

WCH Area Football League

5th and 6th Grade Tackle Football Rules

Basic Game Structure:

1. Two 30-minute running time halves and a 5-minute half-time break.
 - a. The clock stops for injuries throughout the game.
 - b. Stop-time will be in effect during the last two minutes of each half.
 - i. The clock will stop when there is an incomplete pass; the ball is out-of-bounds, change-of-possession, or one of the options listed below.
 1. The clock stops after a score (only during stop-time).
 2. The clock Stops for a time-out.
 - c. The officials track the game time.
2. Offensive play starts at the 40-yard line.
 - a. The offensive team has 4 plays to get 10 yards for a first down.
 - b. The spot will not go behind the 40-yard line if there is a loss of yardage.
3. A Touchdown is worth 6 points.
 - a. A running conversion after a touchdown is worth **1 point**.
 - b. A passing conversion after a touchdown is worth **2 points**.
4. Teams have two 1-minute time-outs per half.
5. The host team will provide at least one hired official, one other official, and chains for each game.
 - a. If the host site is providing a second official (a high school varsity player or another adult) for games, they are required to have a whistle and be identifiable as an official.
 - i. Two to three varsity players per field is ideal.
 - b. The two teams playing will need to provide people to operate the chains.
6. The league will be divided into two divisions—one for 5th-grade teams and one division for 6th-grade teams.
 - a. If a community has more than one team in a division, those teams should be split evenly, with equal talent for each team.
 - b. A and B teams are not allowed in the WCH League.
 - c. Communities with 15 or more 5th-grade players will need to form a 5th-grade team and play at the 5th-grade level.
7. Communities must choose which Saturdays to play from the designated list of play dates.
8. All coaches in the WCH league must be Heads Up Football Certified through USA Football.

9. The WCH recommends that each host site provide an athletic trainer or medical professional for their site when they host games.
10. Communities will pay the League a \$120.00 administration fee to cover the following expenses. League members will re-evaluate the league fee at the annual Summer Meeting. The league fee is paid to Delano Community Education by September 1st or before the first league games, whichever comes first.
 - a. League administration
 - b. Coordinating Officials
 - c. League scheduling

Offensive Rules:

1. No unbalanced offensive formations (tackle or end over)– all other legal offensive sets are permissible.
2. **Offensive Linemen will start in a two-point stance.**
3. Any fumbled QB center exchange is blown dead, and the down is replayed from the original line of scrimmage. (Shotgun or under center)
 - a. After two consecutive fumbled snaps in the shotgun formation, the QB must go under center.
4. For any loss of yardage on a play ruled down behind the 40-yard line, the ball is placed back on the 40-yard line.
5. Black Stripe Rule: Players weighing more than the designated weight limit for their division are not allowed to carry the ball. These players can play TE and catch a forward pass.
 - a. **5th-Grade Division: 115-pound weight limit.**
 - b. **6th-Grade Division: 125-pound weight limit.**
 - c. Coaches should talk before their game starts if they have any questions about black stripe players.
 - d. Each community is responsible for weighing in their players before the start of the season. The weigh-in should take place during the month of August when equipment is distributed to players.
 - e. Black stripes (or other distinguishing marks) will be placed on the helmets of those players weighing more than the designated weight limit for their division.
6. Offensive backfields should be rotated every series, emphasizing different players carrying the ball - running backs, quarterbacks, and slot receivers who carry the ball should all be different players.
7. No under-center QB sneaks.
8. No cut blocking.
9. 2 Offensive coaches are allowed in the huddle.
10. The offense has 40 seconds for offensive huddle play-calling and substitutions.
 - a. Violations of this rule are at the discretion of the official.
 - i. For the first offense, the official will warn the team in violation.
 - ii. On the second and following offenses, the official will throw the flag for delay of game and apply a five-yard penalty to the team in violation.

- iii. Please do your best to get in and out of the huddle!

Defensive Rules:

1. One defensive coach is allowed on the field. The on-field coach must be 15 yards behind the line of scrimmage.
2. **The Defensive Linemen will start in a two-point stance.**
3. No Blitzing
 - a. Linebackers must start 5 yards off of the L.O.S.
 - b. They cannot cross the line of scrimmage until a clear hand-off is made or the QB leaves the tackle box on a run.
4. No defensive touchdowns – turnover is blown dead, and defense takes over at the 40.
5. 4-4 defense only (4 defensive linemen, 4 linebackers, 2 corners, 1 safety).
 - a. No defensive player may line up on the center.
 - b. **All defensive linemen must make contact with the breastplate of the offensive lineman before penetrating across the line of scrimmage.**
 - i. **Contact is not necessary if pursuing side-to-side (DEs mainly)**
 - c. The defensive tackle must position themselves head-up on the guard or slight outside shade of the guard.
 - d. Defensive ends must line up head-up to the tackle, a slight outside shade of the tackle, a slight inside shade of the *TE/Slot/Wing*, head-up on the *TE/Slot/Wing*, or a slight outside shade of the *TE/Slot/Wing*.
 - e. D-line cannot line up in gaps.
 - f. The D-line can slant on the snap but not stunt to other gaps but must make contact with OL before doing so (see b.).
 - g. Linebackers
 - i. Inside-Linebackers must be stacked over the defensive lineman (tackle).
 - ii. Outside-Linebackers must be stacked or wider than the defensive lineman (end).
 - iii. Must start 5 yards back from the line of scrimmage.
 - iv. Inside the 5-yard line, Linebackers can start on the goal line.
 - h. Corners and Safeties
 - i. Safeties must start 10 yards back from the line of scrimmage.
 - ii. Cornerbacks must start 5-yards back from the line of scrimmage.
 - iii. Playing depth from L.O.S. when the offense is inside the 5 yard-line --- Corners can start on the goal line, safeties can move up but still need to be behind the linebackers

Penalties:

1. 5 Yards
 - a. False start/illegal motion – give leeway early in the season, especially if no advantage is gained or contact before the snap is made.
 - b. Encroachment/offsidess– give leeway early in the season, especially if no advantage is gained or contact before the snap is made.

- i. Encroachment includes Linebackers/Corners/Safeties crossing the line of scrimmage before a clear hand-off is made or the QB leaves the tackle box on a run.
 - c. Obvious holding
 - d. Face-mask
 - e. Crackback blocks - not allowed on a defenseless player - error on the side of caution -must use hands to initiate contact
- 2. 10 yards
 - a. Illegal block in the back – open field defenseless player
 - b. Blatant horse-collar tackle
 - c. Unsportsmanlike behavior
 - i. Includes
 - 1. Coaches
 - 2. Players
 - 3. Fans
 - d. Blatant tackling using the face mask
 - e. Obvious Pass Interference

Modified/Approved:

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