



1st & 2nd Grade Rules

1. Practices are 1.5 hours. Half of practices should be spent on fundamentals
2. Maximum of 3 events per week (Games + Practices)
3. 100 Yard Field will be used
4. 12 minute running clock is used for each quarter
5. Clock stops for time outs, penalties, injuries, & change of possession
6. 5 minute half time
7. Each team receives 2 timeouts and 1 stop clock per half
8. One coach from each team may remain on the field and enter the huddle to help direct the team during a game.
9. The coach on the field must remain at least 10 yards behind the line of scrimmage after the offensive team's huddle is broken.
10. Coaches must be quiet after the huddle is broken.
11. Each player is required to play at least 8 plays per half (where possible: injury, lack of plays, etc)
12. Teams are to use a 5-2 Defense Only. (May use 6-2 for short yards/ goal line situations)
13. Defensive linemen must be in a down position and line up head to head (DE vs TE, DT vs T, NT vs C)
 - NT must be 1 yard off of the ball
 - Defensive linemen must engage the player they are lined up from
 - * If said lineman is pulling, blocking down, or "in retreat"... engaging the blocker is nullified.
 - No stunts or shooting gaps; No Blitzing
14. No Kick Offs – Each possession starts at the Offensive Team's 35 Yard Line
15. Following a Safety, the ball is placed on the Offensive Team's 40 Yard Line
16. Ball Size is Wilson K2 or Equivalent
17. Extra Points: 1 for run, 2 for pass

Offense:

- Please refer to Offensive Playbook Guide provided by Coach Sandee in the Coach's Corner
- Offensive Formations: Flanker Left/ Right (Tight), Pro
- No Motion Allowed
- Use Hudsonville HS Terminology
 - Dive, Blast, Sweep, etc.
 - Holes: 1, 3, 5, & 7 to left; 2, 4, 6, & 8 to right
 - Pass Routes: Out, In, Fly, Pop, Sticks, Flag, Post, Curt, Drag
- Coach Ball Security – 5 Pressure Points (Fingers/Tip, Palm, Forearm, Bicep, Rib)

Defense:

- Please refer to Defensive Progression provided by Coach Schuur
- Mandatory 5-2 Defense (exception 6-2-3 for goalline and short yardage)
- No more or less than 5 players on the line of scrimmage (unless in 6-2)