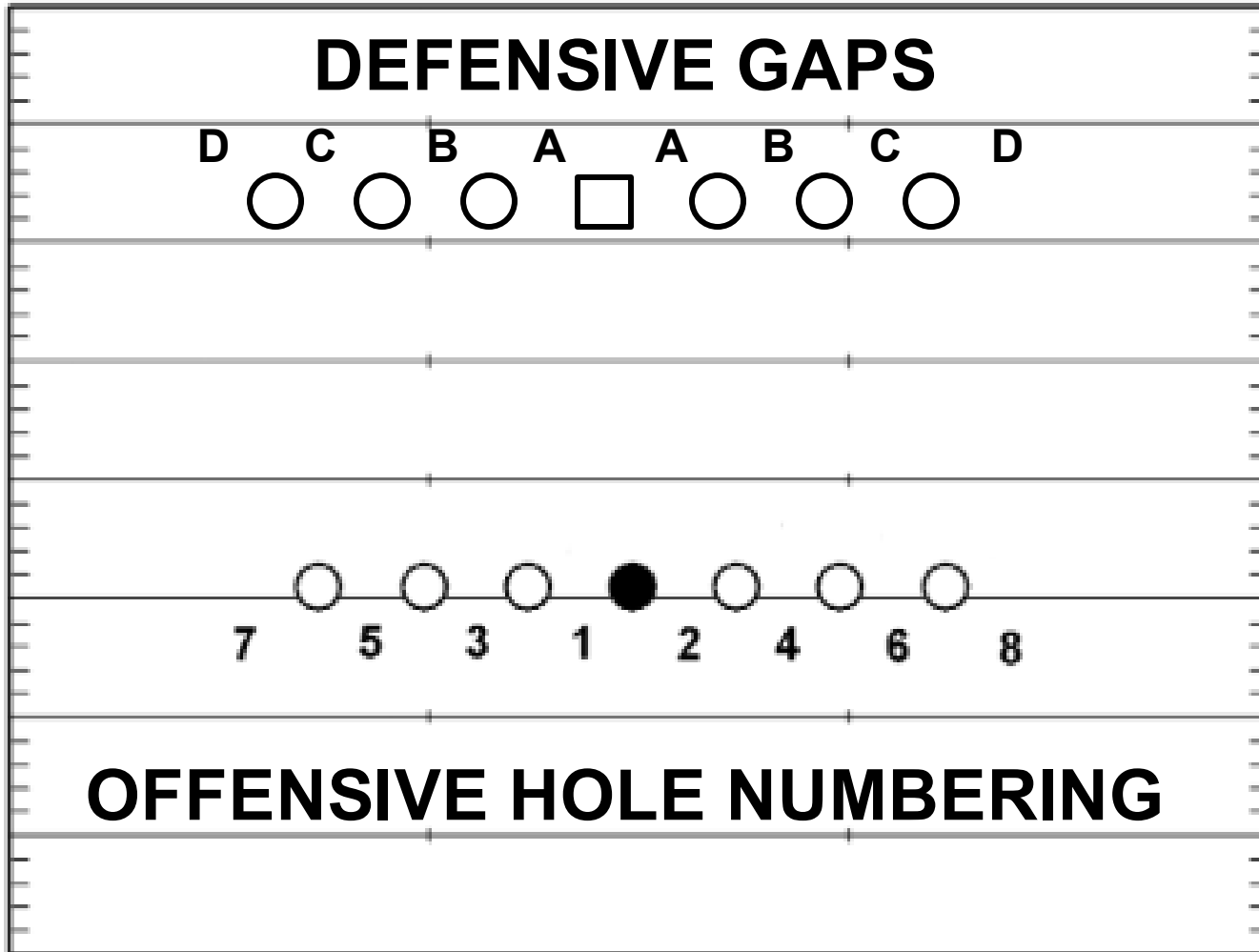


Huddle is 5 yds. from football

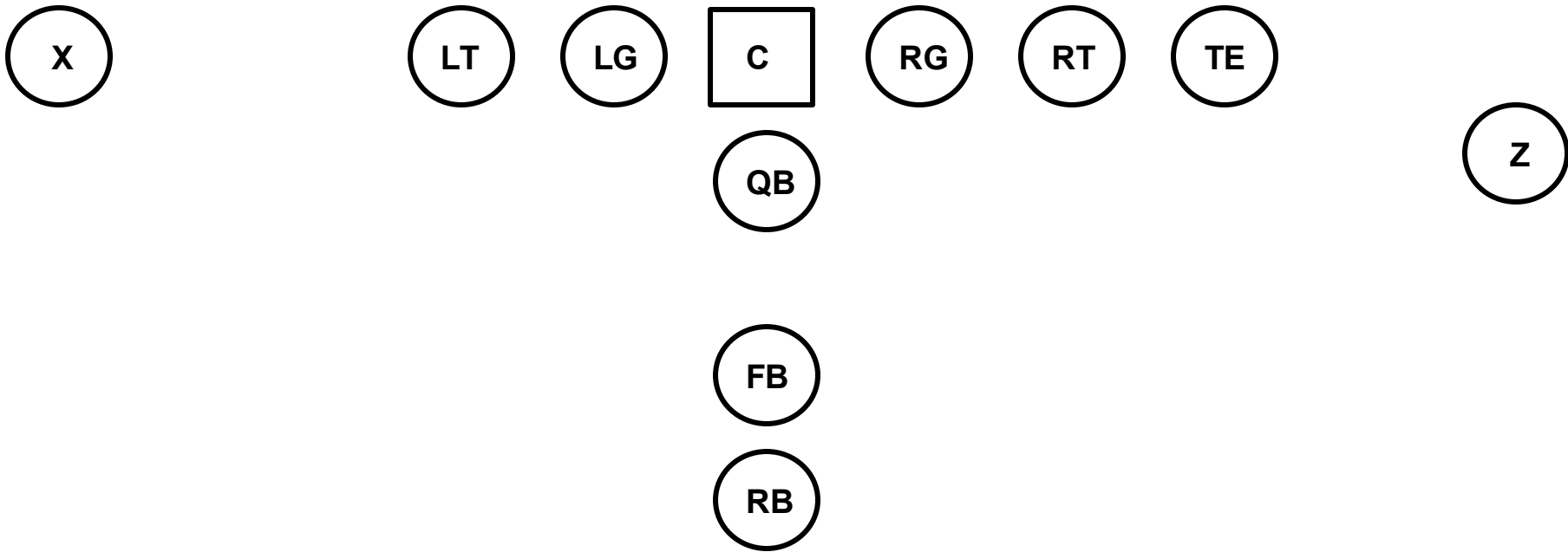


Coaches

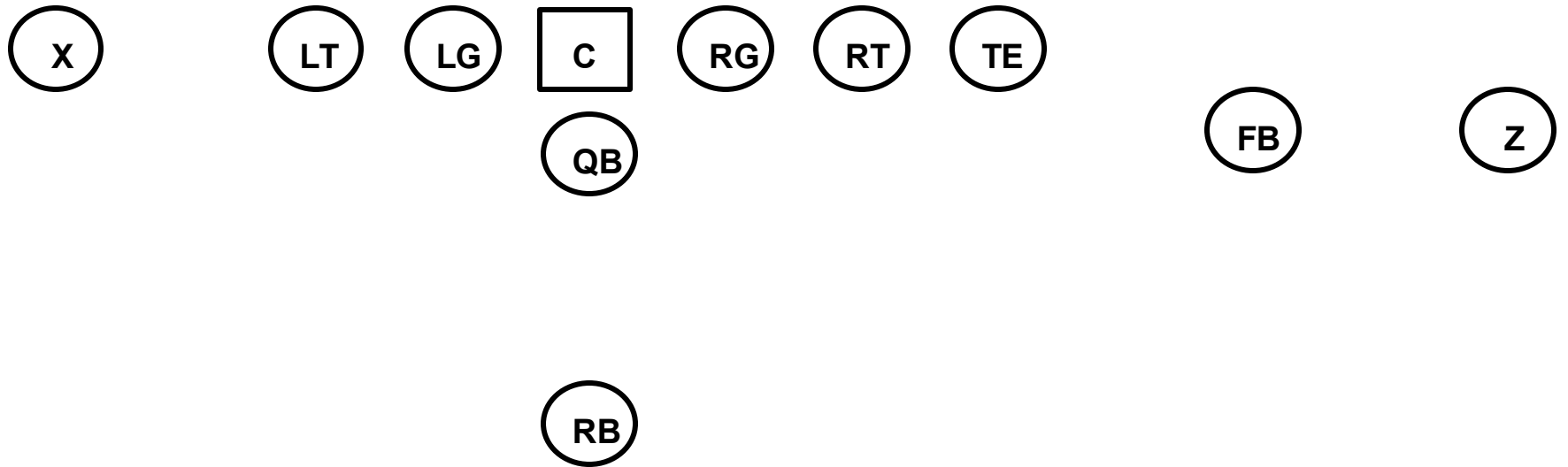
Greater Grand Forks Youth Football



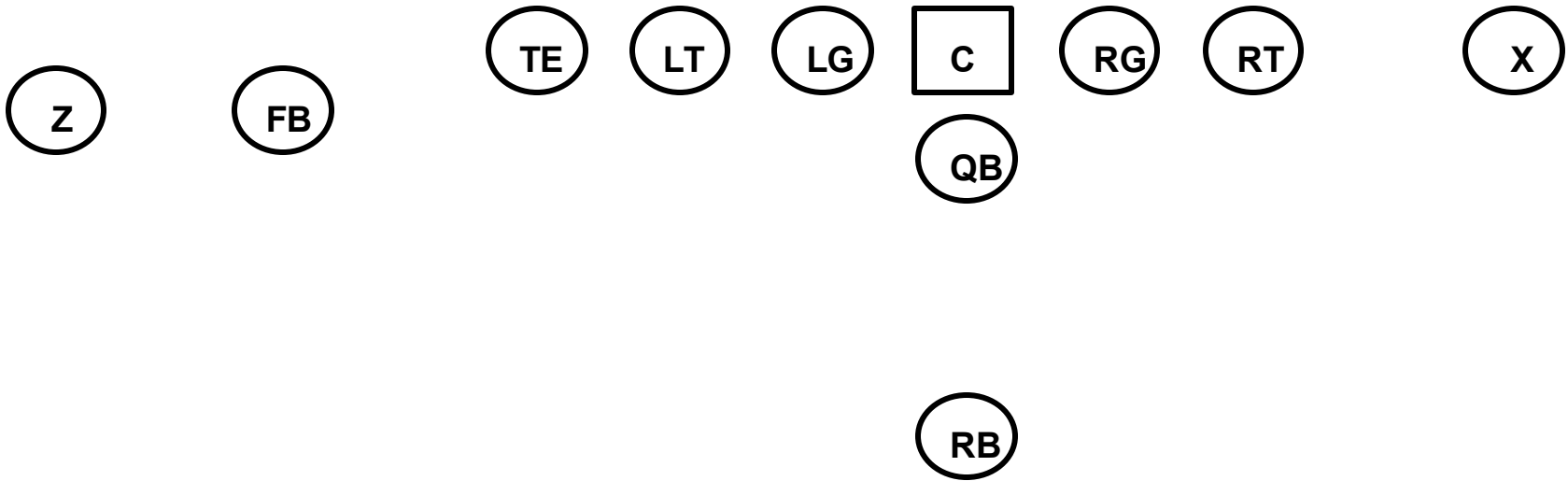
Pro Right Formation



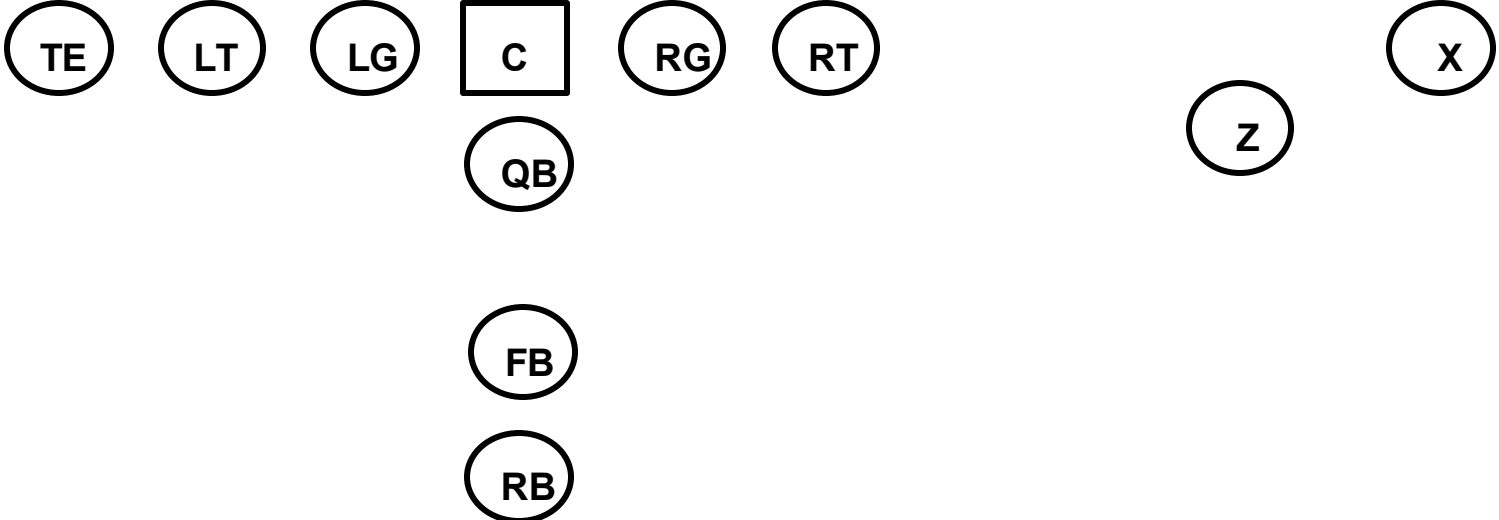
Trips Right Formation



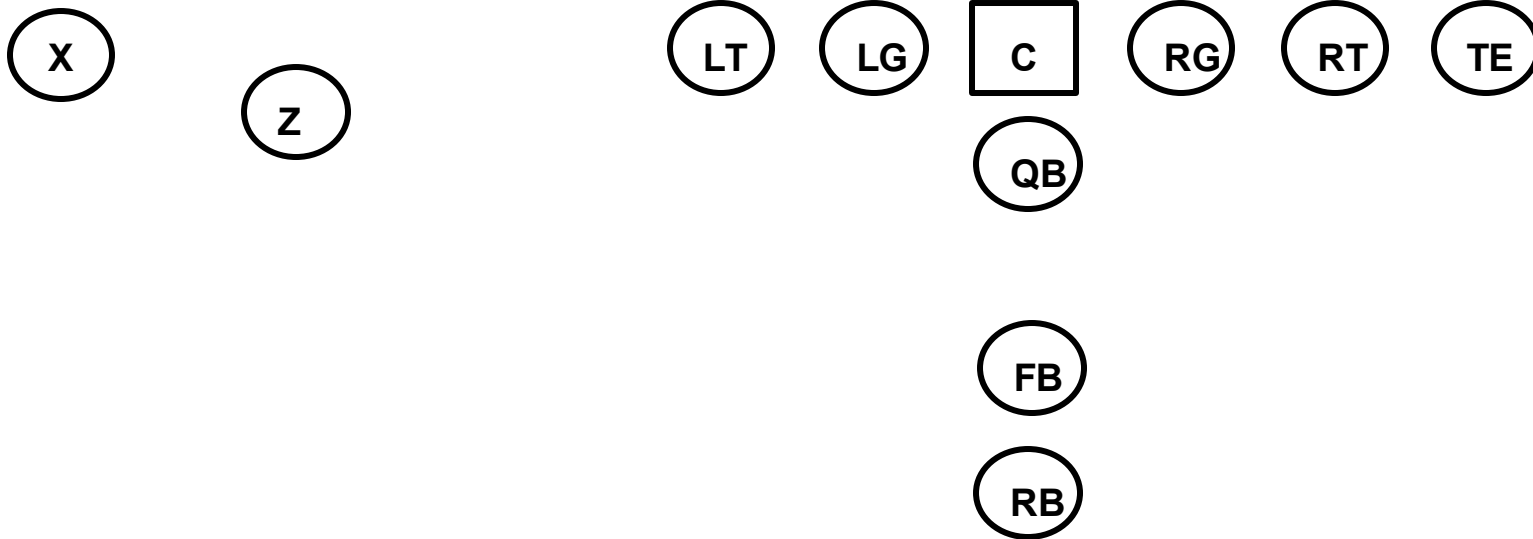
Trips Left Formation



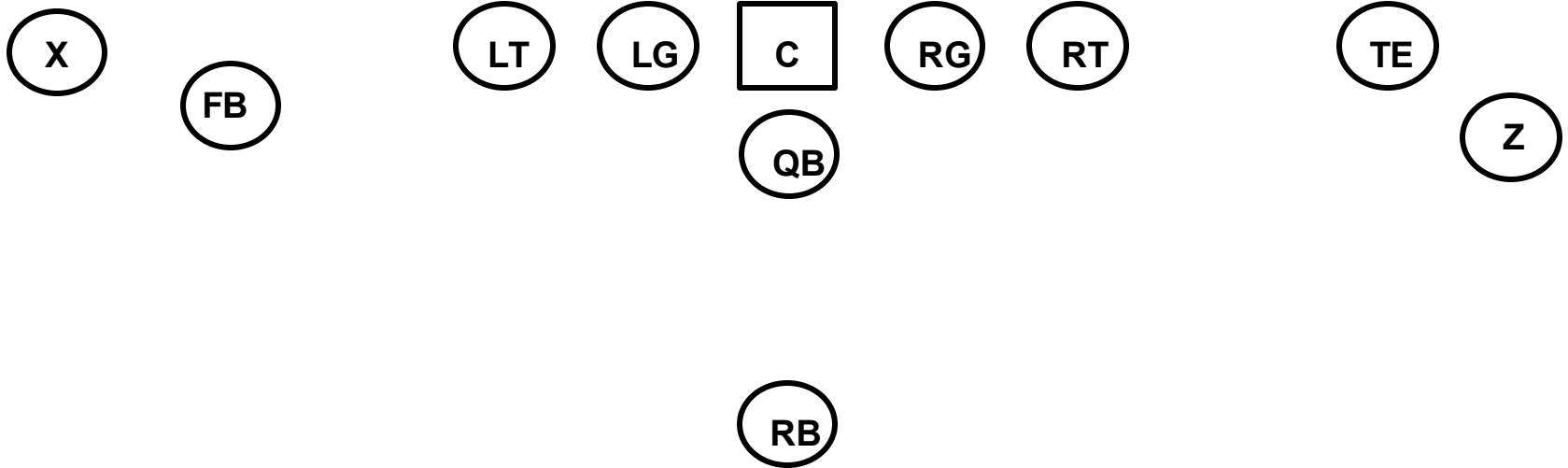
Twins Right Formation



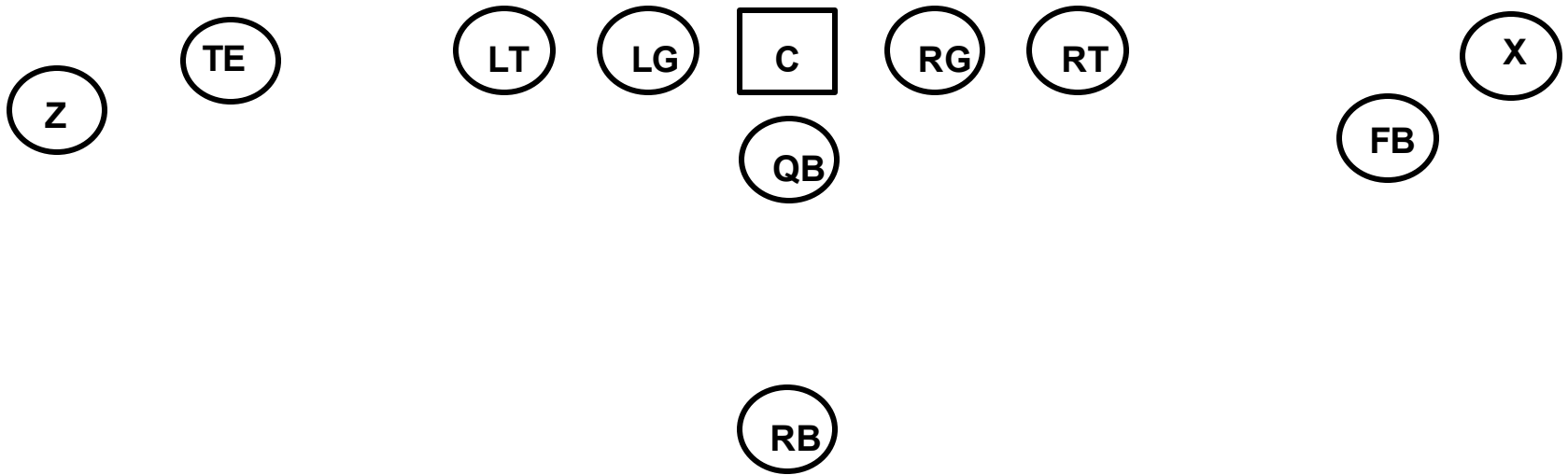
Twins Left Formation



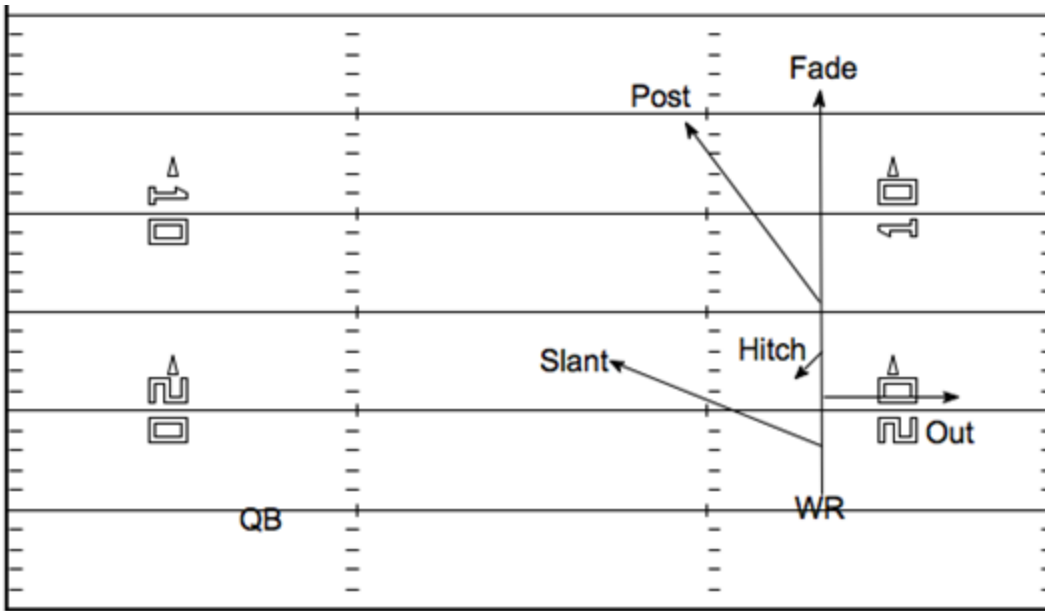
Spread Right Formation



Spread Left Formation



WR Passing Tree



FADE - Go Route, after 10 yds. look for ball over inside shoulder as you keep running

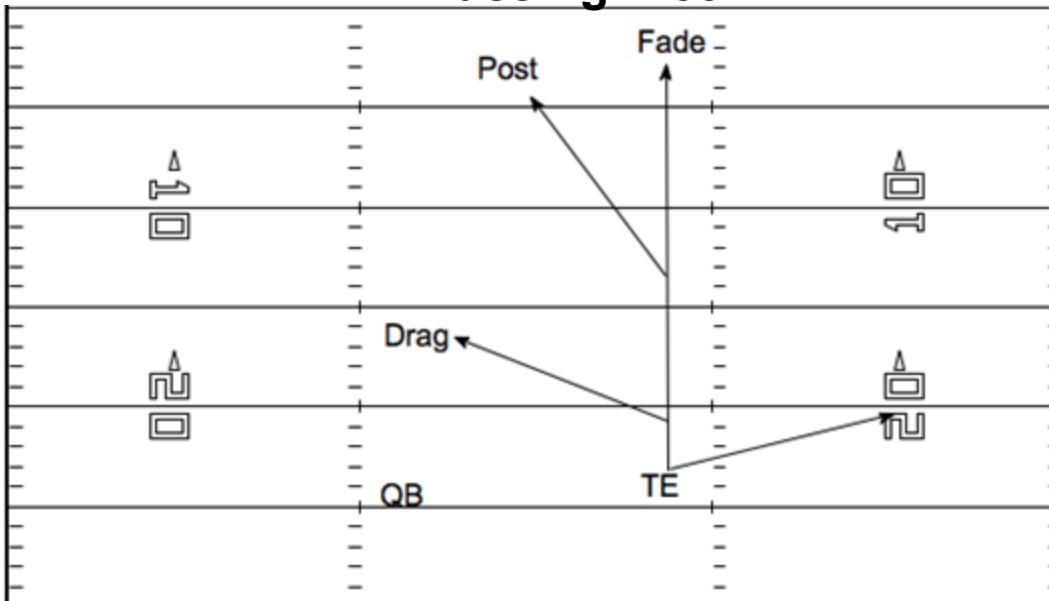
POST - Break at 10-12 yds., stay tall on angle

HITCH - Five hard steps, then break back towards QB

SLANT - Three steps and then slant in off third step

OUT - Four hard steps and then Square Out

TE Passing Tree



FADE - Go Route, after 10 yds. look for ball over inside shoulder as you keep running

POST - Break at 10-12 yds., stay tall on angle

DRAG - Three hard steps, then run behind the LB's

ARROW - On snap, TE runs towards where CB was lined up

5th/6th Grade Formations

Pro, Trips & Twins

Run Plays

17-18, 23-24, 35-36, 37-38

37-38 Reverse and 37-38 Fake Reverse

37-38 HB Pass

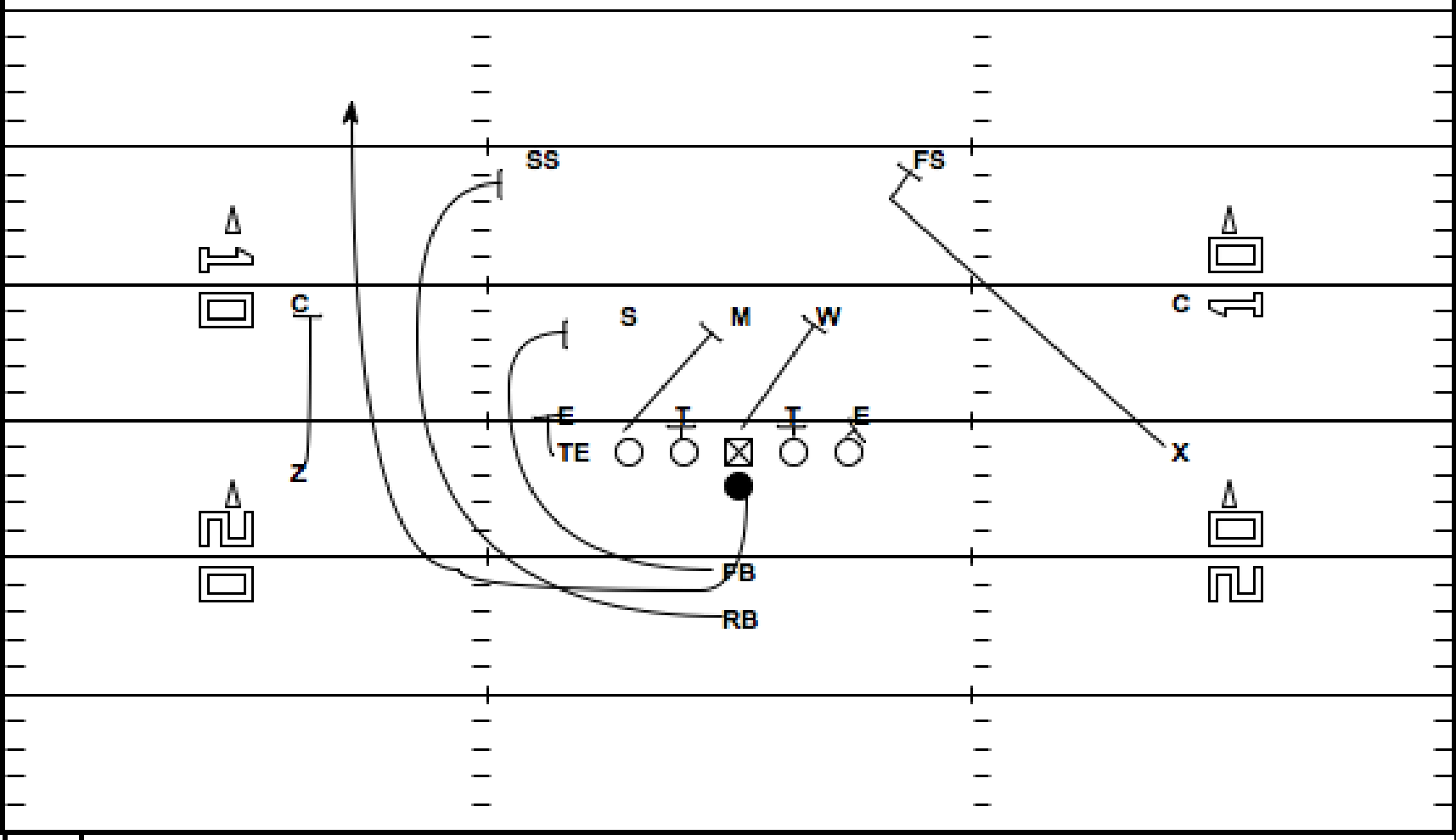
Pass Plays

Play-Action Pass

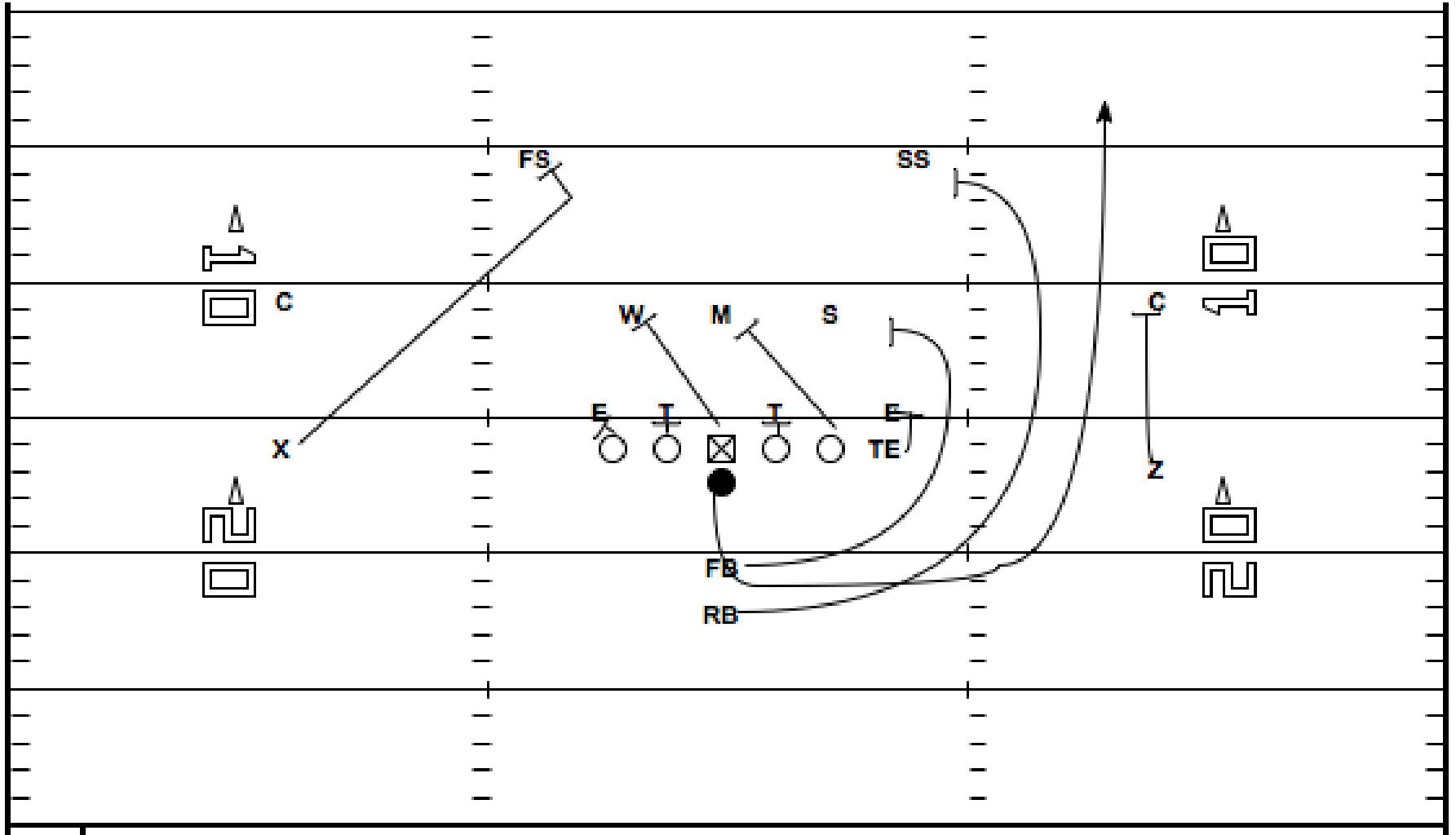
3-Step Pass

Bootleg Pass

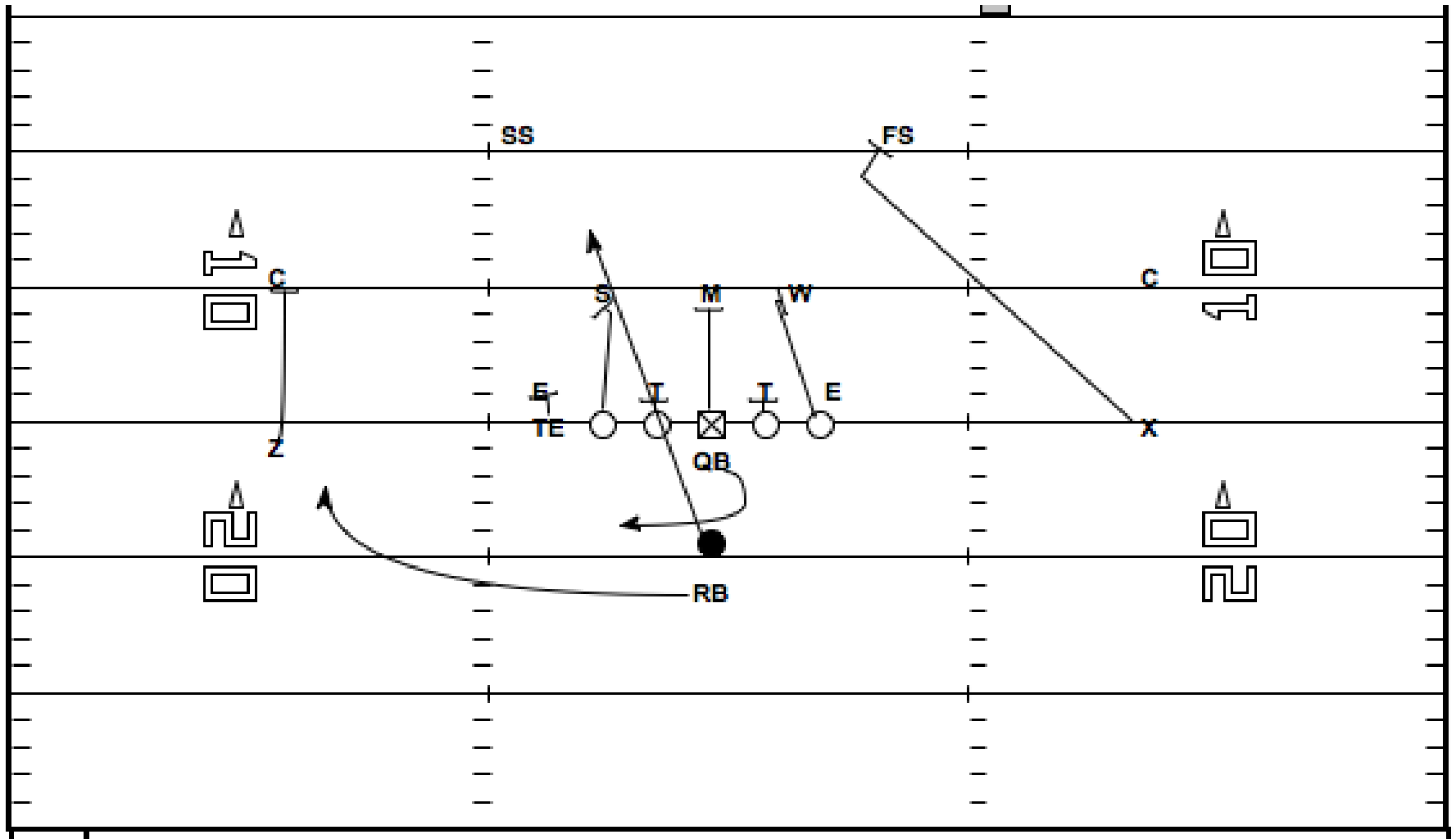
Pro Left - 17 (QB Sweep) Ran Strong



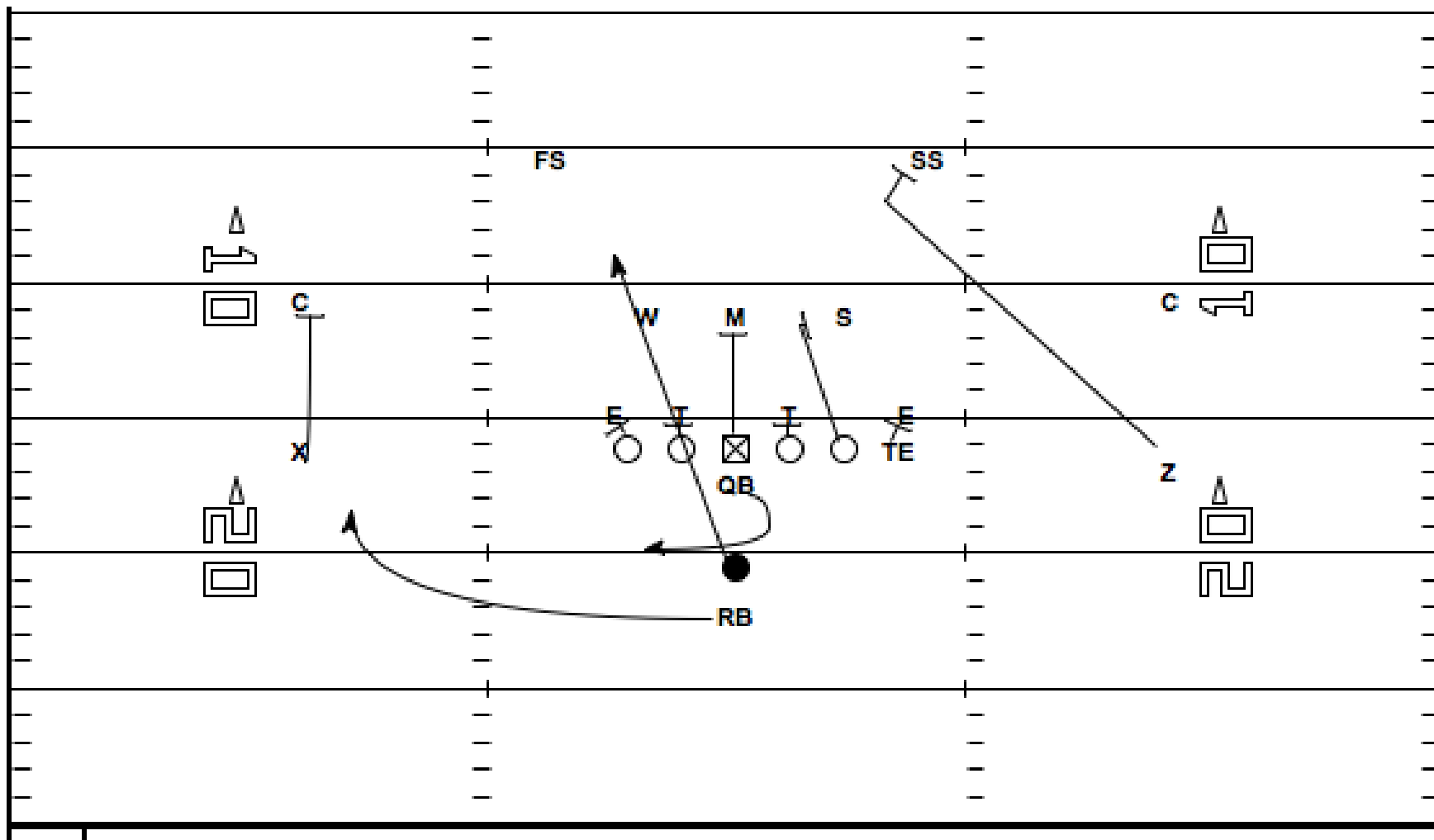
Pro Right - 18 (QB Sweep) Ran Strong



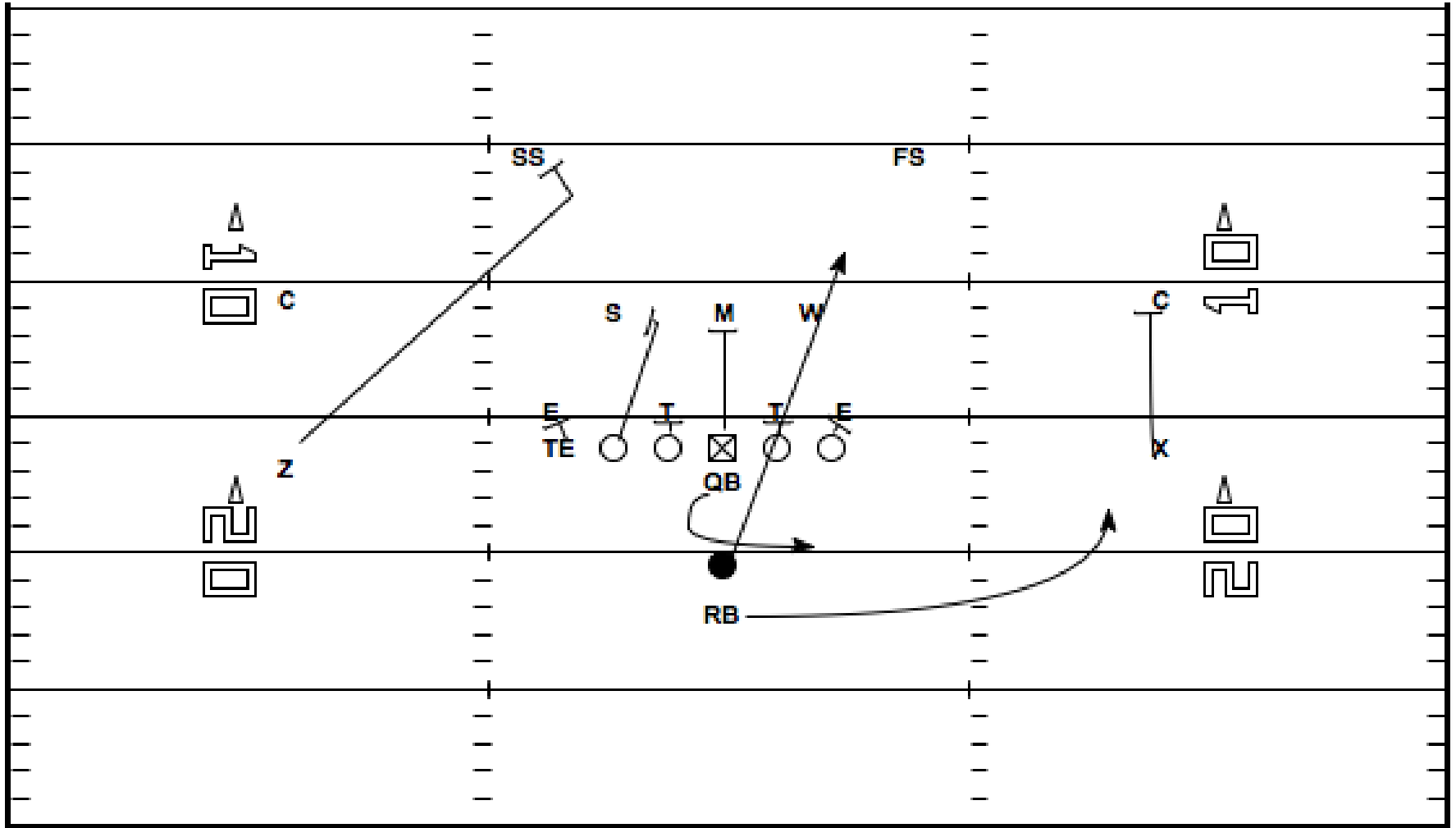
Pro Left - 23 (Dive) Ran Strong



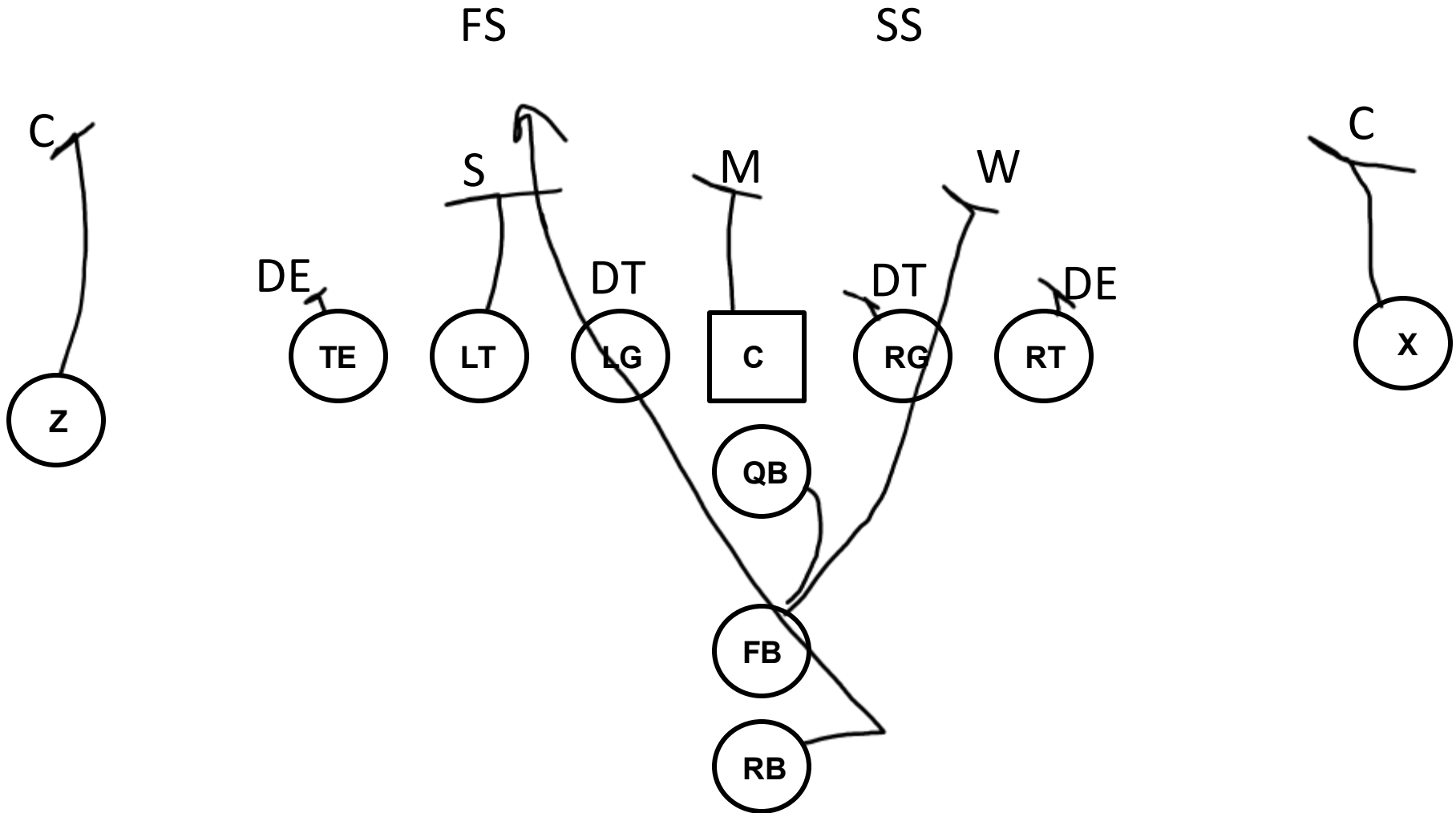
Pro Right - 23 (Dive) Ran Weak



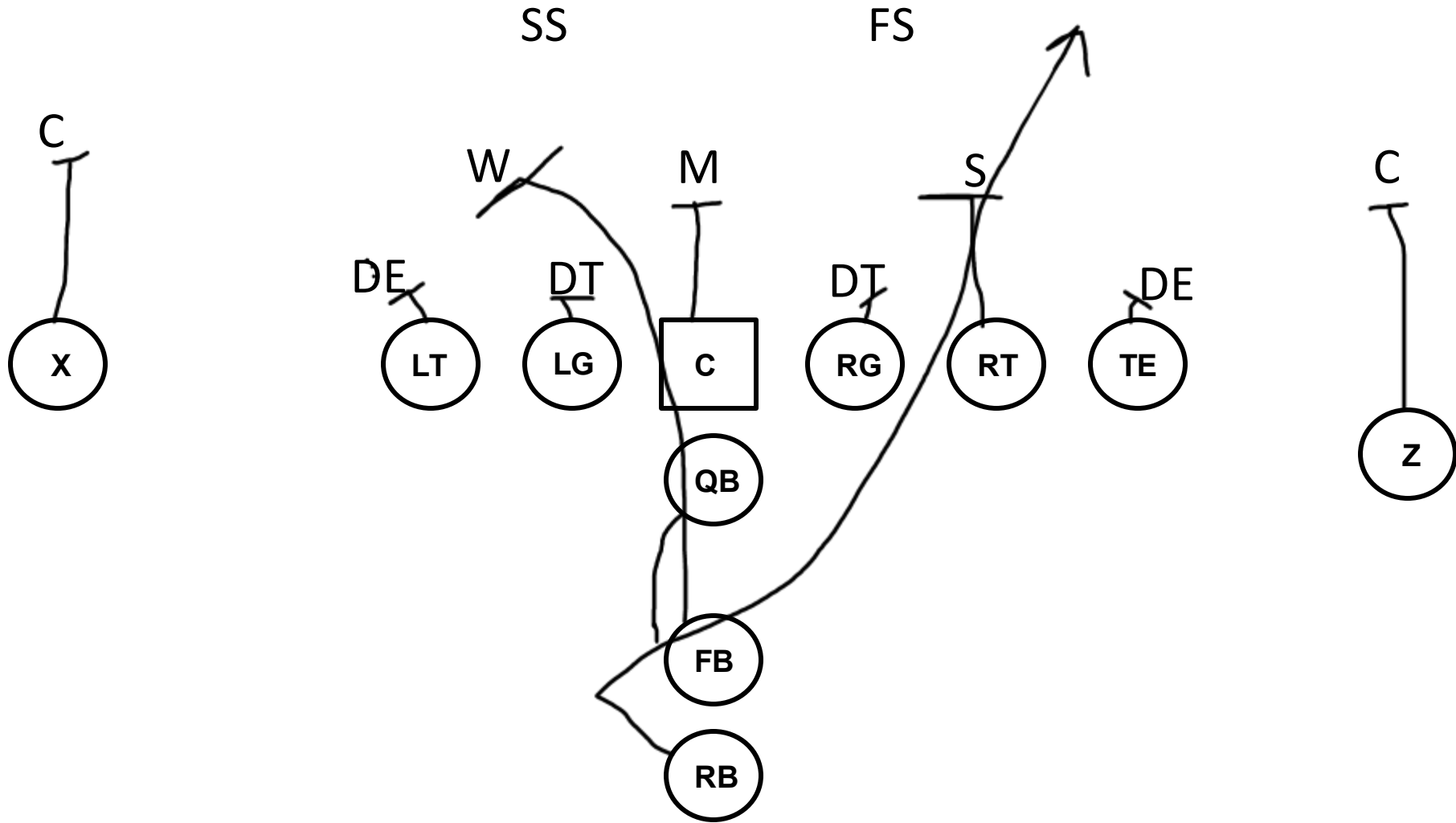
Pro Left - 24 (Dive) Ran Weak



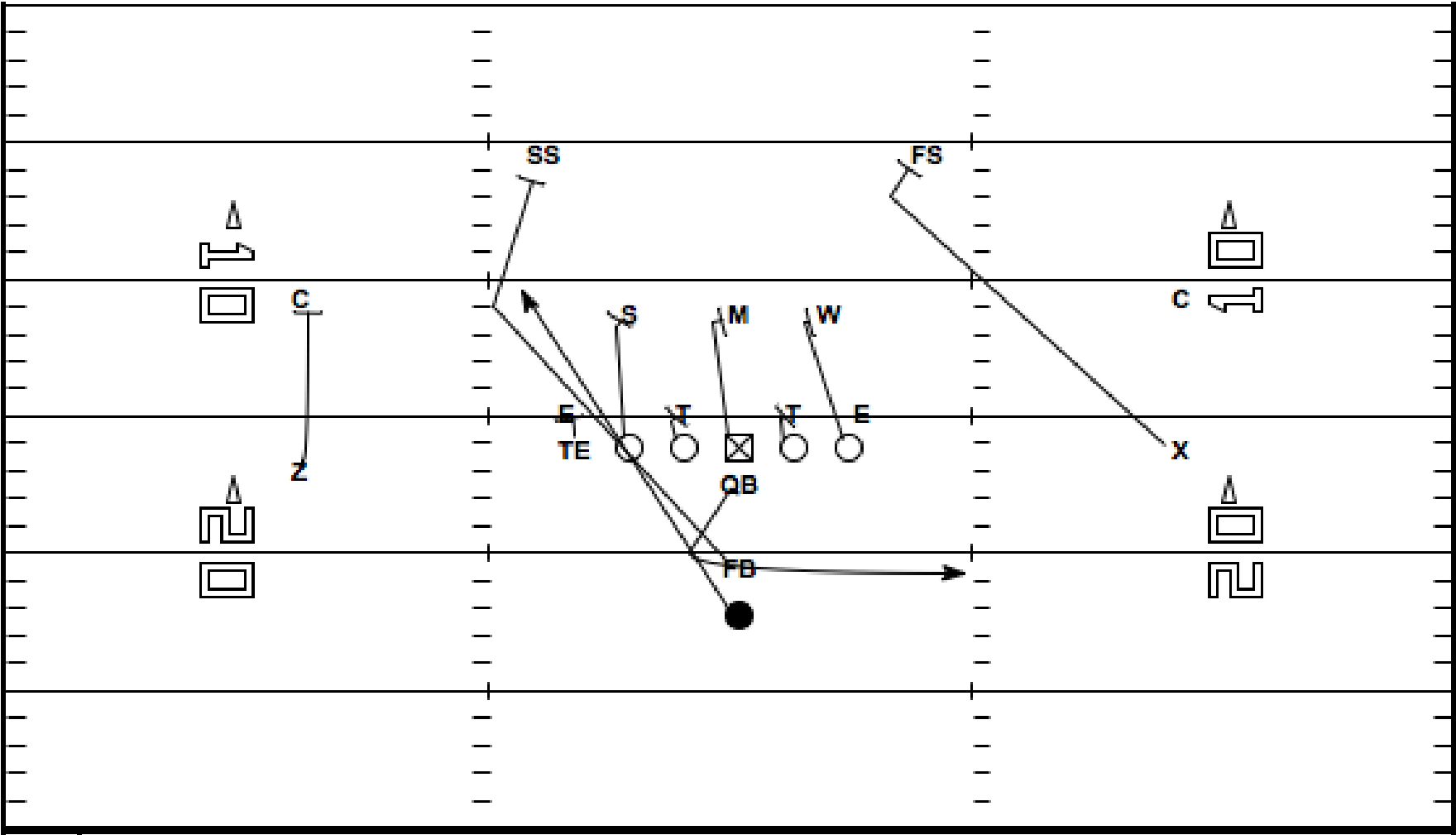
Pro Left 23 Counter



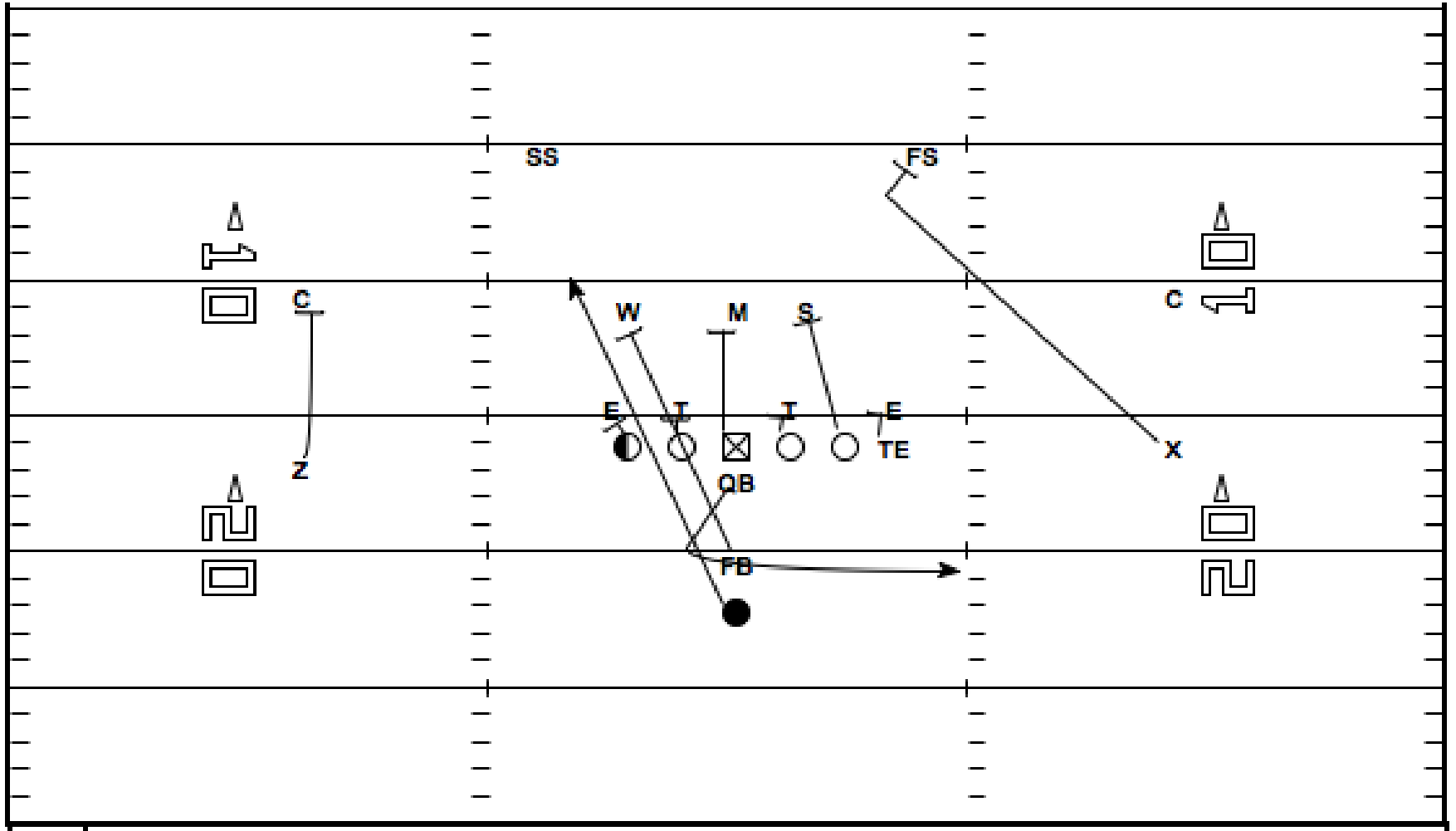
Pro Right 24 Counter



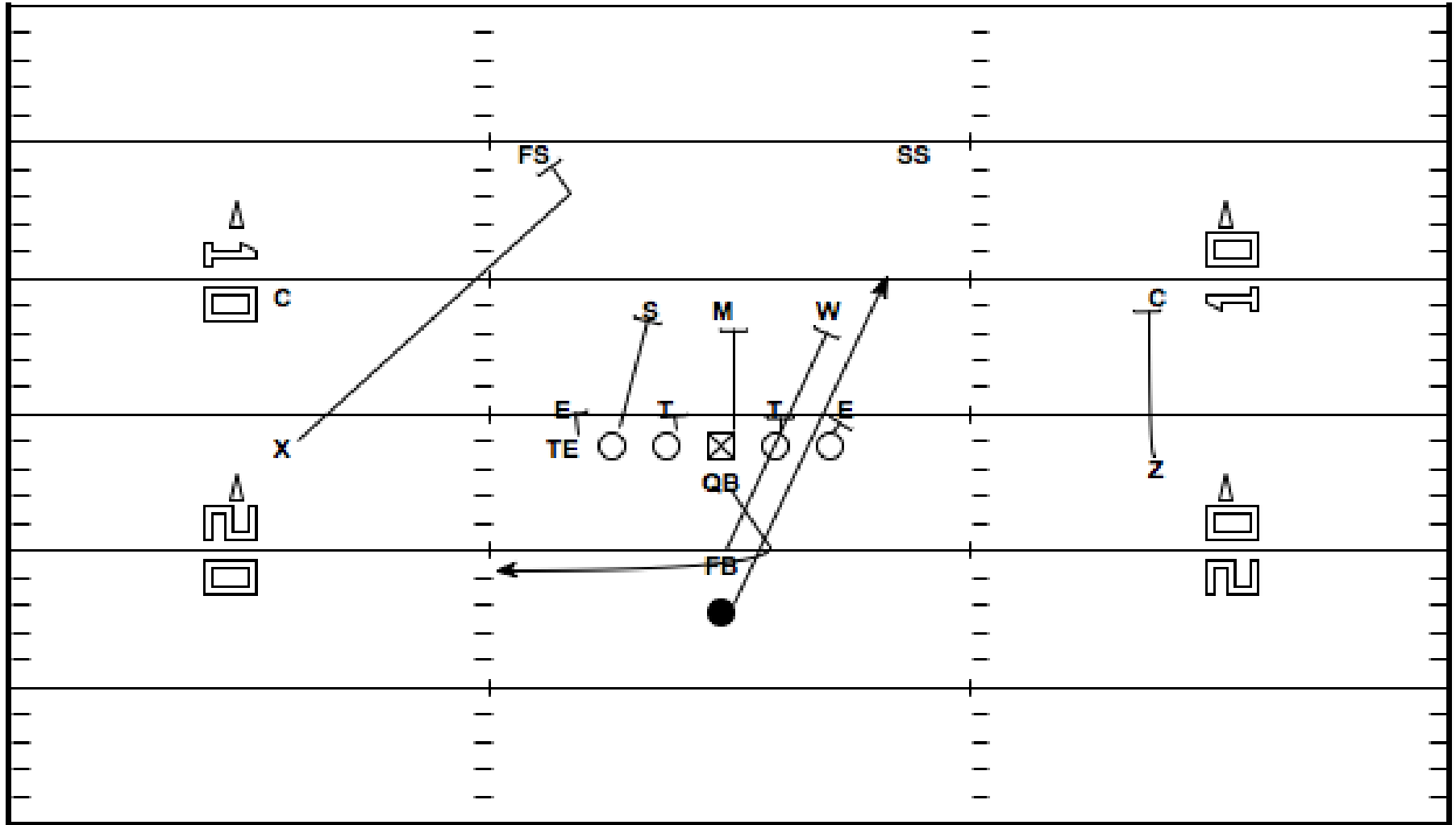
Pro Left - 35 (Blast) Ran Strong



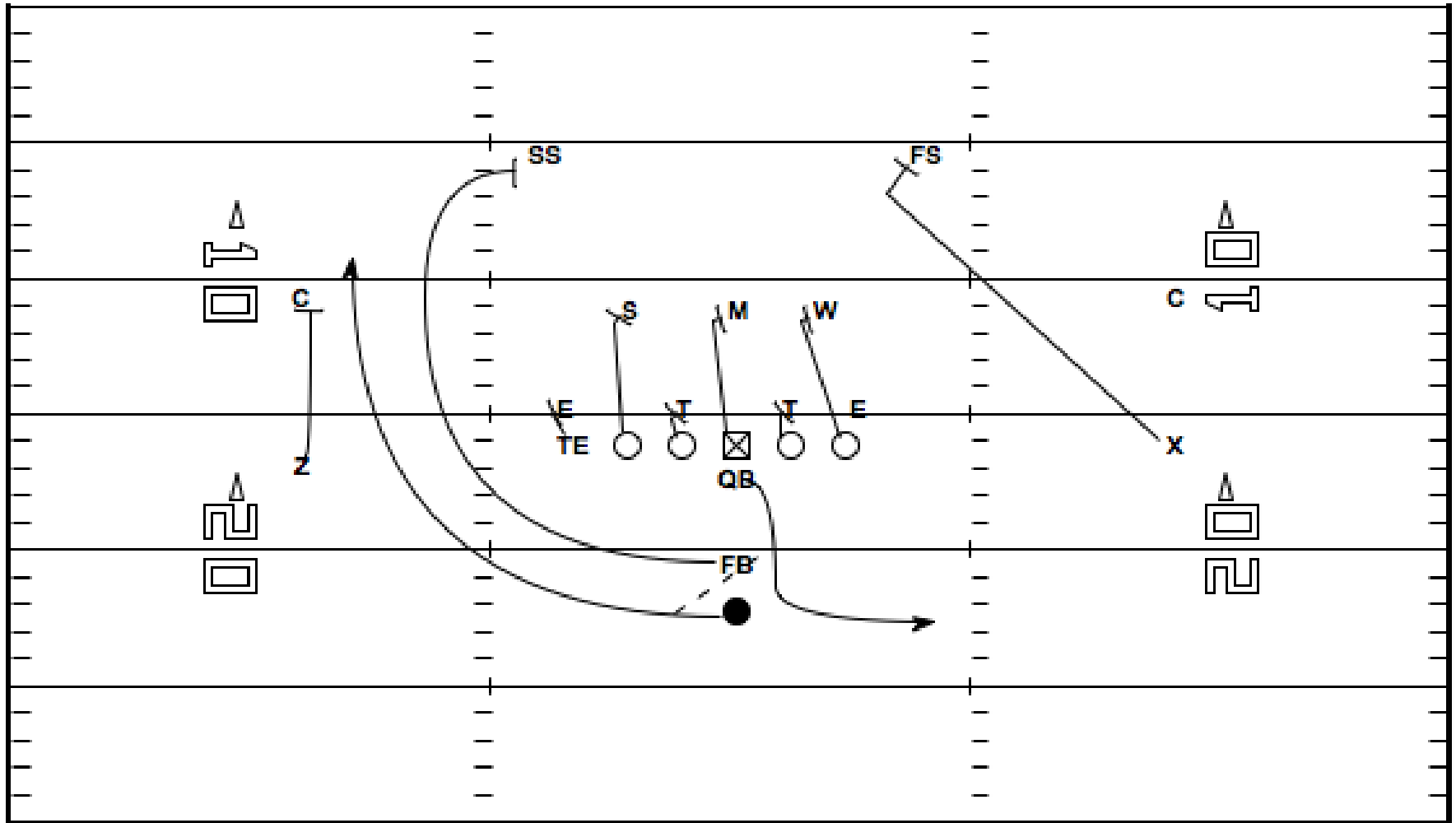
Pro Right - 35 (Blast) Ran Weak



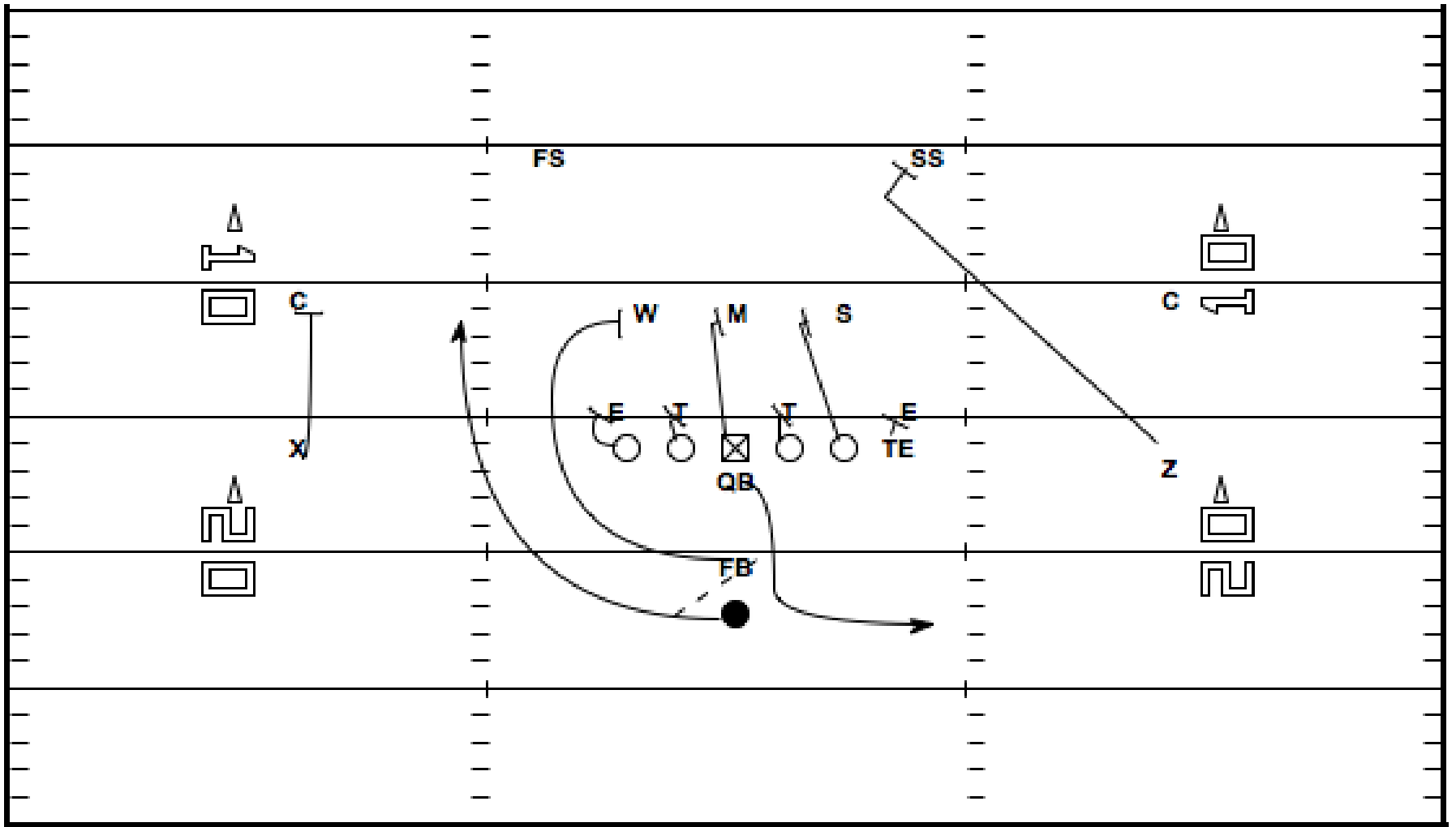
Pro Left - 36 (Blast) Ran Weak



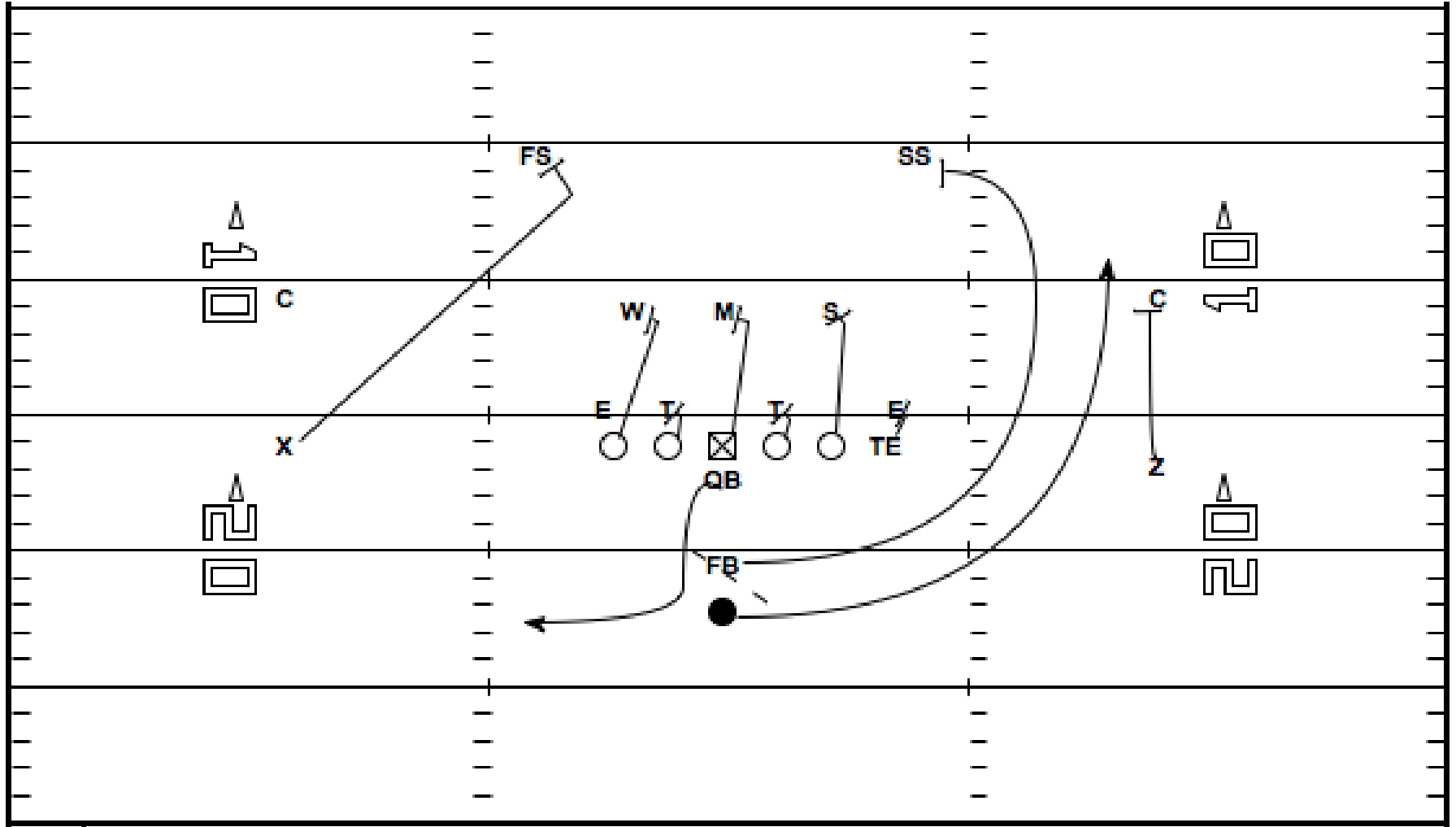
Pro Left - 37 (Toss) Ran Strong



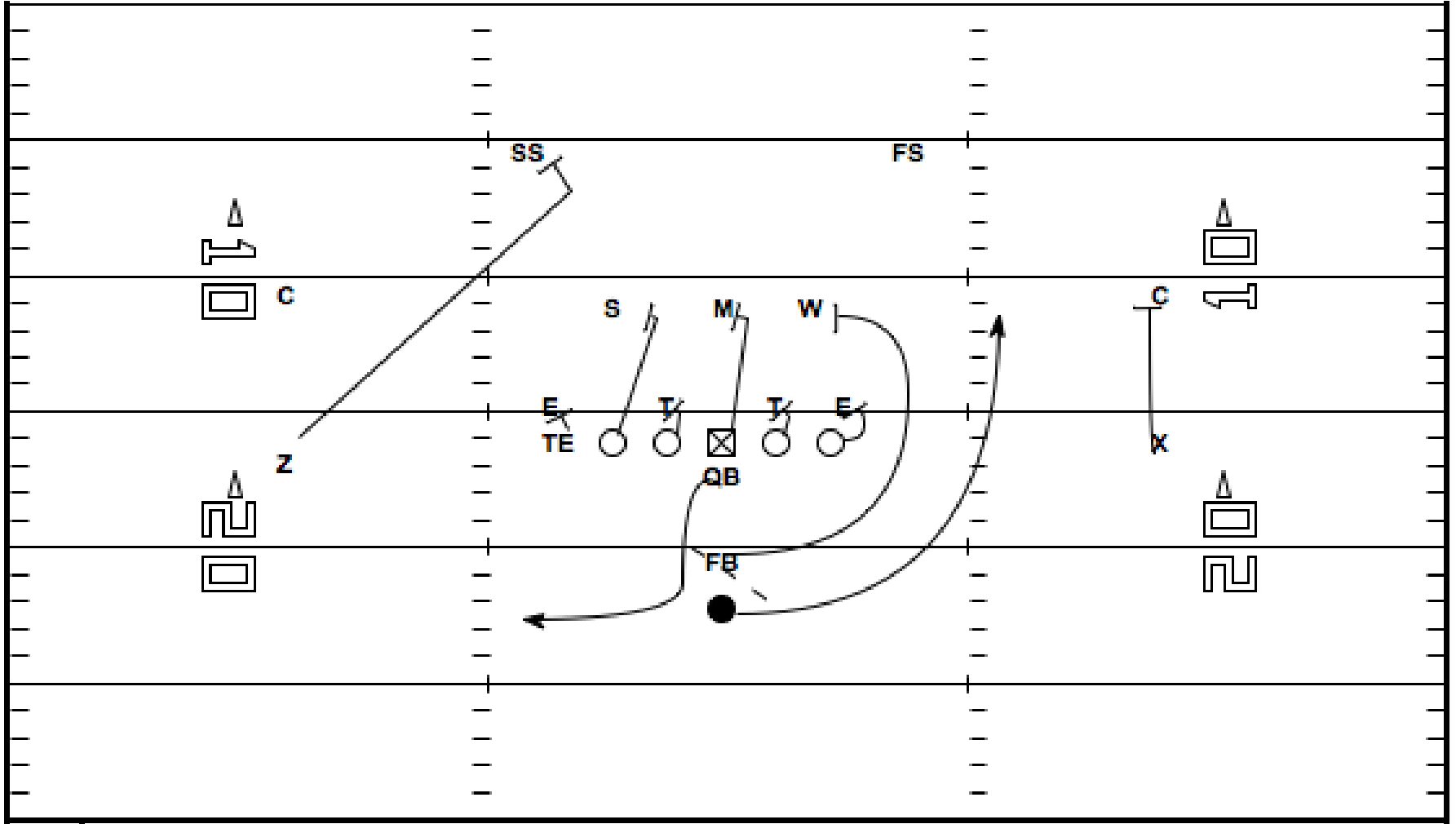
Pro Right - 37 (Toss) Ran Weak



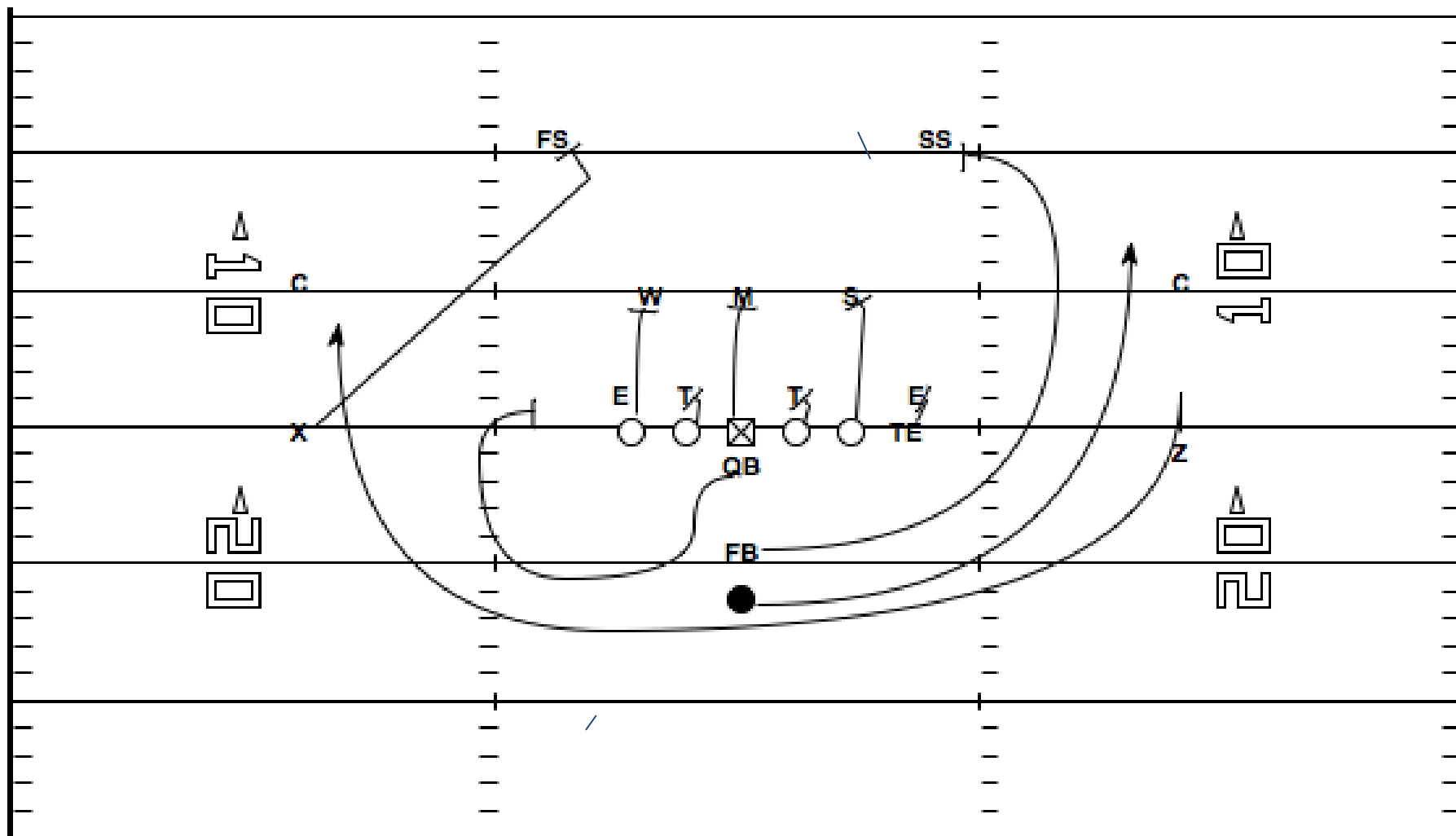
Pro Right - 38 (Toss) Ran Strong



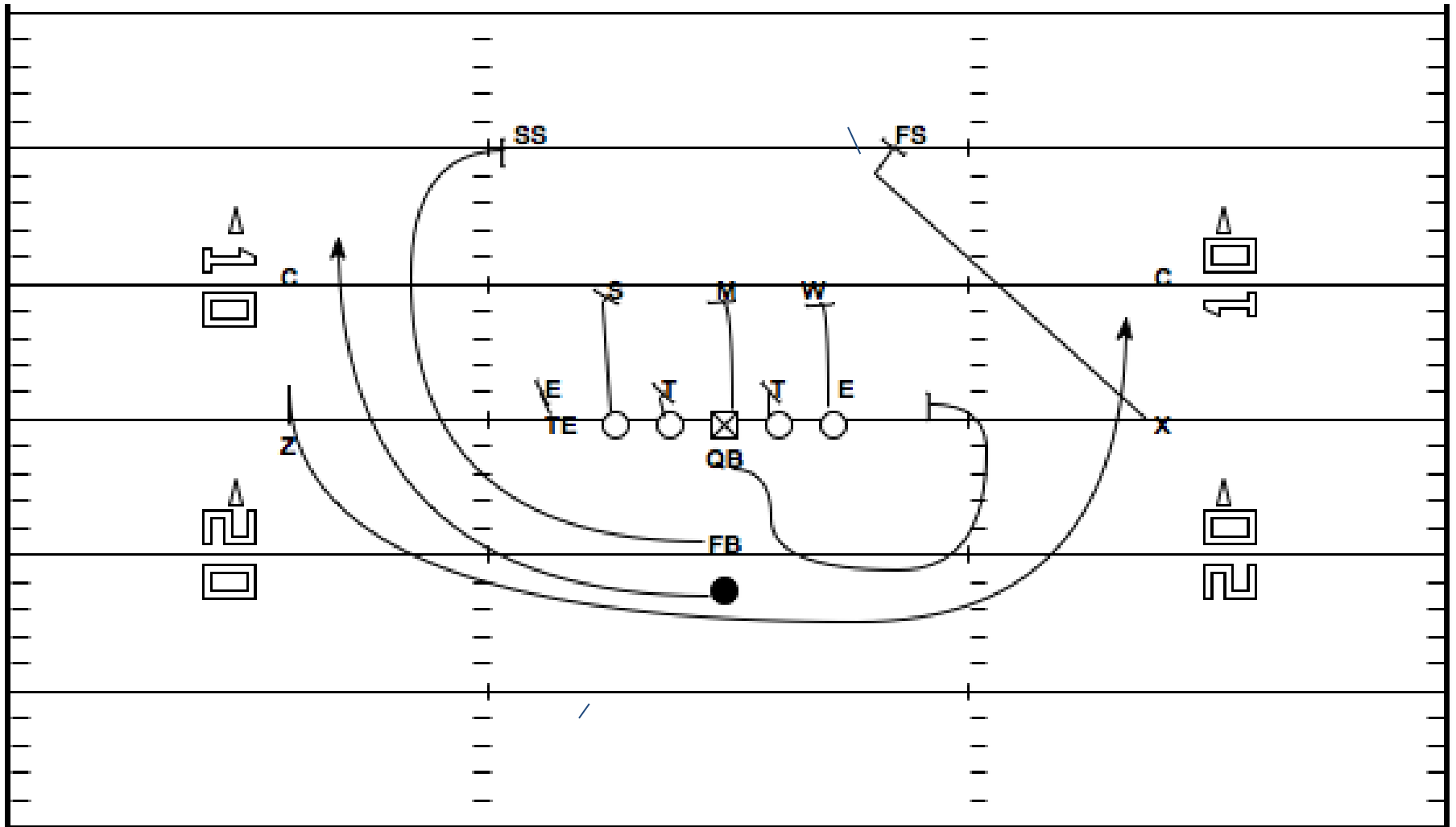
Pro Left - 38 (Toss) Ran Weak



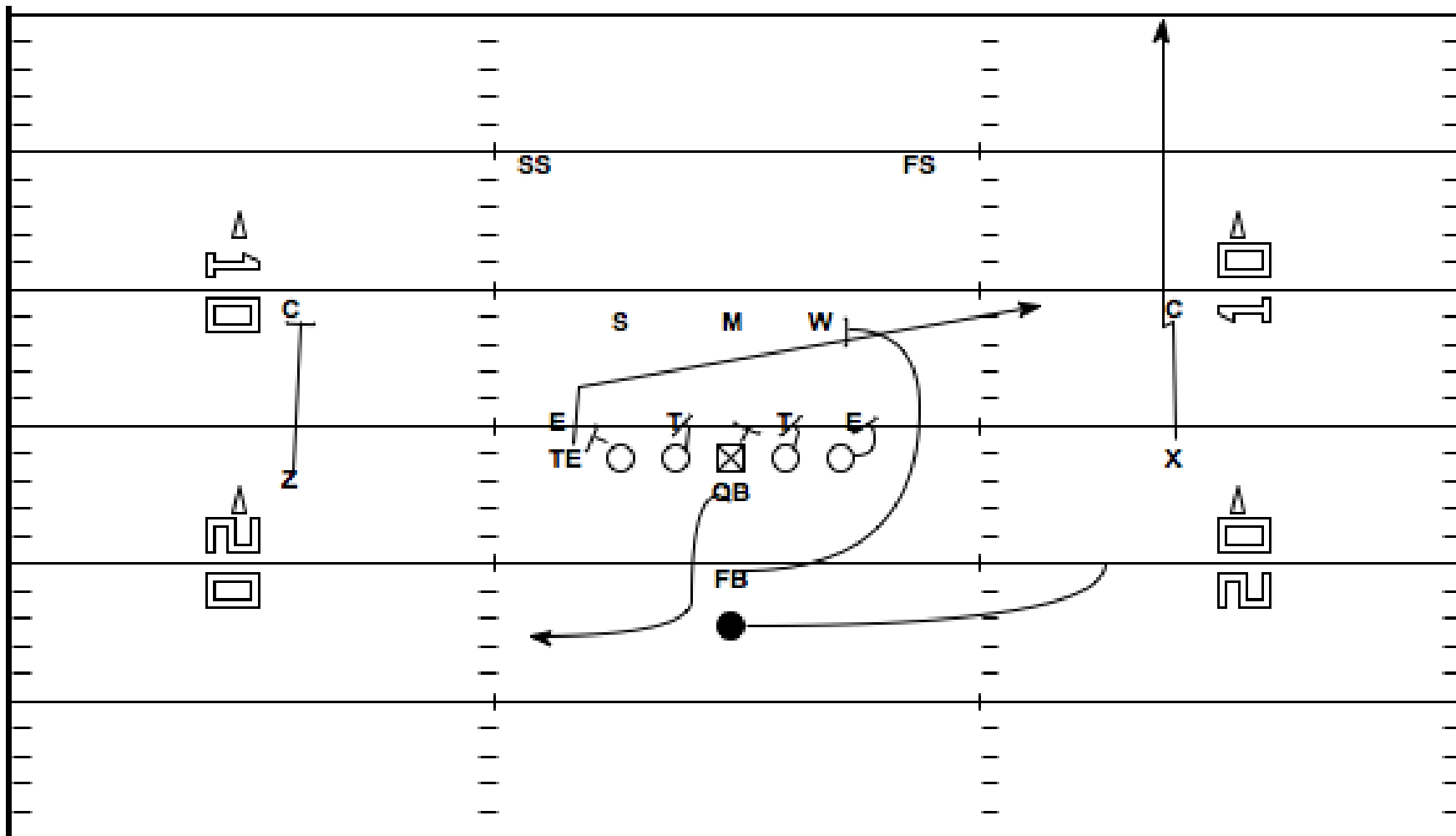
Pro Rt. 38 Reverse



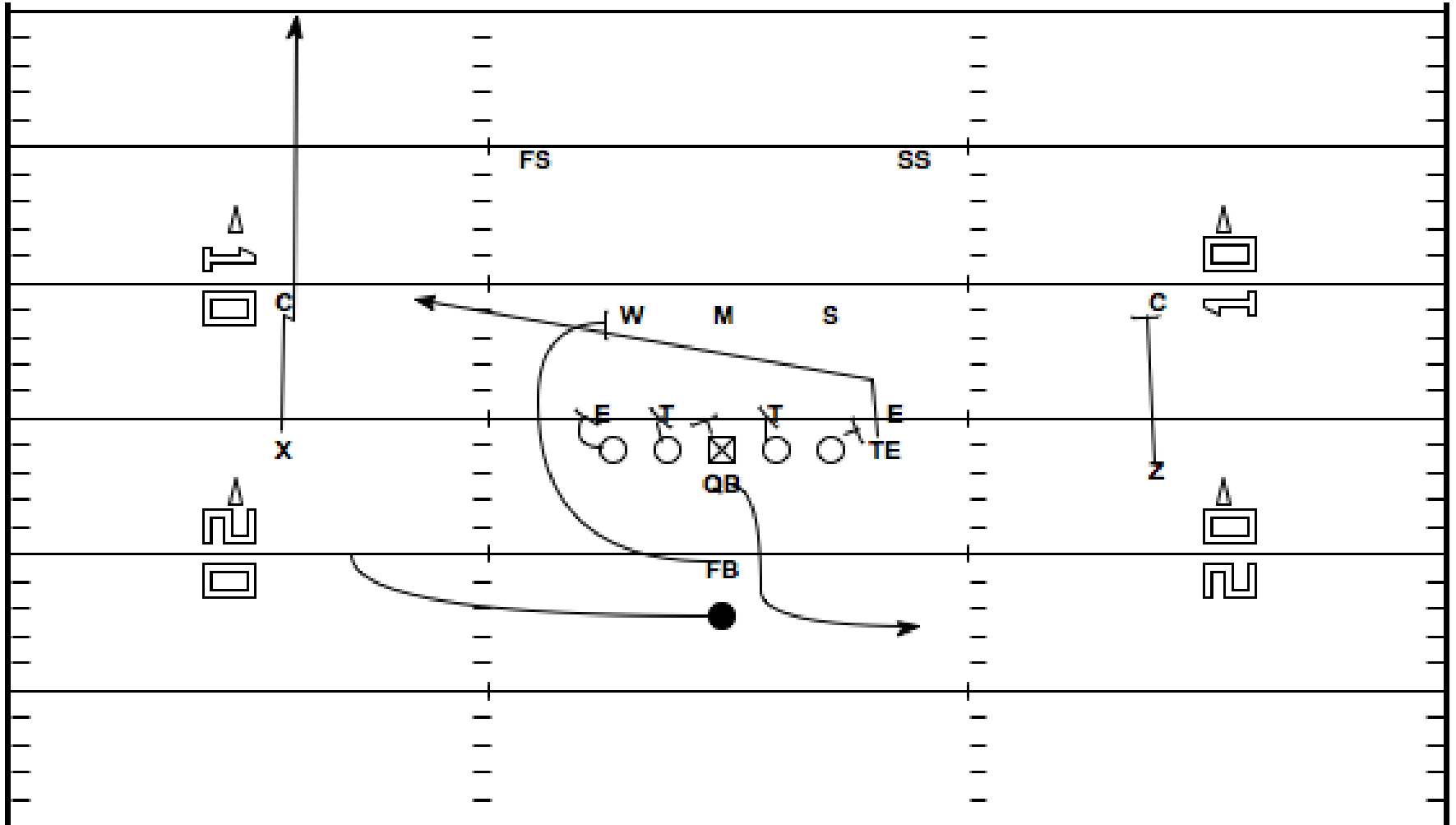
Pro Lf. 37 Reverse



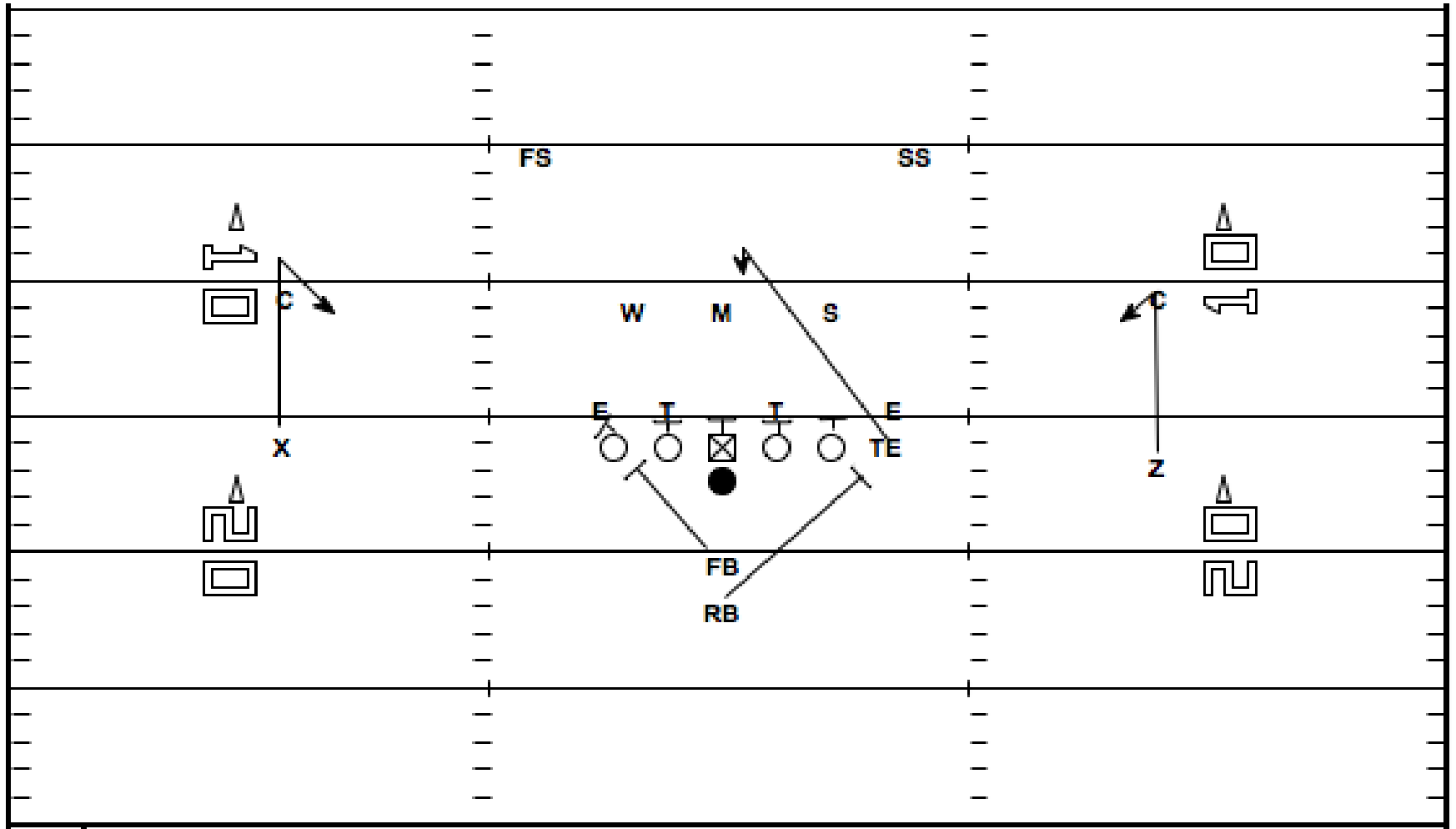
Pro Left - 38 HB Pass



Pro Right - 37 HB Pass

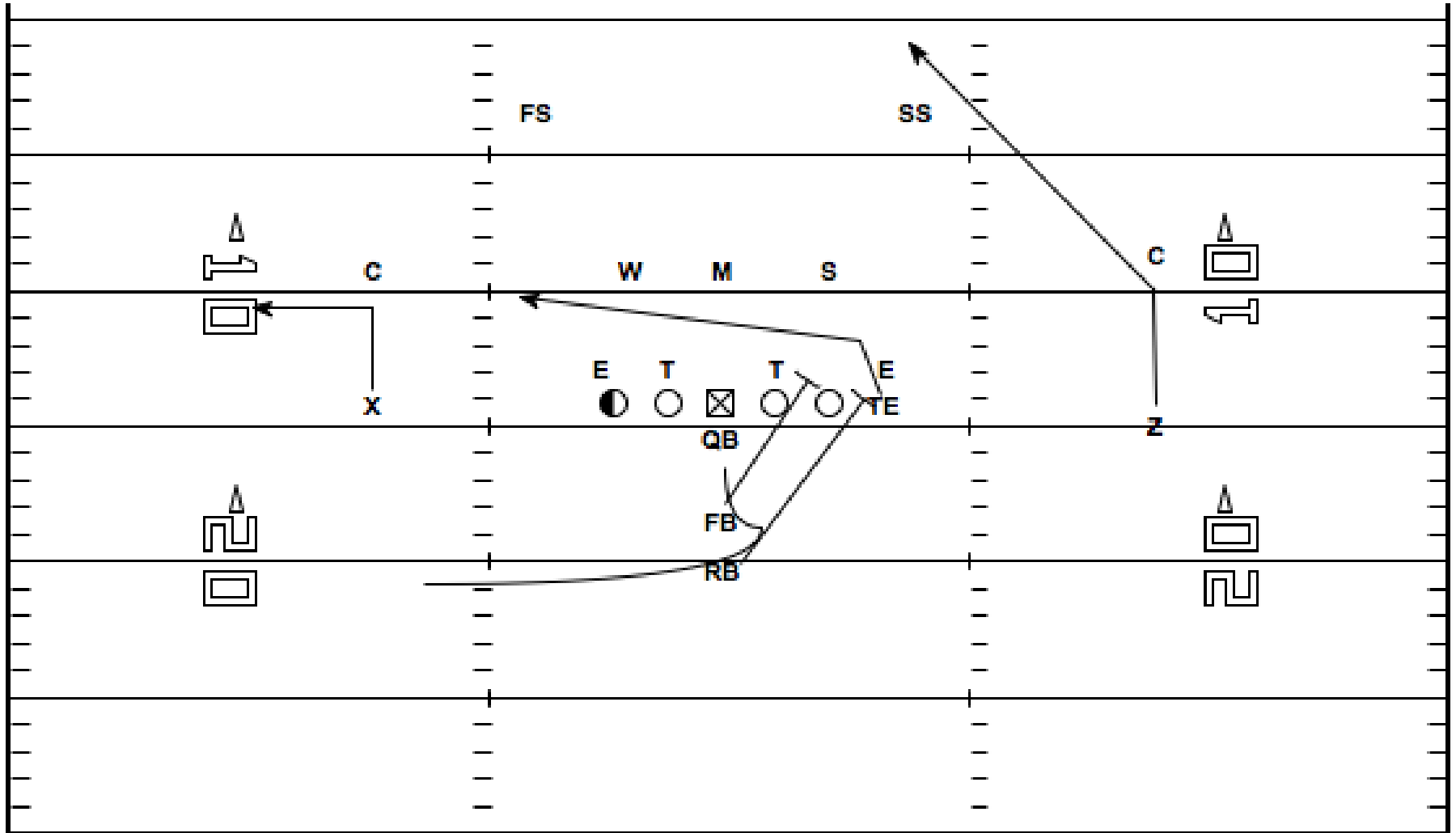


Pro Rt. - 3-Step Pass



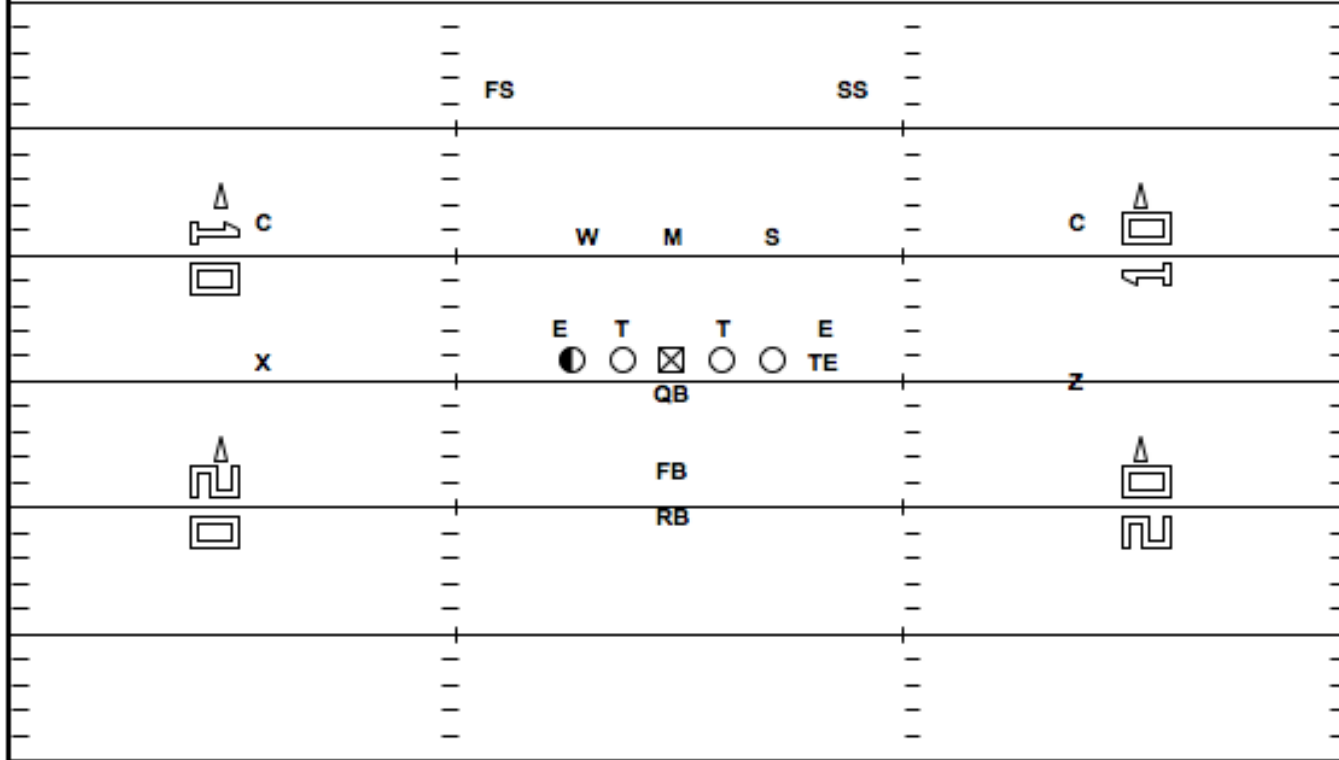
Coaches can change the routes

Pro Rt. 136 Boot Pass



Coaches may change routes

4-3 Defense vs. Pro Formation Cover 1 Only (Man Coverage)



DT - Must line up head up on Offensive Guards

DE - May line up outside shade of OT or TE, can be a 2 pt. or 3 pt. stance

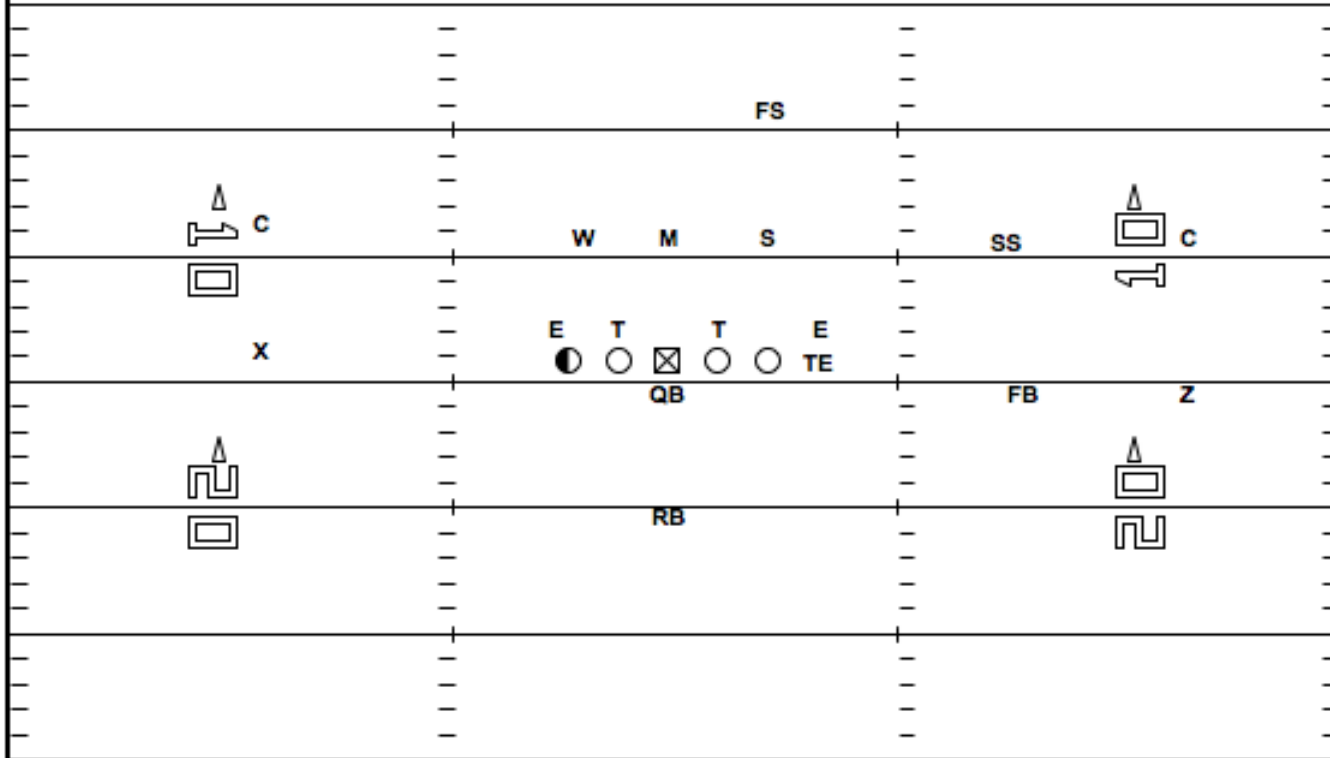
W, M, S LB - Must be no closer than 4 yds from LOS and be no wider than head up of Offensive Tackles

CB - Line up head up and 5-6 yds. off of the X or Z

FS or SS - Line up 9 - 11 yds. off the LOS, 1 -2 yds. wider than the Offensive Tackles

LOS = Line of Scrimmage

4-3 Defense vs. Trips Right Formation Cover 1 Only (Man Coverage)



DT - Must line up head up on Offensive Guards

DE - May line up outside shade of OT or TE, can be a 2 pt. or 3 pt. stance

W, M, S LB - Must be no closer than 4 yds from LOS and be no wider than head up of Offensive Tackles

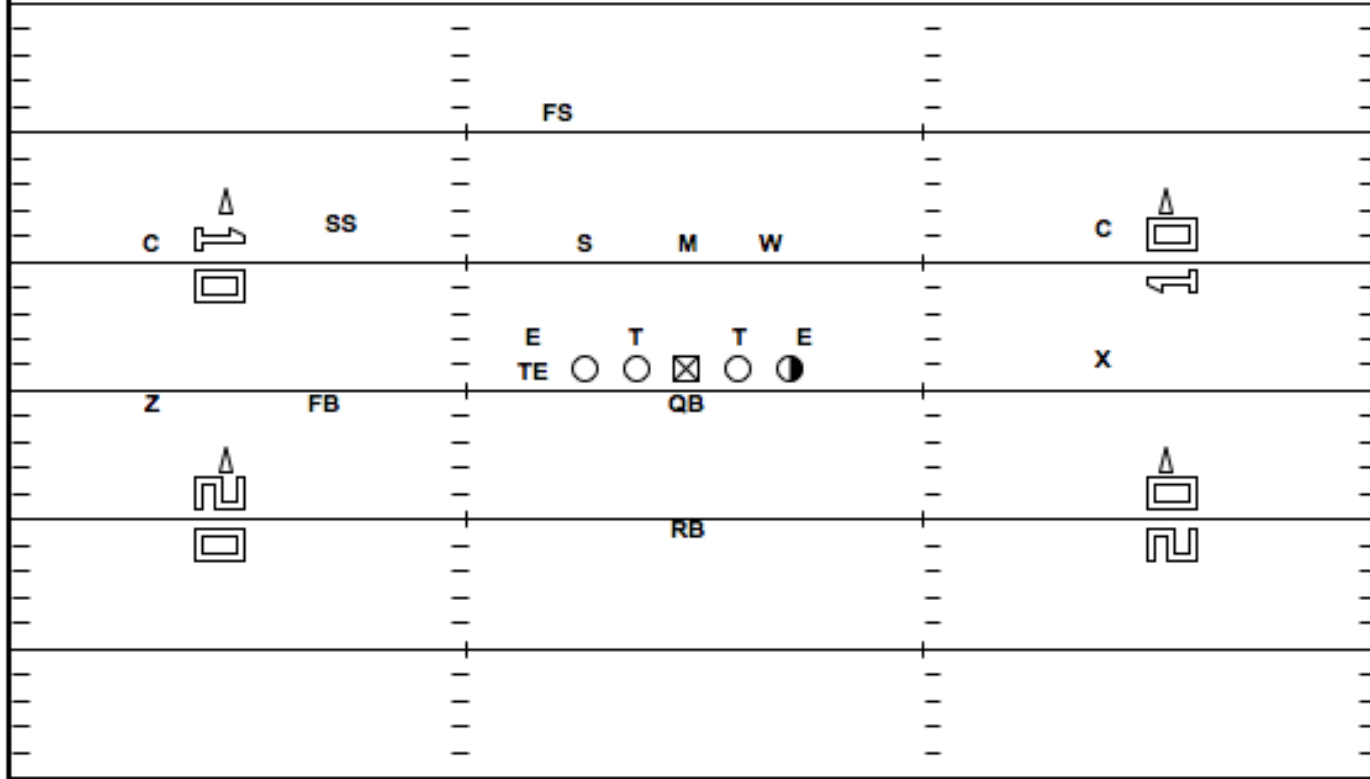
CB - Line up head up and 5-6 yds. off of the X or Z

FS - Line up 9-11 yds. off the LOS, over the strongside Tackle

SS - Line up 5-6 yds. off the LOS, inside shade of the FB

LOS = Line of Scrimmage

4-3 Defense vs. Trips Left Formation Cover 1 Only (Man Coverage)



DT - Must line up head up on Offensive Guards

DE - May line up outside shade of OT or TE, can be a 2 pt. or 3 pt. stance

W, M, S LB - Must be no closer than 4 yds from LOS and be no wider than head up of Offensive Tackles

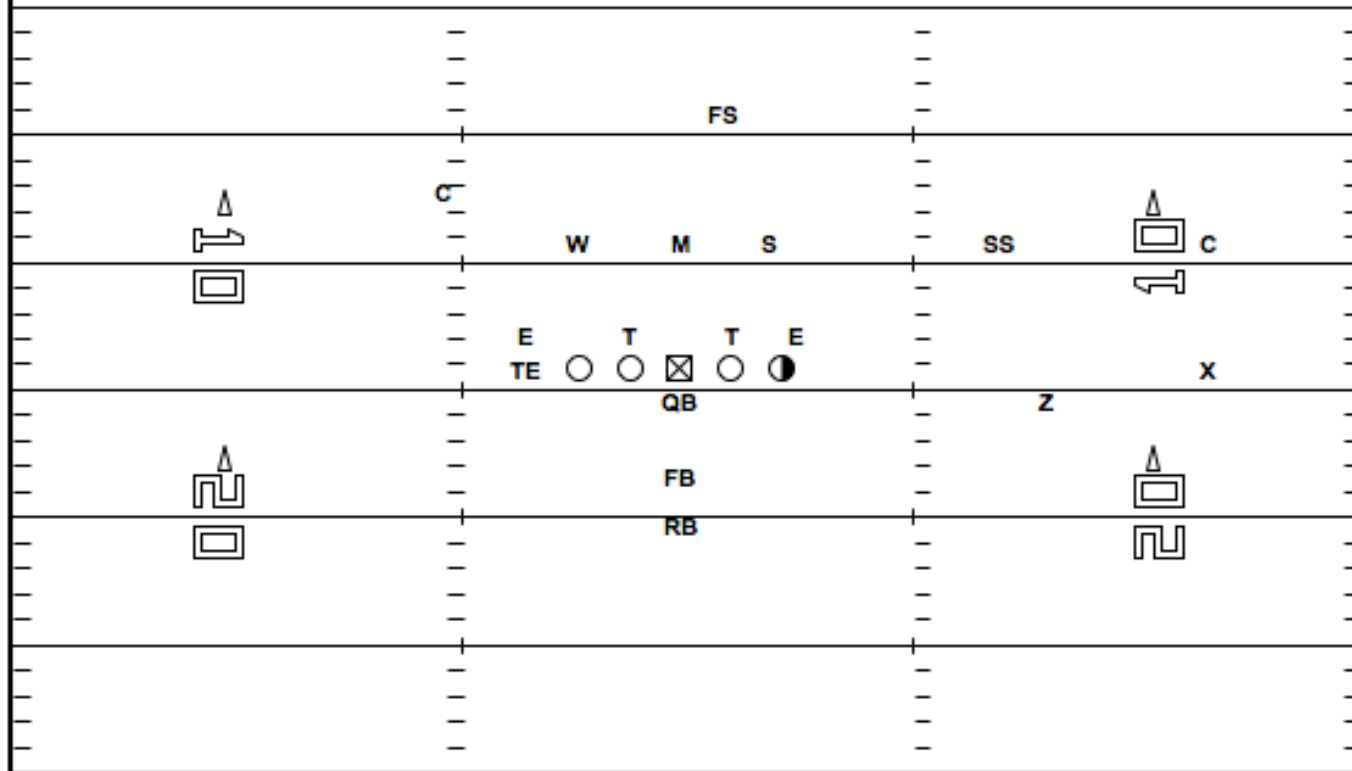
CB - Line up head up and 5-6 yds. off of the X or Z

FS - Line up 9-11 yds. off the LOS, over the strongside Tackle

SS - Line up 5-6 yds. off the LOS, inside shade of the FB

LOS = Line of Scrimmage

4-3 Defense vs. Twins Rt. Formation Cover 1 Only (Man Coverage)



DT - Must line up head up on Offensive Guards

DE - May line up outside shade of OT or TE, can be a 2 pt. or 3 pt. stance

W, M, S LB - Must be no closer than 4 yds from LOS and be no wider than head up of Offensive Tackles

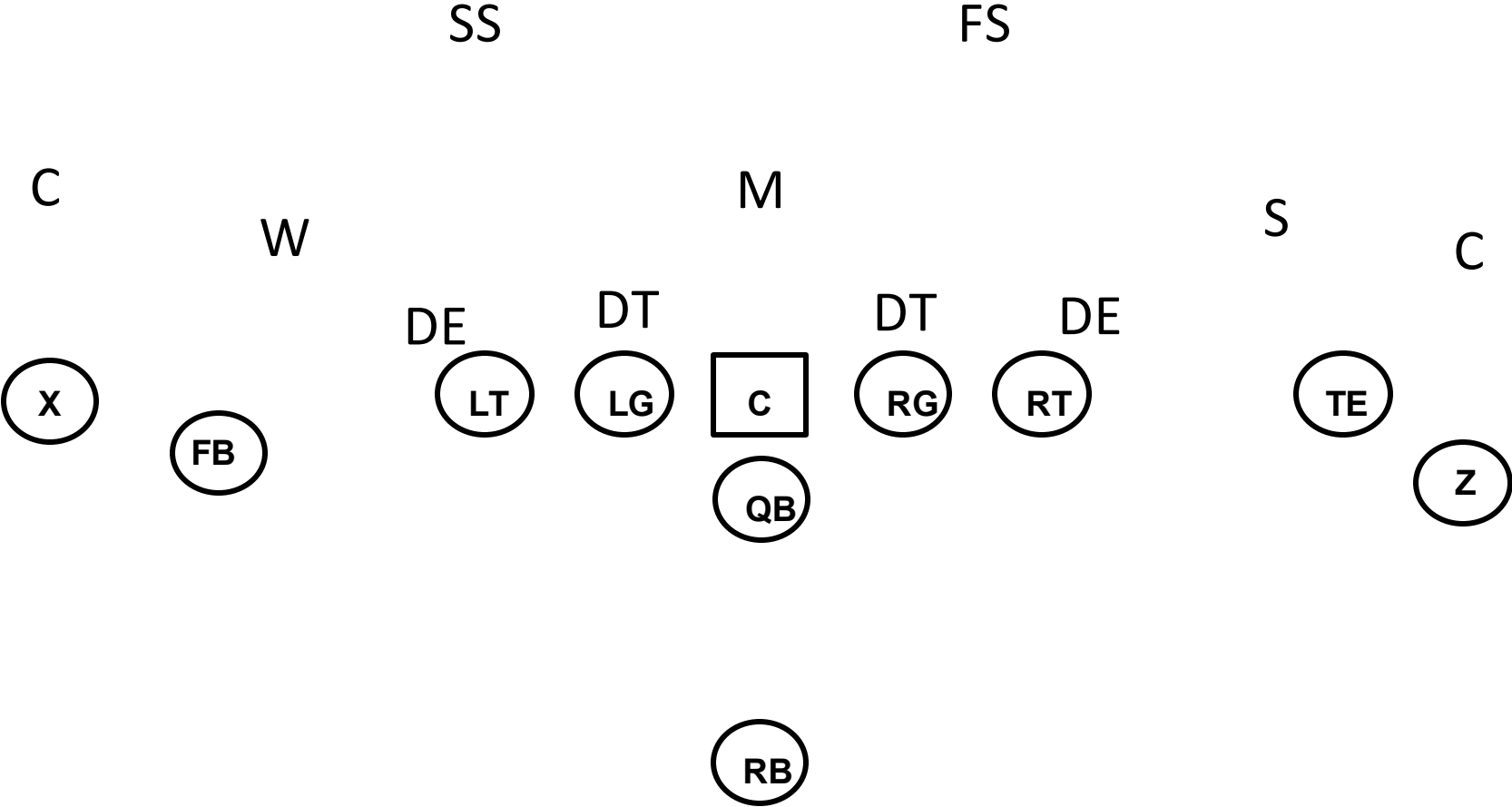
CB - Line up head up and 5-6 yds. off the X receiver; on TE side 5-6 yds. off and heads-up to 2 yards outside of TE

FS - Line up 9-11 yds. off the LOS, over the weakside Guard

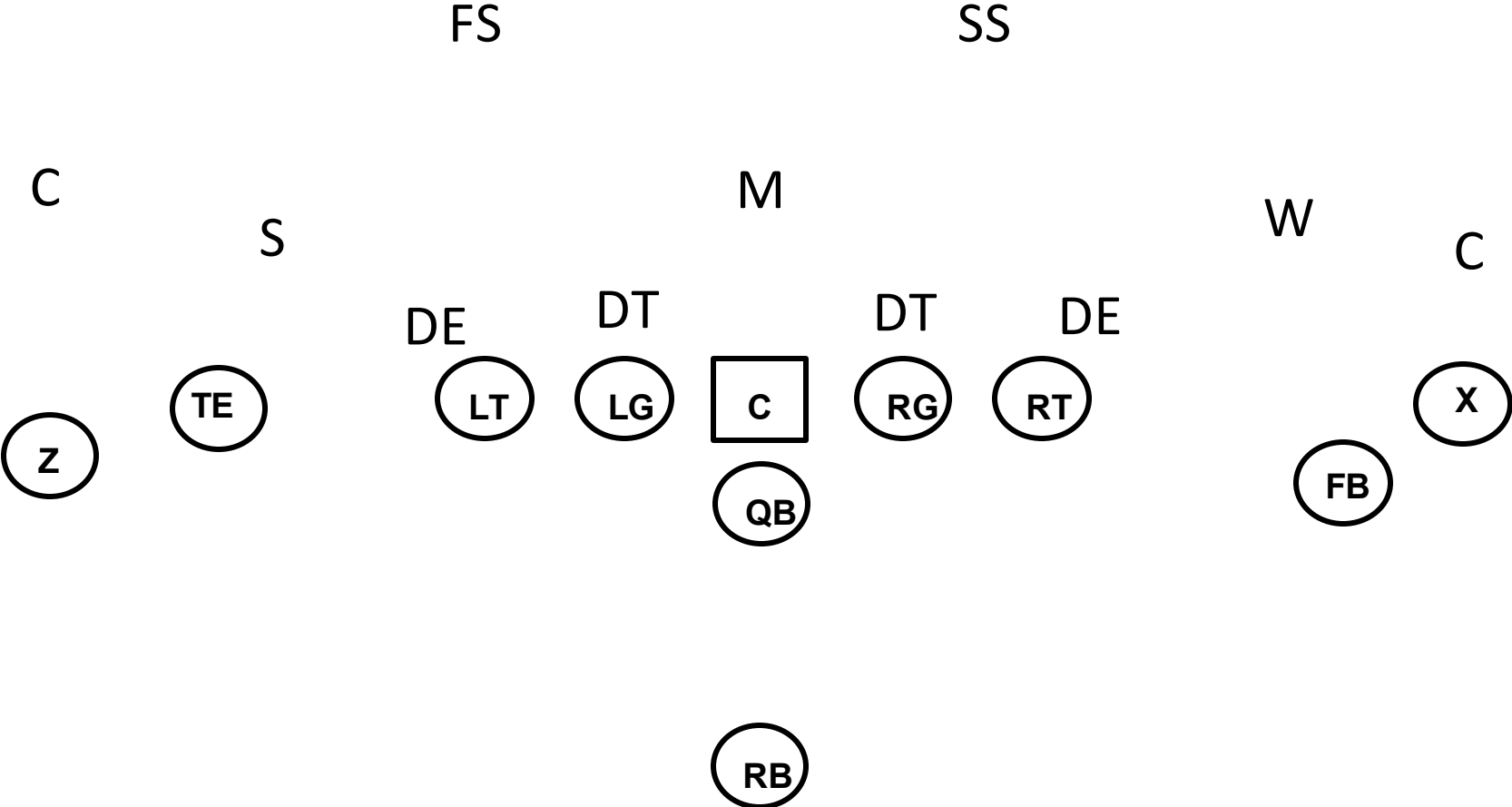
SS - Line up 5-6 yds. off the LOS, inside shade of the Z receiver

LOS = Line of Scrimmage

Defense vs. Spread Rt. Formation

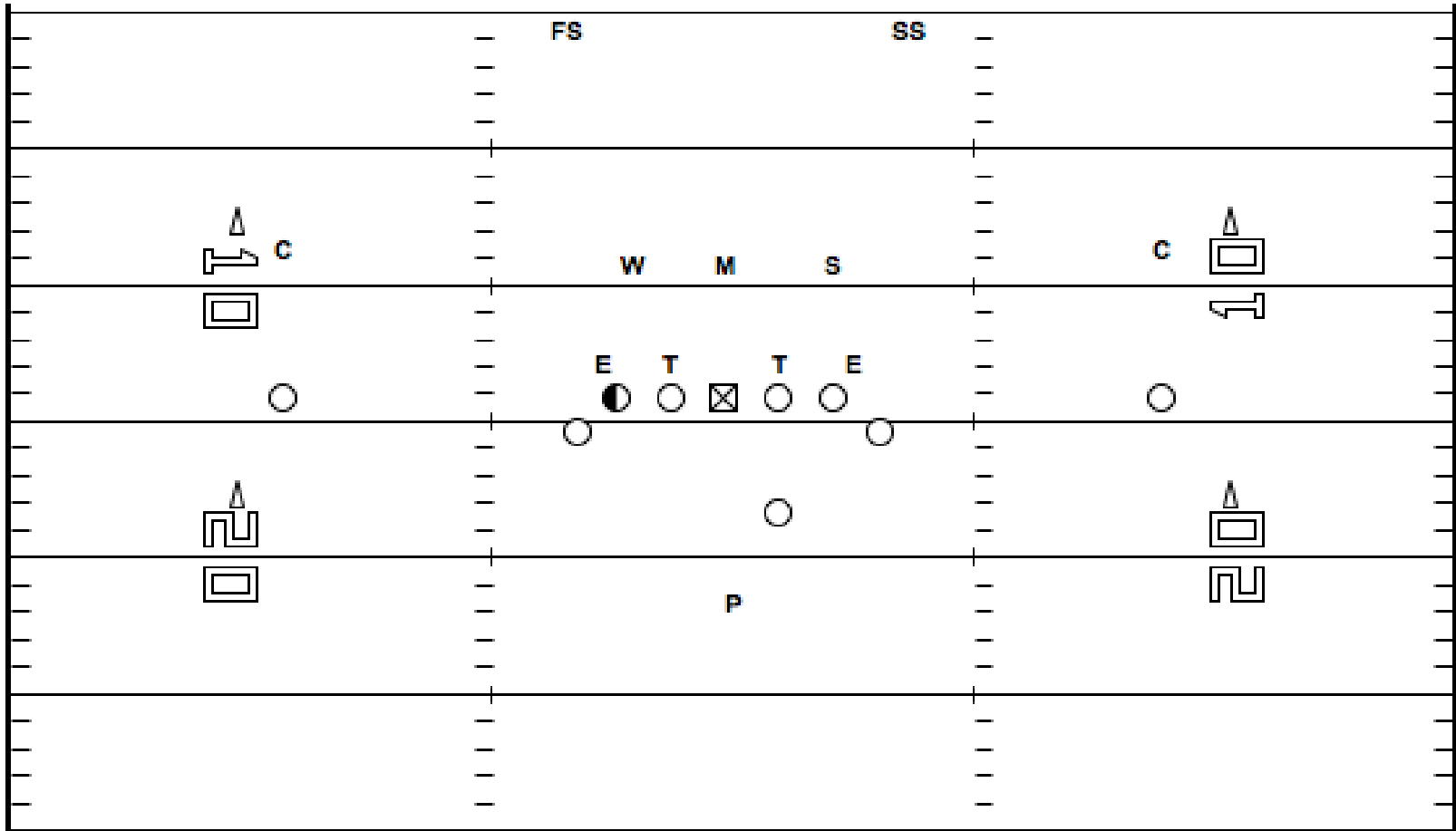


Defense vs. Spread Lf. Formation



Punt Formation

Starting Week #3



Punt Rules

- No Rush by receiving team
- Punt team doesn't cover until ball is kicked
- Receiving team cannot lose possession catching the ball
- Receiving team is allowed to return punt for score
- Receiving team must have 2 return men back to field punt
- No RED Dots can return punts
- Punter is 8 yds. deep