

2016 Youth Sports Foundation 5th-6th Grade Football Rules

Below are the YSF specific rules; all other National Federation of State High School Associations (NFHS) rules apply.

Category	Rule
Field	The playing field is a standard high school field (120 yds. in length and 53 1/3 yds. in width), or a regulation 8-man field.
Ball	Brown or Tan ball with white stripes. Junior.
Games	<p>Quarters are 7 minutes.</p> <p>NFHS Rules apply on the clock.</p> <p>Two (2) time outs allotted per half, with no carryover.</p> <p>Half time is 3-5 minutes depending on time allotment. Final decision made by host coordinator.</p> <p>A twenty-five (25) second play clock is enforced between plays.</p> <p>Home team is responsible for supplying three adults or high school players to run the sideline chains on the home side of the field and 2 individuals to run the scoreboard.</p> <p>A game ending in a tie at conclusion of regulation play is a TIED game; no overtime will be played.</p>
Coaches	<p>The Head Coach is the only coach that can discuss game situations with officials.</p> <p>Game coaching staff is limited to one (1) USA certified Head Coach and four (4) Assistant Coaches.</p> <p>Only one (1) certified head coach is allowed on the field during a timeout.</p> <p>No coaches are allowed in the offensive or defensive huddle.</p> <p>Coaches and parents should do everything in their power to discourage cutting weight to play a position.</p> <p>Coaches ejected from a game or practice will be suspended and barred from attending the next game and next week's practices, and may face further disciplinary action from the YSF.</p>
Weight Limits	<p>Players have initial weigh-ins at registration.</p> <p>Players may be weighed in shorts only, if they wish, and may have a coach present.</p> <p>Every 5-6 grade players who weighs between 100- 120 lbs inclusive must be reweighed at jamboree.</p> <p>Maximum weight for Quarterback, Running back, Wide Receiver and any player in the backfield is 112 lbs.</p> <p>Any player who exceeds the weight limit must have a red dot sticker on the front and back of his/her helmet.</p>
Scoring	<p>After a safety, the ball will be placed on the 50 yard line.</p> <p>Field goals are allowed. The ball may be placed anywhere between the hash marks. The ball may be placed on the LINE OF SCRIMMAGE and kicked from that spot.</p> <p>PAT's are attempted after scoring a touchdown, and if kicking, must be kicked from the 10 yard line.</p> <p>One Point: A successful run or pass.</p> <p>Two Points: A successful kick through the uprights.</p>
Special Scoring	In the event of a 28-pt margin, the scoreboard will show 0-0 and the clock will continue to stop and start as normal. The team that is up by 28 points, their players may not pass the football or run outside the hash marks. If the lead falls below 28 points once again, they may pass or run as normal. The ball will be placed in the middle of the field for the team that is up by 28 points. Once the runner crosses the hash mark, the player is considered down.
Kick Offs	There are no kick offs; play will start on the 30-yard line.

Note: YSF coaches are strongly urged to utilize respective high school formations and core play.

Category	Rule	
Punts	Intent to punt must be declared to the opposing team, and must be kicked from 5 yds behind the line of scrimmage.	
	A team may not punt inside their opponent's 30-yard line.	
	THE RETURN TEAM TAKES POSSESSION WHERE THE BALL:	
	Is spotted 25 yards downfield from the previous line of scrimmage by the official, even if it doesn't travel that far or the punting team chooses not to punt.	
	Is caught or possessed by the return team player. Minimum of 25 yds.	
	If the ball travels more than 25 yds downfield before being caught or possessed by the return team, that is where the ball will be spotted.	
	Any punt possession between the 10-yard and goal line is automatically spotted on the 10-yard line.	
	A punt in the end zone is spotted on the 20-yard line.	
Defense	A maximum of six players can be on the defensive line of scrimmage.	← Penalty Enforcement
	A defensive player may cover any offensive player either on or off the line of scrimmage except the center with a maximum of six players, no minimums.	
	A defensive player on the line of scrimmage must be heads up on an offensive player.	
	Any defensive lineman covering an offensive guard or offensive tackle must be in a 3 or 4 point stance.	
	Any defensive player NOT on the line of scrimmage must be 5-yards off the line of scrimmage until the snap.	
	Fumbles and interceptions are live balls and can be advanced.	
	No horse collar tackles. A horse collar (in YSF) is defined as placing the hand inside the side or back (not the front) of the jersey or shoulder pads, and grabbing or pulling the runner. Even if the runner is not tackled to the ground or forced out of bounds, it is still considered a horse collar.	15 yd
	A player may not be tackled or pulled to the ground using any part of the helmet.	15 yd
	Inside the 5-yard line, the Line Backers and Defensive Backs can be on the goal line. One of these players can cover the center from the 2-yard line to the goal line, the player covering the center MUST be in a three or four point stance. This player must also be on the goal line.	
Offense	You must have 7 players on the line of scrimmage and no more.	
	The center handles the snap of the football.	
	Two (2) guards; one on each side and no more than 1-yard split from the center.	
	Two (2) tackles; each on the outside and no more than 1-yard split from the guards.	
	One (1) or two (2) tight ends; split no more than 1-yard from the tackle and are part of the interior line. Two tight ends makes seven players on the line of scrimmage.	
	If split ends are used, the split between the end and nearest tackle must be at least seven (7) yards.	
	A team cannot use an unbalanced line set; there must be 3 players on each side of the center on the line of scrimmage.	
	No straight (stiff) arm above the shoulders.	5 yd
	All blocks must be above the knees.	15 yd
	Anyone who receives a direct snap from the center may not run in the A gap; this includes shotgun formation.	5 yd
	Any player not on the line of scrimmage is a backfield player.	
	A tight end, who has a season weight of greater than 112 lbs. must line up within 1 yard of the tackle and cannot be a split end; all tight ends may only receive forward passes beyond the line of scrimmage.	
Penalty Enforcement	Roughing the passer	1st down/15yd
	Holding	10 Yd
	Pass interference	15 yd.
	Clipping	15 yd.
	Facemask	15 yd.
	Encroachment	5 yd.
	False Start	5 yd.
	Blocking in the back	10 yd.
	Personal Foul	15 yd.