

YMCA Futures Tackle Football Rules

- *Each athlete must start on either offense or defense.
- ***No blitzing allowed.**
- *We will play eleven man football.
- *No kickoffs, punts, Xtra Points. Instead, teams start with the ball on the 30-yard line. Jamboree style
- *6 plays to score from the 30 yd line, no 1st downs
- *Please do not exceed 45 seconds between plays.
- *Center exchange fumble does not result in a turnover or loss of down. If needed QB's will start with the ball in hand under the center. (Both coaches must agree to starting this way to create better reps for all.)
- *When one team is ahead by 14 points or more, all back-field positions must be changed. Exception is your backup quarterback, if he is in a running position. (Coaches help prevent an unnecessary blowout)
- *50 minute game, with a continuous clock. (Not to exceed 1 hour)
- *1 min half time
- *Coaches flip prior to game.
- *Games need to start on time. Be stretched and ready to go.
- *One coach per team can be on the field in the offensive huddle. (3-4 grade Def coach can be on the field)
- *Officials will be instructed to help keep the game moving along.
- *Coaches please help the officials and blow plays dead.

Fumbles - Dead Ball - Offense retains possession from the spot.

Interceptions - Dead Ball - Offense retains possession loss of down from the original line of scrimmage.