

Sixth Grade Football Rules

1. Weight Restrictions

- a. At 135 lbs., a player receives a “red” stripe on their helmet.
- b. On Offense:
 - b.i. Player may not line up as:
 - b.i.1. An offensive back (QB, FB, RB or Flanker)
 - b.i.2. An offensive wide receiver (Flanker or Split End)
 - b.ii. Player may line up as a Tight End, but will not be an eligible receiver and may not leave the line of scrimmage on passing routes. He may, however, be used as a blocker
 - b.iii. Player may not advance the ball at any time.
- c. On Defense:
 - c.i. Player may not line up as:
 - c.i.1. A defensive back (CB, FS, or SS)
 - c.i.2. A defensive outside linebacker
 - c.ii. Player may not advance the ball at any time
- d. Each player will be weighed on the official league scale at registration. This weight will be considered the official weight for the entire season. Appropriate helmet striping will take place at the time of equipment distribution.

2. Offensive Rules

- a. All offensive formations and plays will be governed by National Federation Rules for High School and Middle School Football
- b. Pulling Lineman and Trap Blocking are legal blocking techniques.
- c. Crack back blocking is legal, provided the player being blocked has the opportunity to see, react to, and avoid the block. The block must occur from the front and be executed above the waist. A blind crack back block or one below the waist will be deemed illegal and penalized 15 yards as an Unsportsmanlike Act.

3. Defensive Rules

- a. No more than six (6) defensive players may line up within 4 yards of the line of scrimmage prior to the snap of the ball, if the play occurs outside of the defensive 10

yard line. Inside the 10 yard line, plays will be deemed Goal Line, and up to eight (8) players may line up on or within 4 yards of the line.

- b. The defense must maintain not more than 6 men in the box (from tight end to tight end); 1 player may line up from “A” gap to “A” gap. In goal line situations, 8 men are allowed on the line of scrimmage.

4. Special Teams Rules

a. Kick Off

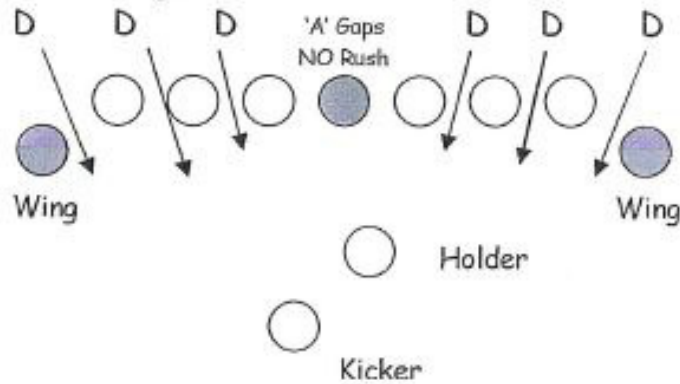
- a.i. The ball will be kicked off from the offensive 40-yard line
- a.ii. The ball will be live following 10 yards and can be recovered by either team.
- a.iii. If the kick-off goes out of bounds along the sideline, an illegal procedure penalty will be called. The receiving team will have the following options:
 - a.iii.1. Take possession at the point the ball went out of bounds
 - a.iii.2. Take possession at their 35-yard line or 25 yards from the point of the kick-off, should the kick-off spot be the result of a prior penalty.
- a.iv. Players with “Red” stripes may be used on the Kick-Off Team or the Return Team, but may only be blockers or tacklers. They may not advance the ball.
- a.v. A “Red” stripe player may be used as the kicker
- a.vi. Return team penalties on the return will be enforced from the spot of the foul.
- a.vii. Kick-off team penalties will be enforced from the end of the return.

b. Punt

- b.i. The offensive team must declare their intention to punt to the official. Fake punts are not allowed.
- b.ii. No defensive player will line up in the “a” gap or engage the long snapper in a block until after the snap has been made, and the snapper has raised his head and can protect himself.
- b.iii. Besides the “a” gap, the rest of the punt is live. A blocked punt will change possession to the previous defense.
- b.iv. Only the two widest offensive players may release downfield prior to the kick.
- b.v. The receiving team must have a fair opportunity to field the punt. A five yard halo rule will be used to protect the receiver.
- b.vi. If a “Fair Catch” occurs, (the receiver must wave one hand above his head) the receiver must be given the opportunity to catch the ball without contact of any kind.

- b.vi.1. Contact by a defensive player will result in a 15 yard interference penalty.
 - b.vi.2. Advancement of the ball by the signaling player will result in a 10 yard delay penalty.
 - b.vii. A “muff” is a live ball, recoverable by either team, but may not be advanced.
 - b.viii. A ball hitting the ground may be advanced by the receiving team, but may not be advanced by the kicking team. If allowed to roll, it will be spotted at the point it stops rolling, or goes out of bounds and will result in a change of possession.
- c. PAT/FG
 - c.i. The offense must declare their intention to attempt a PAT or FG. Fake attempts are not allowed.
 - c.ii. The offense must align in a standard kick formation with two tight ends and two wing backs.
 - c.iii. A muffed snap will be blown dead immediately for the protection of the kicker and holder
 - c.iv. The defense may rush up to six (6) players under the following conditions:
 - c.iv.1. No rush through the “a” gaps; no contact of any kind with the snapper.
 - c.iv.2. One rusher per gap (b, c, & d)
 - c.iv.3. No rush around outside of wing backs
 - c.v. A made FG will count as three (3) points for the offensive team.
 - c.vi. A made PAT will count as two (2) points for the offensive team.
 - c.vii. A blocked or missed kick will be whistled dead, and cannot be advanced.
 - c.viii. Any contact by a defensive player with the snapper, holder, or kicker will be a personal foul, resulting in a 15 yard penalty or half the distance and an automatic first down. If the penalty occurs on a made PAT, it will be enforced on the kick-off. If the penalty occurs on a missed PAT, it will be enforced half the distance and a re-kick will be allowed.

Acceptable Rush Diagram



5. General Rules

a. Game

- a.i. A game will consist of four 15-minute quarters, with 1-minute between quarters 1-2 and 3-4.
 - a.i.1. Time will be kept by the officials on the field if a scoreboard clock is not available.
 - a.i.2. The clock will stop for injuries and time-outs **ONLY**. No other instance shall the clock be stopped. Injury time outs will be called by the head official.
 - a.i.3. Each half will begin with a kick-off. The possession of the ball will be determined by the coin toss prior to the game. Teams will change ends at the end of the 1st and 3rd quarters.
 - a.i.4. There will be a ten (10) minute half time period.
 - a.i.5. If, at the end of the fourth 15-minute quarter there is a tie, an over time will take place. The ball will be placed on the ten yard line, with each team receiving 4 downs to try and score. The first possession will be decided by coin toss. If after each team has finished their possession the game is still tied, the game will end in a tie.

b. Time Outs

- b.i. Each team will be given three (3) time-outs per half. The referee will blow the whistle at 45 seconds and play will resume after one (1) minute.
- b.ii. Each team will have one (1) timeout in overtime.
- b.iii. Time-outs can be called by any player or coach.

c. Additional Rules

- c.i. All coaches must remain on the sideline. One coach will be allowed to enter the huddle during a time out. He will be given a warning at the 45 second point and must be off the field at the end of the 1 minute timeout period.
- c.ii. There will be a minimum of three officials for each game. (Referee, Umpire, Linesman). A second linesman will be used if one is available. A chain crew of three persons will also be required for each ballgame.
- c.iii. Each player on the team should receive significant playing time during each half of play (8-10 plays). Special teams plays will be included, but players should have the opportunity to play an offense and/or defense as well.
- c.iv. Each team may choose whether to use Junior or Youth sized football, when on offense.
- c.v. All players will be required to wear all appropriate safety equipment:
 - c.v.1. Helmet with chin strap, snapped by all four fasteners.
 - c.v.2. Shoulder Pads
 - c.v.3. All Pads (Hip, Tail, Thigh, Knee)
 - c.v.4. A mouth piece, easily distinguished by color, and fastened to the helmet by a strap
 - c.v.5. Football cleats are recommended but not required