

903 YOUTH FOOTBALL PLAYING RULES

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I: FIELD OF PLAY

Field Requirements: All games will be played on a standard High School football field, all

hosting towns must provide safe and adequate facilities for the game to include Restrooms, safe

field conditions, adequate seating, water for both teams, functional first aid kit on field, and the

League selected Referees.

Admission: The league has determined a fair admission for all regular season games. This rate

may not be increased outside of the playoffs or super bowl.

Adult - \$5

Student/Senior - \$3

5 & Under - Free

Game Start Times

3:00PM – PreK Flag

4:00PM – K/2 TEAM

5:30PM – 3/4 TEAM

7:00PM – 5/6 TEAM

Times will not be rolling starts. Tunnel Run Outs will take place 10 minutes prior to game start

times. Games may not start earlier than the above times, and weather may delay start times.

Rainouts: Town Presidents or the Owner of the fields (School Board members, Superintendent,

Athletic Director) can declare a field unusable or a rain out. If the game cannot be played at the

original location it may be moved to the opposing town and times adjusted for travel time. If the

opposing town cannot host either, then it may be moved to a neutral location as long as both

towns agree. It will not be considered a forfeit if either team refuses the neutral location. The

hosting town will keep whatever profits gained from hosting additional games but will also be

responsible for referee fees.

Referee Information

Referees are the official time and score keepers. Referees will have assigned referees' cards provided by the hosting town. Three referees will be provided for each game. In the event a referee must make a necessary phone call for clarification or questions, an official's time out will be taken.

The pay for the football officials will be per game for each official with a minimum of 3

games. If there will be less than 3 games the pay rate will remain for the event day. Each

official is TASO certified and will act in a professional manner that reflects the high standards

associated with being involved in his chapter and involvement with 903 Youth Football & Cheer.

Should a town not field a team in one division, they are responsible for providing payment to

referees for omitted game the day of the league event.

Pre-Game and Homecoming

1. Pre-game run outs will take place 10 minutes prior to each kick-off with the visiting team running out first. Home team should provide National Anthem following runouts

followed by the coin toss and kickoff.

2. Homecoming ceremonies for all age divisions will take place prior to the kick-off of K2.

Special announcements, recognition, or commentary from the press box regarding

Homecoming may take place after games have started so long as they do not impede the game flow or schedule in anyway.

II: GAME RULINGS

Authority: Prior to the first game of the season a group of Referees, will be selected. The 4 Referees present at each game will have the authority to make decisions to the best of their ability and will determine the winners of the encounter based off the rules provided.

For the postseason, 5 referees will be employed to ensure 4 on-field and 1 in the press box keeping official time.

Game Protests:

Protest: Protest on any interpretation or violation of the bylaws or playing rules may be made;

but protests may not be filed on the judgments of the referees assigned after the game is finished.

A protest for violation of the bylaws will result in the loser of the protest forfeiting the game, at

the League Board's discretion. The Coach/Town who is filing a protest must notify League Board 24 hours following the date of the game to file intent to protest (typically midnight the

following Sunday). The protesting town must bring all pertaining protest evidence and fee of

\$150.00 payable to the league no later than 48 hours from the date of the game (typically midnight the following Monday).

If a protest result is found to hold a team guilty of blatantly breaking a well-known league rule,

then the protest fee is refunded to the protesting town, and the violating team is then responsible

for the fee as a fine to the league. Fines because of protest findings will be due by the mid-season

playoff meeting.

It is not considered a protest, nor do you have to pay to look at the other team's roster book. It is

also not a considered a protest for a Commissioner or Coach to bring a violation of rules or by-

laws to the League Board's attention.

Appeals: Appeals will only be made if the League Board is unable to decide on the decision of a

protest at which time the Commissioner's Board voting authority may be used. This is NOT at

discretion of the individual but at that of the League Board.

On field Challenges:

If a League Board member, Commissioner, Town President, or VP comes out on the field and calls for a time out for a rule verification, they WILL already have the current season rules in hand, and it should be handled like a challenge. The Time Out is an Officials time out if the challenging town is correct; if the challenging town is wrong the time out is charged to the challenging town. If no Time Out is available, the town will receive an Unsportsmanlike conduct penalty.

All penalty fees must be paid by the final week of regular season play. Any town not in good financial standings with the League by the final week of regular season play will forfeit all playoff eligibility for all its teams.

III: TEAM BOOK

Book Requirements & Purpose: Each town will maintain a roster notebook with each age division separated present on the sideline of each game which will contain the following:

- ☑ CDC Concussion training – 1 per team
- ☑ League By-Laws
- ☑ Insurance form
- ☑ X man List
- ☑ Full Team Roster's including name, jersey number, grade level, birthdate, school, birth certificate copy, physical form, and most recent report card.

The players will be organized in the book by team then by ascending Jersey numbers.

All towns will have their books at every game on the sideline, and available to be reviewed by

opposing teams or any member of the board of directors upon request.

An additional roster for each division team will also be needed each game for the opposing coach

to review pre-game, and to be turned into the press box for announcer use.

Before each game head coaches may check one another's books and will exchange rosters. The

rosters will denote X players and starting backfield.

**** All Towns will present their books for review to the Commissioner's Board at the annual pre-**

season roster meeting overseen by League Board.

Availability of Book: The Book will be ON THE FIELD at all games and available to any

League Board member, Commissioner Board Member, Referee, or Head Coach. League Board

Members and Referees may request the book at any time during play, but Head Coaches may

only request the book Pre or Post Game and not in a way to interfere with the other team's routine.

IV: WEIGH IN

League Weigh-In: League Board members and Football Commissioners will be present at designated weigh-in location. Date will be set by the League Board with the Commissioner's Board recommendations. Players will be weighed-in wearing a minimum of shorts and a shirt.

Week 1 Weigh-Ins (Contingency)

1. Weigh – ins to take place prior to the first game of the season with each opposing towns Commissioner or President, and BOTH Head Coaches presiding.
2. Weigh – ins prior to kick off each game as agreed upon by both towns playing at the hosting site. Each Head Coach will have a roster following the template sent out by the League Board to hand write weight and the representative from the opposing team will sign it when complete.
3. Each town should provide a scale and a 5- or 10-pound weight to calibrate the scale with at weigh-in day.

Weekly Weigh-In/Re-Weigh

1. Each game day, coaches may select a maximum of 3 players from the opposing team and 3 players from their own team for pre-game weight checks. Re-weighs follow the same process and guidelines as week 1 weigh-in.
2. Weekly re-weighs must be communicated and performed a minimum of 30 minutes before kick-off, but preferably earlier so athletes have time to warm up properly. If a player is later than 30 minutes and BOTH Coaches agree a player may be weighed later.
3. Weekly re-weigh results will be recorded and communicated to League Board via text message for record keeping.
4. Players who are over the X man limit or in the Red X “danger zone” must play according to corresponding rules for all future games unless re-weighed at a later game day and site.
5. Players who bust the X Man limit twice in the same season at a weekly weigh-in will be designated an X for the remainder of that season and may not request a re-weigh.

6. Players who bust the weight limit into the Red X “danger zone” at any point in the season will be automatically designated to weigh in each week. Red X “danger zone” players who bust overall weight limits may have unlimited re-weighs as an opportunity to play each game.

V: COACHING

Duties & Responsibilities of the Coaches: In keeping with the organization’s stated purpose, coaches and team parents should demonstrate the highest moral values and set an exemplary role

for the youth of the organization. Coaches and team parents should be sure that their coaching

and personal conduct instill in our youth the need for good sportsmanship, common.

Courtesy, pride, manners, personal excellence, cooperation, physical conditioning, humility, teamwork and a sense of fair play. The organization will not tolerate coaches or team parents

using vulgarity, profanity, drugs, alcohol, and tobacco or inflicting bodily harm to anyone. The

League Board has the authority to remove coaches and team parents of their duties if they are not

abiding by the rules of the organization. (Please refer to League Discipline section and procedures for more)

Mandatory Background Check: Mandatory on all coaches for football and cheer that will interact with the participants.

What constitutes an automatic No to coaching: Crimes Endangering a minor and Sexual assault or felony convictions. All others will be addressed on a Case-by-Case basis by the League Board and Commissioner's Board.

Concussion training is to be conducted at the town level 1 training per age division team minimum.

Head Coach: Responsible for selecting his coaching staff and maintaining player and coaching

equipment. The head coach is responsible for the conduct of all persons affiliated with his or her

team. This includes, but is not limited to: Assistant Coaches, players, parents, etc. Coaches and

team parents will abide by all rules and decisions made by the League Board of Directors. All

Coaches and team parents will support the organization and its directors by following all rules

and regulations and will stress academics to all participants "grades first".

Assistant Coaches/Number of Coaches: On game day, each team is allowed only seven coaches on the sideline, these will be (1) Head Coach, (6) official assistant coaches. Two coaches

will be allowed on the field for the peewee division for the entire game. Two coaches may be allowed on the field for the Junior division the entire first game of the season, and during the

developmental quarter for all games after. No coaches allowed on the field for Senior division.

Junior Coaches: On game day, each team is allowed and additional 2 Junior Coaches under the

age of 18. These are recommended to be High School or Junior High football players in the towns local school program. Junior coaches should be badged and dressed similar to the coaching staff but with some type of visible variant to differentiate them from the official seven-

member coaching staff.

Chain Gang: On game day, each visiting team is to provide 3 volunteers for operation of the first down sideline markers. These volunteers may not be coaches from other age divisions or

town board members. Chain gang volunteers do not need to be badged, or background checked

but may not engage with the youth athletes.

Badges: All coaches must have a valid badge. Any team found to have more than the allowed number of coaches or coaches without badges, fans or non-players on the sidelines, will be first

verbally warned, 2nd offense will result in forfeiture of the game. Water boys, ball boys, chain

crew, and EMS personnel are excluded from the count unless they are coaching but must be badged and dressed as to visibly differentiate from the coaching staff. (Recommended vest/bibs

for ball boys and water boys)

Sideline Communication devices of any kind are not allowed. Filming a future opponent's game

is also strictly prohibited, however coaches may exchange their own game films per UIL policy.

VI: Uniforms & Equipment

All division teams must wear uniforms including:

1. Jersey, helmet, shoulder pad set, padded pants, and mouthpiece.
2. Shoes may be football or soccer shoes with rubber soles and rounded non-detachable cleats not over 1½ inches long. NO spiked or metal cleats allowed.
3. Jersey numbers – exceptions to normal rules pertaining to jersey numbers and position played are acceptable.

Towns Uniforms must match their respective school district colors and mascot. Alternative color

uniforms such as grey or black out are allowed but must include school district colors in some

way. All teams must have 2 jerseys to avoid field confusion. One town color of choice and one

white. The home team of each game will choose their jersey color and the visiting team must

wear to contrast.

Additional protection, such as arm pads, and gloves will be allowed provided it does not distract

from the appearance of the uniform, potentially cause injury to others, have any other outward hard

surface, or provide an unfair advantage. All helmets must be of air pocket design and may not

use foam. Violations will result in removal of player from game and ejection of head coach.

Second violation is forfeiture of game and season removal of head coach. Helmet Visors must be

clear or clear polarized, no dark tinted visors allowed.

VII: X-PLAYER RULES

Offensively

- o X players must play from tackle to tackle, standard tackle positions.
- o X players must be on the line.
- o X players must be inside the tackle box, and may not play Tight End (see photo below)
- o X players must be covered by a non-X player, or eligible receiver.
- o There cannot be more than two X players on each side of the center.
- o X player can punt, however if the snap is bobbled the ball is dead at spot.
- o X player can be the holder on any EP/FG, however if the snap is bobbled the ball is dead at spot.
- o The offense may run an unbalanced line under these conditions:
 - ☐ The strong-side end(s) are not X players.
 - ☐ The weak side tackle can be X or non-X.
 - ☐ The weak side, if non-X, can only advance the ball in the event of a fumble recovery or turn over.
- ☐ Blocking Rules
 - o There will be NO blocking below the waist outside of the tackles.
 - o Only lineman from tackle to tackle are allowed to cut block.
 - o Only one X player per play is allowed to pull block and cross field from their starting point.

Defensively

- o X player must be on the defensive line and in a three or four point stance.
- o No more than five X players on the defensive line.
- o X players on defensive line must be lined up between the outside shade of the nearest offensive lineman or Tight End if there is one lined up with normal

lineman splits at the end of the offense's formation. (left and right tackles, see photos)

- o No X player can advance a fumble or interception.

- o Defensive X players first step must be forward and cross the line of scrimmage.

Stepping forward and then falling back as a linebacker is not allowed.

- o Defensive line stunts are allowed; however, the stunt should be quick and decisive

where the X player resumes impending movement across the line of scrimmage to avoid prolonged backwards or lateral movement.

X player Infractions

o Game Play enforced by Referee: Breakage of these Halo Rules Offensive or Defensive should be a 10-yard penalty walked off at the spot of the foul.

o League enforcement by 903 Board: Continuing to not follow these safety guidelines can result in penalties, including score adjustments, coach suspensions, or game forfeiture

903YF&C K/2 Division Guidelines

☐ Grades and Age Restrictions:

- o Consists of grades Kinder, 1st and 2nd grades.
- o No player over the age of 8.
- o Player age is determined by their age on December 31st of the current season.

☐ Weight Limit:

- o Weight limit to progress the football is 90.00 lbs.
- o Any player over 90.00 lbs. must be designated as an X player and may not advance the ball.
- o Overall weight limit is 120.00 lbs.
- o Any player over 120.00 lbs. cannot play in the K/2 age division but may play in 3/4. Any Kinder or 1st grade player under 7 for the duration of the season over 120.00 lbs. must wear a RED X and may only play offensive line and may not pull, trap block, lead block downfield, cut block, wedge, or pancake.
- o Player weight will be determined pre-season at weigh-ins.

☐ Halo (X-Players):

- o Halo players must have helmet markings: Contrasting 3" X on back of helmet and a Contrasting X 1.5" on the front.
- o See X player rules addendum.

☐ Football Specifications:

- o Pee Wee (Size 5) footballs required.
- o Footballs will be made of leather or composite, not rubber.
- o Teams will provide their own game ball while on offense.

☐ Game Clock:

- o 40 second play clock will be used.
- o 8-minute quarters.
- o 12-minute "developmental" 2nd quarter where no official score is kept.

- o 15-minute half-time.

- o During the developmental quarter, regular clock stoppages will be utilized.

Coaches are to use this time as a scrimmage to ensure playing time for youth players still developing in the sport.

- o Mercy Rule: Continuous clock if a team is 18 points ahead unless the losing team's coach requests otherwise.

- o Timeouts:

- o 1st Half: Total of 3 timeouts.

- o 2nd Half: Total of 3 timeouts.

- ☐ Game Rules:

- o Teams may not run a nose guard and line heads up over the center but may rush one A gap. Both A gaps may not be rushed. This will be determined solely by the game referees.

- o Only 7 players may be on the line offensively or defensively. Violation of this rule results in a 15-yard penalty.

- o K/2 Division will not punt or kick-off. Possessions start on the team's own 30-yard line.

- o Max Blitz Limit: No more than 6 players blitzing across the line of scrimmage at one time, exceptions are within your own 10-yard line or 4th down and short situations. Short is defined by 3 yards or less.

- o To ensure the Max Blitz rule is correctly enforced, only 6 defensive players may line up on the line of scrimmage. Referees will use discretion to determine if Cornerbacks or Outside Linebackers playing close to the tackle box are on the line of scrimmage and blitzing.

- o On fourth down, teams can either go for it or choose a walk-off punt of 35 yards, but the walk-off punt cannot place the ball inside the opposing team's 10-yard line.

☐ Coaching Rules:

- o 2 coaches may be on the field for both offense and defense.

- o Coaches on the field must be out of the way of the play, or it will result in a 15-yard penalty.

- o Coaches on the field must become silent and can no longer direct or give verbal cues once the play snap is imminent.

☐ Extra Points:

- o Extra points will be played from the 2-yard line.

- o Two points if the team passes the ball into the end zone.

- o One point if the player runs the ball into the end zone.

▣ Additional Rules:

- o All other playing rules and guidelines follow Texas UIL policy for Jr. High athletics, defaulting to NCAA rules if no rule exists.

903YF&C 3/4 Division Guidelines

☑ Grades and Age Restrictions:

- o Consists of grades 3rd and 4th grades.
- o No player over the age of 10.
- o Player age is determined by their age on December 31st of the current season.

☑ Weight Limit:

- o Weight limit to progress the football is 115.00 lbs.
- o Any player over 115.00 lbs. must be designated as an X player and may not advance the ball.
- o Overall weight limit is 160.00 lbs.
- o Any player over 160.00 lbs. cannot play in the 3/4 age division but may play in 5/6. Any 3rd grade player under 9 for the duration of the season over 160.00 lbs. must wear a RED X and may only play offensive line and may not pull, trap block, lead block downfield, cut block, wedge, or pancake.
- o Player weight will be determined pre-season at weigh-ins.

☑ Halo (X-Players):

- o Halo players must have helmet markings: Contrasting 3" X on back of helmet and a Contrasting X 1.5" on the front.
- o See X player rules addendum.

☑ Football Specifications:

- o Junior (Size 6) footballs required.
- o Footballs will be made of leather or composite, not rubber.
- o Teams will provide their own game ball while on offense.

☑ Game Clock:

- o 40 second play clock will be used.
- o 8-minute quarters.

- o 12-minute “developmental” 2nd quarter where no official score is kept.
- o 15-minute half-time.
- o During the developmental quarter, regular clock stoppages will be utilized. Coaches are to use this time as a scrimmage to ensure playing time for youth players still developing in the sport.
- o Mercy Rule: Continuous clock if a team is 18 points ahead unless the losing team’s coach requests otherwise.
- o Timeouts:
 - o 1st Half: Total of 3 timeouts.
 - o 2nd Half: Total of 3 timeouts.
- ☐ Game Rules:
 - o Only 7 players may be on the line offensively or defensively. Violation of this rule results in a 15-yard penalty.

- o 3/4 Division will kick-off from the 50-yard line and return from the 40-yard line.
- o On fourth down, the team with the ball can either go for it or opt for a “dead punt” where no player on either side is allowed to move until the ball is kicked.
- o If a ball is dropped by the punter, the punter may pick up the ball and punt it. X player is not permitted to advance the ball by any other method, other than punting.
- o No player shall be permitted to move from formation until the ball leaves the foot of the punter regardless of the snap.
- o No fakes will be permitted on punts.
- o Max Blitz Limit: No more than 6 players blitzing across the line of scrimmage at a time, exceptions are within your own 10-yard line or 4th down and short situations. Short is defined by 3 yards or less.
- o To ensure the Max Blitz rule is correctly enforced, only 6 defensive players may line up on the line of scrimmage. Referees will use discretion to determine if Cornerbacks or Outside Linebackers playing close to the tackle box are on the line of scrimmage and blitzing.

☐ Coaching Rules:

- o 2 coaches may be on the field for the first season game, and for the developmental quarter in all other games.
- o Coaches on the field must be out of the way of the play, or it will result in a 15-yard penalty.

☐ Extra Points:

- o Extra points will be played from the 2-yard line.
- o Two points if the team passes the ball into the end zone.
- o One point if the player runs the ball into the end zone.
- o Three points for a “dead ball” place kick.

☐ Additional Rules:

o All other playing rules and guidelines follow Texas UIL policy for Jr. High athletics, defaulting to NCAA rules if no rule exists.

903YF&C 5/6 Division Guidelines

☐ Grades and Age Restrictions:

- o Consists of grades 5th and 6th grades.
- o NO Player over the age of 12.
- o Player age is determined by their age on December 31st of the current season.
- o No 7th grade players are allowed regardless of age.

☐ Weight Limit:

- o Weight limit to progress the football is 135.00 lbs.
- o Any player over 135.00 lbs. must be designated as an X player and may not advance the ball.
- o Overall weight limit is 230.00 lbs.
- o Any player over 210.00 lbs. must wear a RED X and may only play offensive line and may not pull, trap block, lead block downfield, cut block, wedge, or pancake.
- o Player weight will be determined pre-season at weigh-ins.

☐ Halo (X-Players):

- o Halo players must have helmet markings: Contrasting 3" X on back of helmet and a Contrasting X 1.5" on the front.
- o See X player rules addendum.

☐ Football Specifications:

- o Youth (Size 7) footballs required.
- o Footballs will be made of leather or composite, not rubber.
- o Teams will provide their own game ball while on offense.

☐ Game Clock:

- o 40 second play clock will be used.
- o 10-minute quarters.
- o 12-minute "developmental" 2nd quarter where no official score is kept.

- o 15-minute half-time.

- o During the developmental quarter, regular clock stoppages will be utilized.

Coaches are to use this time as a scrimmage to ensure playing time for youth players still developing in the sport.

- o Mercy Rule: Continuous clock if a team is 18 points ahead unless the losing team's coach requests otherwise.

- o Timeouts:

- o 1st Half: Total of 3 timeouts.

- o 2nd Half: Total of 3 timeouts.

- ▣ Game Rules:

- o Only 7 players may be on the line offensively or defensively. Violation of this rule results in a 15-yard penalty.

- o 5/6 Division will punt and kick-off in accordance with standard football rules.

- o Max Blitz Limit: No more than 6 players blitzing across the line of scrimmage at a time, exceptions are within your own 10-yard line or 4th down and short situations. Short is defined by 3 yards or less.

- o To ensure the Max Blitz rule is correctly enforced, only 6 defensive players may line up on the line of scrimmage. Referees will use discretion to determine if Cornerbacks or Outside Linebackers playing close to the tackle box are on the line of scrimmage and blitzing.

☐ Extra Points:

- o Extra points will be played from the 2-yard line.
- o Two points if the team passes the ball into the end zone.
- o One point if the player runs the ball into the end zone.
- o Three points for a placekick.

☐ Additional Rules:

- o All other playing rules and guidelines follow Texas UIL policy for Jr. High athletics, defaulting to NCAA rules if no rule exists.

903 YF&C X-Player Rules

Offensively

- o X players must play from tackle to tackle, standard tackle positions.
- o X players must be on the line.
- o X players must be inside the tackle box, and may not play Tight End (see photo below)
- o X players must be covered by a non-X player, or eligible receiver.
- o There cannot be more than two X players on each side of the center.
- o X player can punt, however if the snap is bobbled the ball is dead at spot.
- o X player can be the holder on any EP/FG, however if the snap is bobbled the ball is dead at spot.

o The offense may run an unbalanced line under these conditions:

▣ The strong-side end(s) are not X players.

▣ The weak side tackle can be X or non-X.

▣ The weak side, if non-X, can only advance the ball in the event of a fumble

recovery or turn over.

▣ Blocking Rules

o There will be NO blocking below the waist outside of the tackles.

o Only lineman from tackle to tackle are allowed to cut block.

- o Only one X player per play is allowed to pull block and cross field from their starting point.

Defensively

- o X player must be on the defensive line.

- o No more than five X players on the defensive line.

- o X players on defensive line must be lined up between the outside shade of the nearest offensive lineman or Tight End if there is one lined up with normal lineman splits at the end of the offense's formation. (left and right tackles, see photos)

- o No X player can advance a fumble or interception.

- o Defensive X players first step must be forward and cross the line of scrimmage.

Stepping forward and then falling back as a linebacker is not allowed.

- o Defensive line stunts are allowed; however, the stunt should be quick and decisive where the X player resumes impending movement across the line of scrimmage to avoid prolonged backwards or lateral movement.

X player Infractions

- o Game Play enforced by Referee: Breakage of these Halo Rules Offensive or Defensive should be a 10-yard penalty walked off at the spot of the foul.
- o League enforcement by 903 Board: Continuing to not follow these safety guidelines can result in penalties, including score adjustments, coach suspensions, or game forfeiture.

903 YF&C K/2 Division Guidelines

☑ Grades and Age Restrictions:

- o Consists of grades Kinder, 1st and 2nd grades.
- o No player over the age of 8.
- o Player age is determined by their age on December 31st of the current season.

☑ Weight Limit:

- o Weight limit to progress the football is 90.00 lbs.
- o Any player over 90.00 lbs. must be designated as an X player and may not advance the ball.
- o Overall weight limit is 120.00 lbs.

- o Any player over 120.00 lbs. cannot play in the K/2 age division but may play in 3/4. Any Kinder or 1st grade player under 7 for the duration of the season over 120.00 lbs. must wear a RED X and may only play offensive line and may not pull, trap block, lead block downfield, cut block, wedge, or pancake.

- o Player weight will be determined pre-season at weigh-ins.

☑ Halo (X-Players):

- o Halo players must have helmet markings: Contrasting 3" X on back of helmet and a Contrasting X 1.5" on the front.

- o See X player rules addendum.

☑ Football Specifications:

- o Pee Wee (Size 5) footballs required.

- o Footballs will be made of leather or composite, not rubber.

- o Teams will provide their own game ball while on offense.

☑ Game Clock:

- o 40 second play clock will be used.

- o 8-minute quarters.

- o 12-minute "developmental" 2nd quarter where no official score is kept.

- o 15-minute half-time.

- o During the developmental quarter, regular clock stoppages will be utilized.

Coaches are to use this time as a scrimmage to ensure playing time for youth players still developing in the sport.

- o Mercy Rule: Continuous clock if a team is 18 points ahead unless the losing team's coach requests otherwise.

- o Timeouts:

- o 1st Half: Total of 3 timeouts.

- o 2nd Half: Total of 3 timeouts.

☐ Game Rules:

- o Teams may not run a nose guard and line heads up over the center but may rush the A gap. This will be determined solely by the game referees.
- o Only 7 players may be on the line offensively or defensively. Violation of this rule results in a 15-yard penalty.
- o K/2 Division will not punt or kick-off. Possessions start on the team's own 30-yard line.
- o Max Blitz Limit: No more than 6 players blitzing across the line of scrimmage at one time, exceptions are within your own 10-yard line or 4th down and short situations. Short is defined by 3 yards or less.
- o To ensure the Max Blitz rule is correctly enforced, only 6 defensive players may line up on the line of scrimmage. Referees will use discretion to determine if Cornerbacks or Outside Linebackers playing close to the tackle box are on the line of scrimmage and blitzing.

- o On fourth down, teams can either go for it or choose a walk-off punt of 35 yards, but the walk-off punt cannot place the ball inside the opposing team's 10-yard line.

☒ Coaching Rules:

- o 2 coaches may be on the field for both offense and defense.
- o Coaches on the field must be out of the way of the play, or it will result in a 15-yard penalty.
- o Coaches on the field must become silent and can no longer direct or give verbal cues once the play snap is imminent.

☒ Extra Points:

- o Extra points will be played from the 2-yard line.
- o Two points if the team passes the ball into the end zone.
- o One point if the player runs the ball into the end zone.

☒ Additional Rules:

- o All other playing rules and guidelines follow Texas UIL policy for Jr. High athletics, defaulting to NCAA rules if no rule exists.

903 YF&C 3/4 Division Guidelines

☒ Grades and Age Restrictions:

- o Consists of grades 3rd and 4th grades.
- o No player over the age of 10.
- o Player age is determined by their age on December 31st of the current season.

☒ Weight Limit:

- o Weight limit to progress the football is 115.00 lbs.
- o Any player over 115.00 lbs. must be designated as an X player and may not advance the ball.
- o Overall weight limit is 160.00 lbs.

o Any player over 160.00 lbs. cannot play in the 3/4 age division but may play in 5/6. Any 3rd grade player under 9 for the duration of the season over 160.00 lbs. must wear a RED X and may only play offensive line and may not pull, trap block, lead block downfield, cut block, wedge, or pancake.

o Player weight will be determined pre-season at weigh-ins.

☐ Halo (X-Players):

o Halo players must have helmet markings: Contrasting 3" X on back of helmet and a Contrasting X 1.5" on the front.

o See X player rules addendum.

☐ Football Specifications:

- o Junior (Size 6) footballs required.

- o Footballs will be made of leather or composite, not rubber.

- o Teams will provide their own game ball while on offense.

☑ Game Clock:

- o 40 second play clock will be used.

- o 8-minute quarters.

- o 12-minute “developmental” 2nd quarter where no official score is kept.

- o 15-minute half-time.

- o During the developmental quarter, regular clock stoppages will be utilized.

Coaches are to use this time as a scrimmage to ensure playing time for youth players still developing in the sport.

- o Mercy Rule: Continuous clock if a team is 18 points ahead unless the losing team’s coach requests otherwise.

o Timeouts:

- o 1st Half: Total of 3 timeouts.

- o 2nd Half: Total of 3 timeouts.

☑ Game Rules:

- o Only 7 players may be on the line offensively or defensively. Violation of this rule results in a 15-yard penalty.

- o 3/4 Division will kick-off from the 50-yard line and return from the 40-yard line.

- o On fourth down, the team with the ball can either go for it or opt for a “dead punt” where no player on either side is allowed to move until the ball is kicked.

- o If a ball is dropped by the punter, the punter may pick up the ball and punt it. X player is not permitted to advance the ball by any other method, other than punting.

- o No player shall be permitted to move from formation until the ball leaves the foot

of the punter regardless of the snap.

- o No fakes will be permitted on punts.

- o Max Blitz Limit: No more than 6 players blitzing across the line of scrimmage at a time, exceptions are within your own 10-yard line or 4th down and short situations. Short is defined by 3 yards or less.

- o To ensure the Max Blitz rule is correctly enforced, only 6 defensive players may line up on the line of scrimmage. Referees will use discretion to determine if Cornerbacks or Outside Linebackers playing close to the tackle box are on the line of scrimmage and blitzing.

☐ Coaching Rules:

- o 2 coaches may be on the field for the first season game, and for the developmental quarter in all other games.

- o Coaches on the field must be out of the way of the play, or it will result in a 15-yard penalty.

☐ Extra Points:

- o Extra points will be played from the 2-yard line.
- o Two points if the team passes the ball into the end zone.
- o One point if the player runs the ball into the end zone.
- o Three points for a “dead ball” place kick.

☐ Additional Rules:

- o All other playing rules and guidelines follow Texas UIL policy for Jr. High athletics, defaulting to NCAA rules if no rule exists.

903 YF&C 5/6 Division Guidelines

☐ Grades and Age Restrictions:

- o Consists of grades 5th and 6th grades.
- o NO Player over the age of 12.
- o Player age is determined by their age on December 31st of the current season.
- o No 7th grade players are allowed regardless of age.

☐ Weight Limit:

- o Weight limit to progress the football is 135.00 lbs.
- o Any player over 135.00 lbs. must be designated as an X player and may not advance the ball.
- o Overall weight limit is 230.00 lbs.
- o Any player over 210.00 lbs. must wear a RED X and may only play offensive line and may not pull, trap block, lead block downfield, cut block, wedge, or pancake.
- o Player weight will be determined pre-season at weigh-ins.

☐ Halo (X-Players):

- o Halo players must have helmet markings: Contrasting 3” X on back of helmet and a Contrasting X 1.5” on the front.
- o See X player rules addendum.

☒ Football Specifications:

- o Youth (Size 7) footballs required.
- o Footballs will be made of leather or composite, not rubber.
- o Teams will provide their own game ball while on offense.

☒ Game Clock:

- o 40 second play clock will be used.
- o 10-minute quarters.
- o 12-minute “developmental” 2nd quarter where no official score is kept.
- o 15-minute half-time.

- o During the developmental quarter, regular clock stoppages will be utilized.

Coaches are to use this time as a scrimmage to ensure playing time for youth players still developing in the sport.

- o Mercy Rule: Continuous clock if a team is 18 points ahead unless the losing team's coach requests otherwise.

- o Timeouts:

- o 1st Half: Total of 3 timeouts.

- o 2nd Half: Total of 3 timeouts.

- ▣ Game Rules:

- o Only 7 players may be on the line offensively or defensively. Violation of this rule results in a 15-yard penalty.

- o 5/6 Division will punt and kick-off in accordance with standard football rules.

- o Max Blitz Limit: No more than 6 players blitzing across the line of scrimmage at a time, exceptions are within your own 10-yard line or 4th down and short situations. Short is defined by 3 yards or less.

- o To ensure the Max Blitz rule is correctly enforced, only 6 defensive players may line up on the line of scrimmage. Referees will use discretion to determine if Cornerbacks or Outside Linebackers playing close to the tackle box are on the line of scrimmage and blitzing.

- ▣ Extra Points:

- o Extra points will be played from the 2-yard line.

- o Two points if the team passes the ball into the end zone.

- o One point if the player runs the ball into the end zone.

- o Three points for a placekick.

- ▣ Additional Rules:

- o All other playing rules and guidelines follow Texas UIL policy for Jr. High

athletics, defaulting to NCAA rules if no rule exists.