

Official League Rules for the 6 and 7 year olds

PLAYING FIELD

The field is 25 yards wide, 60 yards long and is divided lengthwise into two zones of 25 yards each, which lie between two end zones of 10 yards each. The field also includes extra point markings at 5 and 12 yards from each end zone.

Game Ball

The game ball shall be a conventional football constructed of leather, rubber, or similar material. The ball must be inflatable and have seams.

The allowable sizes vary by age group:

6 and 7 year olds: Pee Wee or Junior (ie, Mikasa Models 5505 or 5506)

The offensive team has the option of substituting another ball in place of the standard one, subject to approval by the League. In general, a conventional football which is no smaller than the standard one will be approved. Unconventional balls will not be approved; this includes Nerf balls and others constructed of unusual materials.

.RULES OF PLAY

.Game Timing and Flow

- A game consists of two halves, each of 18 minutes in duration, separated by a three minute halftime period.
- The game clock runs continually, except:
- When an injury occurs
- During a timeout
- When an official deems it appropriate to stop the clock

Each team is entitled to one timeout per half, each of which lasts for 30 seconds.

The offense must put the ball in play within 30 seconds of the "ready for play" whistle.

A coin toss determines which team takes first possession of the ball. The winner of the toss has the option to begin on offense or defense. The team that begins on offense in the first half will begin on defense in the second half.

The team that begins on defense is allowed to choose which goal to defend.

Teams switch directions at the beginning of the second half.

Playing Time

It is the goal of the League to provide every child the opportunity to develop as an athlete. With this in mind, it is required that all players receive at least one half playing time during each game. Coaches are required to abide by the spirit of this rule.

Number of Players

Play shall be six on six. In the event that only four players are present for a given team, they shall be allowed to play with four, although the opposing team shall still be allowed the option to play with six.

Player Substitutions

Players may be freely substituted after any dead ball.

Location of Coaches

One coach is allowed on the field to instruct players. This coach must move at least 15 yards away before the ball is snapped. Continued....

Coaches on the field must remain on his/her team's side of the line of scrimmage.

In all cases, it is the responsibility of the coach to avoid interfering with play. Officials may take appropriate action, including issuing a warning, re-playing a down, imposing penalties, or removing a coach from the field, if he/she believes the coaches' presence has interfered with play. Also, coaches are not allowed to make contact with their own players during the course of a play (ie, giving them a nudge in the right direction). This will be considered coach's interference, and will be penalized.

Offense

Snapping the Ball

The center must snap the ball between the legs and must release the ball to the quarterback for a legal play to begin. Shotgun snaps are allowed but not required. Prior to the snap, the ball must be resting on the ground. Handoffs to the center are allowed, however he/she may not receive a handoff between the legs. In the 6-7 year old divisions, in the event of a bad snap, teams will be given a second chance to snap the ball successfully. If the second attempt results in a bad snap, then the ball will be marked dead at the spot where it hit the ground.

Number of Downs

Each team will have three downs to advance the ball across the first down marker or across mid-field. Once a team crosses mid-field they will be in four down territory. After a team crosses the first down marker, it receives a new set of downs.

Change of Possession

A team failing to advance beyond the first down marker or into the end zone after three downs loses possession of the ball. The opposing team takes possession on its own ten yard line. In most divisions, an intercepted pass results in a change of possession and may be returned until the ball is dead. The line of scrimmage then moves to the point at which the ball was ruled down.

Running

It is the ball carrier's responsibility to avoid colliding with defenders that lie in his/her path. Unintentional contact shall not be penalized, provided the ball carrier makes an effort to avoid it. Failure to attempt to avoid contact with a defender (charging) may be penalized, even if it does not result in a collision. **Intentional contact will not be tolerated**, and may also result in an unsportsmanlike conduct penalty, and/or player ejection.

Blocking

Blocking is not allowed once a ball carrier has possession of the ball beyond the line of scrimmage, the other offensive players must stand still. If an offensive player moves and impedes the progress of a defender who is making an attempt to pull the ball carrier's flag, an illegal blocking penalty shall be assessed.

Rushing

Rushing the quarterback is not allowed. Quarterbacks are not allowed to run past the line of scrimmage. Defensive players are only allowed in the back field when a handoff or pass is made.