

6U / 7U

AGES: 6U=5-6 7U=6-7

RULES: TINY MITE (8 PLAYER)

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED

FOOTBALL: K2 (OR EQUIVALENT)

FIELD: 80 OR 100 YARDS

TIMING: 22 MIN. RUNNING CLOCK HALVES
STOPS FOR CHANGE OF POSS., INJURY, TO

PLAY CLOCK: 1 MINUTE (RFP WHISTLE)

TIME-OUTS: 2 PER TEAM, PER HALF

FREE KICKS: NONE.

ALL POSSESSIONS AFTER ANY SCORE (INCL.
SAFETY) START ON 35-YARD LINE

SCRIMMAGE KICKS: NONE

RUN PLAY ON 4TH DOWN OR DECLARE PUNT
AND BALL IS PLACED ON OPPONENTS 35 YL

PENALTY ADJUSTMENTS:

15 YARDS = 10 YARDS

5 OR 10 YARDS = 5 YARDS

COACHES: MAX 2 ON FIELD, MIN. 10 YARDS
FROM LOS, SILENT AT SNAP & DURING PLAY

10U

AGES: 10U=8-9-10

RULES: JPW

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED

FOOTBALL: TDJ (OR EQUIVALENT)

FIELD: 100 YARDS

TIMING: MODIFIED 10 MIN. QUARTERS

PLAY CLOCK: NFHS RULES APPLY

TIME-OUTS: 3 PER TEAM EACH HALF

FREE KICKS: NONE

ALL POSSESSIONS AFTER ANY SCORE (INCL.
SAFETY) START ON 35-YARD LINE

SCRIMMAGE KICKS: NFHS RULES APPLY

PENALTY ADJUSTMENTS: NONE

COACHES: NONE ON THE FIELD

8U / 9U

AGES: 8U=7-8 9U=7-8-9

RULES: MITEY-MITE

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED

FOOTBALL: TDJ (OR EQUIVALENT)

FIELD: 100 YARDS

TIMING: MODIFIED 10 MIN. QUARTERS

PLAY CLOCK: 45 SEC. (RFP WHISTLE)

TIME-OUTS: 3 PER TEAM EACH HALF

FREE KICKS: NONE.

ALL POSSESSIONS AFTER ANY SCORE (INCL.
SAFETY) START ON 35-YARD LINE

SCRIMMAGE KICKS:

MUST BE DECLARED (NO FAKES)

NO BLOCKING OR DEFENSIVE RUSH

ALL LINEMEN HOLD UNTIL BALL IS KICKED

LIVE BALL AFTER KICK

PENALTY ADJUSTMENTS: NONE

COACHES: MAX 1 ON THE FIELD

MIN. 10 YARDS FROM LOS

SILENT AT SNAP AND DURING PLAY

Lopsided Score

CRITERIA: 28 OR MORE POINT SPREAD AT ANY
POINT IN THE GAME (36 FOR 8-MAN GAMES)

CLOCK OPERATION:

RUNS CONTINUOUSLY THE REST OF THE
GAME, REGARDLESS OF SCORE DIFFERENTIAL

STOPS ONLY FOR INJURY/REFEREE DISCRETION

WINNING TEAM RESTRICTIONS:

RUN INSIDE THE TACKLES (UNTIL PASSING THE LOS)

NO PASSING

NO ON-SIDE FREE KICKS (IF APPLICABLE)

CANNOT ADVANCE TURNOVER (BALL DEAD AT SPOT)

LOSING TEAM RESTRICTIONS:

MAXIMUM OF 4 PLAYERS ON LOS

LB'S BACK 5 OR MORE YARDS

DB'S BACK 10 OR MORE YARDS

RESTRICTION ON BOTH TEAMS:

NO BLITZING

NOTE: FORMATION AND PLAY RESTRICTIONS
FOR BOTH TEAMS END (EXCEPT BLITZING
RESTRICTION) IF DEFICIT BECOMES LESS THAN
28 POINTS (36 FOR 8-MAN GAMES)

8U / 9U

NEUTRAL ZONE: NFHS RULES APPLY

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED

DEFENSE:

MAXIMUM OF 6 ON LOS

NO LINEMEN OVER SNAPPER

LB - MINIMUM 3 YARDS OFF LOS

CB - MINIMUM 5 YDS OFF LOS

SAFETY - MINIMUM 7 YDS OFF LOS

ONLY THE 6 LINEMEN MAY RUSH

NO BLITZING BY LB OR DB

FORMATION VIOLATIONS:

FIRST: WARNING

EACH ADDITIONAL:

15 YD UNSPORTSMANLIKE CONDUCT FOUL
(CHARGED AGAINST THE HEAD COACH)

6U / 7U

NEUTRAL ZONE: 1 YARD BETWEEN OFFENSIVE AND DEFENSIVE LINEMEN

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED

OFFENSE:

MINIMUM OF 5 LINEMEN

3 BACKS BEHIND LINEMEN

1 OF THE 3 MAY SPLIT OUT MAX. OF 5 YARDS

DEFENSE:

NO LINEMEN OVER SNAPPER

LB A MINIMUM OF 3 YARDS OFF LOS

ONLY THE 5 LINEMEN MAY RUSH

NO BLITZING BY LB OR DB

FUMBLES:

BEHIND LOS = DEAD BALL

BEYOND LOS = LIVE BALL

FORMATION VIOLATIONS:

FIRST: WARNING

EACH ADDITIONAL:

15 YD UNSPORTSMANLIKE CONDUCT FOUL
(CHARGED AGAINST THE HEAD COACH)

12U / 13U

AGES: 12U=10-11-12 13U=11-12-13

RULES: JV

FOOTBALL: TDY (OR EQUIVALENT)

TIMING: MODIFIED 10 MIN. QUARTERS

PLAY CLOCK: NFHS RULES APPLY

TIME-OUTS: 3 PER TEAM, PER HALF

FREE KICKS: NFHS RULES APPLY

SCRIMMAGE KICKS: NFHS RULES APPLY

14U

AGES: 14U=12-13-14

RULES: VARSITY

FOOTBALL: TDY (OR EQUIVALENT)

TIMING: MODIFIED 10 MIN. QUARTERS

PLAY CLOCK: NFHS RULES APPLY

TIME-OUTS: 3 PER TEAM, PER HALF

FREE KICKS: NFHS RULES APPLY

SCRIMMAGE KICKS: NFHS RULES APPLY

11U

AGES: 11U=9-10-11

RULES: PW

LINEMEN: ONLY 2 PT. STANCE IS ALLOWED

FOOTBALL: TDJ (OR EQUIVALENT)

FIELD: 100 YARDS

TIMING: MODIFIED 10 MIN. QUARTERS

PLAY CLOCK: NFHS RULES APPLY

TIME-OUTS: 3 PER TEAM EACH HALF

FREE KICKS: NONE

ALL POSSESSIONS AFTER ANY SCORE (INCL. SAFETY) START ON 35-YARD LINE

SCRIMMAGE KICKS: NFHS RULES APPLY

PENALTY ADJUSTMENTS: NONE

COACHES: NONE ON THE FIELD

Play Clock

60 SEC: 6U-7U **45 SEC:** 8U-9U

60/45 SEC PLAY CLOCK STARTS:

REFEREE'S READY FOR PLAY

PLAY CLOCK RESETS TO **60/45** AT THE END OF EACH PLAY.

NFHS 25/40: 10U-11U-12U-13U-14U

SET FOR 25 SEC & START ON RFP:

START A PERIOD

AFTER A SCORE (TD, FIELD GOAL, SAFETY)

AFTER OFFICIAL'S TIME-OUT

OFFENSIVE INJURY / HELMET OFF

MEASUREMENT

OFFENSIVE/KICKERS/RECEIVERS PENALTY

TEAM TIME-OUT

SET FOR 40 SEC & START ON RFP AFTER:

DEFENSIVE INJURY / HELMET OFF

DEFENSIVE PENALTY

PLAY CLOCK RESETS TO 40 AND STARTS:

AT THE CONCLUSION OF THE PREVIOUS PLAY

WHEN THE COVERING OFFICIAL RAISES AN

ARM WITH A FLAT PALM FACING THE FIELD

PLAY CLOCK RUNS ON AWARDED 1ST DOWNS

Modified Game Clock

DIVISIONS: 8U-9U-10U-11U-12U-13U-14U

QUARTERS & HALFTIME: 10 MINUTES

GAME CLOCK RUNS:

DEAD BALL INBOUNDS

GAME CLOCK STOPS:

INCOMPLETE PASS

DEAD BALL OUT OF BOUNDS

OFFENSE AWARDED A 1ST DOWN

AFTER A SCORE (TD, FIELD GOAL, SAFETY)

OFFICIAL'S SIGNAL

TEAM TIME-OUT

GAME CLOCK STARTS:

REFEREE'S SIGNAL (WHISTLE MAY NOT BE USED)

SNAP

START A PERIOD

AFTER TEAM TIME-OUT

SCORE

FREE KICK LEGALLY TOUCHED (IF APPLICABLE)

Except as noted above, game clock is modified to start on the Referee's signal until the last 2 min. of 2nd and 4th quarter, then reverts to regulation NFHS clock operation.