

# **Bloomington Athletic Association and Burnsville Athletic Club**

## **2015 Football Rules for 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Grade Levels**

### **Revised August 21, 2015**

#### **1.0 Introduction:**

- 1.1 The primary purpose of this football program and partnership between the two communities is to provide a learning experience for football skills, life skills, and a fun and safe environment for the kids in our communities to play America's favorite sport. We depend solely on the efforts of a large number of volunteers to make this program happen. The work these volunteers do will be the foundation for the memories the participants will have for the rest of their lives – what a great and important responsibility this is.
- 1.2 Our officials use Minnesota State High School rules as the foundation for their training. However, at this age-level, there are going to be differences. This rule book is meant to call out the differences and provide clear guidance to both officials and coaches.
- 1.3 The leadership of both the BAA and the BAC believe that sports are integral part of any child's development. The lessons of teamwork, training, sportsmanship, camaraderie, respect, winning, and losing are all very important and with the right mentorship can be taught through programs like this one. Not to mention, the fun and social aspect of football is outstanding. Therefore, understanding the rules and the guiding principles of this program will result in a much greater experience for players, coaches, and parents.

#### **2.0 Participation:**

- 2.1 A primary objective of this program is that all kids can play and participate in the practices and games regardless of ability. Therefore, every player must start on offense or defense and play the equivalent of half the game by playing either offense or defense or a combination of both. See exception in 2.2.
- 2.2 A player may not be held out of consecutive series (e.g., a player not in on offense must go in on defense.), with the exception of teams over 22 players on the roster which need to be managed to a minimum of 15 plays per player per game.
- 2.3 If a player is being benched for a quarter due to disciplinary action, it should be noted on the participation sheet given to the opposing coach prior to the game.
- 2.4 A player may be pulled for one play to receive instruction from the coaches, but must return after the play is over (this provision is for true coaching moments only, not to shuttle in plays).

- 2.5 Coaches may suspend a player for one quarter for the following reasons:
  - Player misses a game or practice without parent / guardian’s consent
  - Disciplinary reason
- 2.6 Coaches must notify parent / guardian prior to the game, the reason for the suspension.
- 2.7 Players are expected to attend all team practices and games unless excused for school, church, or medical reasons. Unexcused absences will result in lost playing time. Coaches must apply the same standard to all players.
- 2.8 Situational substitutions are not allowed. A situational substitution is defined as bringing in a player or players to improve a team’s chances of stopping a score or first down, or to score or pick up a first down on the offensive side of the ball. Special Teams are not considered a situational substitution, and teams are allowed to change players, i.e. punt formation.

### 3.0 Weight:

- 3.1 Weight rules are in place for no other reason than safety.
- 3.2 Players will be weighed by their respective association and their official weight included on the official team roster. This will be the player’s official weight for the season.
  - The weigh-in must be done by a person on the local football association board or their representative.
  - Coaches may not weigh their own players.
- 3.3 Players qualifying for helmet stripes based on the chart below must be identified by the single or double stripe(s) being placed horizontally above the ear holes on the helmet.
- 3.4 Stripes must be a minimum of three inches in length and clearly visible from the sidelines.

<b>Grade</b>	<b>Ball Carrying</b>	<b>Single Stripers</b>	<b>Double Stripers</b>
Positional limitations	None	Offense: C, G, T, TE only Defense: D-line or LB only	Offense: C, G, T only Defense: Interior line (NG, DG, DT)
4th	Up to 90 lbs.	91 lbs. to 110 lbs.	111 lbs. and up
5th	Up to 100 lbs.	101 lbs. to 115 lbs.	116 lbs. and up
6th	Up to 115 lbs.	116 lbs. to 130 lbs.	131 lbs. and up

- 3.5 Double Strippers
  - a. Double Strippers can ONLY line up in an interior line position (Center, Guard, or Tackle on offense and Nose Guard or Def Tackle on defense).
  - b. These players may NOT go downfield for a pass.
  - c. A Double Striper can be used as a kicker or punter as the punter may not be rushed and there are no fakes.
  - d. If a Restricted Player has possession of the ball on offense, defense, or special teams, the play is immediately whistled dead.
- 3.6 Single Striper
  - a. In addition to playing Restricted Player positions, a Single Striper may line up as a Tight End or Defensive End.
    - This “Single Striper” tight end CANNOT split out wide at any time and must be no more than one yard from the nearest tackle.
  - b. A Single Striper may advance the ball on offense ONLY by a legal forward pass caught BEYOND the line of scrimmage.
    - A Single Striper CANNOT receive the pitch on a hook and ladder play, they can catch and pitch.
  - c. A Single Striper can be used as a kicker or punter and is subject to the same limitations as a Double Striper in this position.
    - They cannot return a punt at any time during the game. If they catch a short punt, the ball is dead at that spot.
    - However, a “Single Striper” may advance a fumble or interception.
    - If a “Single Striper” receives an onside kick, they can advance the ball as long as they are on the front line, if they are behind the front line, the ball is dead at the spot once they control the ball.
- 3.7 A Single or Double Striper in an ineligible position shall result in an unsportsmanlike conduct penalty.
- 3.8 Ball Carrying Players (No Stripes)
  - a. “Ball Carrying” players can line up in a position to carry or receive the football (running backs, quarterbacks, flankers and ends).
  - b. They can also play ANY position on offense or defense.

#### **4.0 Safety:**

- 4.1 Another primary objective of this program is to keep participants as safe as possible. Our volunteers work hard on a variety of aspects to keep the game safe.

- 4.2 **Kickoffs and Punts** – Special teams’ activities have a higher risk of injury due to lesser control of the plays. Therefore, the program has eliminated kickoffs and punts for 4th and 5th grade (see “Games” section for details on kickoffs and punts).
- 4.3 **Fundamentals** – When players are using sound techniques for blocking and tackling, the risk of injury is greatly reduced.
  - From preseason, through regular season, and into the post season, coaches will make it a number one priority to teach correct fundamentals and take the time with each individual player to improve on their techniques.
  - Each community will have leadership available to coaches if there are questions or consulting is necessary.
- 4.4 **Equipment** – In addition to having the proper helmet and pads, each player is required to wear a mouth guard on every play and during practices (mouth guards must have a strap that connects to the facemask).
  - Players not wearing a mouth guard during a play will cost their team a 15 yard penalty.
  - Players must wear molded rubber football cleats. Replaceable cleats are not allowed.
- 4.5 **Medical** - If a player has an inhaler for asthma or allergies, they are required to provide coaches with a carefully labeled extra for emergency use (to be kept in the first aid kit).

## 5.0 Game Rules:

- 5.1 **Game Clock** – Games will consist of 15-minute running quarters with stop-time rules being used during the last two minutes of each half.
  - The clock will also be stopped for injuries and immediately after a score.
  - Extra points will not be run against the game clock – time is stopped until the ensuing kickoff.
  - The 25 second clock will be started by the officials for extra points, with delay of game receiving the usual 5 yard penalty.
  - The clock will restart on the kickoff as in high school rules.
  - Each team will have 3 timeouts per half.
- 5.2 **Extra Points** – A team can choose to attempt a one or two point conversion.
  - One point conversions will have the ball placed at the 3 yard line and at the 8 yard line for two points.
  - The offense can use run or pass plays for either conversion.
- 5.3 **Kickoffs** – Kickoffs will not be used in this league for 4<sup>th</sup> and 5<sup>th</sup> grades.
  - For 4<sup>th</sup> and 5<sup>th</sup> graders at the beginning of each half or after a score the ball will be placed at the 35 yard line to begin play.

- 6<sup>th</sup> grade will use normal kickoffs.
- 5.4 **Punts** – Punts will not be used in this league at the 4<sup>th</sup> and 5<sup>th</sup> grade levels.
  - On fourth down the offense can choose to give up the ball to the opposing team. In this instance, the ball will be advanced 20 yards or half the distance to the goal if the ball is inside the opponent’s 40 yard line – possession then changes.
    - The other option is for the team to go for the first down.
      - If they make the first down play continues normally.
      - If they do not make the first down the ball is moved back 10 yards from the fourth down spot of the ball and possession changes (it’s as if the team has been penalized 10 yards with loss of down).
      - A team can go for a first down inside the opponent’s 20 yard line without penalty if they don’t get the first down.
    - For 6<sup>th</sup> grade approved league offensive formations should be used. The punter may not be rushed. Contact or movement of the line will not begin until the punt is struck by the punter.
- 5.5 **On Field Coaching** –
  - For 6<sup>th</sup> grade, coaching must take place from the sidelines.
  - For 5<sup>th</sup> grade, a coach for offense and defense will be allowed on the field for the first 3 games of the season (coaching ends after the huddle breaks).
    - For the remainder of the season coaching will take place from the sidelines.
    - Schedules will indicate when sideline coaching will begin.
  - For 4<sup>th</sup> grade, a coach for offense and defense will be allowed on the field for all games of the season (coaching ends after the huddle breaks).
  - Coaches should notify opposing coaches of any player that will not be participating per the rule at the pregame meeting.

<b>Equipment</b>	
Field	The HOME team will be responsible for the down marker and chains. The Visiting coach may request to have one attendant be on ‘Chain Gang’.
Football Size	3 <sup>rd</sup> /4 <sup>th</sup> – 6 <sup>th</sup> : Junior or Youth (old 100)
Game Balls	Each offense may use its own football as long as it is an official size and inflated to standard high school rules. If multiple balls are being used in a game, the kicking team must kickoff with opposition’s football.

<b>Fields</b>	
Field Size	3rd/4th: 80 yards 5th- 6th: 100 yards
Team Location	It is recommended that the team benches will be on same side of the field where feasible. Fans to be on opposite side of teams.
Field Inspection & Maintenance	Pre-game field inspection – the Home team coach is to do a brief overview of the field and equipment. If anything is considered to unsafe, they must correct or contact the field coordinator prior to game play.
Coach's Box	25 yard line to 25 yard line.

## Formations

<b>3rd/4th Grade – Drill special teams at practice</b>	
Offensive formations and notes:	Defensive formations and notes:
<ul style="list-style-type: none"> <li>• 2 RBs (or more)</li> <li>• 1 QB</li> </ul>	<ul style="list-style-type: none"> <li>• 6-3 Only (Offensive Center is uncovered by the DL)</li> </ul>
<ul style="list-style-type: none"> <li>• 2 TEs</li> </ul>	<ul style="list-style-type: none"> <li>• No blitzing</li> </ul>
<ul style="list-style-type: none"> <li>• 1 Wing / Receiver (at most) <ul style="list-style-type: none"> <li>○ Add pulling &amp; trapping</li> <li>○ Add play action passing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Players must be heads up – <ul style="list-style-type: none"> <li>○ Except for DEs who can be shaded</li> </ul> </li> <li>• LBs must be 3 yards off the ball and uncovered, safeties 8 yards</li> </ul>
<ul style="list-style-type: none"> <li>• No motion</li> </ul>	<ul style="list-style-type: none"> <li>• Safeties may limit their 8 yard distance to 5 yards when on or inside the 10 yard line</li> </ul>
<ul style="list-style-type: none"> <li>• No under-center sneaks within 3 yards of a conversion (first down or TD). QB must take a 3 step drop if a QB Draw is utilized. Holes outside of the guards may be used by the QB.</li> </ul>	<ul style="list-style-type: none"> <li>• No goal line defenses</li> </ul>
<ul style="list-style-type: none"> <li>• No Shotgun</li> </ul>	<ul style="list-style-type: none"> <li>• Only one defensive tackle per play is allowed to shoot the “A” gap next to the center.</li> <li>• Defensive Players may not interfere with the snap of the ball by the center.</li> </ul>

<b>5th Grade - Drill special teams at practice</b>	
Offensive formations and notes:	Defensive formations and notes:
<ul style="list-style-type: none"> <li>• 2 RBs (or more)</li> <li>• 1 QB</li> </ul>	<ul style="list-style-type: none"> <li>• 5-2 / 5-4 or 6-3 (Offensive Tackles are covered at all times in a 5-man or 6-man front, Offensive Center is uncovered in a 6-man front)</li> </ul>
<ul style="list-style-type: none"> <li>• 2 TEs</li> </ul>	<ul style="list-style-type: none"> <li>• No blitzing</li> </ul>
<ul style="list-style-type: none"> <li>• 1 Wing / Receiver (at most)</li> </ul>	<ul style="list-style-type: none"> <li>• Players must be heads up –</li> </ul>
<ul style="list-style-type: none"> <li>○ Add pulling &amp; trapping</li> </ul>	<ul style="list-style-type: none"> <li>○ Except for DEs who can be shaded</li> </ul>
<ul style="list-style-type: none"> <li>○ Add play action passing</li> </ul>	<ul style="list-style-type: none"> <li>• LBs must be 3 yards off the ball and uncovered, cornerbacks 3 yards, and safeties 8 yards</li> </ul>
<ul style="list-style-type: none"> <li>• No motion</li> </ul>	<ul style="list-style-type: none"> <li>• Safeties may limit their 8 yard distance to 5 yards when on or inside the 10 yard line</li> </ul>
<ul style="list-style-type: none"> <li>• No under-center sneaks within 3 yards of a conversion (first down or TD) QB must take a 3 step drop if a QB Draw is utilized. Holes outside of the guards may be used by the QB.</li> </ul>	<ul style="list-style-type: none"> <li>• No goal line defenses</li> </ul>
<ul style="list-style-type: none"> <li>• No Shotgun</li> </ul>	<ul style="list-style-type: none"> <li>• Defensive Players may not interfere with the snap of the ball by the center.</li> </ul>

<b>6th Grade - No rush on punts</b>	
Offensive formations and notes:	Defensive formations and notes:
<ul style="list-style-type: none"> <li>• 2 RBs (or more)</li> <li>• 1 QB</li> </ul>	<ul style="list-style-type: none"> <li>• 5-2 / 5-4, 4-4, or 6-3 (Offensive Tackles are covered at all times in a 5-man or 6-man front, Offensive Center is uncovered in a 4-man or 6-man front)</li> </ul>
<ul style="list-style-type: none"> <li>• 2 TE's, 1 Wing / Receiver</li> </ul>	<ul style="list-style-type: none"> <li>• Players must be heads up –</li> </ul>
<ul style="list-style-type: none"> <li>○ Add splitting out 1 TE on open side (1 TE can be moved out wide as long as no other Receiver is lined up outside the Tackle on that side. A TE lined up outside the Tackle with another Receiver must line up next to the Offensive Tackle.)</li> </ul>	<ul style="list-style-type: none"> <li>○ Except for DEs who can be shaded</li> </ul>
<ul style="list-style-type: none"> <li>• Offenses must still be balanced (Quarterback and Center are not counted when making sure both sides of the offense are either even or within one player)</li> </ul>	<ul style="list-style-type: none"> <li>• LBs must be 3 yards off the ball and uncovered, cornerbacks 3 yards, and safeties 8 yards</li> </ul>

<ul style="list-style-type: none"> <li>• Add in shot gun</li> </ul>	<ul style="list-style-type: none"> <li>• Safeties may limit their 8 yard distance to 5 yards when on or inside the 10 yard line</li> </ul>
<ul style="list-style-type: none"> <li>• No motion</li> </ul>	<ul style="list-style-type: none"> <li>• Goal line defenses allowed inside the 5 yard line – no special substitutions</li> </ul>
<ul style="list-style-type: none"> <li>• No under-center sneaks within 3 yards of a conversion (first down or TD) QB must take a 3 step drop if a QB Draw is utilized. Holes outside of the guards may be used by the QB.</li> </ul>	<ul style="list-style-type: none"> <li>• Defensive Players may not interfere with the snap of the ball by the center.</li> </ul>