

## **6 & Under Football Rules**

### **(8) Man Football**

- a. No score kept
- b. No won/loss record
- c. No kick-off
- d. No punting

### **Offense**

- a. (5) linemen (tackles, guards, center)
- b. (3) backs (halfbacks, QB) Running back must be lined up in the back field between the tackles.

### **Defense**

- a. (4) linemen (tackles, guards)
- b. (2) linebackers or cornerbacks – NO middle linebackers
- c. (2) safeties
- d. No nose man
- e. No blitzing or rushing

### **NO VARYING ON ABOVE**

- f. The key to success of the game is allowing the offense to get a play off. It is very frustrating to the offense if real aggressive blitzing and rushing is used by the defense.

### **Penalties**

- a. Penalties (5) steps of official or ½ distance of goal.
- b. Clipping called in all cases.
- c. Obvious holding called.
- d. Call facemask.
- e. Any other flagrant fouls.

### **Start Game & Game**

- a. Start game by placing ball at midfield
- b. Flip coin for who will be on offense first
- c. Loser of flip will have choice of end of field

- d. Run (5) plays on offense; switch units (offense or defense) after 5<sup>th</sup> play of no score occurs; ball will remain where offense gives it up unless score occurs; then it will be taken back to center field.
- e. No extra points
- f. Fumbles handled as in regular football
- g. Only two coach per team will be allowed on the playing field at a time. **The offensive and defensive coach is responsible for keeping a distance of 10 yards between himself and the furthest player back.** Violations of this rule result in a 10-yard penalty.

Time of Game

- a. 20 minute halves with 10-minute halftime.
- b. Running Clock (official)

Team Meetings

Team meetings are limited to 3 times per week prior to the season (Monday-Saturday). Meetings are limited to 2 times per week after the season begins. Practices will be one (1) hour in length.

