

SECTION 5 - ROOKIE FOOTBALL RULES

General

All League games and activities shall be governed by the current edition of the National Alliance of Football Rules as published by the National Federation of State High School Athletic association, except where otherwise specifically provided for in this Section. If there is a conflict between any provisions set forth in the National Alliance of Football Rules and any provisions set forth in this Section, the provision set forth in this Section shall prevail. Rookie football rules not specifically defined in this Section shall be governed by Section 4 – Football Rules.

Purpose

The Rookie Division shall be defined as 8 versus 8 tackle football for 5 and 6 year olds. The Rookie Division shall be developmental and instructional. Each team will play a 7 game regular season schedule with 1 bowl game at the end of the regular season. There will be NO playoffs in this division.

In each game, each football player shall play a minimum of four (4) plays per half.

Equipment Rules

1. Acceptable footballs include Wilson K2, Wilson GST-K2, Rawlings R5 PW, Baden FC500PW, and Nike Spiral Tech Peewee. Teams are allowed to use a sanctioned ball of their choice during offense.

Game Rules

1. The Rookie division games will play on an 80 yard length of field. The end zone markers will be setup at the goal line and 10 yard line for the purpose of designating the 80 yard length. Where feasible, the width of the field will be 120 feet. Cones, markers, etc. shall be setup on the field painted numbers to approximate the 120 foot width.
2. The Rookie division games will have a running clock with four (4) ten (10) minute quarters and an eight (8) minute halftime. There will be clock stoppages for penalties, injuries, extra points, and timeouts. There will be no overtime in the regular season. The quarter, half, or game cannot end on a defensive penalty. One untimed down will be assessed. Two (2) time outs per half will be allowed. For bowl overtime games each team will have one (1) time out per overtime.
3. The minimum number of players to begin and continue to play a game will be seven (7). If the number of available players drops to six (6), the game will be called and forfeit recorded.

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4. One (1) coach per team will be allowed on the field during play. The offensive coach must be 5 yards behind the deepest offensive player at the snap of the ball. The defensive coach must be 5 yards behind the deepest defensive player at the snap of the ball. The offensive penalty is 5 yards and loss of down. The defensive penalty is 5 yards and an automatic first down for these infractions. The field coach shall cease giving player instruction or cheering at the snap of the ball.
5. The Rookie division will be played with 8 players on offense and 8 players on defense. The offense will be required to have a minimum of 4 linemen in a 3 or 4 point stance on the line of scrimmage. The offensive linemen are not eligible to run or catch the ball during the play. The defense will be required to have a maximum of 3 defensive linemen in a 3 or 4 point stance.
6. At the start of the game, the second half, and after a score, the ball will be put into play by the team in possession from their own 35-yard line (as defined by the painted field numbers). There will be no punting. In lieu of punting, the team in possession will have the option of having the referee advance the ball 20 yards or $\frac{1}{2}$ the distance to the goal line, whichever is less, to simulate a punt and change of possession will occur.
7. At the snap of the ball, all defensive players except the required three (3) defensive linemen must be at least 3 yards off the line of scrimmage.
8. A defensive player cannot make contact with the offensive center or line up over the center (such as a nose guard) until the quarterback receives the ball from the center, including long snaps. The penalty is 15 yards.
9. Blocking below the waist is not allowed. The penalty is 10 yards from the point of infraction.
10. The games will be officiated by a minimum of three (3) referees.