

ALL GIRLS DIVISION RULES

K- 2ND GRADE, 3RD - 5TH GRADE AND 6TH-8TH GRADE

Kindergarten - 2nd grade ALL GIRLS

- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones. This may differ if we are playing on a regulation soccer field
- Games are 6 players v 6 players.
- Two 20-minute running clock halves (*2 minute break at half*).
- Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- **There is a 6 second sack count.**
- **UNLIMITED Runs anywhere on the field. This division does NOT have a no run zone**
- **Update 45 second play clock.*
- All players are eligible.
- TWO coaches are allowed on the field for both offense and defense.
- NO RUSHING THE QUARTERBACK...unless the QB makes a handoff motion. This action will trigger a defensive player to cross the LOS and rush the QB.
- The QB CAN have direct runs across the LOS. On direct QB runs, with no fake, the defense cannot cross the LOS until the QB crosses the LOS.
- If the QB has the ball at 6 seconds, behind the LOS, the play is considered a sack and a dead ball. The QB must run across the LOS, throw or handoff the ball before 6 seconds.
- If the QB hands off the ball to another player before 6 second, the 6 second count will continue, but the ball carrier is eligible to run after 6 seconds. A pass attempt after 6 seconds will be an illegal pass
- **YES, there are runs 5yds from the end zone.**
- **YES, you can have running plays 5yds from mid-field.**
- **YES, there are runs on extra points.**
- The center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps.
- **Update Pee Wee Size Football will be used*

3rd-5th ALL Girls

- **3/15/25 Update: NO runs INSIDE 5yds from the End Zone**
- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones. This may differ if we are playing on a regulation soccer field
- Games are 6 players v 6 players.
- Two 20-minute running clock halves (*2 minute break at half*).
- Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- There is a 4 second sack count.
- UNLIMITED Runs **EXCEPT in the NO RUN ZONE.**
- **Update* 30 second play clock.
- All players are eligible.
- TWO coaches are allowed on the field for both offense and defense.
- NO RUSHING THE QUARTERBACK...unless the QB makes a hand off motion. This action will trigger a defensive player to cross the LOS and rush the QB.
- The QB CAN have direct runs across the LOS. On direct QB runs, with no fake, the defense cannot cross the LOS until the QB crosses the LOS.
- If the QB has the ball at 4 seconds, behind the LOS, the play is considered a sack and a dead ball. The QB must run across the LOS, throw or hand off the ball before 4 seconds.
- If the QB hands off the ball to another player before 4 second, the 4 second count will continue, but the ball carrier is eligible to run after 4 seconds. A pass attempt after 4 seconds will be an illegal pass .
- YES, you can have running plays 5yds from mid-field.
- YES, there are runs on extra points.
- The center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps.
- **Update* Pee Wee Size Football will be used

6th-8th Middle School ALL Girls

- **3/15/25 Update: NO runs 5yds from the End Zone**
- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones. This may differ if we are playing on a regulation soccer field
- Games are 6 players v 6 players.
- Two 20-minute running clock halves (*2 minute break at half*).
- Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.
- *Changed 30 second play clock
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- All players are eligible.
- *Changed ONE coach is allowed on the field for both offense and defense
- Defensive players can rush the QB from 7 yards off the LOS. There is no limit to the number of players that can rush the QB.
- *Changed The defense has the right of way when rushing the QB. The offense must make an attempt to avoid the rusher.
- The QB CAN have direct runs across the LOS. On direct QB runs, with no fake, the defense players under 7 yards cannot cross the LOS until the QB crosses the LOS.
- *Only Players lined up 7 yards away from the LOS can rush into the offensive backfield. On direct QB runs, players lined up within 7 yards of the LOS cannot pull the QB's flag until the QB crosses the LOS.
- YES, you can have running plays 5yds from mid-field.
- YES, there are runs on extra points.
- The center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps. And not to the motion player.
- **** UPDATE ANY hand off, lateral or backward pass behind the line of scrimmage allows ALL defensive players to cross the line of scrimmage**
- Update JUNIOR Size football will be used
- Update No sack count in this division
- Update Any player that lines up beyond 7 yards from the line of scrimmage can rush
- Update If the defense makes contact with the passer while they are in a throwing motion, the penalty will be pass interference. The offense has the option of accepting the result of the play or accepting a 10 yard penalty with the repeat of the down