

North Texas Football League

NTFL Game Rules: 4th, 5th and 6th Grade

June 19, 2025



NTFL Game Rules: 4th, 5th and 6th Grade

GENERAL GAME RULES

1. General game guidelines
 - a. All games shall be played according to the current rules of Texas UIL football unless otherwise stated in these rules.
 - b. Immediately prior to the start of a game, all referees, both head coaches, and field officials will meet at midfield for introductions and coordination of game rules.
 - c. NTFL will provide all fields with an air pump & gauge – all balls must be inflated to the pressure listed on the ball.
 - d. 4th 5th and 6th grade are eleven (11) players on the field for each team
2. Game duration
 - a. Four 10-minute. Regulation clock.
 - b. Play clock follows 25/40 Texas UIL rules. Twenty-five (25) at the start of drives, kickoffs, extra points, and after administrative stoppage (fouls, injuries or timeouts). Forty (40) seconds between plays.
 - c. Three (3) time-outs per half.
 - d. Ten (10) minutes between halves.
 - e. Games or half cannot end on a defensive penalty.
 - f. If the score is tied at the end of regulation, overtime rules apply.
 - g. Running clock when a team has a 30 point lead.
3. Official game football
 - a. All game balls must be a good grade of Authentic Leather or Composite Wilson Football, Nike Vapor, Nike All-field, or Nike Tournament, as approved by the NTFL Board, and be brown in color.
 - b. All game balls must be inflated to the pressure listed on the ball.
 - i. 4th Grade Football Size
 1. Wilson K-2
 2. Nike Pee-Wee
 - ii. 5th & 6th Grade Football Size
 1. Wilson TDJ
 2. Nike Junior
4. Players
 - a. A game must be played between two teams consisting of a minimum of eleven (11) players present and available to participate for each team. If less than eleven (11) players are present and available at the start of the game, then the game will result in a forfeit loss for the team will too few of players. This does not include in game injuries that result in too fewer than the minimum requirement. Only players appearing on the official NTFL team rosters are allowed to play.

5. Scoring

- a. Touchdowns are 6 points.
- b. Interceptions and fumbles can be returned for a defensive touchdown during regular play.
- c. Extra points
 - i. Pass or Run Play from the 3-yard line are 1 point and from the 5-yard line are 2 points.
 1. Interceptions or fumbles returned to the defensive goal result in 2 points for the defensive team.
 - ii. Kick extra point from 3-yard line are 1 point. No rush by defense.
 1. Maximum 5 seconds to execute kick. If not, ball is dead.
 2. Blocked extra points are not returnable and result in failed try.
 3. Field goal attempt does not count as a play for 5 play minimum purposes
- d. Field goal is 3 points. No defensive rush.
 - i. Maximum 5 seconds to execute kick. If not, ball is dead
 - ii. Blocked field goals are not returnable. Change of possession occurs at the spot from where the kick was attempted.
 - iii. Field goal attempt does not count as a play for 5 play minimum purposes
- e. Safety is 2 points

6. Playing fields

- a. Games shall be played on a regulation football field
- b. Goal posts are necessary for extra point try and field goals.
- c. Chains are to be on the opposing side of the game video equipment and the team on that sideline is responsible to provide volunteers (no children) to operate the chains
- d. Each field is required to provide a 5 gallon jug of water or water cow for both the Home and Visiting teams. These water sources must be easily accessible by each team.

7. Kickoff and Kickoff Return

- a. Kickoff – Modified onside kick rules
 - i. Onside kick rules apply but just at 20 yards instead of 10 yards.
 1. The return team may line up 20 yards away from kicking line of scrimmage under this rule.
 - ii. Live ball means recoverable by either team for possession.
 - iii. For the first three (3) quarters, the ball must go beyond 20 yards for a live ball. If the ball does not go 20 yards, not recovered by receiving team, and kicking team recovers, the ball is dead and receiving team maintains possession.
 - iv. If receiving team touches the ball anywhere on the field, it is a live ball.
 - v. If a kick does not achieve 20 yards, there is no penalty. The ball is dead at the spot it is recovered or goes out of bounds and the receiving team gains possession.
 - vi. During fourth quarter, onside kick rules apply at 10 yards.
- b. Kickoff Return
 - i. Weight restricted players can line up on front line

1. Weight restricted players cannot advance ball of kickoff return
 - a. If weight restricted player recovers the ball, the play is dead where it is recovered
 - b. If weight restricted player recovers the ball, the play is dead where it is recovered
 - c. Kickoff will be bypassed when a team is down by 30 points.
 - i. The team down by 30 points will accept the ball at the return team 40-yard line without a kickoff.
 - ii. The team down by 30 points will still perform kickoff subsequent to a score.
8. Punt Rules
 - a. Controlled Punt
 - i. Punting team will snap and punt the ball.
 - ii. Maximum 5 seconds to execute kick. If not, ball is dead
 - iii. Return team (defensive) is allowed 2 players to drop deep to recover punt. The remaining defensive players are not allowed to rush or block.
 - iv. If the ball is punted more than 20 yards, it is down where the ball stops or where the returners cover the ball. The ball cannot be batted forward to reduce the distance of the punt.
 - v. Controlled Punt does not count as a play for 5 play minimum purposes.
 - vi. 5th and 6th grade only: There is no 20 yard walk off on a controlled punt; the ball is dead where it lands either by a defender touching the ball or the ball coming to a complete stop.
9. Moving the ball
 - a. A ten-yard chain and down maker will be used
 - b. The offensive team will have four downs to achieve a first-down
 - c. The home team is responsible for providing the chain crew. The visiting team has first right of refusal if the chain crew is on their sideline, and they would like to provide their own crew members.
 - d. Down markers and chain must be on opposite side of the field as the game film view so that yard markers and chain can be visible on the sideline the game film is recording.
10. Penalties
 - a. Offensive Penalties will follow Texas UIL rules.
 - b. Defensive Penalties will follow Texas UIL rules.
 - c. Blocking below the waist is not allowed.
11. Game Uniform
 - a. All team members must wear the same color jersey.
 - b. All jerseys must be numbered. Numbers must range from 0 to 99.
 - c. Each jersey must have the player's last name on the back that matches Zorts registration. Any exception for jersey name must be approved by the NTFL Board.
 - d. Players must wear football pants with hip, thigh, and knees pads. Knee pad must cover knee.
 - e. Jerseys will be tucked in at all times.
 - f. Molded rubber cleats (no metal spikes).

- g. Mouthpiece required

12. Prohibited Equipment

- a. No colored, shaded or iridescent visors. Facemask visor must be clear.
- b. Any equipment, in the opinion of the referee that will endanger or confuse players.
- c. Hard metal or any other hard substance on a player's clothing or person.
- d. Film equipment: There is NO filming from any individual on the field of play (i.e. Coach cannot have a go-pro or any camera recording device while on the field of play) including the chain crew. Filming from a person's specific sideline is allowed (a badged individual, such as a photographer, can film from their associated sideline). If it is found that someone is filming outside of these rules, they will be removed from the field and must remain in the stands for the remainder of the game.

13. Officials

- a. There can be three (3) or four (4) referees per game.

14. Player Substitutions

- a. The free substitution rule is always in effect and a player may enter the game anytime the ball is dead.

15. Overtime

- a. Overtime period will take place with each team receiving a possession.
- b. Coin Flip determines choice of 1st or 2nd possession.
- c. Possession begins ten (10) yards from the goal line with the down being 1st and ten (10).
- d. If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion during the first overtime. In all subsequent overtime periods, a team must go for 2 points.
- e. Game will end on a defensive score due to a safety, fumble or interception with scoring team as the winner.
- f. If the game is still tied, overtime will be repeated until there is a winner.
- g. Teams alternate first possession each overtime period