

SOUTHWEST YOUTH FOOTBALL
2016 RULES
3RD AND 4TH GRADES

The rules as promulgated by the Missouri State High School Activities Association applicable to High School Football Games shall apply at all times with the following exceptions:

- A. All games shall consist of four (4) eight (8) minute quarters
- B. Each team shall be authorized four time outs per half
- C. Each offensive team shall cause the ball to be put in play within thirty (30) seconds
- D. Defensive Line: Each team shall have a defensive line consisting of not less than five (5) nor more than six (6) men on the line of scrimmage
- E. All linebackers must play a minimum of one (1) yard back, behind the down linemen
- F. Only one (1) linebacker shall be allowed to blitz on any play and the linebacker may not commence the blitz unless he is one (1) yard deep behind the down linemen at the time the ball is snapped. A blitz is defined as occurring between the two defensive ends
- G. Any defensive player upon the line of scrimmage must be in a down position including linebackers with the exception of the defensive end who may be in the upright position
- H. No potential ball carrier or receiver may weigh over 100 lbs. for the third grade, or 110 lbs. for the fourth grade. Exception: Tight Ends may have an "X" if used as blocking ends only. Any illegal touching of the ball, other than for a fumble, will result in a 5-yard penalty & loss of down.
- I. All third grade players over 100 lbs. and all fourth grade players over 110 lbs. must have an "X" on the back of the helmet, clearly distinguishing such player as a non-eligible ball carrier or receiver. These players may recover fumbles, intercept passes, etc. but shall not be allowed to play any position normally occupied by a ball carrier or a receiver, except for blocking TE only. See Rule H
- J. No player over 100 lbs for the third grade, or 110 lbs. for the fourth grade shall be allowed on the offensive kick-off receiving team unless said player plays on the front line.
- K. For third grade, two (2) coaches will be allowed on the field for each team during each individual play. For fourth grade, only one (1) coach will be allowed upon the playing field from each team during any individual play. Field coaches must remain twenty (20) yards behind the line of scrimmage and SHALL NOT TALK TO THE PLAYERS AFTER THEY BREAK THE HUDDLE. Penalties for the violation of this rule are:
 - 1st occurrence: Officials warning
 - 2nd occurrence: 5-yard delay of game penalty
 - 3rd occurrence: Coach will be asked to leave the field
- L. All punts are live and the punter may be rushed. If in the third grade, the center cannot hike the ball to the punter in one continuous motion, he may hike it to the quarterback who in turn will pitch it to the punter. Player receiving the pitch will be protected, as the punter would be. A punter may have an "X" but may not run with, or advance the ball in any way, other than to punt.
- M. All players will be weighed before the first game and signed off by the opposing team representative. If there is not a documented and signed off weight for any player then they may not be in a ball carrying/receiving position as specified in Rule "H" above. If this rule is violated the "White Hat" referee will need to be notified immediately. An illegal formation penalty should be called and the player removed from such a position. If an illegal player carries the ball on a planned play then that team will forfeit the game. Such a play must be immediately protested and is at the discretion of the "White Hat".
- N. Ball size will be the K2 or larger (leather or synthetic leather) and teams will not be allowed to change size during the game.