



2022 League Football Rules (Flag and Tackle)

PLSL Board Approved on 4/9/2022

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Preface Notes:

The rules outlined within this document are subject to change.

These rules are put in place for the protection the of players, to encourage fair play, and to ensure that every player is afforded an opportunity to play.

Any proposed rule change or update must be agreed upon by the Premier Lakes Sports League (PLSL) Rules Committee and then presented to the PLSL governing board for a vote of acceptance/non-acceptance. Final rules shall be agreed upon and accepted by the league no later than June 30th of every football season.

Any rule considered for revision/change AFTER the start of a football season must be solely based on player safety. The Rules Committee will take the proposed revision/change into consideration and, if it agrees with the change, it will present the revised rule to the PLSL governing board for a vote of acceptance/non-acceptance. The revised/changed rule will then immediately take effect for the ongoing football season (and all subsequent seasons). In addition, the PLSL Communications Committee will immediately send notification of the rule change to all participating organizations and Game Officials.

Any rules, penalties, and scoring not specifically stated or addressed within this 2022 PLSL football rulebook will be governed and officiated under the 2022 Texas UIL/NCAA football rules.

1) General League Rules and Information

- a) League Milestone Dates
 - i) Teams may officially begin practice on the second Monday of July.
 - (1) No helmets or pads may be worn during this week of practice.
 - ii) Teams may officially begin wearing helmets on the following Monday.
 - (1) No other pads may be worn during this week.
 - iii) Teams may officially begin practicing in full pads on the Monday following helmets.
 - iv) The Regular Season will run from August 27, 2022 through October 22, 2022, and the Postseason will run from October 29, 2022 thru November 19, 2022.

- b) League Scheduling
 - i) Regular Season Scheduling - The team schedule will be produced approximately 2-3 weeks before the season starts. It will consist of a minimum of 7 games for all divisions. It will also consist of postseason games (playoffs and championship) for those teams that qualify.
 - ii) Teams are required to be ready to play at least 30 minutes before their scheduled game time in the event the prior game finishes early.

- c) Regular Season Standings
 - i) The standings automatically calculate based on the game scores submitted weekly to the league.
 - ii) Teams are ordered in the standings according to their win-loss record. When multiple teams are tied with the same record, the ties are broken as follows:
 - (1) Head-to-Head.
 - (2) Point Differential.
 - (3) Coin Toss.

- d) Overtime
 - i) For all games that end regulation in a tie, the NCAA football tiebreaker rules will be utilized (each team receives one possession per overtime period, and if the score is tied after an overtime period, the 2 teams will move to the next overtime period until a winner is declared). Exceptions to the NCAA football tiebreaker rules that will be officiated within the PLSL are specified below:
 - (1) Kinder and 1st Grade Flag
 - (a) 1st OT - Start at 15-yard line. The Offense will have 4 downs to score. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.
 - (b) 2nd OT – Start at 15-yard line. The Offense will have 4 downs to score, and 1 of those 4 downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.
 - (c) 3rd OT – Start at 15-yard line. The Offense will have 4 downs to score, and 2 of those 4 downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.
 - (d) 4th OT – Start at 15-yard line. The Offense will have 4 downs to score, and 3 of those 4 downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.

(e) 5th OT – Start at 15-yard line. The Offense will have 4 downs to score, and all 4 of those downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.

(f) If the game is still tied after the 5th OT, then both teams will play by 5th OT rules until the game results in a winner.

(2) 2nd - 6th Grade Tackle

(a) 1st OT - Start at 10-yard line. The Offense will have 4 downs to score. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.

(b) 2nd OT - Start at 10-yard line. The Offense will have 4 downs to score, and 1 of those 4 downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.

(c) 3rd OT - Start at 10-yard line. The Offense will have 4 downs to score, and 2 of those 4 downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.

(d) 4th OT - Start at 10-yard line. The Offense will have 4 downs to score, and 3 of those 4 downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.

(e) 5th OT - Start at 10-yard line. The Offense will have 4 downs to score, and all 4 of those downs must be a pass. If the Offensive team scores a Touchdown, then that team will have the option to attempt a PAT worth 1 or 2 points.

(f) If the game is still tied after the 5th OT, then both teams will play by 5th OT rules until the game results in a winner.

e) Postseason

i) Playoffs will consist of the top 6 teams in each division playing in a 3-week post season. Weeks 1 and 2 will consist of 6 seeded teams playing for a chance to go to the PLSL Championship. Post season matchups will be as follows:

(1) Week 1 (October 30, 2021) - 3 vs 6; 4 vs 5. Seeds 1 and 2 will have bye during week 1.

(2) Week 2 (November 6, 2021) - 1 vs Lowest Remaining Ranked Seed; 2 vs Highest Remaining Ranked Seed.

(3) Week 3 (November 20, 2021) - PLSL Championship between remaining 2 teams in each grade level.

f) Player Restricted Weight Limits

i) Tackle players will be weighed in on certification day. This weight will be the weight for the entire season. Players that do not weigh-in prior to the 1st game will be considered over the restricted weight limit for play until officially weighed-in by two PLSL governing board members (1 of the 2 PLSL governing board members must be from an opposing organization and both must be present at time of weigh-in for it to be official).

ii) All players over the restricted weight limit will be designated with (league provided) neon dots. One dot is to be placed on the front of the player's helmet AND one dot is to be placed on the back of the player's helmet. These dots are worn on the player's helmet to help Game Officials easily identify which players are over the restricted weight limit.

- (1) Offensive Players – those players weighing above the designated weight limits per grade level will be allowed to play on Offense, but those players must play on the Offensive Line and cannot carry the ball or line up as a Skill Position. Skill Positions are the positions that ordinarily handle the ball and are most responsible for scoring. Offensive players such as Quarterbacks, Running Backs, and Receivers are typically considered Skill Positions. They can play Tight End, but they can only line up next to the Tackle on the line-of-scrimmage and are not eligible to go out for a pass or receive a handoff.
 - (2) Defensive Players – those players weighing above the designated weight limits per grade level will be allowed to play defense, but those players must play on the Defensive Line and cannot carry the ball. Depending on grade level, they are eligible to play as a stand-up Defensive End, but they must line up on the line-of-scrimmage and no more than 2 yards outside of the man (furthest from Center) on the Offensive Line (reference individual grade Quick Reference rules for further clarification regarding stand-up Defensive Ends). All Defensive Linemen lined up between the Offensive Tackles (from head-up or inside shoulder of OT) must start with at least (1) hand on the ground. If a weight restricted player intercepts the ball or recovers a fumble, then the player is down at the spot where the ball is caught or the fumble is recovered.
 - iii) If for any reason a restricted weight player has not been properly marked with the neon dots on the helmet, then the game shall not begin or resume until the specified player is marked accordingly or removed from the field of play.
- g) Game Day Officials
- i) Game Officials will be provided by War Jack Sports Officials (TASO Certified).
 - ii) Game official costs will be \$50 per ref per game, and 3 officials will be needed for each game at every grade level.
- h) Host Field League Representative
- i) Each host field shall have a designated, PLSL governing board member that serves as the location's Field Marshal for the day. The Field Marshal, working in conjunction with the on-field Officiating crew, will help resolve any league or football rule issues that may arise during the course of a game. The designated Field Marshal must carry a copy of the current year's PLSL Football Rules and Bylaws and will reference them, as needed. The Field Marshal is an extension and representation of the PLSL Board and must always conduct themselves in the highest manner.
- i) Game Day Sidelines
- i) Both teams will need to provide their rosters (name and number in numeric order) to the scoreboard operator prior to game time.
 - ii) Teams should have personnel assigned to run chains and down marker on-site prior to game time.
- j) Game Player Certification Checks (Optional)
- i) Each team will have the option to check player certifications 30 minutes prior to the start of the game. The teams will have their players in numerical order and present their certification booklet (also in numerical order) to the opposing coach for player certification checks.
 - (1) Should a player dispute arise at any time, both coaches will need to speak with the Field Marshal.

k) Class Rule (Kinder - 2nd Grades Only)

i) Once a team is ahead by 24 points at any point in the game:

- (1) Then the team ahead will immediately implement measures to not run up the score any further. In addition, the team ahead by 24 points will make every effort to give players on its team (who are not weight restricted) the opportunity to play different positions on both offense and defense. This does not mean that the team will not try to score, but it does mean they will refrain from trick plays and give other players on their team the opportunity to run, pass, or catch the ball. A head coach who ignores the class rule will be considered for suspension. If a league representative feels that a coach is not following the class rule, then the representative will talk to the coach during the game and remind the coach about the Class Rule. If the coach continues to ignore this rule, then the matter will be brought to the PLSL Disciplinary Committee to consider suspension of the head coach for the next game. If the incident occurs during the last regular or post season game, then the Disciplinary Committee will consider suspension of the head coach for the first regular season game of the next football season.
- (2) The game clock will immediately switch to a running clock. The clock will continue to stop on timeouts and injuries, but it will be a running clock for the remainder of the game, or until a team is no longer ahead by 24 points. Once a team is no longer ahead by 24 points, then regular clock rules for that grade level apply. In addition, the team that was previously ahead by 24 points is allowed play the game with players at their normal positions.

l) League Sportsmanship

i) Misconduct

(1) Coaches

- (a) Unsportsmanlike conduct or profanity on the part of a coach will put the team of that coach at risk for penalty, forfeit, and/or immediate expulsion from the game. A coach will be expelled from a game after two misconduct penalties within the same game. Misconduct is at the discretion of the on-field Game Officials. If penalties are severe enough, a coach could subject to further disciplinary action by the PLSL Disciplinary Committee. In addition, the PLSL Board will review the incident and take into consideration relieving the coach of his duties for one or more games, or even for the remainder of the season. A coach who is expelled from two games will automatically be relieved of his coaching duties for the remainder of the Regular season and Postseason.

(2) Players

- (a) Unsportsmanlike conduct or profanity on the part of a player will put the team of that player at risk for penalty, forfeit, and/or immediate expulsion from the game. Any player who receives two unsportsmanlike penalties (in same game) from the Game Official will be automatically ejected from the football game and be subject to further disciplinary action by the PLSL Disciplinary Committee. In addition, the PLSL Board will review the incident and take into consideration the potential of a (1) game minimum suspension and/or the maximum of a remainder of the season suspension.

(3) Parents/Spectators

- (a) Unsportsmanlike conduct or profanity on the part of a parent/spectator will put the team of that parent/spectator at risk for penalty, forfeit, and/or immediate expulsion from the game.

PLSL encourages all coaches to have a discussion with team parents at the beginning of the season about personal conduct throughout the season. Parents/spectators may be ejected by the Game Officials for misconduct during the game, on the field, or in the stands. In addition, any PLSL governing board member (including the designated Field Marshall) who witnesses misconduct by parents/spectators has the authority to eject the parent/spectator from the game, and that parent/spectator must leave the stadium grounds. Please remind team parents that these games are youth athletics events, and they should behave in a manner that is children appropriate.

m) Game Forfeit

- i) PLSL's policy is for each member organization and team to avoid, if at all possible, a forfeit.
- ii) Teams without an adequate number of players to start the game will be given (10) minutes from the scheduled start time to field a team. If, after (10) minutes, the team still does not have enough players to play the game, then the team will forfeit the game, and the opposing team will be awarded a win.
- iii) The adequate number of players to field a team at each grade level is as follows:
 - (1) Kinder Flag – At least 11 players.
 - (2) 1st Grade Flag – At least 11 players.
 - (3) 2nd Grade Tackle – At least 11 players.
 - (4) 3rd Grade Tackle – At least 11 players.
 - (5) 4th Grade Tackle – At least 11 players.
 - (6) 5th Grade Tackle – At least 11 players.
 - (7) 6th Grade Tackle – At least 11 players.

Kinder Flag Football – Quick Reference

League Division:

- 11 v 11.

Game Requirements:

- There are no more than 11 players (per team) on the field at any one time.

Player Equipment:

- Team Uniform, Soft Shell Helmet, Mouthpiece, Flag-a-Tag Sonic Boom Flag Belt (provided by player's organization), and shoes (football cleats, soccer style cleats, or tennis shoes – NO METAL CLEATS).

Football Size:

- Nike Pee Wee, Under Armour Pee Wee, or Wilson K2.

Field Length:

- There will be (2) games played on a regulation field at same time. Each game will play on a field that is 50 yards long (going into the end zone) and full regulation width.

Player Weight Limit Restrictions:

- None.

Length of Games:

- (4) 7-minute quarters with running clock. The last 2 minutes of each half will be regulation clock. The clock will stop for TD's, injuries, and timeouts, and it will resume after the Extra Point is finished or at the snap of the ball. The Play Clock will be 40 seconds after the placement of the ball by the Game

Game Day Officials:

- (3) Game Officials will be present to officiate all Regular season games.
- (4) Game Officials will be present to officiate all Postseason games.

Timeouts:

- (3) Timeouts per half.

Scoring:

- Touchdowns
 - All touchdowns are worth (6) points.
- PATs
 - Kicking a PAT is not allowed at this grade level.
 - A team that scores a TD has the choice to go for a (1) point PAT or a (2) point PAT.
 - PATs that are worth (1) point:
 - The ball is placed at the 5-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
 - PATs that are worth (2) points:

- The ball is placed at the 10-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
- Field Goals
 - Kicking a Field Goal is not allowed at the Kinder level.

Coaches on the Field:

- (2) coaches per team are allowed on the field (not mandatory) for all games throughout the season.
- For the coaches on the field
 - No coaching will be allowed after the Quarterback starts his cadence.
 - At the snap of the ball, the coaches need to be at least 15 yards from the line-of-scrimmage.
- Any coaches found in violation of 1) coaching after cadence and/or 2) not being 15 yards from the line-of-scrimmage at the snap of the ball will be issued a warning from the Game Official. If (after one warning) the same coaches are again found in violation of either infraction, then the Game Official will send the offending coaches to the sideline for the remainder of the game.

Game Rules:

- The game will begin with the team captains gathering at midfield for a coin toss to decide possession. Each team must elect at least one captain to represent the team during the coin toss. The team that wins the coin toss may defer to the 2nd half.
- The goal line is the regulation end zone with the offense starting each possession on the 30-yard line going into the end zone. First downs will be granted at the 20- and 10-yard lines and game officials will keep track of downs.
- A flag belt must have (2) flags, and it must be always worn at waist level with the flags positioned on each side of the player's hips. Flags may not be wrapped around a belt loop or belt. Shirts must be tucked-in so that flags are prominently displayed on the flag belt.

Offense

- The Quarterback, or 1st person who takes the snap, can advance the ball beyond the line-of-scrimmage. However, the Quarterback (or 1st person who takes the snap) is only allowed to rush the ball outside of the A-Gap.
- The Quarterback can signal a player and put that player in motion.
- Fumbles on Offense
 - When a snap is fumbled behind the line-of-scrimmage (as a result of an errant snap or the Quarterback mishandling the snap), the ball will be a dead ball and is spotted where the ball first touches the ground.
 - When the ball is fumbled behind the line-of-scrimmage during a handoff (Quarterback to player, 1st person who takes the snap to player, or player to player), it is considered a dead ball.
 - Any other time that the ball touches the ground during the course of the game, it is a dead ball.
- Offensive ball carriers must avoid contact with the Defensive players (no running thru players). Offensive ball carriers may run, spin, and juke, but they may not leave their feet (i.e. jump) to avoid Defensive players.
- If the ball carrier falls down, then the ball is placed where the knee or ball touches the ground (whichever comes first).
- An Offensive player can pitch the ball backwards while behind the line-of-scrimmage.

- Blockers may not leave their feet before, during, or after a block is made. Blockers can use their hands, but they are not allowed to place their hands above the opponent's shoulders. In addition, blockers (in the course of their blocks) must keep open hands at all times.
- The Offense is required to have (1) Center, (2) Guards, and (2) Tackles on the line-of-scrimmage. Guards must be within (1) yard laterally of the Center on the line-of-scrimmage. Tackles must be within (1) yard laterally of the Guards on the line-of-scrimmage. Offensive Guards must have at least (1) hand on the ground at the snap of the ball. Offensive Tackles can either have (1) hand on the ground or be in a 2-point stance at the snap of the ball. All (5) of these players are ineligible to run the ball or catch a pass.
- The zone from the 5-yard line to the goal line is considered a "no run" zone. The Quarterback (or 1st person who takes the snap) must over-hand pass the ball past the line-of-scrimmage when play is initiated in this "no run" zone.

Defense

- Defenses are not allowed to line up a Nose Guard over the Center at any time.
- No Defensive player may stunt the tackle box.
- The Defense is required to have (4) down Defensive Linemen (and no more than 4) on the line-of-scrimmage.
- Defensive Linemen may bull-rush or rush the outside shoulder of their Offensive Line counterpart.
 - Defensive Tackles must be lined up head-up or outside shoulder of the Offensive Guard, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - Defensive Ends must be lined up head-up or outside shoulder of the Offensive Tackle, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - The down linemen must be in either a 3 or 4-point stance at the snap of the ball and must be lined up head-up or outside shoulder of their Offensive counterpart.
- Middle Linebackers must be (4) yards behind the line-of-scrimmage at the snap of the ball (Tackle-Center-Tackle box).
- Outside Linebackers must line up (1) yard outside of the Tackle box and be at least (1) yard behind the line-of-scrimmage at the snap of the ball.
- Defensive players may rush the backfield outside of the tackle box. Meaning outside rushes are permitted.
- Once the ball is handed off or passed to an Offensive player by the Quarterback (or 1st person who takes the snap), then all players on Defense can rush across the line-of-scrimmage in pursuit of the ball carrier.
- To stop a ball carrier, the Defensive player must remove (1) flag from the Offensive player's flag belt and immediately hold that flag above the head to assist the Game Official in making the call.
- The flag determines the spot of the ball; not the ball. If a flag falls off the ballcarrier's flag belt during a play, then the ball carrier is considered down at the location where the flag came off.
- Defensive players may use open hands and body position to force their way through the line, but they may not hold or grasp the Offensive player.
- Defensive players may not hold the ball carrier while attempting to remove flags.
- Removing flags from any Offensive player who does not have possession of the ball is illegal, whether intentional or not.

Penalties:

- Teams shall receive 5-yard penalties for the following:
 - Offensive illegal procedure.
 - More than (5) players in the offensive backfield.
 - Delay of game.
 - Defensive holding or illegal use of hands.
 - Intentional grounding.
 - Loose clothing over the flag belt.
 - Hideouts (any player not starting from the huddle).
 - Defensive players (other than the designated rusher or defensive line) crossing the line-of-scrimmage prior to ball being handed off or passed.
 - More or less than 4 defensive linemen on the LOS
- Teams shall receive 10-yard penalties for the following:
 - Leaving feet for blocking.
 - Illegal use of hands by Offense.
 - Flag guarding/illegal arrangement of flag.
 - Unnecessary roughness.
 - Pass interference (Defense - first down, Offense - loss of a down).
 - Unsportsmanlike conduct.
 - Illegal forward pass.
 - Illegal removal of flags/tackling
 - Rushing inside the tackle box

1st Grade Flag Football – Quick Reference

League Division:

- 11 v 11.

Game Requirements:

- There are no more than 11 players (per team) on the field at any one time.

Player Equipment:

- Team Uniform, Soft Shell Helmet, Mouthpiece, Flag-a-Tag Sonic Boom Flag Belt (provided by player's organization), and shoes (football cleats, soccer style cleats, or tennis shoes – NO METAL CLEATS).

Football Size:

- Nike Pee Wee, Under Armour Pee Wee, or Wilson K2.

Field Length:

- 80 yards long and full regulation width.

Player Weight Limit Restrictions:

- None.

Length of Games:

- (4) 7-minute quarters with running clock. The last 2 minutes of each half will be regulation clock. The clock will stop for TD's, injuries, and timeouts, and it will resume after the Extra Point is finished or at the snap of the ball. The Play Clock will be 40 seconds after the placement of the ball by the Game

Game Day Officials:

- (3) Game Officials will be present to officiate all Regular season games.
- (4) Game Officials will be present to officiate all Postseason games.

Timeouts:

- (3) Timeouts per half.

Scoring:

- Touchdowns
 - All touchdowns are worth (6) points.
- PATs
 - Kicking a PAT is not allowed at this grade level.
 - A team that scores a TD has the choice to go for a (1) point PAT or a (2) point PAT.
 - PATs that are worth (1) point:
 - The ball is placed at the 5-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
 - PATs that are worth (2) points:
 - The ball is placed at the 10-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.

- Field Goals
 - Kicking a Field Goal is not allowed at the Kinder level.

Coaches on the Field:

- (2) coaches per team are allowed on the field (not mandatory) for all games throughout the season.
- For the coaches on the field
 - No coaching will be allowed after the Quarterback starts his cadence.
 - At the snap of the ball, the coaches need to be at least 15 yards from the line-of-scrimmage.
- Any coaches found in violation of 1) coaching after cadence and/or 2) not being 15 yards from the line-of-scrimmage at the snap of the ball will be issued a warning from the Game Official. If (after one warning) the same coaches are again found in violation of either infraction, then the Game Official will send the offending coaches to the sideline for the remainder of the game.

Game Rules:

- The game will begin with the team captains gathering at midfield for a coin toss to decide possession. Each team must elect at least one captain to represent the team during the coin toss. The team that wins the coin toss may defer to the 2nd half.
- The goal lines are set at each 10 yard line to create an 80-yard field, and the ball is placed on the 30-yard line (which is the modified field's 20-yard line). Standard first down rules are used with chains and down box.
- A flag belt must have (2) flags, and it must be always worn at waist level with the flags positioned on each side of the player's hips. Flags may not be wrapped around a belt loop or belt. Shirts must be tucked-in so that flags are prominently displayed on the flag belt.

Offense

- The Quarterback, or 1st person who takes the snap, can advance the ball beyond the line-of-scrimmage. However, the Quarterback (or 1st person who takes the snap) is only allowed to rush the ball outside of the A-Gap.
- The Quarterback can signal a player and put that player in motion.
- Fumbles on Offense
 - When a snap is fumbled behind the line-of-scrimmage (as a result of an errant snap or the Quarterback mishandling the snap), the ball will be a dead ball and is spotted where the ball first touches the ground.
 - When the ball is fumbled behind the line-of-scrimmage during a handoff (Quarterback to player, 1st person who takes the snap to player, or player to player), it is considered a dead ball.
 - Any other time that the ball touches the ground during the course of the game, it is a dead ball.
- Offensive ball carriers must avoid contact with the Defensive players (no running thru players). Offensive ball carriers may run, spin, and juke, but they may not leave their feet (i.e. jump) to avoid Defensive players.
- If the ball carrier falls down, then the ball is placed where the knee or ball touches the ground (whichever comes first).
- An Offensive player can pitch the ball backwards while behind the line-of-scrimmage.

- Blockers may not leave their feet before, during, or after a block is made. Blockers can use their hands, but they are not allowed to place their hands above the opponent's shoulders. In addition, blockers (in the course of their blocks) must keep open hands at all times.
- The Offense is required to have (1) Center, (2) Guards, and (2) Tackles on the line-of-scrimmage. Guards must be within (1) yard laterally of the Center on the line-of-scrimmage. Tackles must be within (1) yard laterally of the Guards on the line-of-scrimmage. Offensive Guards must have at least (1) hand on the ground at the snap of the ball. Offensive Tackles can either have (1) hand on the ground or be in a 2-point stance at the snap of the ball. All (5) of these players are ineligible to run the ball or catch a pass.
- The zone from the 5-yard line to the goal line is considered a "no run" zone. The Quarterback (or 1st person who takes the snap) must over-hand pass the ball past the line-of-scrimmage when play is initiated in this "no run" zone.
- If a team elects to punt on 4th down, the Game Official will walk-off and set the ball 30 yards down field from the line-of-scrimmage. The walk-off cannot be placed inside the 15-yard line of the opposing team.

Defense

- Defenses are not allowed to line up a Nose Guard over the Center at any time.
- No Defensive player may stunt the tackle box.
- The Defense is required to have (4) down Defensive Linemen (and no more than 4) on the line-of-scrimmage.
- Defensive Linemen may bull-rush or rush the outside shoulder of their Offensive Line counterpart.
 - Defensive Tackles must be lined up head-up or outside shoulder of the Offensive Guard, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - Defensive Ends must be lined up head-up or outside shoulder of the Offensive Tackle, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - The down linemen must be in either a 3 or 4-point stance at the snap of the ball and must be lined up head-up or outside shoulder of their Offensive counterpart.
- Middle Linebackers must be (4) yards behind the line-of-scrimmage at the snap of the ball (Tackle-Center-Tackle box).
- Outside Linebackers must line up (1) yard outside of the Tackle box and be at least (1) yard behind the line-of-scrimmage at the snap of the ball.
- Defensive players may rush the backfield outside of the tackle box. Meaning outside rushes are permitted.
- Once the ball is handed off or passed to an Offensive player by the Quarterback (or 1st person who takes the snap), then all players on Defense can rush across the line-of-scrimmage in pursuit of the ball carrier.
- To stop a ball carrier, the Defensive player must remove (1) flag from the Offensive player's flag belt and immediately hold that flag above the head to assist the Game Official in making the call.
- The flag determines the spot of the ball; not the ball. If a flag falls off the ballcarrier's flag belt during a play, then the ball carrier is considered down at the location where the flag came off.
- Defensive players may use open hands and body position to force their way through the line, but they may not hold or grasp the Offensive player.
- Defensive players may not hold the ball carrier while attempting to remove flags.

- Removing flags from any Offensive player who does not have possession of the ball is illegal, whether intentional or not.

Penalties:

- Teams shall receive 5-yard penalties for the following:
 - Offensive illegal procedure.
 - More than (5) players in the offensive backfield.
 - Delay of game.
 - Defensive holding or illegal use of hands.
 - Intentional grounding.
 - Loose clothing over the flag belt.
 - Hideouts (any player not starting from the huddle).
 - Defensive players (other than the designated rusher or defensive line) crossing the line-of-scrimmage prior to ball being handed off or passed.
 - More or less than (4) defensive linemen on the LOS
- Teams shall receive 10-yard penalties for the following:
 - Leaving feet for blocking.
 - Illegal use of hands by Offense.
 - Flag guarding/illegal arrangement of flag.
 - Unnecessary roughness.
 - Pass interference (Defense - first down, Offense - loss of a down).
 - Unsportsmanlike conduct.
 - Illegal forward pass.
 - Illegal removal of flags/tackling
 - Rushing inside the tackle box

2nd Grade Tackle Football – Quick Reference

League Division:

- 11 v 11.

Game Requirements:

- There are no more than 11 players (per team) on the field at any one time.

Player Equipment:

- Team Uniform, Helmet (with safety bar or mask), Mouthpiece (attached to helmet), Shoulder Pads, Pants (with pads), and shoes (football cleats, soccer style cleats, or tennis shoes – NO METAL CLEATS).
- Helmet visors are permissible, but the visor must be clear, lightly tinted, or lightly smoked. No dark tinted or black out helmet visors will be permitted. The player's eyes (while under the helmet visor) must be visible to the Game Officials.
 - If the Game Officials deem a player's helmet visor too dark (the player's eyes are not visible), then the player will be instructed to remove the helmet visor. If the player or coach is not compliant with this request, then the player will sit out the duration of the game or until the visor is removed.

Football Size:

- Nike Pee Wee, Under Armour Pee Wee, or Wilson K2.

Field Length:

- 100 yards long. Full width of field.

Player Weight Limit Restrictions:

- MAX weight limit to carry the ball is 80 LBS.

Length of Games:

- (4) 7-minute quarters with regulation clock. The Play Clock will be 40 seconds after the placement of the ball by the Game Official.

Game Day Officials:

- (3) Game Officials will be present to officiate all Regular season games.
- (3) Game Officials will be present to officiate all Playoff games.
- (4) Game Officials will be present to officiate all PLSL Championship games.

Timeouts:

- (3) Timeouts per half.

Scoring:

- Touchdowns
 - All touchdowns are worth (6) points.
- PATs

- Kicking a PAT is not allowed at the 2nd grade level.
- A team that scores a TD has the choice to go for a (1) point PAT or a (2) point PAT.
 - PATs that are worth (1) point:
 - The ball is placed at the 5-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
 - PATs that are worth (2) points:
 - The ball is placed at the 10-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
- Field Goals
 - Kicking a Field Goal is not allowed at the 2nd grade level.

Coaches on the Field:

- (2) coaches per team are allowed on the field (not mandatory) for all games throughout the season.
- For the coaches on the field
 - No coaching will be allowed after the Quarterback starts his cadence.
 - At the snap of the ball, the coaches need to be at least 15 yards from the line-of-scrimmage.
- Any coaches found in violation of 1) coaching after cadence and/or 2) not being 15 yards from the line-of-scrimmage at the snap of the ball will be issued a warning from the Game Official. If (after one warning) the same coaches are again found in violation of either infraction, then the Game Official will send the offending coaches to the sideline for the remainder of the game.

Game Rules:

- Prior to start of the game, each Head Coach is to provide the Head Official a list of his/her team's weight restricted players. This list is to include the player's name and the player's number (as on the jersey), as well as confirmation that their respective helmets contain (2) neon dots (one on the front of the helmet and one on the back), as provided by the league.
- The game will begin with the team captains gathering at midfield for a coin toss to decide possession. Each team must elect at least one captain to represent the team during the coin toss. The team that wins the coin toss may defer to the 2nd half.
- The ball is placed on the 20-yard line. Down markers and 10-yard chains (for 1st downs) will be used.
- Offense
 - The Quarterback, or 1st person who takes the snap, can advance the ball beyond the line-of-scrimmage. However, the Quarterback (or 1st person who takes the snap) is only allowed to rush the ball outside of the A-Gap.
 - The Quarterback is allowed to signal a player and put that player in motion.
 - Fumbles on Offense
 - When a ball is fumbled behind the line-of-scrimmage, the ball will be a dead ball and is spotted where the ball first touches the ground.
 - Any other time that the ball touches the ground during the course of the game, it is a live ball.
 - If the ball carrier falls down, then the ball is placed where the knee or ball touches the ground (whichever comes first).
 - An Offensive player can pitch the ball backwards while behind the line-of-scrimmage.

- Blockers can use their hands, but they are not allowed to place their hands above the opponent's shoulders. In addition, blockers (in the course of their blocks) must keep open hands at all times.
- The Offense is required to have (1) Center, (2) Guards, and (2) Tackles on the line-of-scrimmage. Guards must be within (1) yard laterally of the Center on the line-of-scrimmage. Tackles must be within (1) yard laterally of the Guards on the line-of-scrimmage. Offensive Guards must have at least (1) hand on the ground at the snap of the ball. Offensive Tackles can either have (1) hand on the ground or be in a 2-point stance at the snap of the ball. All (5) of these players are ineligible to run the ball or catch a pass.
- Other Offensive players who are lined up outside of the Tackle-Center-Tackle box must be (1) yard off the line-of-scrimmage and are eligible to run the ball or catch a pass.
- If a team elects to punt on 4th down, the Game Official will walk-off and set the ball 30 yards down field from the line-of-scrimmage. The walk-off cannot be placed inside the 20-yard line of the opposing team.
- Defense
 - Defenses are not allowed to line up a Nose Guard over the Center at any time.
 - No Defensive player may stunt the "A" gap.
 - The Defense is required to have (4) down Defensive Linemen (and no more than 4) on the line-of-scrimmage.
 - Defensive Linemen may bull-rush or rush the outside shoulder of their Offensive Line counterpart.
 - Defensive Tackles must be lined up head-up or outside shoulder of the Offensive Guard, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - The down linemen must be in either a 3 or 4-point stance at the snap of the ball and **must** be lined up head-up or outside shoulder of their Offensive counterpart.
 - Defensive Ends
 - If the Defensive End lines up head-up or inside shoulder of the Offensive Tackle, then the Defensive End must be in either a 3 or 4-point stance at the snap of the ball.
 - If the Defensive End lines up outside shoulder of the Offensive Tackle and the Offensive Tackle is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Offensive Tackle's outside shoulder.
 - If the Defensive End lines up outside shoulder of the Tight End and the Tight End is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Tight End's outside shoulder.
 - Should Defensive players get to the handoff prior to the handoff exchange, they may grab the ball and advance the ball for a Touchdown (if not a weight restricted player).
 - Middle Linebackers must be (4) yards behind the line-of-scrimmage at the snap of the ball (Tackle box).
 - Outside Linebackers must line up (1) yard outside of the Tackle box at the snap of the ball.

- Defensive players may use open hands and body position to force their way through the line, but they may not hold or grasp the Offensive player.
- Any weight restricted player that intercepts a pass or recovers a fumble cannot advance the ball. The play will be whistled dead by the Game Official, and the ball will be spotted at the point of interception or fumble recovery.

Penalties:

- All tackle ages will comply with Texas UIL rules for penalties as enforced by the Game Officials.
- Any player that receives (2) face mask violations in one game will be asked by the Game Official to leave the game for (1) play. During the off play, it is the responsibility of the coach to talk to the player and emphasize the dangers of such reckless play. A player receiving a 3rd face mask violation will be required to sit out the remainder of the game.
- The PLSL Board will also review the actions of the player and determine whether the player is subject to additional punishment from the league (i.e. suspension of a game or expulsion from the league).

3rd Grade Tackle Football – Quick Reference

League Division:

- 11 v 11.

Game Requirements:

- There are no more than 11 players (per team) on the field at any one time.

Player Equipment:

- Team Uniform, Helmet (with safety bar or mask), Mouthpiece (attached to helmet), Shoulder Pads, Pants (with pads), and shoes (football cleats, soccer style cleats, or tennis shoes – NO METAL CLEATS).
- Helmet visors are permissible, but the visor must be clear, lightly tinted, or lightly smoked. No dark tinted or black out helmet visors will be permitted. The player's eyes (while under the helmet visor) must be visible to the Game Officials.
 - If the Game Officials deem a player's helmet visor too dark (the player's eyes are not visible), then the player will be instructed to remove the helmet visor. If the player or coach is not compliant with this request, then the player will sit out the duration of the game or until the visor is removed.

Football Size:

- Nike Pee Wee, Under Armour Pee Wee, or Wilson K2.

Field Length:

- 100 yards long. Full width of field.

Player Weight Limit Restrictions:

- MAX weight limit to carry the ball is 100 LBS.

Length of Games:

- (4) 7-minute quarters with regulation clock. The Play Clock will be 40 seconds after the placement of the ball by the Game Official.

Game Day Officials:

- (3) Game Officials will be present to officiate all Regular season games.
- (3) Game Officials will be present to officiate all Playoff games.
- (4) Game Officials will be present to officiate all PLSL Championship games.

Timeouts:

- (3) Timeouts per half.

Scoring:

- Touchdowns
 - All touchdowns are worth (6) points.
- PATs
 - A team that scores a TD has the option to go for one of three PATs:
 - Kicked PAT
 - Successfully kicked PATs are worth (2) points.
 - The team must declare that they are kicking the PAT. Fake PAT kicks are not allowed. The team must shotgun-snap the ball back to the Place Holder. If the snap is dropped, the Place Holder can pick up the ball and place it down for the kick. If the snap goes over the Place Holder's head, then the play will be whistled dead, and it will be designated a failed PAT attempt.
 - Kicked PATs are not live.
 - The Offense cannot move once the ball is snapped.
 - The Defense cannot move once the ball is snapped.
 - Catching a kicked PAT cannot be advanced. In event a kicked PAT is caught by a player on either team, the play will be whistled dead and it will be designated a failed PAT attempt.
 - Non-kicked PAT (1 Point)
 - Non-kicked PATs that are attempted and made from the 3-yard hash line are worth (1) point.
 - The ball is placed at the 3-yard hash line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
 - Non-kicked PAT (2 Points)
 - Non-kicked PATs that are attempted and made from the 5-yard line are worth (2) points.
 - The ball is placed at the 5-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
- Field Goals
 - A team has the option to kick a field goal.
 - Successfully kicked field goals are worth (3) points.
 - The team must declare that they are kicking. Fake field goals are not allowed. The team must shotgun-snap the ball back to the Place Holder. If the snap is dropped, the Place Holder can pick up the ball and place it down for the kick. If the snap goes over the Place Holder's head, then the play will be whistled dead and it will be designated a failed field goal attempt. The Game Official will then spot the ball where it hit the ground, and the opposing team will take possession of the football at that spot.
 - Field goals are not live.
 - The Offense cannot move once the ball is snapped.
 - The Defense cannot move once the ball is snapped.
 - Catching a kicked field goal cannot be advanced. In event a kicked field goal is caught by a player on either team, the play will be whistled dead and it will be designated a failed field goal attempt.

Coaches on the Field:

- (1) coach per team is allowed on the field (not mandatory) for all games throughout the season.
- For coaches on the field
 - No coaching will be allowed after the Quarterback starts his cadence.
 - At the snap of the ball, the coaches need to be at least 15 yards from line-of-scrimmage.
- Any coaches found in violation of 1) coaching after cadence and/or 2) not being 15 yards from the line-of-scrimmage at the snap of the ball will be issued a warning from the Game Official. If (after one warning) the same coaches are again found in violation of either infraction, then the Game Official will send the offending coaches to the sideline for the remainder of the game.

Game Rules:

- Prior to start of the game, each Head Coach is to provide the Head Official a list of his/her team's weight restricted players. This list is to include the player's name and the player's number (as on the jersey), as well as confirmation that their respective helmets contain (2) neon dots (one on the front of the helmet and one on the back), as provided by the league.
- The game will begin with the team captains gathering at midfield for a coin toss to decide possession. Each team must elect at least one captain to represent the team during the coin toss. The team that wins the coin toss may defer to the 2nd half.
- A normal 100-yard field with the ball kicked off from the 40-yard line (onside kicks are legal). Down markers and 10-yard chains (for 1st downs) will be used.
- Offense
 - The Quarterback is allowed to signal a player and put that player in motion.
 - Fumbles on Offense
 - Any time that the ball touches the ground during the course of the game, it is a live ball.
 - Offensive ball carriers may run, spin, and juke, but they may not leave their feet (i.e. jump) to avoid Defensive players.
 - If the ball carrier falls down, then the ball is placed where the knee or ball touches the ground (whichever comes first).
 - An Offensive player can pitch the ball backwards while behind the line-of-scrimmage.
 - Blockers can use their hands, but they are not allowed to place their hands above the opponent's shoulders. In addition, blockers (in the course of their blocks) must keep open hands at all times.
 - Cut blocks are a legal block, but only at the line-of-scrimmage and only between the Tackles.
 - High-low blocks are illegal. They are not allowed in any zone of the playing field.
 - The Offense is required to have (1) Center, (2) Guards, and (2) Tackles on the line-of-scrimmage. Guards must be within (1) yard laterally of the Center on the line-of-scrimmage. Tackles must be within (1) yard laterally of the Guards on the line-of-scrimmage. Offensive Guards must have at least (1) hand on the ground at the snap of the ball. Offensive Tackles can either have (1) hand on the ground or be in a 2-point stance at the snap of the ball. All (5) of these players are ineligible to run the ball or catch a pass.
 - Punts
 - Weight restricted players are eligible to punt.
 - Punts are not live.

- Punts can be caught, but they cannot be advanced. The ball is dead where it is caught, stopped, or goes out of bounds.
- There are no fake punts. The Kicker may not run with the ball once a free punt is declared.
- A team must declare to the Game Official whether they intend to punt.
 - If a team declares they are punting, they have (1) of (2) options for the punt:
 - The punting team can elect to free punt.
 - The punting team must shotgun-snap the ball to the Punter. If the snap is dropped by the Punter or the snap goes over the Punter's head, then the Punter must quickly pick up the ball and punt it. There is no penalty for snapping the ball over Punter's head.
 - During a free punt, the Offense cannot move.
 - During a free punt, the Defense can stand in place and jump straight-up to block the punt. They cannot, however, jump over an Offensive player or cross the line-of-scrimmage in their attempt to block the punt.
 - To receive a free punt, the Defense can position no more than (2) players beyond 10 yards from the line-of-scrimmage.
 - The punting team can elect to have the Game Official walk-off and set the ball 30 yards down field from the line-of-scrimmage. The walk-off cannot be placed inside the 20-yard line of the opposing team.
- Defense
 - Defenses are not allowed to line up a Nose Guard over the Center at any time.
 - The Defense is required to have no more than (4) down linemen on the line-of-scrimmage.
 - Defensive Tackles must be lined up head-up or outside shoulder of the Offensive Guard, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - Defensive Ends
 - If the Defensive End lines up head-up or inside shoulder of the Offensive Tackle, then the Defensive End must be in either a 3 or 4-point stance at the snap of the ball.
 - If the Defensive End lines up outside shoulder of the Offensive Tackle and the Offensive Tackle is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Offensive Tackle's outside shoulder.
 - If the Defensive End lines up outside shoulder of the Tight End and the Tight End is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Tight End's outside shoulder.
 - Only (1) of these (4) Defensive linemen can stunt the "A" gap; the remaining (3) Defensive linemen must either bull-rush or rush the outside shoulder of the Offensive Guards and Tackles.
 - Middle Linebackers must be (3) yards behind the line-of-scrimmage at the snap of the ball.
 - Outside Linebackers must line up (1) yard outside of the Tackle box at the snap of the ball.

- Defensive players may use open hands and body position to force their way through the line, but they may not hold or grasp the Offensive player.
- Any weight restricted player that intercepts a pass or recovers a fumble cannot advance the ball. The play will be whistled dead by the Game Official, and the ball will be spotted at the point of interception or fumble recovery.

Penalties:

- All tackle ages will comply with Texas UIL rules for penalties as enforced by the Game Officials.
- Any player that receives (2) face mask violations in one game will be asked by the Game Official to leave the game for (1) play. During the off play, it is the responsibility of the coach to talk to the player and emphasize the dangers of reckless play. A player receiving a 3rd face mask violation will be required to sit out the remainder of the game.
- The PLSL Disciplinary Committee will also review the actions of the player and determine whether the player is subject to additional punishment from the league (i.e. suspension of a game or expulsion from the league).

4th Grade Tackle Football – Quick Reference

League Division:

- 11 v 11.

Game Requirements:

- There are no more than 11 players (per team) on the field at any one time.

Player Equipment:

- Team Uniform, Helmet (with safety bar or mask), Mouthpiece (attached to helmet), Shoulder Pads, Pants (with pads), and shoes (football cleats, soccer style cleats, or tennis shoes – NO METAL CLEATS).
- Helmet visors are permissible, but the visor must be clear, lightly tinted, or lightly smoked. No dark tinted or black out helmet visors will be permitted. The player's eyes (while under the helmet visor) must be visible to the Game Officials.
 - If the Game Officials deem a player's helmet visor too dark (the player's eyes are not visible), then the player will be instructed to remove the helmet visor. If the player or coach is not compliant with this request, then the player will sit out the duration of the game or until the visor is removed.

Football Size:

- Nike Junior, Under Armour Junior, or Wilson TDJ.

Field Length:

- 100 yards long. Full width of field.

Player Weight Limit Restrictions:

- MAX weight limit to carry the ball is 115 LBS.

Length of Games:

- (4) 7-minute quarters with regulation clock. The Play Clock will be 40 seconds after the placement of the ball by the Game Official.

Game Day Officials:

- (3) Game Officials will be present to officiate all Regular season games.
- (3) Game Officials will be present to officiate all Playoff games.
- (4) Game Officials will be present to officiate all PLSL Championship games.

Timeouts:

- (3) Timeouts per half.

Scoring:

- Touchdowns
 - All touchdowns are worth (6) points.
- PATs
 - A team that scores a TD has the option to go for one of three PATs:
 - Kicked PAT
 - Successfully kicked PATs are worth (2) points.
 - The team must declare that they are kicking the PAT. Fake PAT kicks are not allowed. The team must shotgun-snap the ball back to the Place Holder. If the snap is dropped, the Place Holder can pick up the ball and place it down for the kick. If the snap goes over the Place Holder's head, then the play will be whistled dead, and it will be designated a failed PAT attempt.
 - Kicked PATs are not live.
 - The Offense cannot move once the ball is snapped.
 - The Defense cannot move once the ball is snapped.
 - Catching a kicked PAT cannot be advanced. In event a kicked PAT is caught by a player on either team, the play will be whistled dead and it will be designated a failed PAT attempt.
 - Non-kicked PAT (1 Point)
 - Non-kicked PATs that are attempted and made from the 3-yard hash line are worth (1) point.
 - The ball is placed at the 3-yard hash line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
 - Non-kicked PAT (2 Points)
 - Non-kicked PATs that are attempted and made from the 5-yard line are worth (2) points.
 - The ball is placed at the 5-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
- Field Goals
 - A team has the option to kick a field goal.
 - Successfully kicked field goals are worth (3) points.
 - The team must declare that they are kicking. Fake field goals are not allowed. The team must shotgun-snap the ball back to the Place Holder. If the snap is dropped, the Place Holder can pick up the ball and place it down for the kick. If the snap goes over the Place Holder's head, then the play will be whistled dead and it will be designated a failed field goal attempt. The Game Official will then spot the ball where it hit the ground, and the opposing team will take possession of the football at that spot.
 - Field goals are not live.
 - The Offense cannot move once the ball is snapped.
 - The Defense cannot move once the ball is snapped.
 - Catching a kicked field goal cannot be advanced. In event a kicked field goal is caught by a player on either team, the play will be whistled dead and it will be designated a failed field goal attempt.

Coaches on the Field:

- No coaches will be allowed on the field during games.

Game Rules:

- Prior to start of the game, each Head Coach is to provide the Head Official a list of his/her team's weight restricted players. This list is to include the player's name and the player's number (as on the jersey), as well as confirmation that their respective helmets contain (2) neon dots (one on the front of the helmet and one on the back), as provided by the league.
- The game will begin with the team captains gathering at midfield for a coin toss to decide possession. Each team must elect at least one captain to represent the team during the coin toss. The team that wins the coin toss may defer to the 2nd half.
- A normal 100-yard field with the ball kicked off from the 40-yard line (onside kicks are legal). Down markers and 10-yard chains (for 1st downs) will be used.
- Offense
 - The Quarterback is allowed to signal a player and put that player in motion.
 - Fumbles on Offense
 - Any time that the ball touches the ground during the course of the game, it is a live ball.
 - Offensive ball carriers may run, spin, and juke, but they may not leave their feet (i.e. jump) to avoid Defensive players.
 - If the ball carrier falls down, then the ball is placed where the knee or ball touches the ground (whichever comes first).
 - An Offensive player can pitch the ball backwards while behind the line-of-scrimmage.
 - Blockers can use their hands, but they are not allowed to place their hands above the opponent's shoulders. In addition, blockers (in the course of their blocks) must keep open hands at all times.
 - Cut blocks are a legal block, but only at the line-of-scrimmage and only between the Tackles.
 - High-low blocks are illegal. They are not allowed in any zone of the playing field.
 - The Offense is required to have (1) Center, (2) Guards, and (2) Tackles on the line-of-scrimmage. Guards must be within (1) yard laterally of the Center on the line-of-scrimmage. Tackles must be within (1) yard laterally of the Guards on the line-of-scrimmage. Offensive Guards must have at least (1) hand on the ground at the snap of the ball. Offensive Tackles can either have (1) hand on the ground or be in a 2-point stance at the snap of the ball. All (5) of these players are ineligible to run the ball or catch a pass.
 - Punts
 - Weight restricted players are eligible to punt.
 - Punts are not live.
 - Punts can be caught, but they cannot be advanced. The ball is dead where it is caught, stopped, or goes out of bounds.
 - There are no fake punts. The Kicker may not run with the ball once a free punt is declared.
 - A team must declare to the Game Official whether they intend to punt.
 - If a team declares they are punting, they have (1) of (2) options for the punt:
 - The punting team can elect to free punt.

- The punting team must shotgun-snap the ball to the Punter. If the snap is dropped by the Punter or the snap goes over the Punter's head, then the Punter must quickly can pick up the ball and punt it. There is no penalty for snapping the ball over Punter's head.
- During a free punt, the Offense cannot move.
- During a free punt, the Defense can stand in place and jump straight-up to block the punt. They cannot, however, jump over an Offensive player or cross the line-of-scrimmage in their attempt to block the punt.
- To receive a free punt, the Defense can position no more than (2) players beyond 10 yards from the line-of-scrimmage.
- The punting team can elect to have the Game Official walk-off and set the ball 30 yards down field from the line-of-scrimmage. The walk-off cannot be placed inside the 20-yard line of the opposing team.
- Defense
 - Defenses are not allowed to line up a Nose Guard over the Center at any time.
 - The Defense is required to have no more than (4) down linemen on the line-of-scrimmage.
 - Defensive Tackles must be lined up head-up or outside shoulder of the Offensive Guard, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - Defensive Ends
 - If the Defensive End lines up head-up or inside shoulder of the Offensive Tackle, then the Defensive End must be in either a 3 or 4-point stance at the snap of the ball.
 - If the Defensive End lines up outside shoulder of the Offensive Tackle and the Offensive Tackle is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Offensive Tackle's outside shoulder.
 - If the Defensive End lines up outside shoulder of the Tight End and the Tight End is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Tight End's outside shoulder.
 - Middle Linebackers must be (3) yards behind the line-of-scrimmage at the snap of the ball.
 - Outside Linebackers must line up (1) yard outside of the Tackle box at the snap of the ball.
 - Defensive players may use open hands and body position to force their way through the line, but they may not hold or grasp the Offensive player.
 - Any weight restricted player that intercepts a pass or recovers a fumble cannot advance the ball. The play will be whistled dead by the Game Official, and the ball will be spotted at the point of interception or fumble recovery.

Penalties:

- All tackle ages will comply with Texas UIL rules for penalties as enforced by the Game Officials.
- Any player that receives (2) face mask violations in one game will be asked by the Game Official to leave the game for (1) play. During the off play, it is the responsibility of the coach to talk to the player

and emphasize the dangers of reckless play. A player receiving a 3rd face mask violation will be required to sit out the remainder of the game.

- The PLSL Disciplinary Committee will also review the actions of the player and determine whether the player is subject to additional punishment from the league (i.e. suspension of a game or expulsion from the league).

5th Grade Tackle Football – Quick Reference

League Division:

- 11 v 11.

Game Requirements:

- There are no more than 11 players (per team) on the field at any one time.

Player Equipment:

- Team Uniform, Helmet (with safety bar or mask), Mouthpiece (attached to helmet), Shoulder Pads, Pants (with pads), and shoes (football cleats, soccer style cleats, or tennis shoes – NO METAL CLEATS).
- Helmet visors are permissible, but the visor must be clear, lightly tinted, or lightly smoked. No dark tinted or black out helmet visors will be permitted. The player's eyes (while under the helmet visor) must be visible to the Game Officials.
 - If the Game Officials deem a player's helmet visor too dark (the player's eyes are not visible), then the player will be instructed to remove the helmet visor. If the player or coach is not compliant with this request, then the player will sit out the duration of the game or until the visor is removed.

Football Size:

- Nike Junior, Under Armour Junior, or Wilson TDJ.

Field Length:

- 100 yards long. Full width of field.

Player Weight Limit Restrictions:

- MAX weight limit to carry the ball is 125 LBS.

Length of Games:

- (4) 7-minute quarters with regulation clock. The Play Clock will be 40 seconds after the placement of the ball by the Game Official.

Game Day Officials:

- (3) Game Officials will be present to officiate all Regular season games.
- (3) Game Officials will be present to officiate all Playoff games.
- (4) Game Officials will be present to officiate all PLSL Championship games.

Timeouts:

- (3) Timeouts per half.

Scoring:

- Touchdowns
 - All touchdowns are worth (6) points.
- PATs
 - A team that scores a TD has the option to go for one of three PATs:
 - Kicked PAT
 - Successfully kicked PATs are worth (2) points.
 - The team must declare that they are kicking the PAT. Fake PAT kicks are not allowed. The team must shotgun-snap the ball back to the Place Holder. If the snap is dropped, the Place Holder can pick up the ball and place it down for the kick. If the snap goes over the Place Holder's head, then the play will be whistled dead, and it will be designated a failed PAT attempt.
 - Kicked PATs are not live.
 - The Offense cannot move once the ball is snapped.
 - The Defense cannot move once the ball is snapped.
 - Catching a kicked PAT cannot be advanced. In event a kicked PAT is caught by a player on either team, the play will be whistled dead and it will be designated a failed PAT attempt.
 - Non-kicked PAT (1 Point)
 - Non-kicked PATs that are attempted and made from the 3-yard hash line are worth (1) point.
 - The ball is placed at the 3-yard hash line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
 - Non-kicked PAT (2 Points)
 - Non-kicked PATs that are attempted and made from the 5-yard line are worth (2) points.
 - The ball is placed at the 5-yard line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
 - Field Goals
 - A team has the option to kick a field goal.
 - Successfully kicked field goals are worth (3) points.
 - The team must declare that they are kicking. Fake field goals are not allowed. The team must shotgun-snap the ball back to the Place Holder. If the snap is dropped, the Place Holder can pick up the ball and place it down for the kick. If the snap goes over the Place Holder's head, then the play will be whistled dead and it will be designated a failed field goal attempt. The Game Official will then spot the ball where it hit the ground, and the opposing team will take possession of the football at that spot.
 - Field goals are not live.
 - The Offense cannot move once the ball is snapped.
 - The Defense cannot move once the ball is snapped.
 - Catching a kicked field goal cannot be advanced. In event a kicked field goal is caught by a player on either team, the play will be whistled dead and it will be designated a failed field goal attempt.

Coaches on the Field:

- No coaches will be allowed on the field during games.

Game Rules:

- Prior to start of the game, each Head Coach is to provide the Head Official a list of his/her team's weight restricted players. This list is to include the player's name and the player's number (as on the jersey), as well as confirmation that their respective helmets contain (2) neon dots (one on the front of the helmet and one on the back), as provided by the league.
- The game will begin with the team captains gathering at midfield for a coin toss to decide possession. Each team must elect at least one captain to represent the team during the coin toss. The team that wins the coin toss may defer to the 2nd half.
- A normal 100-yard field with the ball kicked off from the 40-yard line (onside kicks are legal). Down markers and 10-yard chains (for 1st downs) will be used.
- Offense
 - The Quarterback is allowed to signal a player and put that player in motion.
 - Fumbles on Offense
 - Any time that the ball touches the ground during the course of the game, it is a live ball.
 - Offensive ball carriers may run, spin, and juke, but they may not leave their feet (i.e. jump) to avoid Defensive players.
 - If the ball carrier falls down, then the ball is placed where the knee or ball touches the ground (whichever comes first).
 - An Offensive player can pitch the ball backwards while behind the line-of-scrimmage.
 - Blockers can use their hands, but they are not allowed to place their hands above the opponent's shoulders. In addition, blockers (in the course of their blocks) must keep open hands at all times.
 - Cut blocks are a legal block, but only at the line-of-scrimmage and only between the Tackles.
 - High-low blocks are illegal. They are not allowed in any zone of the playing field.
 - The Offense is required to have (1) Center, (2) Guards, and (2) Tackles on the line-of-scrimmage. Guards must be within (1) yard laterally of the Center on the line-of-scrimmage. Tackles must be within (1) yard laterally of the Guards on the line-of-scrimmage. Offensive Guards must have at least (1) hand on the ground at the snap of the ball. Offensive Tackles can either have (1) hand on the ground or be in a 2-point stance at the snap of the ball. All (5) of these players are ineligible to run the ball or catch a pass.
 - Punts
 - There are no walk-off punts at this grade level.
 - Weight restricted players are eligible to punt.
 - Punts are not live.
 - Punts can be caught, but they cannot be advanced. The ball is dead where it is caught, stopped, or goes out of bounds.
 - There are no fake punts. The Kicker may not run with the ball once a free punt is declared.
 - A team must declare to the Game Official whether they intend to free punt.
 - If a team declares they will free punt, they must shotgun-snap the ball to the Punter. If the snap is dropped by the Punter or the snap goes over the Punter's

head, then the Punter must quickly can pick up the ball and punt it. There is no penalty for snapping the ball over Punter's head.

- During a free punt, the Offense cannot move.
 - During a free punt, the Defense can stand in place and jump straight-up to block the punt. They cannot, however, jump over an Offensive player or cross the line-of-scrimmage in their attempt to block the punt.
 - To receive a free punt, the Defense can position no more than (2) players beyond 10 yards from the line-of-scrimmage.
- Defense
 - Defenses are not allowed to line up a Nose Guard over the Center at any time.
 - The Defense is required to have no more than (4) down linemen on the line-of-scrimmage.
 - Defensive Tackles must be lined up head-up or outside shoulder of the Offensive Guard, and they must be in either a 3 or 4-point stance at the snap of the ball.
 - Defensive Ends
 - If the Defensive End lines up head-up or inside shoulder of the Offensive Tackle, then the Defensive End must be in either a 3 or 4-point stance at the snap of the ball.
 - If the Defensive End lines up outside shoulder of the Offensive Tackle and the Offensive Tackle is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Offensive Tackle's outside shoulder.
 - If the Defensive End lines up outside shoulder of the Tight End and the Tight End is the furthest lineman from Center, then the Defensive End can begin the play from scrimmage standing up. The Defensive End, however, must line up no more than (1) yard laterally and (1) vertically from the Tight End's outside shoulder.
 - Middle Linebackers must be (3) yards behind the line-of-scrimmage at the snap of the ball.
 - Outside Linebackers must line up (1) yard outside of the Tackle box at the snap of the ball.
 - Defensive players may use open hands and body position to force their way through the line, but they may not hold or grasp the Offensive player.
 - Any weight restricted player that intercepts a pass or recovers a fumble cannot advance the ball. The play will be whistled dead by the Game Official, and the ball will be spotted at the point of interception or fumble recovery.

Penalties:

- All tackle ages will comply with Texas UIL rules for penalties as enforced by the Game Officials
- Any player that receives (2) face mask violations in one game will be asked by the Game Official to leave the game for (1) play. During the off play, it is the responsibility of the coach to talk to the player and emphasize the dangers of reckless play. A player receiving a 3rd face mask violation will be required to sit out the remainder of the game.
- The PLSL Disciplinary Committee will also review the actions of the player and determine whether the player is subject to additional punishment from the league (i.e. suspension of a game or expulsion from the league).

6th Grade Tackle Football – Quick Reference

League Note:

- Any rules, penalties, and scoring not specifically stated or addressed in the sections below will be governed and officiated under the 2019 Texas UIL/NCAA football rules.

League Division:

- 11 v 11.

Game Requirements:

- There are no more than 11 players (per team) on the field at any one time.

Player Equipment:

- Team Uniform, Helmet (with safety bar or mask), Mouthpiece (attached to helmet), Shoulder Pads, Pants (with pads), and shoes (football cleats, soccer style cleats, or tennis shoes – NO METAL CLEATS).
- Helmet visors are permissible, but the visor must be clear, lightly tinted, or lightly smoked. No dark tinted or black out helmet visors will be permitted. The player's eyes (while under the helmet visor) must be visible to the Game Officials.
 - If the Game Officials deem a player's helmet visor too dark (the player's eyes are not visible), then the player will be instructed to remove the helmet visor. If the player or coach is not compliant with this request, then the player will sit out the duration of the game or until the visor is removed.

Football Size:

- Nike Youth, Under Armour Youth, or Wilson TDY.

Field Length:

- 100 yards long. Full width of field.

Player Weight Limit Restrictions:

- MAX weight limit to carry the ball is 135 LBS.

Length of Games:

- (4) 8-minute quarters with regulation clock. The clock will stop for TD's, extra points, injuries, penalties, and timeouts. It will resume after a kickoff or at the snap of the ball. The Play Clock will be 35 seconds after the placement of the ball by the Game Official.

Game Day Officials:

- (3) Game Officials will be present to officiate all Regular season games.
- (3) Game Officials will be present to officiate all Playoff games.
- (4) Game Officials will be present to officiate all PLSL Championship games.

Timeouts:

- (3) Timeouts per half.

Scoring:

- Touchdowns
 - All touchdowns are worth (6) points.
- PATs
 - Kicked PATs
 - Successfully kicked PATs are worth (2) points.
 - Kicked PATs are live.
 - In the event a PAT is blocked:
 - And the ball is recovered by a player on the kicking team, the play will be whistled dead and it will be designated a failed PAT.
 - And the ball is recovered or caught by a Defensive player who is not a weight restricted player, then the player can run the ball back to the opposite end zone for (2) points.
 - And the ball is recovered or caught by a Defensive player who is a weight restricted player, then the play will be whistled dead and it will be designated a failed PAT attempt.
 - In the event a PAT is fumbled:
 - And the ball is recovered by a player on the kicking team, the play will be whistled dead and it will be designated a failed PAT.
 - And the ball is recovered or caught by a Defensive player who is not a weight restricted player, then the player can run the ball back to the opposite end zone for (2) points.
 - And the ball is recovered or caught by a Defensive player who is a weight restricted player, then the play will be whistled dead and it will be designated a failed PAT attempt.
 - Non-kicked PATs (1 point)
 - Non-kicked PATs that are attempted and made from the 3-yard hash line are worth (1) point.
 - The ball is placed at the 3-yard hash line, and the team is given (1) play to get into the end zone. The play can be either a run play or a pass play.
- Field Goals
 - A team has the option to kick a field goal.
 - Successfully kicked field goals are worth (3) points.
 - Field goals are live.
 - In the event a field goal is blocked:
 - And the ball is recovered by a player on the kicking team, the play will be whistled dead and it will be designated a failed field goal.
 - And the ball is recovered or caught by a Defensive player who is not a weight restricted player, then the player can run the ball back to the opposite end zone for a Touchdown.

- And the ball is recovered or caught by a Defensive player who is a weight restricted player, then the play will be whistled dead and it will be designated a failed field goal. The Game Official will then spot the ball where the ball was recovered or caught, and the opposing team will take possession of the football at that spot.
- In the event a field goal is fumbled:
 - And the ball is recovered by a player on the kicking team who is not a weight restricted player, then the player can advance the ball for a first down or Touchdown.
 - And the ball is recovered by a player on the kicking team who is a weight restricted player, then the play will be whistled dead and it will be designated a failed field goal attempt.
 - And the ball is recovered or caught by a Defensive player who is not a weight restricted player, then the player can run the ball back to the opposite end zone for a Touchdown.
 - And the ball is recovered or caught by a Defensive player who is a weight restricted player, then the play will be whistled dead and it will be designated a failed field goal attempt. The Game Official will then spot the ball where the ball was recovered, and the opposing team will take possession of the football at that spot.

Coaches on the Field:

- No coaches will be allowed on the field during games.

Game Rules:

- Prior to start of the game, each Head Coach is to provide the Head Official a list of his/her team's weight restricted players. This list is to include the player's name and the player's number (as on the jersey), as well as confirmation that their respective helmets contain (2) neon dots (one on the front of the helmet and one on the back), as provided by the league.
- The game will begin with the team captains gathering at midfield for a coin toss to decide possession. Each team must elect at least one captain to represent the team during the coin toss. The team that wins the coin toss may defer to the 2nd half.
- A normal 100-yard field with the ball kicked off from the 40-yard line (onside kicks are legal). Down markers and 10-yard chains (for 1st downs) will be used.
- Offense
 - The Quarterback is allowed to signal a player and put that player in motion.
 - Fumbles on Offense
 - Any time that the ball touches the ground during the course of the game, it is a live ball.
 - Offensive ball carriers may run, spin, and juke, but they may not leave their feet (i.e. jump) to avoid Defensive players.
 - If the ball carrier falls down, then the ball is placed where the knee or ball touches the ground (whichever comes first).
 - An Offensive player can pitch the ball backwards while behind the line-of-scrimmage.

- Blockers can use their hands, but they are not allowed to place their hands above the opponent's shoulders. In addition, blockers (in the course of their blocks) must keep open hands at all times.
- The Offense is required to have (1) Center, (2) Guards, and (2) Tackles on the line-of-scrimmage. Guards must be within (1) yard laterally of the Center on the line-of-scrimmage. Tackles must be within (1) yard laterally of the Guards on the line-of-scrimmage. Offensive Guards and Tackles must have at least (1) hand on the ground at the snap of the ball. All (5) of these players are ineligible to run the ball or catch a pass.
- Punts
 - There are no walk-off punts at this grade level.
 - Punts are live.
 - There are fake punts.
 - A team does not have to declare to the Game Official whether they intend to punt.
 - Weight restricted players are eligible to punt, but they cannot run with the ball.
 - If the Punter is a weight restricted player and fumbles or mishandles the ball during the punt, then the ball will be down where it hits the ground.
 - If the Punter is not a weight restricted player and fumbles or mishandles the ball during the punt, then the ball is considered to be a live ball and the Punter can advance or punt the ball.
 - The Defense may rush the Punter, and the punting team may send players downfield immediately upon the snap.
 - For receiving team, the NCAA "Fair Catch" and "Opportunity to Catch" rules apply.
- Defense
 - Defenses may line up over the Center and/or both "A" gaps. Normal UIL rules apply.
 - Defensive players may use open hands and body position to force their way through the line, but they may not hold or grasp the Offensive player.
 - Any weight restricted player that intercepts a pass or recovers a fumble cannot advance the ball. The play will be whistled dead by the Game Official, and the ball will be spotted at the point of interception or fumble recovery.

Penalties:

- All tackle ages will comply with Texas UIL rules for penalties as enforced by the Game Officials.
- Any player that receives (2) face mask violations in one game will be asked by the Game Official to leave the game for (1) play. During the off play, it is the responsibility of the coach to talk to the player and emphasize the dangers of reckless play. A player receiving a 3rd face mask violation will be required to sit out the remainder of the game.
- The PLSL Disciplinary Committee will also review the actions of the player and determine whether the player is subject to additional punishment from the league (i.e. suspension of a game or expulsion from the league).