

SOUTHERN MINNESOTA YOUTH FOOTBALL LEAGUE
RULES AND REGULATIONS
2023 Season

League Goals:

- To teach all participants the proper fundamentals, techniques and rules of the game of football.
- To make each participant's first organized football experience fun, enjoyable and rewarding.
- To encourage each participant to continue in an organized football program at the next level.
- To teach and demonstrate the values of sportsmanship and fair play at all times.

General Weight Rules 5th Grade:

- All skill position players may not exceed 110 lbs. (QB, RB, SE, FLK, WG)
- Tight Ends may weigh up to 125 lbs. Players 125 lbs and above must play on the line C / G or T.
- Linebackers may be up to 125 lbs – over 125 lbs must play DT or DE.

General Weight Rules 6th Grade:

- All skill position players may not exceed 120 lbs. (QB, RB, SE, FLK, WG)
- Tight Ends may weigh up to 135 lbs. Players 135 lbs and above must play on the line C / G or T.
- Linebackers may be up to 135 lbs – over 135 lbs must play DT or DE.

General Defensive Rules

All teams must use a basic 4-4 defensive alignment which will include the following:

- 1) Tackles – 3 or 4 stance, head up offensive guards.
 - 2) Ends – 2, 3 or 4 pt stance, outside shoulder of Offensive Tackle.
 - 3) ILB's – 2 pt stance, stacked directly behind Defensive Tackles or shaded (no more than 1 foot) inside – at least 3 yards off the ball.
 - 4) OLB – 2 pt stance, aligned outside shoulder of TE or slot back – at least 3 yards off the ball.
 - 5) Corners – 2 pt stance, must be at least 5 yards off the ball.
 - 6) Safety – 2 pt stance, must be at least 10 yards off the ball.
- All DB's and LB's must line up according to alignment rules. No gap defenses. Absolutely no blitzing or faking a blitz. LB's must read:
 - If Run – LB's may go to ball.
 - If Pass - LB's must pass cover.
 - If LB makes tackle on QB in the offensive backfield it MAY be considered a blitz. (If the QB scrambles or rolls out to beyond the position of the ends it can be considered a run. Once the QB leaves that area, if he returns it can still be considered a run and linebackers can pursue.). But ... If he drops straight back and stays within the extended pocket area ... 10 yd. Penalty from LOS and automatic first down. Be sure you, your coaches and ref's understand this.
 - Goal line situation (ball inside the 5 yd line) LB's, DB's may line up 1 yd. off the ball. *(NOT appropriate (legal) in short yardage situations outside the defenses 5 yd. line - 10 yd. penalty automatic 1st down)*
 - **Head Tackles (Tackling by the helmet above the shoulders) will be considered illegal and penalized 15 yards.**
 - **Spearing (Using the top of helmet to block or tackle) will also be penalized 15 yds.**
 - **Time in Huddle Offense - Coaches are asked to limit the time in the huddle ... "Practice & Teach plays during practice not in the huddle". Officials are to warn coaches 1st. After which instruct time keepers to stop the clock after 25 seconds (2X). If continual the official will stop the clock and penalize the coach 5 yds.**

No Huddle

- Allowed 1st Half under 2 minutes (**If Trailing) Allowed 2nd Half (**If Trailing)

General Offensive Rules:

- All offensive alignments must have at least 2 RB's in the backfield at all times (lined up from tackle to tackle) and a QB under center or in a shotgun formation.
- You may operate out of any or all of the following formations:
 - 1) Two TE's and a WG.
 - 2) Two TE's and a FLK.
 - 3) One TE's and a Slot.
 - 4) Pro or Twins.
 - 5) You may not operate out of a Trips formation.
 - 6) You may not use motion.
 - 7) **Once a team has established a set formation you may not shift. (New 2014)**
 - **If a player is out of position a coach may reset the player. Don't make it a habit!**
- You may run any types of plays that you wish. All MSHSL rules apply.
- **Down linemen, Center, Guard, Tackle & Tight End must be able to touch the nearest team mates shoulder pad when in a normal stance.**
- **TE Rule If a TE is a skilled position=Ball carrier, they must meet league weight requirements.**
- **No Unbalanced Line (2 TE's Set Same Side)**
- **NO Quarterback Sneaks**

Kickoffs:

- They are no kickoffs.
- The ball will be placed at the 30 yard line.

Punts:

- There will be no punts. The ball will be advanced 25 yards from the LOS.
- Ball may not be placed inside the 10 yard line.

Extra Points:

- You may either kick, pass or run the PAT under the following rules:

Kicking:

- 1) If you select to kick you must notify the officials.
- 2) No fake kicks under any circumstances.
- 3) No rush by the defense under any circumstances.
- 4) The ball will be kicked from the ten yard line.
- 5) The ball will not be snapped; it will be placed on the block at the 10 yd. line by the holder.
No kickoff tees. Defense will line up at the 3yd. line.
- 6) All successful kicked PAT's will be worth 2 pts.

Run or Pass:

- 1) If you select to run/pass you must notify the officials.
- 2) The ball placement will be at the High School spot.
- 3) All successful run/pass PAT's will be worth 1 pt.

Equipment Rules:

- All players must wear regulation helmets, shoulder pad, pants and pads, mouthpieces and rubber cleated shoes or tennis shoes.
- Pads for elbows, forearms, neck braces, rib pads, etc. will be allowed.
- Football Size: 5th & 6th Grade– Junior; 4th grade - Peewee

General Penalty Rules:

- Gross line movement shall be penalized. (contact, moving across the LOS)

- Subtle movement will not be penalized. (turning head, leaning forward, or flinching)
- Gross holding will be penalized. (wrapping arms around or tackling a defensive player)
- Subtle holding will not be penalized. (hands inside during initial contact)

Practice/Game Time/Duration and OT rules:

- There is a maximum of three practices per week and one game on Saturday.
- All Saturday games will begin at 10:00 am and the second will start immediately after the first. (9:00 am may be used if 3 games)
- “A” (6th grade) game will be played first; “B” (5th Grade) game will be played second.
- **All games shall consist of four, ten minute running time quarters. Clock will stop after a change of possession (turn over, score, punt) and inside two min of each half (when out of bounds). Inside of two minutes, please see High School Rule. Suggestion is each home team have a high school rule book available for reference.**
- Halftime will be @ 10 min long. You are allowed 3 time outs per half.
- All regular season games that end in a tie will result in a tie. OT is for playoff games only.

Coaching Rules and League Conduct:

- Coaching staff shall consist of 1 head coach and up to 3 assistant coaches.
- Coaches will be allowed on the field for the duration of the game under the following:
 - 1) One defensive coach when the defense is on the field.
 - 2) One offensive coach when the offense is on the field.
 - 3) The coach on the field can only give instruction in the huddle and before the offensive line comes to a set position. ****Coaches are asked to limit the time in the huddle ... “Practice & Teach plays during practice not in the huddle”. Officials are to warn coaches 1st. After which instruct time keepers to stop the clock after 25 seconds (2X). If continual the official will stop the clock and penalize the coach 5 yds. ****
 - 4) The coach must assume a position 5 yards behind the running backs and safety at which time no further instruction may be given.
 - 5) Any violation of the above will result in first a verbal warning and the followed by a 5 yd penalty for any violation there after.

Questioning of Official Calls:

- Only the head coach may question the officials call or address the officials.
- Coaches should conduct themselves in a manner that will set a good example for the players, coaches and fans. The object of Youth Football is to let the kids have fun.
- Fighting with or striking any player, coach, official or any participant will be grounds for immediate expulsion from the league.
- If a player, coach or fan is removed from the game by an official; it will result in a minimum of a one game suspension, w/ further action to be determined by the Board Members.
- Excessive disputing of official calls or profanity directed at a player, coach, official or any participant of Youth Football will be grounds for expulsion from the league.
- The Board of Members have the ultimate authority to determine disciplinary action in all cases

Officials:

- Each team is to provide at least two officials for every home game. Must have at least one adult official for each home game. Students/Juveniles may officiate as a second official, if accompanied by the one required adult official. If adult officials are available, then use as many adult officials as possible.
- Each official should have a whistle, flag, official’s shirt and a copy of the rules on him at all times.
- Officials will be supplied for the Waseca Jamboree.
- Playoff Games. Host school provides officials.
- Game in Waseca will be hired by the league.