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# Youth Tackle Football Rule Book 2009

*The **Positive** Place For Kids*



**BOYS & GIRLS CLUB  
OF TAHLEQUAH**

## Football Rules

Section 1. Oklahoma High School Football Rules (OSSA Rules) will be used in conference play with the exception of those noted below.

Section 2. **Field of Play:**

3<sup>rd</sup> & 4<sup>th</sup> divisions

- A. The field of play will be 35 yards wide by 50 yards long.
- B. A first down will be equivalent to 8 yards.
- C. Penalties- Penalties of five (5) yards shall be measured as four (4) yards. Ten (10) yards shall be measured as eight (8) yards, and fifteen (15) yards shall be measured as (12) yards.

5<sup>th</sup> & 6<sup>th</sup> division          Full field

Section 3. **Length of Game:**

- 1. 8 minute Quarters will be used with a regular game clock. (*Not a running clock.*)
- 2. A 35 second play clock will be used. Time will be enforced by the official.
- 3. Overtime (Tiebreaker) No Overtime

Section 4. **Scoring:**

- 1. Extra-point conversions will be run or pass only and will be awarded one (1) point for a successful conversion. (*No Field goals will be allowed.*)

Section 5. **Weight limits**

1. 3<sup>rd</sup> grade division  
The weight limit for lining up in the offensive backfield or advancing the ball, (running backs, blockers and receivers) is 75 Lbs. All players above this weight limit will have a mark on the back of their helmet. (The ball can be advanced by any player on an interception or fumble recovery).
  
2. 4<sup>th</sup> grade division  
The weight limit for lining up in the offensive backfield or advancing the ball, (running backs, blockers and receivers) is 90 Lbs. All players above this weight limit will have a mark on the back of their helmet. (The ball can be advanced by any player on an interception or fumble recovery).
  
3. 5<sup>th</sup> & 6<sup>th</sup> grade division  
The weight limit for lining up in the offensive backfield or advancing the ball, (running backs, blockers and receivers) is 120 Lbs. All players above this weight limit will have a mark on the back of their helmet. (The ball can be advanced by any player on an interception or fumble recovery).
  
4. **Maximum Weight.**

3rd Grade	130LBS
4 <sup>th</sup> Grade	140LBS
3 <sup>rd</sup> & 4 <sup>th</sup> Combined	140LBS
5 <sup>th</sup> Grade	170LBS
6 <sup>th</sup> Grade	None
5 <sup>th</sup> & 6 <sup>th</sup> Combined	170 + 15% upon approval of the league commissioner

Section 6. **Kick-offs:**

1. There will be no kick-offs in the 3<sup>rd</sup> and 4<sup>th</sup> grade divisions. The ball will be placed on the 20 yard line to start the game and after a score.
2. 5<sup>th</sup> & 6<sup>th</sup> Grade kickoffs: The ball will be placed on the 50Yrd line.

Section 7. **Punts:**

1. No punts in the 3<sup>rd</sup> and 4<sup>th</sup> grade divisions. The ball will be advanced 30 yards for each punt outside the opponents' 40 yard line. Inside the opponents' 40 yard line the ball will advance  $\frac{1}{2}$  the distance to the goal.
2. 5<sup>th</sup> & 6<sup>th</sup> Grade division  
No rushing is allowed during the punting.
3. 5<sup>th</sup> & 6<sup>th</sup> Grade  
A team must declare when they are going to punt
4. The punting team may not cross the line of scrimmage until the punter has punted the ball
5. No fake punts

Section 8. **Defensives Formation:**

1. 3<sup>rd</sup> & 4<sup>th</sup> 5<sup>th</sup> & 6<sup>th</sup> grade divisions No player can line up directly over the center or the gaps between the center. (A Player may line up in any other gap). No timed blitz up the center or gaps. Linebacker may rush after ball is snapped.  
  
(A line backer lining up over the center must be at least 3 yard deep.)

Section 9. **On the field Coaching/ substitutions:**

1. Two coaches will be allowed on the field on offense and defense. Coaches must remain 10 yards deep from the line of scrimmage when the ball is snapped. Two offensive player substitutes may be kept on the field of play. The player substitutes must be behind the coaches when the ball is snapped. *No defensive substitutes will be allowed on the field*

A coach who is declared by an official as intentionally interfering with a play in progress will be banned from both the offense and the defense for the remainder of the game. The offending coach's team will be penalized 15 yards for intentional or unintentional interference.

Section 10. **Size of Ball**

1. 3<sup>rd</sup> The size of football will be Equivalent to Wilson K-2 (pee wee size).
2. 4<sup>th</sup> The size of football will be Equivalent to Wilson K-2 (pee wee size).
3. 5<sup>th</sup> The size of football will be Equivalent to Wilson K-2 (pee wee size).
4. 6<sup>th</sup> The size of football will be Equivalent to Wilson TDJ (Junior size).
5. 5<sup>th</sup> & 6<sup>th</sup> Combined The size of football will be Equivalent to Wilson K-2 (pee wee size).

Section 11. **Practice:** teams will be allowed three events per week. No one practice will exceed (2) hours in length

**Section 12. Mercy Rule:** At the time a team reaches a 28 point spread, the score will freeze and the game will continue as normal. No further points will be allowed on the score board by either team. Normal rules must be followed before and after the freeze

**Section 13. Participation rule:** The Boys & Girls Club strongly promotes the active participation of all players, unless on disciplinary probation (with explanation of reason). The coach must note disciplinary action on the play count sheet, notify the head umpire, opposing coach and league commissioner that said player will not be playing. All players in all grades will be required to play seven (7) plays in every game including specialty team plays. . The team in the lead must meet all player participation requirements prior to the mercy rule taking effect. Failure to do so will constitute a violation of the participation rule. Upon review of unusual game time circumstances the commission may rule that circumstances prevented full participation rule and that the coach was acting in good faith.

Any coach that does not comply with the player participation rule will be subject to suspension from one week of practice and their next scheduled game. The coach will not be allowed inside the entrance gate as a fan or coach.

Any player who refuses to play during the game must be brought to the attention of the head official and opposing coach. The coach must have the player remove his helmet and shoulder pads while on the side lines.

If a player plays one play in a game, he or she must play the full number of plays required.

All Play count sheets must be turned in immediately after the game to the commissioner or commissioner designee following the end of the game.