

## **Rec League Overview of General Rules**

\*Parents: No parents on the sidelines. Keep the parents in the stands.

Zero Tolerance bullying policy, no bullying allowed.

Head coach is the only one who can address officials.

To be a coach on the sideline you have to attend coaches meetings.

\*Any issues coming from coaches fall on the head coach to mediate.

### Special Teams

NFHS Rules apply unless otherwise stated.

#### 4th Grade-

Kicking Game – No kicking game.

Kickoff – Ball placed on the 40-yard line.

PAT – No rushing 1 Pt for run 2 Pt for kick- no fake kick.

Field Goal – No Rushing

Punt – 30 yard walk off, after the 50 yd half the distance.

#### 5th Grade

Kicking Game – Live Kickoff at game start and to open 2nd half. (Each team gets 1 kickoff)

No kickoff after scores.

PAT – No rushing 1 Pt for runs 2 Pt for kick- no fake kick.

Field Goal – No Rushing – No fake kick

Punt – Option: 30 yard walk off or punt. Same as 4th grade - but option to punt

If punting: No Rushing. Dead Ball when the receiving team has control. No Fakes.

#### 6th Grade

Kicking game – live kick off

PAT – Live 1 Pt for run 2 Pt for kick - Can Fake

Field Goal – live.

Punt – Live (safety play, dead ball play)

### Defense

NFHS Rules apply unless otherwise stated.

1. Teams can run either a four/four or a five/three or a three/five as a base defense

\* Nose guards are allowed to play up on the line of scrimmage.

2. The maximum number of defensive players lining up on the line is 5.

3. Linebackers, including outside linebackers must be 4 yards off the ball.
4. Teams are not able to push the outside linebackers up to the line. Linebackers must be 4 yards off the line of scrimmage.
5. Defensive ends cannot be lined up wider than the outside shoulder of the tackle or tight end. If too far outside they are considered a linebacker and need to be 4 yards off the line of scrimmage.
6. Defensive Backs need to be 4 yards off the line of scrimmage. Unless covering receiver that is at least ten yards out from the nearest lineman
7. Linebackers can rush on the snap of the ball, given they are lined up 4 yards off the ball when the ball is snapped. If inside of 4 yards and rush it is considered blitzing. No Blitzing allowed. Are allowed to rush if they are 4 yards off the ball upon the snap.
8. Opposing coaches questioning linebacker blitzing will be awarded 1 free timeout to discuss this with both coaches and the head official.

Violation of these rules will result in the following:

1. First offense – warning and explanation led by lead official to player and head coach.
2. Second and repeated offenses – 5-yard penalty

### Offense

NFHS Rules apply unless otherwise stated.

Playing time – Coaches are required to play each player a minimum of 10 live plays.

Clock – 8 min stop clock per quarter. 5 min halftime. If Mercy Rule is in place the clock becomes a running clock upon agreement from the trailing team coach.

Mercy Rule – 24-point spread. Once a team is down 24 points, that team will start all of their offensive possessions at the mid field point or the 50-yard line.

Practice – 4 touches a week including game, no longer than 2 hours. (touch is anytime a coach is with the team). Players must have 5 practices before they can play a game.

Field rules – Coaches need to maintain and conduct themselves with good sportsmanship attitudes. The referee can throw a flag for unsportsmanlike conduct at any point in the game when they feel that either a coach, parent, or fan is being verbally abusive towards the referee, or the opposing team.

- 1) First violation will be a verbal warning that is addressed to the coach. It then becomes the coach's responsibility to address the issue with either themselves, a parent, or other person in the stands. No actual penalty is enforced, and the flag is waved off.
- 2) Second violation, whether it be the same person or someone else will result in a 15-yard penalty for unsportsmanlike conduct. The penalty is enforced from where the ball is spotted.

3) Third violation will result in another 15-yard penalty. At this point the coach of the violating team will be asked to remove either themselves, if they are the violator, or the person in their team's stands. Game play will not continue until that person has left the field.

4) Attendance to future games will not be permitted until there has been a board review with the individual.

Sportsmanship – Referees should follow the guidelines for unsportsmanlike conduct on the field with players. No warnings should be issued, and penalties should be enforced immediately.

#### Weight Limit Rules:

1. 4th grade: 95 lbs weight limit (no pads) Shirt/shorts weigh in.

5th grade: 115 lbs weight limit (no pads) shirt/shorts weigh in.

6th grade: No weight limit- still weigh in (no pads) shirt/shorts weigh in.

5th/6th combined: 130 lbs weight limit. (no pads) shirt/shorts weigh in.

\*If playing 6th grade vs 6th grade follow no weight limit.

2. All 4th grade level teams, players weighing over 95 pounds at the designated weigh in will be considered a “line only player” and will have an “X” sticker placed on their helmet for the remainder of the season.

3. All combined grade level teams, players weighing over 130 pounds at the designated weigh in will be considered a “line only player” and will have an “X” sticker placed on their helmet for the remainder of the season.

4. Any player with an “X” sticker will be allowed to play offensive and defensive line ONLY.

5. Any Player with an “X” sticker cannot advance the ball. EXCEPTION: In the event of a “line only player” intercepting the ball, the ball will NOT be dead at the point of interception.

Officials – Recommendation: One certified, two adults, two high school.

No Harassing younger officials. If you have questions or problems, please direct them towards the head official or adult official. If harassment of a youth official occurs, the coach may be ejected from the game and not allowed to coach again until there is a board review with the coach.