

1. **Age and Grade Eligibility:**
  - Teams are based on Grades 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup>.
  - NO WEIGHT LIMIT/ AGE LIMIT DETERMINED BY AGE AS OF AUG 1ST.
  - A player on a team must be in the grade he plays on or a lower grade.
  - The maximum age of a player in a grade is as follows: 12 for 6<sup>th</sup>, 11 for 5<sup>th</sup>, 10 for 4<sup>th</sup>, and 9 for 3<sup>rd</sup>.
2. **Team Grade Determination:**
  - THE HIGHEST GRADE OF THE OLDEST TEAM MEMBER DETERMINES THE GRADE OF THE TEAM.
3. **Field Operations:**
  - 100-YARD FIELD
  - The home team is responsible for game operations, weather delays, safety concerns, greeting refs/visiting teams, and handing out rules before the game.
  - The game time posted will be the start time.
  - In case of running ahead, games should not start till the posted start time to allow fans to attend. (Tournament play, Play Day, and significant events teams can list early starts must inform teams.)
4. **Game Timing:**
  - 24-minute halves running clock with 35-second play clock.
  - Weeknight game time can be lowered to 20-minute halves.
  - Clock stops injury, time out, and score.
  - After the score, the clock stops until the ball is reset after an extra point.
  - Try to start when the ball is set and ready for play.
5. **Halftime Duration:**
  - HALFTIME IS 5 MIN. LONG (unless shortened by the home team)
6. **Time-Outs:**
  - 3 Time Outs per Half.
7. **Football Sizes:**
  - 3<sup>rd</sup> Pee Wee,
  - 4<sup>th</sup> & 5<sup>th</sup> Junior Size Ball.
  - 6<sup>th</sup> Youth Size.
  - Ball Checked at the beginning of the game.
8. **Coaching on the Field:**

Both offensive and defensive coaches must be behind all plays at the snap of the ball. The defense coaches are 10 yards behind the deepest player.

  - 3<sup>rd</sup> Grade: 2 coaches allowed
  - 4<sup>th</sup> Grade: 1 coach allowed
  - 5<sup>th</sup> Grade: 1 coach allowed
  - 6<sup>th</sup> Grade: 1 coach allowed
9. Any Coach receiving a personal foul for the un-sportsmanship flag must stay on the sideline for the rest of the game. The second flag will be required to leave the field. Coaches that fight, threaten, or refuse to follow the directions of referees or league officials will cause the team to forfeit game\dismissed from the association and/or may risk Criminal charges.
10. **Sideline Management:**
  - NO PARENTS ALLOWED ON THE PLAYING FIELD
  - Chain crew on home sidelines
  - Only Certified Coaches/League Officials/Referees
  - Coaches responsible for sideline.
  - League Gate prices are \$5 for fans 18 and older, \$3 for children 7 to 17, and Free for children six and under.
  - Please, fans, refrain from bringing in outside food and drink. (When concessions stand open.)
11. **Player Equipment:**
  - Equipment must meet USA Football or TSSA Guidelines.
  - NO JEWELRY OR DO-RAGS
12. **Coach Interference:**
  - BALL IS DEAD IF BALL HITS COACH

**13. Minimum Players:**

- TEAMS CAN NOT PARTICIPATE OFFICIALLY WITH LESS THAN 9 PLAYERS (but can scrimmage)

**14. Referee Certification: ]**

- REFEREES MUST BE AT LEAST 18 AND HAVE BEEN TSSAA OR USA FOOTBALL CERTIFIED.
- Coaches are responsible for notifying refs about local rules on the alignment of players or others in this rule sheet.
- The game can stop for clarification and oversight. (Clock to be stopped.)

**15. Scoring Management:**

- Touchdowns are 6 points.
- ALL EXTRA POINTS ARE WORTH 2 POINT
- Safety is worth 2 points
- NO RUNNING-UP SCORE AFTER A FOUR-TOUCHDOWN LEAD (an effort must be made to minimize scoring). **ZERO TOLERANCE FOR THIS : No First-team players are in skill positions or regular positions on any down.**

**16. Overtime Procedure:**

- OVERTIME- Each team gets four plays from the ten-yard line.
- If the game is still tied after one overtime period, then the game ends in a tie.
- If time permits and teams agree, it can play out to the winner.
- Tournament play will go to a winner is decided.

**17. Play Restrictions:**

- NO TRICK PLAYS—All Snaps must be made to a quarterback or running back in the backfield.
- The referee has discretion if a play makes a mockery of the game.
- The quarterback must be in position when the ball is snapped. (No walking away from the center toward the sidelines, then snapping the ball to the RB.)
- No swinging gates, fumbles, or similar plays.

**18. Team Composition:**

- Teams will comprise players within school districts and students attending those schools served by each Association member.
- Team composition should only encompass students in zoned schools.
- Player exceptions can be made but must be documented when rosters are turned in.

**Grade-Specific Rules: 3rd AND 4th GRADE RULES**

**Defensive Restrictions**

1. NO BLITZING.
2. No PLAYERS ALIGNED ON CENTER OR THE GAPS BETWEEN GUARD AND CENTER.
3. No contact on the center while snapping.
4. Legal Formations: 4/4, 4/3, or 6/2 NUMBER OF DEFENSIVE LINEMEN CAN ONLY MIRROR OFFENSIVE LINE AND TIGHT ENDS
5. ALL DEFENSIVE BACKS and LINEBACKERS MUST BE 5 YDS OFF THE BALL AND NOT MOVING FORWARD AT THE SNAP)
6. DEFENSIVE ENDS MUST BE ON THE OUTSIDE SHOULDER OF THE LAST DOWN OFFENSIVE LINEMAN.
7. \*\*PENALTY FOR BLITZING (1ST – WARNING, 2ND – 10 YD PENALTY)

**Special Teams**

1. NO SPECIAL TEAMS (AFTER A SCORE, THE BALL WILL BE PLACED ON THE 30-YARD LINE.
2. NO PUNTING (the ball will be moved 30 yards for the punt), AND BALL CAN'T BE PLACED INSIDE THE 20-YARD LINE.
3. On a Safety Ball, Moved to the 40-yard line.

**5th AND 6th GRADE RULES**

1. NO SPECIAL TEAMS (AFTER A SCORE BALL WILL BE PLACED ON 30 YD LINE
2. NO PUNTING (ball will be moved 30 yds) CANNOT BE PLACED INSIDE THE 20 YD LINE.
3. NOSEGUARD CANNOT BE HEADS UP ON CENTER BUT CAN PLAY THE GAPS.

**Association Rules:**

- **All coaches must be certified yearly; only accredited coaches get free game admission. The team will give cards to coaches from USA Football or provide a list to other gates.**
- **Each town needs to have a person assigned as head coach, president, or game coordinator, Affiliate with USA Football, carry liability insurance, and fill out association agreements due at 1<sup>st</sup> meeting.**
- **WSTNA.org and Facebook will aid in the communication of the Association.**
- **Schedule meetings will be held by August 20<sup>th</sup> each year.**
- **After scheduling meetings, teams must finalize the schedule by September 1st. Any game changes or cancellations after that date are forfeited on record and may be subject to a \$40 cancellation charge or reimbursement of any loss expenditure caused by the cancellation.**
- **It is essential to play all scheduled games; other teams are counting on you for their season.**
- **Teams must September 15<sup>th</sup> to turn in all team rosters.**
- **The tournament's deadline is September 21st. All teams are urged to participate. No outside teams will be allowed. Teams must register with the association by mid-August and play regular-season games against association teams.**
- **October 15<sup>th</sup> will be the seeded deadline for the tournament.**
- **The championship will last two weekends in October. No games will be played in November (except for weather or unforeseen conflicts causing us to reschedule games).**
- **End-of-season rule meeting or survey provided by December 15<sup>th</sup> each year..**
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The success of this program will be determined by Everyone connected with the Association to abide by all rules and regulations ratified and sanctioned by all participating members. Adults, coaches, and players must maintain respect and good sportsmanship while developing our youth and providing opportunities. We aim to foster competition in a safe environment, allowing our youth to compete and grow to the best of each child's ability. Failure to maintain our composure, sportsmanship, and respect for all participating could cost our youth opportunities in the future.

**The First bylaws were adopted on 8/14/2011. They were ratified and sanctioned by 38 Coaches' League Officials from 18 towns at the Annual Meeting held at Union City on 8/13/2017. They were updated and passed at the yearly meeting on 7/28/2024 at the UTM Skyhawk Press box. Upgrade April 2025 to outline changes and align format from boards of directors to collaborated efforts of registered programs.**