

# Town North YMCA Tackle Football Rules 3<sup>rd</sup> and 4<sup>th</sup> Grade

## TOWN NORTH YMCA TACKLE FOOTBALL RULES

### Medical Conditions

- Any player with a medical condition that affects the player's safety must have a treating physician's medical release on file in the Town North YMCA Sports Departments office prior to participation in any Town North YMCA event or practice.

### Required Equipment

- Players may not practice or play a game without required equipment:
  - A properly fitted NOCSAE approved helmet with facemask. The helmet should be less than 5 years old.
  - A protective mouthpiece. The mouthpiece must have been properly pre-fitted to the player's mouth according to the manufacturer's instructions prior to any use in practice or games.
  - Properly fitted shoulder pads.
  - White football pants with hip, thigh, and knee pads
  - A Town North YMCA football jersey. The jersey may not be altered in any way. (*a player wearing an altered jersey is subject to ejection from the game*)
  - Shoes with rubber soles either with molded rubber cleats or flat bottoms
  - Players may not wear or have affixed a rigid splint and /or cast regardless of composition.

- The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by these codes of conduct. Following the Code of Sports Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.
  - I will remember that I am a youth sports coach and that this should be fun for the children, adults and all concerned
  - I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.
  - I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and actions.
  - I will not engage in negative discussions with any game official, parent or coach before during or after the game.
  - I will not allow my team's parents to act in a way that demonstrates disrespect for the game official or any member of the opposing team's players, coaches or parents.
  - I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.
  - I will see that all disputes are handled calmly and by the proper procedures and proper authorities.
  - I will abide by all the rules and regulations of the YMCA.
  - I will place the emotional and physical well being of my players ahead of a personal desire to win.
- At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs.
  - Restriction of water
  - Restriction of use of bathroom
  - Physical exercise
  - Harsh demeaning or negative yelling
  - Physical force ( including shaking or striking )
- Coaches Responsibilities, Requirements and Recommendations
  - The Town North YMCA prohibits the hiring of coaches
  - Coaches are required to distribute a copy of rules to all team parents
  - Attend coaches orientation and watch sports video
- Zero Tolerance Policy
  - The Town North YMCA requires coaches, parents and spectators to abide by the Zero Tolerance Policy.
- The following actions will not be tolerated before, during or after the game:
  - Verbal/physical abuse of referees, players, coaches or spectators
  - Charging onto the field
  - Arguing with referees, coaches, or spectators
  - Profanity or derogatory names or comments
  - Any taunting directed at opposing players, coaches or fans
- Steps the referees may take:
  - Give the coach, players or spectator a warning

- Immediate ejection of the player, coach or spectator. The referee is not required to give the offender a warning before the ejection. If ejected the offender must immediately leave the grounds.
- Penalize the team (loss of downs/yardage/timeouts)
- If the offending behavior continues causes the referee to feel threatened, the referee may “abandon the game”. The offender’s team will suffer a loss by forfeit.
- Steps the Sports Committee may take:
  - Immediate suspension of the offender from participation in practice or games for an indeterminate length of time sufficient for the Committee to complete an investigation of the offender’s behavior.
  - Require the offender to appear before the disciplinary committee
  - Probation, suspension, or expulsion of the offender from participating in the YMCA sports program.

## **General Rules**

### **3<sup>rd</sup> and 4<sup>th</sup> Grade**

#### YMCA Pledge

- Before each game players will recite the YMCA pledge at midfield
- “Win or lose, I pledge before God to play the game as well as I know how. To obey the rules, be a good sport at all times and to improve myself in spirit, mind and body.”

#### Game Ball

- 3<sup>rd</sup> grade Wilson Pee Wee or Nike comparable
- 4<sup>th</sup> grade Wilson TDJ Junior or Nike comparable

#### Game Clock

- The referees will keep the official game time
- 4 quarters at 14 minutes each with a running clock.
- Half time is 4 minutes with 1 minute between each quarter.

The clock will stop for the following reasons:

- Half time and between quarters
- A requested time out. (2 per half lasting 1 minute )
- Official time out for injury or any other reason
- Last minute of the 2<sup>nd</sup> quarter and two minutes of the 4<sup>th</sup> quarter the clock will stop on dead balls.

#### Delay of Game

- Official marks the ball for play; a team will have 30 seconds to snap the ball to start the next play. If the offense does not start the play within 30 seconds, the penalty will be 5 yards and repeat the down.

#### Weight Limit

- 3<sup>rd</sup> grade - **80lbs**
- 4<sup>th</sup> grade - **90lbs**
- Players exceeding the weight limit will not be eligible to play in the offensive backfield, except quarterback.
- Violation of this rule will result in nullifying the play and loss of down.

- Offensive players exceeding the weight limit may carry the ball in any direction after receiving the ball beyond the line of scrimmage. An offensive player exceeding the weight limit may receive the ball beyond the line of scrimmage as follows:

- Forward pass from teammate who is behind the line of scrimmage when the teammate attempting the pass releases the ball.
- Legal exchange backward pass, pitch or handoff from a teammate who is beyond the line of scrimmage when the teammate attempting the exchange releases the ball.

- If the player exceeding the weight limit receives the ball behind the line of scrimmage, the play will be blown dead at the moment the player crosses the line of scrimmage with the possession of the ball. Otherwise the play will be blown dead at the point the player exceeding the weight limit is tackled in the offensive backfield.

#### Official Weigh-in

- Each player's weight must be verified by the Town North Sports Department during an official weigh-in at the YMCA.
- Weight measurements taken at an official weigh in are final and no additional weigh in will be required or granted.

#### No Weigh-in No Play

- Any player who does not attend an official weigh-in will not be allowed to play in games.
- Any player who did not weigh in to play in games will forfeit all previous games played and face disciplinary actions.
- Each coach and officials will receive a roster of ineligible ball carriers.

#### Jersey Color Conflicts

- Visiting team is responsible for wearing different color jerseys. The replacement jerseys do not need lettering.

#### Down Marker and Chain Crew

- The home team as designated on the game schedule will be required to furnish one person to run the down marker.
- The visiting team will be required to furnish 2 people to run the chains
  - If a team does not provide the required volunteers within 10 minutes after the game starts that team will lose by forfeit.

#### Required Players

- A maximum of 6 players per team are allowed on the field of play.
- A minimum of 5 players per team must be present to start. If both teams have at least 5 players present at game time game will start. A team with 6 or more players is not required to play with less than 6 players on the field.
- When a teams 6<sup>th</sup> player arrives they may enter the game at anytime.

#### Player Participation/Substitution

- Every player in attendance must play half of the game.
- If a touchdown is scored with no time on the clock, the extra point must be run by the players currently on the field.

## Scoring

- A touchdown is worth 6 points
- Extra points following touchdowns are scored by running or passing the ball into the end zone
  - A successful attempt from 3 yards out is 1 point
  - A successful attempt from 10 yards out is 2 points
- The defensive team cannot score on an extra point. If the defensive team obtains possession of the ball the play is ruled dead.

## Safety

- Following a safety the offensive team will take possession of the ball on the offensive team's 35 yard line.

## Kick-offs

- No Kick Offs.
- Each team will start possession from their own 20 yard line.

## Touchbacks

- After a touchback the ball will be placed on the 20-yard line.

## Punting

- On fourth down the team must declare if they will be punting. If the team chooses to punt the ball will advance 25 yards with the other team taking possession.

## Turnovers

- Players regardless of weight are eligible to carry the ball in any direction following a kickoff, punt or interception. Exception: In the event of a fumble behind the line of scrimmage, offensive players exceeding the weight limit may advance the ball up to but not beyond the line of scrimmage.
- The quarterback cannot advance the ball across the line of scrimmage upon a fumble between the center and quarterback. The quarterback may handoff, pass or pitch the ball.

## Fumbles

- Fumbles may be advanced by either team except as follows:
  - Offensive team cannot advance ball on 4<sup>th</sup> down, ball will be returned to the spot of the fumble.
  - On an extra point, the ball may not be advanced by either team.

## Offensive Regulations 6 man

- The snap from the center is the first exchange in an offensive play. The first player to control the snap from the center (ball must be snapped between centers legs ) must either:
  - Complete a second legal exchange ( pass, pitch or handoff )
  - Punt the ball prior to advancing the ball beyond the line of scrimmage
- The quarterback regardless of his weight may not carry the ball across the line of scrimmage following the snap from the center and before another exchange of the ball.
- After the second legal exchange any offensive player that is under the weight limit may advance the ball across the line of scrimmage.
- At least 3 offensive players must be legally on the line of scrimmage prior to the

snap from center. The three linemen may not go in motion.

- Only one player may be in motion at a time. The man in motion may take one step forward then may only move side to side, but not forward again until the ball is snapped.
- The offensive team must advance the ball 15 yards in four downs for a first down.
- All players are eligible to catch a forward pass
- The ball may be passed, handed off or pitched backward at anytime anywhere on the field.
- No center sneaks.

#### Defensive Alignment **3<sup>rd</sup> Grade**

- The defense must lineup with a 3 man defensive line 2 yards off the ball.
- If the offense adds a tight-end or additional lineman the defense may then add a 4<sup>th</sup> lineman.
- All other defensive players must be at least 5 yards away from the defensive line.

#### Defensive Alignment **4<sup>th</sup> Grade**

- All defensive players must line up at least 1 yard off the ball.

#### Coaches

- Only one offensive and defensive coach is allowed on the field to call plays in the huddle.
- The coach may not reposition players or call an audible once the players have broken the huddle.

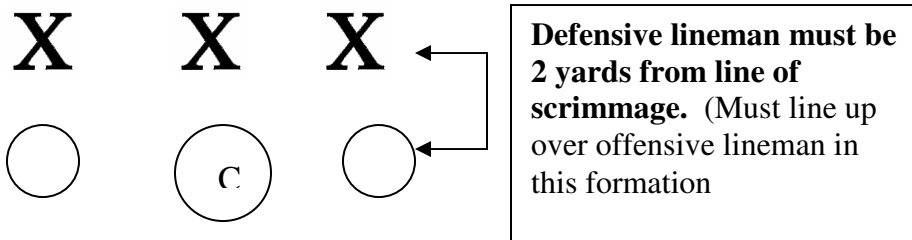
#### Practices

- A team may practice 3 times per week until the season begins. Then they may practice 2 times unless they have a bye (then they may have 3).
  - Players must attend 1 practice per week to be eligible to play in that week's game.

#### Penalties

- Encroachment
  - When a player on the defense makes contact with the player on the offensive line before the snap. PENALTY 5 yards repeat down.
- Defensive Offside
  - When a defensive player crosses the line of scrimmage without contact and the ball is snapped. Flag is thrown but play is not stopped. After the play is completed, the offense has the option of taking the result of the play or the penalty. PENALTY 5 yards, repeat down
- Illegal Procedure/ false start / illegal motion
  - Once the quarterback begins his cadence, no one on the offense (except man in motion) may move. Flag is thrown immediately and whistle is blown. PENALTY 5 yards repeat down.
- Delay of game
  - When the offense takes more that 30 seconds to get play off. PENALTY 5 yards repeat down.

- Personal Foul
  - Includes late hits, twisting of the face mask, illegal helmet contact.  
PENALTY 15 yards from end of play.
- Unsportsmanlike Conduct
  - Cussing, coach running on to the field to argue with the referee etc.  
PENALTY 15 yards from the end of play and possible ejection.
- Roughing the passer
  - In the opinion of the referee, if the defensive player has time to keep from making contact with the QB, and still continues to make contact, it is a penalty. PENALTY 15 yards from the end of play.
- Clipping
  - PENALTY 15 yards from the spot of foul
- Tripping
  - Any attempt to trip, whether contact is made or not, is a penalty.  
PENALTY defensive tripping-10 yards from the end of play. Offensive Tripping 10 yards from spot of foul.
- Defensive pass interference
  - PENALTY if the interference takes place more than 15 yards from the line of scrimmage, the penalty is 15 yards from the line of scrimmage, and an automatic 1<sup>st</sup> down. If the interference takes place less than 15 yards from the line the penalty is marked at the spot of the foul and an automatic 1<sup>st</sup> down.
- Offensive pass interference
  - PENALTY 15 yards from line of scrimmage
- Offensive holding
  - PENALTY 10 yards repeat down
- Defensive holding
  - PENALTY 10 yards automatic 1<sup>st</sup> down



5 yards

