

# Aberdeen Family YMCA

## Tackle Football Rules

### 6<sup>th</sup> Grade

#### PHILOSOPHY FOR TACKLE FOOTBALL

Tackle football for grade 6 for the Aberdeen Family YMCA will be a non-competitive, fun filled, fundamental learning experience that all kids will be able to participate in. The league wishes to create an environment that will allow each youth to learn football fundamentals and skills, develop an interest in the sport, form new friendships and build on existing ones. Character development will be emphasized by the coaches and those helping run and organize the league. The YMCA's core values of: Honesty, Caring, Responsibility, and Respect will be emphasized and discussed at each practice and game. Sportsmanship and teamwork will be expected and lack of it will not be tolerated. Our main goal is to teach, learn, practice and enjoy the game of football. We believe that participation in athletics helps build strong character, strong minds, and strong bodies.

**KIDS NEED TO HAVE FUN!!!!**

# 9 – MAN TACKLE FOOTBALL RULES

9-Man Rules for the YMCA follow the current NFHS rule book as a base with the following adjustments or updates

## General Rules

### Cancellations

- Game cancellations will be communicated through text alerts and posted on the YMCA Facebook, as well emailed or texted to coaches from the Youth Sports and Program Director

### Uniform

- The YMCA issued football jersey is the required jersey for league play. If multiple layers of clothing are worn due to cold weather, the "Y" jersey should always be showing and on the outside.
- Helmets and shoulder pads will be issued by the YMCA at equipment checkout as listed on the football calendar.
- Players must wear rubber cleats. Metal cleats are NOT allowed!

### Location

- Games will be played at the Roncalli High School practice Field or Central High School practice field
- Location of games will be disclosed prior to season and listed on the schedule
- Practices will be held at the Aberdeen Central Practice Fields

### Football Size

- Junior Size footballs will be used for this league and supplied by the YMCA

### Practices

- Each practice should have dedicated times to teaching fundamentals and sportsmanship
- Proper technique must be taught to ensure safety and development amongst players
- Monday practices will be an hour and a half with Tuesday practices being only an hour (subject to change as needed)
- Equipment will be supplied by Central High School but must be taken care of and put away at the end of practices in an organized manner
- Players need to learn and understand to focus – playing time can reflect on an athlete's ability to contribute and focus in practices

### Playing Time

- Games will be 50 minutes long – starting at the scheduled start time
- A blow horn will signal the start of the game and the end of the game
- Half-times are optional but should be taken around the 30-minute mark of the games (coaches decide)
- Attitude and sportsmanship reflect playing time – if an athlete is missing practice time, not showing good sportsmanship, or not upholding the standards of a proper teammate; it may cause their playing to dwindle
  - Coaches should also notify the parent if their child is misbehaving or needs to sit for lengthened times during a game
  - Coaches also need to notify the Youth Sports Director so they are aware

### Transition between Games

- Games will end on the final horn – teams may finish their final drive unless the drive just started
- After the whistles, teams should line up and walk through and say good game to the other team
- If there is a game following the one you played, please make sure to gather your things and get parents and kids off the field for the next teams to warm-up and get their game going on time

- Teams should respect each other and be patient during the in-between time of games

## Warm-Ups

- Coaches should let their athletes and parents know when to be out at the field to go through a warm-up
- Teams playing the first games may warm-up on the field
- Any teams playing after the first games may warm-up in any grassy area off the playing field
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## Time Between Plays

- Huddles need to be faster and should not take more than 60 seconds at the most
- Huddles need to consistently be out and ready to play within 30 seconds to allow more play time
- Coaches should monitor their huddle times and make sure they are breaking the huddle within that time frame

## Officials

- Roncalli or Central High School players will be officiating the games
- Coaches should help officials monitor calls and bring up any concerns they feel in an appropriate manner
- Coaches should not argue or verbally aggress with officials at any time
- Coaches should have their whistles and help blow plays dead and mark the ball when they can
- Each coach should cover an area of the field – the coach on offense will monitor the backfield and the coach on defense will help monitor downfield (please try to stay out of the play)
- Any penalty will be a 5-yard penalty against the offense or defense
- Ball will be spotted in the middle of the field for every down

## Teams

- Teams are based off of height and weight to allow for an even distribution of skill set and size
- Outside organizations will play with their designated team

## Positions

- ALL players must rotate between all positions they would like to play to ensure skill development and knowledge of multiple positions
- If a player does not want to play a certain position, they are not required to
- Coaches need to use their judgement when lining kids up in formations – the smallest kid should not be paired up to go up against the biggest kid on the field – especially on the line

## Field Size

- Games will be played on opposite halves of a regulation field
- The starting line of scrimmage will be the 40-yard line facing the end zones – this is where play will start for the offenses
- 2 games will be played on 1 regulation football field

## Possession

- Team captains or selected players can do a coin toss, rock-paper-scissors, or any other method to decide who wants to start on offense or defense

## Kick-offs

- There will be no kick-offs in this league. Ball will be placed in the middle of the field at the 40-yard line facing the endzone to begin play.

## Scoring

- There are not PAT's or 2-point conversions
- Every score counts as 7 points

## Downs

- Teams are given 6 downs at a time to run their offense/defense until there is a touchdown or turnover.
- Fumbles recovered by the defense/interceptions will result in change of possession.
- The ball will be spotted in the middle of the field after every play. Hash marks will not be used.
- There are NO Punts.

## Change of Possession/Turnovers

- Change of possession happens when:
  - A team scores a touchdown within their 6 downs
  - A team plays all 6 downs and does not score
  - A team were to fumble withing their 6 downs and it is recovered by the defense
  - A team throws an interception and the defense does not return the ball back to the 40-yard line
    - If the defense were to intercept the ball and return it back past the 40-yard line, that will be considered a TD for the defense
    - The offense will retain possession and continue the down where they left off with if the interception is returned for a TD
- Halftime is optional per teams playing

## Snaps

- Centers must snap the ball to the QB at all times – no direct snaps to RB's or WR's
  - Bad snap exchanges causing a fumble behind the line of scrimmage will be blown dead by officials and/or coaches.
  - The down will stay the same and the offensive team will get to retry that down.
    - If the center and QB fumble a 2<sup>nd</sup> consecutive snap, the team will lose a down

- Shotgun and Under Center snaps are legal

## Playbook/Huddles

- Teams can run their own playbook as long as they are correct with the NFHS formation guidelines and the rules stated in the offensive and defensive schemes below
- Plays should not be too complicated for the kids to understand – motions should be incorporated to help teach not confuse
- If needed, the YMCA can supply a formation guide and playbook to use for the season
- Huddles must be kept as brief as possible. Pace of play is important so try to keep huddles under 60 seconds

### - Restricted Plays

- No QB sneaks when under Center – A QB may run the ball from the shotgun formation
- Trick plays and reverses are allowed but should not be ran often – these kids are still learning about technique and assignments and those plays often lead to easy scores – we want the kids to learn and develop in a systematic setting so they can use this to better themselves in their future

## Offensive Schemes

- All schemes are legal as long as they follow the NFHS rulebook for formations
  - This means that 5 players must line up on the LOS before the play can start with 2 players on each side of the Center being on the LOS.
  - 5-man, 4-man, and 3-man offensive lines are allowed
    - If running a 3-man or 4-man line, none of these players are considered eligible to receive or run the ball
    - 5-man lines can distinguish 1 player as an eligible TE but the other 4 linemen are not eligible
      - Player must raise their hand before the play to signify that they are the eligible TE
  - 5-man:      T G C G T    /      T E G C G T    /      T G C G T E
    - (No other players can be on the LOS)
  - 4-man:      T G C G      /      G C G T
    - (Outside WR must be on the LOS on the other side of the T, all other players are off the LOS)
  - 3-man:      G C G
    - (Outside WR's must be on the LOS on each side of the C)
- Players should be allowed to rotate to play any position they ask. Please use your better judgement as the smallest kid on the field should not line up against the biggest kid playing on the line.
- Cut Blocks and blocks below the waist are illegal and will be subject to penalization.
- All players not distinguished as the Linemen are eligible to receive or run the ball



## Defensive Schemes

- All schemes are legal as long as they follow the NFHS rulebook for formations
- Defenses can run a 4-man or 3-man defensive front
  - Linebackers, Corners, and Safeties must remain 3 yards off the LOS until the snap
  - Linebackers are not allowed to show blitzes or creep up to the line prior to the snap
  - Defensive linemen can be head up or slightly shaded off the center, guards, or tackles
    - Players in the End position should not line up farther than the outside shoulder of the Tackle
    - Defensive lines should not overcrowd one side of the ball
    - Linemen can be in either a 2- or 3-point stance
  - LB's can line-up anywhere behind the defensive line just not stacked tight together, must be spread out at least 3 yards apart
  - Safeties must remain at least 8 yards off the line of scrimmage unless they are playing Corner or within 10 yards of the end zone
- There will be no blitzing or forward movement prior to the snap. Once the ball is snapped, defensive players are free to blitz
- No tackling by the helmet, horse collar, or neck area
- Teach proper tackling techniques to try and stay away from ankle diving and lower than knee tackles
- Defenses should line up man to man with the offense – 4/5 man offensive lines should have 4 defensive linemen while any team running a 3 man offensive line should face a 3 man defensive line