

2018 Sioux Border Conference League Rules- FINAL 5th & 6th Grade Tackle Football

The “National Federation of High School Associations” rulebook, as used in Iowa, will govern play in our league with the following exceptions, additions, clarifications and emphasis.

- 1. Officials:** A minimum of 2 qualified officials are required by the home team at each game. (1 Certified Official is preferred but not required)
- 2. Playing Fields:** Playing fields will be regulation 100-yard football fields. Players and coaches must remain in their respective players/coaches box.
- 3. Ball Size:** The Ball for 5th & 6th Grade is a Junior Size Ball. (Any brand with the words Junior is acceptable)
- 4. Mouth guards:** Players must wear a colored mouth guard attached to the facemask.
- 5. Ball Carriers:** Players exceeding 120 lbs for 5th or 130 lbs for 6th grade may NOT carry the ball offensively to ensure safety of the other kids. If any player exceeding the weight limit happens to handle the ball as the result of play (i.e.-fumble recovery, interception) they MAY advance the ball as allowed per NFHSA rules. Coaches are responsible for enforcing this rule in a fair and ethical manner. Coaches and/or Doctors are to weigh the players (No Pads) prior to the first game to determine which players are eligible to carry the ball offensively. The results of this weigh-in are to be utilized for the entire season.
- 6. Game Times:** 12 minute quarters, continuous clock. Clock will stop after a Touchdown and will start again on the offensive snap after the 2 point conversion. Last 2 minutes of 2nd and 4th quarters, stop on out of bounds, incomplete passes, etc. 2 TIMEOUTS PER TEAM PER HALF.
- 7. 21 Point Rule –** If a team is ahead by 21 or more points in the 3rd or 4th quarter the clock will be continuous. (Time-Out, Injury, or an Official’s Time will stop the clock)
- 8. Start of play:** Ball will be placed on the 35 yard line.
- 9. Alignment:** Offense – 7 on LOS. Defense – 5 linemen or 4-lineman front is allowed. Outside defensive linemen on the line of scrimmage may be split out no wider than the last man on the line of scrimmage for 5th and 6th grade games, linebackers and DBS no closer than 4 yds from LOS. Interior lineman must be in down position. Penalty – Illegal Procedure. Exception – Any defense is allowed when the offense is inside your 10-yard line as long as only the people on the defensive line can rush.
- 10. Defensive Blitzing:** Blitzing by linebackers and defensive backs is not allowed. However, any defensive player may cross the line of scrimmage after the offensive player with the ball is outside the offensive tackle. Penalty – Personal foul.
- 11. Fumbles:** Live ball. Advance as allowed.
- 12. Coaches on Field:** Each team is allowed 1 or 2 coaches on the field for both offense and defense. Coaches must stay 5 yards behind the deepest player. Absolutely no verbal directions, communications or alignment shifts can be made by coaches on the field from when the QB starts his cadence until end of the play. Penalty – Personal foul.
- 13. Punting –** Defense cannot rush. Ball is live after kicked and may be returned. Bad or dropped snaps are not considered fumbles and the punter will be allowed to punt. Offensive team must announce their decision to punt. No fakes.
- 14. Extra Points:** Following a touchdown the extra points can be made by Kicking, running or passing. (Note: Kicking is only an option if the field has a goal post.) A successful Kick conversion will receive 2-points. A successful running or passing conversion will receive 1-point.
- 15. Field Goals and PAT’s (If the field has a Goal Post) –** In 5th, & 6th grade, each team may kick the point after touchdown or kick Field Goals. Kicking the extra point will be worth 2 points. Field Goals will be worth 3 points. Rules for kicking the ball: The defensive team may not rush the kick but may stand on the LOS and attempt to jump and block the kick. The offensive team will snap the ball to the holder for the kick. If the ball gets away from the holder, the holder is allowed to get the ball and return to a knee to place the ball on the kicking pad without penalty. Side note: If a team attempts a FG and it is unsuccessful inside the 20 Yard line the ball will be placed on the 20 Yard line. (Official 2” field goal tee must be used)
- 16. Overtime Games:** Format for overtime will be same as High School.
- 17. Playing Up/Down:** Players are allowed to play “up” in the event there are not enough players to field a full team. Players will not be allowed to play “down” without prior league approval.
- 18. Rosters for Multiple Teams per Grade Level:** Programs with numbers to justify fielding two teams per grade level many not under any circumstance intermingle rosters or “swap” players from one game to another. Doing so will result in forfeiture of the game and expulsion from the year end tournament.
- 19. Year end tournament:** Final standings will be used to help determine who plays who in the year end tournament.