

Youth Football League Rules

Revised August 2014

Minnesota State High School rules apply with the following modifications as outlined below.

Unless otherwise noted, the following rule modifications apply to both the 3rd and 4th grade league and the 5th and 6th grade league.

Game time

Each game consists of four 15-minute quarters. The clock is running time with the following exceptions:

- After the extra point attempt (following a score) until the ensuing kickoff
- Team time-outs
- Official time-outs (injury, conference, equipment repair, etc.)
- Stop time is observed during the final 2 minutes of each half

Teams will be allowed 35 seconds for an extra point attempt and 1 minute for a kickoff. If a delay of game penalty is called during the extra point attempt, a 5-yard penalty will be assessed and the clock will be stopped until the ensuing kickoff.

Each team is allowed two (2) 1 minute time-outs per half. Only the coach on the field is authorized to call a time-out.

The game officials will be responsible for the game clock and keeping the game scores.

The offensive team will be allowed 35 seconds to begin play after the official has spotted the ball.

There will be a 2 minute rest period after the 1st and 3rd quarters and a 5 minute rest period after the 2nd quarter.

Overtime

The team that wins the coin toss will have the choice of taking offense or defense first. The referee will determine which end of the field is used for the overtime round(s).

An overtime round consists of 4 plays beginning at the 10-yard line for each team. Each team will attempt to score a touchdown. If a touchdown is scored the team will be allowed an extra point conversion attempt.

Regular Season: There will be only one overtime round for regular season games.

Playoffs: Playoff games will continue until a winner is determined. If a tie remains after the first overtime, the same order of possession as determined by the first overtime round will be used for each additional round(s). This continues until a winner is determined.

Extra points

The team may attempt either a 1 or 2 point conversion following a touchdown.

1 point conversion attempt will be from the 3-yard line

2 point conversion attempt will be from the 8-yard line

Ball size

3rd and 4th grade league will use a peewee size

5th and 6th grade league will use a junior size

Youth Football League Rules

Revised August 2014

Weigh-ins

A weigh-in will be conducted prior to the start of the first season game for each team. The weigh-in will be witnessed by the commissioners (or designated representatives) from each city's league. Coaches will provide an official roster listing the entire team with each player's jersey number.

No player is allowed to participate in a league game without being on the official roster and weighing in. Players **MUST** weigh in with their **football pants and cleats on**. They do not have to weigh in with their shoulder pads, hand pads, or helmet.

The official team rosters and weigh-in records will be maintained by the commissioners for the season.

NOTE: Each city commissioner has the discretion to request any player of their city to weigh in. This request can be made at any time during the regular season, but coaches must approach their city commissioner to file an appeal. This rule is intended to discourage excessive and unhealthy weight loss prior to the season for the purpose of being able to carry the ball.

All players will use the same scale provided. All weights are recorded in whole numbers. The weight is rounded down to the nearest pound.

Examples:

A player weighing 95.9 lbs. will be listed as 95 lbs.

A player weighing 96.0 lbs. will be listed as 96 lbs.

Weight limits for eligibility to carry the ball

3rd and 4th grade league will have a maximum limit of 95 lbs. Meaning if they weigh 96 lbs. or greater they will be considered weight restricted.

5th and 6th grade league will have a maximum limit of 115 lbs. Meaning if they weigh 116 lbs. or greater they will be considered weight restricted.

Players that are **weight restricted** will have a decal placed on their helmet.

Weight restricted players must line up on the front line of any special teams play unless that player is the kicker or the punter. For all other plays weight restricted players are limited to the following positions:

Defensive line (meaning NT, DT, DE)

Offensive line (meaning C, G, T)

Start of the game

Please have one coach participate in the coin toss. The team that wins the coin toss will be given the opportunity to choose for the first half or defer the choice to the 2nd half. The team with the choice (the "First Half Choosing Team") will respond to the following question 1:

1. Does your team want to kickoff, receive, or select an end of the field to defend?

If the answer to question 1 is to select an end of the field to defend, the opposite team will be asked if they wish to kickoff or receive. If the answer to question 1 is a decision to kickoff or receive, the opposite team will be asked which end of the field they want to defend.

3rd and 4th grade league

No kicks. The start of each half and following any score (including a safety) the ball is spotted on the offensive team's own 40-yard line.

5th and 6th grade league

Kickoff is from the 45-yard line. If the 45-yard line is not properly striped, the ball shall be kicked from the 50-yard line. The receiving team must remain behind the yard line that is 10 yards from where the ball is kicked.

Youth Football League Rules

Revised August 2014

Start of the second half

The team that was not the First Half Choosing Team **OR** a team that is losing by 15 points or more at halftime will respond to the following question 1:

1. Does your team want to kickoff, receive, or select an end of the field to defend?

If the answer to question 1 is to select an end of the field to defend, the opposite team will be asked if they want to kickoff or receive. If the answer to question 1 is a decision to kickoff or receive, the opposite team will be asked which end of the field they want to defend.

Home Team is responsible for the clock and the Away Team is responsible for the chains

Safety kick

3rd and 4th grade league

No Kicks.

5th and 6th grade league

After a safety the ball is spotted on the 30-yard line and can be put into play by either a punt or a kick. The receiving team must remain behind the kicking team's 40-yard line.

Punt

The offensive team must declare in advance their intention to punt. No fake punts are allowed.

3rd and 4th grade league

No kicks. The ball is moved forward 20 yards from the line of scrimmage or half the distance to the goal line whichever is the least distance.

5th and 6th grade league

No rush. Both teams must position the lineman in their normal offensive and defensive alignment. The punter must be at least 5-yards behind the line of scrimmage. The ball must be hiked to the punter and all players (including receiving team) must remain set until the ball is kicked.

Offensive alignment

Seven (7) players must be on the offensive line at all times.

Defensive alignment from 5 yard line to 5 yard line

1. A **MAXIMUM** of Five (5) defensive players is allowed on the line of scrimmage (sideline to sideline).
Ex: 5-4, 4-4
2. All other defensive players must be at least 3 yards from the line of scrimmage until the ball is snapped. Any infraction will result in an encroachment penalty.
3. A minimum of two (2) defensive players must be at least 8 yards from the line of scrimmage until the ball is snapped. Any infraction will result in an encroachment penalty.

Defensive alignment at or inside of the 5 yard (Goal-line Stance)

1. A **MAXIMUM** of Seven (7) defensive players is allowed on the line of scrimmage (sideline to sideline).
Ex: 7-4.
2. All other defensive players must be at least 3 yards from the line of scrimmage until the ball is snapped. Any infraction will result in an encroachment penalty.
3. NO defensive players are required to be at least 8 yards from the line of scrimmage.

Youth Football League Rules

Revised August 2014

Interior defensive players (players lined up across from and between the offensive tackles) must line up in a 3 or 4 point stance and defensive ends may be in a 2, 3 or 4 point stance. Once the quarterback has begun his cadence, all interior defensive players (as defined above) must remain set until the ball is snapped. All remaining defensive players may move laterally and backward, but **not forward**, until the ball is snapped. Any infraction will result in an encroachment penalty.

Playing time

All players will have equal playing time.

An exception to this rule would be if a player were not meeting team guidelines for practice participation or at the coach's discretion.

If play is stopped for an injury, the injured player must remain out of the game for two consecutive plays, unless the injured player's team calls a time-out.

Seating areas

Players on the sidelines must remain in between the 20's and 3 yards back from the sidelines.

If seating is available, all spectators must be in that area. If no seating is available, then spectators must remain 10 yards back from the player's area. If there is a violation, the game will be stopped until spectators return to proper areas.

Coach rules

One coach from each team is allowed on the field except during kickoffs.

Coaches on the field must be five yards behind the deepest player at the time the quarterback starts the count. Any coach on the field may not call out any instructions once the quarterback has started his cadence. Violations will be assessed as follows: The first violation will be a warning. The second violation will be a 5 yard penalty. The third and each subsequent violation will be a 15-yard penalty.

Coaches are responsible for the conduct of all players and spectators.

Coaches are responsible to advise the game officials in writing (each and every game) with health concerns of their team's players, such as asthma, etc.

There will be **zero tolerance** for arguing with the officials about judgment calls.

Postponement

Prior to the Start of the Game: Postponement of games due to weather may be recommended by the league official or coaches at the game site. The West St. Paul Football commissioner reserves the right to postpone games for other reasons such as field conditions. A game is considered official following the first play (the kickoff) of the second half.

Games in Progress: Once the game starts, postponement of games due to weather or other significant unforeseen circumstances will be determined by the game officials. A game is considered official following the first play (the kickoff) of the second half. The score at that time will be the official score. However, if necessary due to extenuating circumstances, the commissioners will convene with the officials to determine the outcome of the game.

Youth Football League Rules

Revised August 2014

Penalties

Minnesota State High School rules apply to penalties with the following modifications as outlined below.

Encroachment (as defined above under Defensive alignment) by any defensive player is a 5-yard penalty.

Mouth Guard infraction will have one warning per team, 5-yard penalty for each additional infraction.

Stiff arms are allowed if arm is fully extended but cannot be thrown, grabbing onto the facemask while stiff arming is not allowed as per the official's discretion.

Facemask penalties will be assessed either a 5-yard penalty for a minor infraction, or a 15-yard penalty for a personal foul, based on the official's discretion.

Officials have the right to assess a 15-yard unsportsmanlike conduct at their discretion. This is not limited to but may include:

- Players, coaches or spectators being outside of designated areas as defined above
- Negative verbal or non-verbal behavior from a player, coach, or spectator
- Delay of game due to a deliberate action by a player, coach or spectator

Suspensions:

Coaches and referees, as representatives of the Youth Football League have the authority to eject anyone whose conduct is in direct conflict of good sportsmanship. This includes but is not limited to players, coaches and spectators.

If a player, coach or spectator is ejected from a game or asked to leave the fields, they will also be suspended for the next game. Anyone ejected or asked to leave the fields for a second offense, will be suspended for the remainder of the season including playoffs.

Smoking:

Smoking is not allowed near the playing fields during the season. League officials, coaches and referees are encouraged to promote a safe and healthy environment for our youth athletes.

Game Forfeit:

Teams must have 11 players to start a game within 15 minutes of the scheduled start time of the game otherwise the game will be considered a forfeit.

Coach/Referee Name: _____

City: _____

Signature _____

Date: _____