

2020 NMYFL 5th-6th Grade Football Rules (11-player Football)
Field Length: 100 yards long x 50 yards wide minimum Ball Size: Junior
All rules not modified below will follow the National Federation of High School Rules

Defense (See 4-3 and 5-2 Alignment Diagram for more specifics)

1. Defensive front is a 4-3 defense with 2 corner backs and 2 safeties OR Defensive front is a 5-2 defense with 2 corner backs and 2 safeties.
2. Initially interior linemen have to be in a 3 or 4 pt stance and head up with the offensive lineman, and the defensive ends would be head up or outside shade of where Tight ends would align next to the tackles. In a 4-3 if there are no Tight ends the defensive end can reduce down to outside shade of the tackle or move outside with the Tight end. Teams can split out their tight ends or receivers per regular football rules. If tight end splits out know that it possibly leaves the defensive end uncovered and is an advantage to the defense.
3. The middle linebacker has to be over the Center in a 4-3 and over the Guards in a 5-2 and at least 3 yards off the line.
4. Outside linebackers in a 4-3 have to be at least 3 yards off the line and outside shade of the offensive tackles, but not stacked behind the defensive ends.
5. The corner backs need to be at least 4 yards outside the defensive ends and 1 yard off the line of scrimmage.
6. The Safeties have to be at least 1 yard behind the linebackers in a safety like position. Safeties are players free to adjust to all receiver formations.
7. All other positions must align as indicated above. When a team splits out receivers the safeties are free to move to coverage anywhere on the field just so they remain at least 1 yd behind the linebackers. And the corner backs can be head up on any receiver at least 4 yds outside the defensive ends.
8. Blitzing by any linebackers, corner backs or safeties is strictly prohibited. Blitzing is not allowed. Linebackers must, at the snap, be at least three (3) yards off the line of scrimmage, and corners must, at the snap, be at least one (1) yard off the line of scrimmage, and be at least four (4) yards outside the "box", which is defined as at least four yards outside the normal alignment of the defensive end. In all circumstances other than goal line situations there must be at least (2) players lined up in a "safety type" position no closer than four (4) yards from the line of scrimmage. These restrictions do not apply to goal line situations. Inside linebackers, corners, and safeties may not begin to cross the neutral zone until after the quarterback attempts to hand off the ball or after the quarterback leaves the box, which is defined as the area between the normal alignments of the defensive ends.
9. Inside the five yard line any defense is allowed, but only players on the line of scrimmage can rush the ball. Blitzing is still not allowed if a player is not on the line of scrimmage.
10. Coaches are not allowed on the field or in the huddle at any time during play. During timeouts only one coach is allowed on the field.

Offense

1. Offense is required to have 7 players on the line of scrimmage with 3 players on each side of the center: Center, 2 Guards, 2 Tackles, 2 Ends on each side of the line. No unbalanced lines as 7 players must be on the line of scrimmage at all times. The ends can be anywhere on the line of scrimmage and do not have to be right next to the tackles.
2. Line splits are no more than arm to shoulder width apart from lineman to lineman. Linemen are defined as center, guard, and tackle. An end is not considered a lineman, but must line up on the line of scrimmage. However, it is to the offense advantage to have a tight end

lined up on the line as the defensive end will be lined up across from where the tight end normally lines up next to the tackles.

3. All QB, running back and receiver alignments are allowed per football rules.
4. Coaches are not allowed on the field or in the huddle at any time during play. During timeouts only one coach is allowed on the field

Weight Restrictions

1. A 5th grade player weighing over 125 pounds and a 6th grade player weighing over 135 pounds must have a red stripe affixed to their helmet and cannot carry the ball.
2. Red Stripe players may not line up in the offensive backfield or at wide receiver. They may line up at tight end, but under no circumstances may run the ball or receive a pass.
3. Red Stripe players may only run the ball if they are involved in a direct fumble recovery or a pass interception.

Playing Rules

1. Team benches and team fans will be on the same side of their portion of the field. Team/Coaching Box will be from 20 yd line to 20 yd line and 3 yds deep. No fans should be inside this area.
2. Game clock will be kept by referees using modified HS timing of 4 quarters of 10 minutes per quarter and a 5 minute break at half time. Each game quarter will be National Federation book rule stop time, with the following exceptions:
 - a. After a change of possession, the clock will start after the chains have been moved and ball spotted ready for play.
 - b. In the event one team is seventeen (17) or more points ahead at any time in the fourth quarter, the clock shall continue to run in all circumstances except team time outs and injuries. This modification shall continue until the team behind cuts the deficit to less than seventeen (17) points.
 - c. Officials will use reason and common sense for play clock, but in the 2nd half of the season 35 second play clock will be enforced after the ball is spotted for play.
 - d. During regular play clock stops on plays out of bounds, incomplete passes and on called timeouts. Clock begins again on snap of the ball.
3. Teams will switch ends at quarter breaks.
4. Extra points are 1 for a run, 2 for a pass or kick. Field goals are worth 3 points.
5. One overtime will be played to determine the final score. Each team will have an offensive possession (four downs) from the 10 yard line. Extra points will be attempted also. If the score remains tied after one overtime in the regular season the game will be declared a tie.
6. Kickoffs will be utilized with the kickoff at the 40 yard line of the kicking team and the receiving team will have at least five players at the 50 yard line.
7. Punts – all punts are live action, but the center cannot be touched until after ball is snapped. Defensive alignment must be a 4-3 and can only rush per rules.
8. A referee in the Offensive backfield will keep track of the play clock. 35 seconds will be allowed between plays once ball is spotted for play.
9. A mercy rule will be used in the 4th quarter when a team gets up by 17 points. It will mean that the clock will not stop other than timeouts and injuries. Once the score drops below a 17 pt. difference the regular rules will be back in order.

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