



TACKLE FOOTBALL RULES AND REGULATIONS

The current issue of the National Federation of High Schools Rule Book will prevail other than the exceptions listed in this publication. FCPR as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These are the sport specific rules – you must also obtain a copy of the Basic Rules For All Youth Sports for complete information.

1:00 AGE GROUPS / ROSTERS:

- 1:01 **7/8** (7 & 8 year olds)
- 9/10** (9 & 10 year olds)
- 11/12** (11 & 12 year olds)
- 13/14** (13 & 14 year olds)

1:02 League age is determined by the player's age prior to March 1.

1:03 There will be exceptions allowing children who are young to play up but only if the parent and the coaches agree that the child is talented enough to do so. Once a child plays a game in an age group he or she will remain in that age group for the remainder of the season.

1:04 There is no weight limit.

1:05 Each team will have a minimum of 18 and a maximum of 30 players on roster.

1:06 Each team is allowed 4 coaches. Only coach with an application filed with the league will be allowed on the sidelines.

1:07 All coaches must have background checks submitted to the league before Jan 15

2:00 EQUIPMENT:

2:01 Shoes must be tennis shoes or rubber-molded cleats. No screw-in cleats, metal cleats, etc.!

2:02 Mouthpieces are mandatory - players cannot participate without them.

2:03 Failure to wear proper equipment will result in a 15-yard penalty charged to the head coach.

2:04 Equipment is the responsibility of the parent.

3:00 PLAYING RULES:

3:01 *All games* shall consist of four (4) eight (8) minute quarters, with the clock being stopped in accordance with rules governed by high school play.

- 3:02 Half-time will be 5 minutes.
- 3:03 When a team is ahead by 24 points the game will use a running clock. The regular clock will resume when the point differential is less than 24.**
- 3:04 The official time will be kept on the field by one of the officials.
An electronic scoreboard will be used if available
- 3:05 The field will be 100 yards in length
- 3:06 The defensive line may consist of no more than 6 players on the line of scrimmage outside the 10-yard line. Linebackers must be an extended arm length behind a defensive lineman. Within your own 10-yard line any defense is permissible. **PENALTY: 5 yards.**
- 3:07 Any legal offensive formation may be used.
- 3:08 Each team will be allowed 2 time-outs per half. Coaches may request time-out from the sideline.
- 3:09 There are 2 types of conference allowed.
1) Coach may go on the field in the huddle during time-outs. He may carry a book, cards, or clipboard. If the coach delays the game by not leaving the field promptly at the conclusion of the time-out, the officials may deny the coach the opportunity to come onto the field for the remainder of the game.
2) No more than 11 players and 1 or more coaches directly in front of the team box within 5 yards of the sideline.
- 3:10 **PLAYERS MUST PLAY 2 SCRIMMAGE DOWN PER QUARTER. PENALTY FOR VIOLATION: HEAD COACH WILL BE SUSPENDED FOR 10 DAYS.**
- 3:11 Extra points: KICK = 1 POINTS; RUN OR PASS = 2 POINT
- 3:12 A minimum of 11 players (of legal age) must be present for a team to participate in a game. A team will forfeit the game if it does not have at least 11 players on the field within 10 minutes after the scheduled starting time for the first game of the day. All other games will begin (or be forfeited) at the scheduled starting time or immediately after the 10-minute warm-up period if the preceding game exceeds the schedule starting time of the following game.
- 3:13 Backs and receivers will be ineligible to receive a pass if they wear jerseys numbered 50 - 79.
- 3:14 For the 7-8 and 9-10 age groups if at anytime Team A is ahead of Team B by 24 points or more, there shall be no kick-off from Team A to Team B. Team B shall be awarded the ball at the 40-yard line and allowed a normal possession (1st downs, touchdown, punt, turn over). Note: Team B does not keep the ball indefinitely. Team A and Team B will alternate possessions just like standard football. The only difference is that there are no kick-offs to the team that is down by at least 24 points. Kick-offs to the team that is behind will be resumed when the point differential is less than 24. As long as the 24-point differential is maintained, Team A must use the balance of its reserve players in lieu of any first string player.
- 3:15 The High School Federation tiebreaker procedure will be used for all games that end in a tie score.

3:16 There shall be no head tackling!! **PENALTY: 15 YARDS**

3:17 All facemask penalties will be **15 YARDS**.

3:18 Coaches shall refrain from using exercises that may be harmful to the players physical welfare, such as **duck walks, full deep knee bends, and turning or twisting neck bridges.**

4:00 CONDITIONING

Guidelines for football conditioning:

- *The first 5 practices are for conditioning.*
- *Practices 1, 2: players can wear helmets (along with shorts, shoes, t-shirts).*
- *Practices 3, 4, 5: players can begin wearing shoulder pads.*
- *Practice 6: full uniform and contact is allowed.*

A team must have 9 total practices before a game can be played.

5:00 FIELD CREW

5:01 The field crew is considered an extension of the game officials and should conduct themselves accordingly.

5:02 The home team shall provide enough volunteers to operate the chains and the yard-to-gain markers. Down marker requires 1 volunteer and the yard-to-gain marker requires 2 volunteers.

5:03 If the home team cannot find the appropriate number of volunteers to fulfill this duty then the visiting team may offer to help or field the entire crew.

5:04 NO player or players listed on the roster of either team or any player dressed in a uniform will be allowed on the field crew.

5:05 Any member of the field crew that is guilty of coaching while serving as a game official will be dealt with in the following manner:

- First offense shall be a warning to the crewmember and the head coach of the offending team.
- Second offense to the same crewmember will result in a 15-yard unsportsmanlike penalty charged to the head coach.
- Third offense to the same crewmember shall be another 15-yard unsportsmanlike penalty charged to the head coach and the removal of the offending crewmember.
- This process will apply to all members of the field crew.
The game officials will have the duty to enforce the penalty for this rule violation.



Rules 7 on 7

Participants

18 players and 3 coaches per team

Field Dimensions

50 yards long x 53.5 yards wide

Rules

- Initial possession determined by coin toss
- Ball Starts on 40yd line
- Coaches must stay on sideline during the game-they cannot go onto the field
- Offense
 - 4 downs to make a first down (20 yd line), then 4 downs to score
 - One back in backfield(inside the tackle box)
 - NO running plays (including QB)
 - QB has 4 seconds to release the ball
 - Sacks equal loss of down, restart ball on original line of scrimmage (LOS)
 - 5 receivers are eligible
 - 25 second to put ball in play (play clock)
- If team exceeds 25 seconds, loss of down and game clock stops and will restart when ball is snapped
 - No blocking is permitted
- Scoring
 - Touchdowns are worth 7 points-there is no extra point
 - Interceptions count for 3 points
- Defense
 - Safety Must Be at least 10-12 yds deep (unless ball is inside 10 yd line) in the middle of the field
 - Corners Must Be 5-7 yds from LOS when ball is snapped (never more than 7 yds)
 - LB's Must Be 5 yds from LOS before the ball is snapped
 - Exception: If distance to obtain 1st down is less than 5 yds, LB's and DB's can press LOS
 - No bumping is permitted

Penalties

OFFENSE - Loss of Down

SITUATIONS - Pass Interference, Blocking, Offside-Motion

DEFENSE - 5 yards, repeat down

SITUATION - Off-sides, Illegal contact-holding, Pass interference, Incorrect alignment

DEFENSE - 5 yards, repeat down

SITUATION - Off-sides, Illegal contact (holding), Pass interference

*** ABSOLUTELY NO taunting, excessive celebration or foul language will be tolerated by players or coaches. Failure to comply will result in loss of possession and player will be removed from the game. 2nd infraction will result in an ejection from the tournament.**

TIEBREAKER PROCEDURES

1st Overtime

- Start ball on 20 yd line, 4 downs to score
- PAT attempt from 5 yd line - 1 point (overtime only)
- Each team has chance to score

2nd Overtime

- Start ball on 20 yd line, 2 downs to score
- PAT attempt from 5 yd line - 1 pt (overtime only)

3rd Overtime

- Start ball on 20 yd line, 2 downs to score
- PAT attempt from 10 yd line - 1 pt

Format of Tournament

- Two 10 minute halves (last 2 minutes REAL TIME) and one 3-minute halftime
- Each Team has one 30-second timeout per half

Proper Attire

- Gym Shorts
- NFL Provided mouth guard
- NFL Provided jersey
- No Jewelry, hats or do-rags