

Cooper Youth Football – 3rd & 4th

Players: 7 on 7, but teams can play with as few as 5 on 5. Kid QB counts as a player.

Equipment: All players will be required to wear a mouthpiece at all times.

Game Clock: Two 20 minute halves running clock except last 2 minutes of each half. Clock will stop after change of possession or a score (clock will not run during PAT) in last two minutes.

Play Clock: 25 sec play clock between plays (Referees to use discretion throughout the season).

Timeouts: Each team will get one timeout per half

Field: The field will be 45 yards long + a 10 yard endzone. All games will go from the 45 “in” unless both teams agree to flip the field and go with the wind.

Ball: All games will be played with a “Junior” size official football.

Possessions: All possessions begin at the 45 yard line no matter where the defense stops the offense

First Downs: Two first downs per possession (30 yard line & 15 yard line) within 4 downs

Formations: Any formation is legal. A kid must snap the ball but does not have to snap between the legs.

Play Begins when the ball is snapped to the QB. The game cannot end on a defensive penalty unless offense declines it

Play ends when the ball carrier is touched below the neck with one or two hands

Running plays are allowed

Passing

- a. QB has 5 sec to release the ball or play is blown dead and ball returns to LOS
- b. Offensive Coach can be in the huddle to call the play but cannot coach the players after they break the huddle (i.e. tell the QB who to throw to, etc.)
- c. No rushing the QB or crossing the line of scrimmage until QB passes or hands the ball off
- d. Defensive Coach can be on the field but cannot coach after offense breaks huddle

Scoring

- a. Touchdown = 6 points
- b. PAT from 2 yard line = 1 point
- c. PAT from 5 yard line = 2 points
- d. Intercepted PAT returned for TD = 3 points + possession
- e. Interception returned for TD = 6 points
- f. No fumbles – if ball hits the ground the play is dead and ball marked where ball lands

Offensive Penalties

- a. No blocking in any form = 10 yd penalty from LOS
- b. Holding = 10 yd penalty from LOS
- c. False Start or Illegal Motion = 5 yds from LOS (referees use discretion)
- d. Offensive PI = 10 yd penalty from LOS
- e. Coaches Interference (i.e. coaching after the huddle) = 10 yd penalty from LOS
- f. Delay of Game = clock stops and 10 yd penalty from LOS

Defensive Penalties

- a. Tackling or Holding = 10 yds from LOS
- b. Offsides = 5 yds from LOS
- c. Defensive PI = 10 yds from LOS
- d. Coaches Interference (i.e. coaching after the huddle) = 10 yd penalty from LOS
- e. Illegal Rushing = 10 yds from LOS
- f. Delay of Game = clock stops and 10 yd penalty from LOS

Overtime

A tiebreaker will occur, with a flip of a coin to determine possession. After a 2 min break, each team will have 4 plays to score from the 20 yd line until the tie is broken.