



## Fifth and Sixth Grade Football Rules 2023

### General Rules

1. Obscene language will not be tolerated. Should you have any questions about the use of a “word” it should not be used.
2. Players must complete at least 6 out of 8 days of conditioning before practicing in pads.
3. Teams are limited to **five contacts a week**; Contacts include practices, non-mandatory practices, scrimmages and games. Only three practices will be allowed with pads, one non-hitting practice with helmets only, and one game once games begin.
4. Each team will be allowed three time outs per half. Time outs do not carry over to next half. Time outs will be two minutes in duration. Teams may assemble at sidelines during a timeout.
5. Max of two coaches may be **on** the field during time-outs.
6. Scoring will be 6 points for a touchdown, 2 for a safety, 3 for a field goal, 1 for a run or pass after a touchdown, 2 points for a kick after touchdown.
7. No overtime will be played should a game end in a tie.
8. After a safety, the ball will be placed on the 35-yard line.
9. Interceptions may only be returned for a touchdown ONLY if the interceptor is eligible to carry the ball. If interceptor is over weight limit, ball is spotted at point of interception. **All fumbles are ruled dead at point of recovery and cannot be advanced. Exception: Center/Quarterback snap exchange where Quarterback recovers fumbled snap.**
10. **A team 18 points ahead (after the PAT attempt), will have 2 players designated by the opposing coach that cannot touch the football until the point spread is less than 18.**
11. If a game ends with a **margin of victory of 24 points or more both head coaches are required to submit a written game report to the Sylvania Recreation office by Wednesday of that week explaining the game.** The winning coach must state what they did, after the lead was obtained, to keep the game fair and fun for everyone. If the winning coach fails to submit this written game report by 5:00 PM on the Wednesday following the game he may be suspended for the next game.
12. Mouth guards must be attached to face masks and worn by all participants.
13. Sportsmanship is expected of all coaches, players and spectators. If someone is ejected from a game by either an official or a recreation employee that person will serve at least a one game suspension that will be enforced during the next game played. Multiple unsportsmanlike penalties can also result in a suspension. We hope that this does not become necessary. Please only cheer for your team and do not yell at officials or coaches. **All spectators need to sit in the stands and not be down on the field/sideline area.** Thank you.
14. Regular season standings will be kept online at Playsylvania.com. For any tiebreaker the following method will be used to seed teams: 1) Head to head record 2) Fewest points allowed 3) Coin flip

## **Kicking Rules**

1. There will be no kick-off; the ball will be placed at the 35-yard line.
2. When a team elects to punt, the play shall be dead and the ball will be advanced 30 yards unless the ball is inside the 50 yard line, in which the ball shall be moved ½ the distance to the goal.
3. A team must kick if in the kicking position for the PAT or field goal. In the event of a bad snap, the ball must be recovered and kicked. A punt, field goal or point after touchdown may not be faked. No Rushing allowed on any field goal or PAT.

## **Substitution Rules**

In the event a team has less than the 11 players to field a team, the team may pull a substitute player/s from within the same school district. Additionally, teams must follow the below:

1. Maximum number of subs allowed would bring your roster to 14 players.
2. Substitute players can only play a maximum of two quarters or half the game.
3. If a sub is a QB or RB on their own team, they cannot play QB and/or RB on the team they are subbing for. Same for LB on Defense.
4. If subs are needed this needs to be communicated in advance to SRC Staff to communicate to opposing team and officials.

## **Safety Rules**

No head tackles. If this happens it will be treated as a 15-yard facemask penalty. Teach the players to make body tackles and not to tackle by the head. **Please implement USA Football techniques for tackling.**  
<https://usafootball.com/>

## **5<sup>th</sup>/6<sup>th</sup> Grade Tackle Rules**

Games will consist of four eight-minute quarters using high school clock rules. Any games above 18 points will be a running clock. Final score will be decided after the fourth quarter.

### **Penalties**

**All penalties will remain consistent with High School rules. There are no protests.**

### **Offense**

1. All receivers and ball carriers must weigh 115 lbs. or less.

2. Offensive players weighing over 115 lbs. will play a line position (guard, tackle, end or center). No player weighing over 115 lbs. may advance the ball or be in the backfield (except as the holder/punter/kicker). The ball becomes dead upon possession of said players. He/she should fall to the ground or take a knee. Jersey numbers will be used to designate eligible ball carriers. Numbers between 1-49 will be eligible, 50 and higher are not.
3. **Offense must use a balanced line for all plays! 3 players on either side of the center!**
  - \* Note an ineligible receiver can be used as a blocking Tight end.

### Defense 4-3 or 5-2 defenses are permissible

#### 4-3 Defense

- Tackles must line up within the shoulder width of the guards
  - Ends must line up inside the width of the offensive ends shoulders to 1 and ½ yards outside in a two-point stance, unless end is split more than 3 yards. He may then line up at least 1 and ½ yard outside tackle and beyond
  - Linebackers must line-up within shoulder width of center and tackles, **a minimum of 3 yards beyond the line of scrimmage. Linebackers may not move forward until the ball is snapped (this would be considered a blitz). An outside linebacker may flex out in the event of trip receivers.**
  - Corner backs must line-up a minimum of 3 yards off the line of scrimmage outside of the ends of the offensive formation cannot move forward until the ball is snapped
  - Safeties- there must be two safeties a minimum of 7 yards beyond the line of scrimmage. May not move forward until the ball is snapped.
- \*Blitzing will be defined as forward movement before the ball is snapped by the defense.**

#### 5-2 Defense

- Middle guard must line up with the head inside the width of the center's shoulders, in a 3 or 4-point stance.
  - Tackles must line up head inside the width of the offensive tackles shoulders, in a three or 4-point stance.
  - Ends must line up inside the width of the offensive ends shoulders to 1 and ½ yards outside in a two-point stance, unless end is split more than 3 yards. He may then line up at least 1 and ½ yard outside tackle and beyond.
  - In the 5-2 defense Linebackers must line up with the head inside width of the offensive guards shoulders and in a 2-point stance behind the line of scrimmage **by a minimum of 3 yards. Linebackers may not move forward until the ball is snapped.**
  - Corner backs must line-up a minimum of 3 yards off the line of scrimmage outside of the ends of the offensive formation cannot move forward until the ball is snapped
  - Safeties- there must be two safeties a minimum of 7 yards beyond the line of scrimmage. May not move forward until the ball is snapped.
- \*Blitzing will be defined as forward movement before the ball is snapped by the defense.**

Goaline defense is permissible inside the 10-yard line. Short yardage defense is allowed anywhere on the field on 3<sup>rd</sup> & 4<sup>th</sup> down with a yard or less to go. This consists of 6 down lineman with no one lined up in a gap. Must line up opposite of an offensive player. A team may remain in the goaline defense if losses or penalties move the ball outside the 10-yard line for the remainder of the series. Use of the goaline defense is not mandatory; the 5-2 or 4-3 may be used inside the 10-yard line.

All defensive violations will result in a five-yard penalty for each occurrence. The penalty will be treated as an illegal procedure penalty on the defense. The offense will have choice of accepting or declining the penalty.

**Playing Time: In all of our programs we strive to provide an opportunity for all youngsters who are fully participating, a minimum game time playing experience. The rule is that all players who are participating fully in practices will be required to play at least 12 plays each game. These can be on offense, defense or a combination of both. Multiple unexcused absences from practice can result in less playing time. We as departments will continue to monitor with parental/guardian communication to our office staffs the success of this minimum playing time rule for the tackle football program.**