

5th/6th Grade Gameday Rules/Guidelines

- A coin toss or joust (Rock, Paper, Scissors) will be executed according NFHS Rules Book. There will be no kickoffs so the team that wins the toss may elect to take the ball, defend a goal, or defer to the second half. The offensive team will take possession of the ball on their own 30-yard line.
- League rules for basic penalty yardage enforcement will follow North Dakota eleven-man rules.
- Because we are a fundamental league, all coaches MUST help coach proper enforcement of the rules. The only way players will stop committing penalties is if coaches correct the player committing the penalties after they have been called.
- Games will be two 20-minute halves with a 5-minute halftime. Teams will have 4 downs to get a first down. On 4th down, teams may choose to punt or go for it. Actual punting will begin Week #4. No Punt Rush is allowed by the defense.
- There is NO OVERTIME.
- There are NO TIMEOUTS during the game.
- Two coaches may be in the huddle; however, the offense must break the huddle within 30 seconds of the time the official spots the ball ready for play. Offensive coaches must stand behind the offensive team. Defensive coaches must move 25 yards downfield before the play begins so they will not be in the way.
- Teams will only use the footballs provided by GGFYF for practices and games.
- All teams must lineup to shake hands at the conclusion of the game. Referees shall be present as teams shake hands. Emphasis on SPORTSMANSHIP should be made by referees and COACHES. Any unsportsmanlike acts may result in a ONE game suspension.

Greater Grand Forks Youth Football Scoring

- A touchdown will be worth six (6) points.
- PAT - Point after Touchdowns will be handled as follows. Offense can place the ball at the 3-yard line to attempt a one-point play. Offense can place the ball at the 5-yard line to attempt a two-point play.

Offense

- All offensive formations and plays must be from the GGFYF playbook. No EXCEPTIONS
 - 6th grade will use the Pro, Trips and Twins Formations.
 - Running backs must line up in the backfield between the tackles. I-backs or split backs
 - All quarterbacks must line-up under the center.
 - No QB Sneaks
 - No pre-snap motion is allowed.
 - No Crack Blocks (WR coming down on S or W linebacker)
 - Unbalanced offensive lines are prohibited.
 - Offensive linemen are required to block the player that is lined up head-to-head on the line of scrimmage. – **No double-teaming, no pulling, no trapping, no cross blocking allowed on running plays.**
 - Offensive line splits may be no less than one (1) foot and may not exceed one (1) yard.
- Huddle • Teams should be able to break the huddle within 30 seconds of the ball being placed and official spotting the ball. Excessive delays will be called a penalty.

****COACHES MUST MODEL AND COACH SPORTSMANSHIP****

Defense

- The Defense used will be a head-up 4-3 with a cover 2 shell.
- Defensive players shall be lined up as follows:
 - The interior linemen (DT's) must line up head-to-head with the corresponding Offensive Guards. Interior Lineman must use a three- or four-point stance. Interior linemen may not stunt on a pre-designed or premeditated play upon the snap of the ball.
 - Defensive ends may shade outside shoulder of the tight end or offensive tackle (whichever is on the end). DE's can be in a two- or three-point stance.
 - Linebackers may line up no closer than 4 yards from the line of scrimmage.
 - Linebackers must line up between the offensive guard and tackle to their side. Cornerbacks must line up outside the Defensive Ends.
 - Defensive backs may line up no closer than five (5) yards from the line of scrimmage. **NO PRESS COVERAGE**
- Defensive line slants and stunts are PROHIBITED. Defensive lineman must always engage the blocker. No shooting the gaps! Once they have engaged the offensive linemen then they can make a move whether it is Swim, Rip or Spin., they may then shed the block and make a play.
- Linebackers, Cornerbacks and Safeties may not blitz or stunt on a pre-designed or premeditated play upon the snap of the ball. Linebackers, Cornerbacks and Safeties may, however, respond to an offensive play i.e., a ball carrier and cross the line of scrimmage to make a tackle.
- Defensive lineman and linebackers are required to get into positions of alignment and not move. Defensive players are prohibited from deliberate pre-snap movement for the purpose of causing an offensive procedure violation.

****COACHES MUST MODEL AND COACH SPORTSMANSHIP****

Greater Grand Forks Youth Football Violations

- Offensive and Defensive personal foul violations will result in the following penalties:
 - First infraction referee warns player and coach
 - Second infraction by the same team results in a penalty.
 - Second infraction by the same player results in a major penalty and player suspension for one half.
- Flagrant Fouls: Any participant that has committed a flagrant foul will be immediately ejected from the game and suspended from attending and participating in the next game. Subsequent infractions will result in review by the Board and possible expulsion from the league. Unsportsmanlike Conduct
- Unsportsmanlike conduct can be called for swearing, fighting, and arguing with an Official or any act that detracts from the purpose of the game. When such conduct occurs, a major penalty will be assessed and the Player or Players involved will be ejected from the game. In those cases, the Executive Director should be notified immediately after the game so that proper action can be taken. This same rule also applies to Coaches and obnoxious Parents or Spectators. The discretion of the attending Officials will prevail. If Coaches or Parents demeanor warrants it, action can and will be taken by the Board against that Parents related team, as deemed appropriate by the Board of Directors.