

## 6U / 7U

**AGES:** 6U=5-6 7U=6-7

**RULES:** TINY MITE (8 PLAYER)

**LINEMEN:** ONLY 2 PT. STANCE IS ALLOWED

**FOOTBALL:** K2 (OR EQUIVALENT)

**FIELD:** 80 OR 100 YARDS

**TIMING:** MODIFIED 8 MINUTE QUARTERS

**PLAY CLOCK:** 1 MINUTE (RFP WHISTLE)

**TIME-OUTS:** 2 PER TEAM, PER HALF

**FREE KICKS:** NONE.

ALL POSSESSIONS AFTER ANY SCORE (INCL. SAFETY) START ON 35-YARD LINE

**SCRIMMAGE KICKS:** NONE

RUN PLAY ON 4<sup>TH</sup> DOWN OR DECLARE PUNT AND BALL IS PLACED ON OPPONENTS 35 YL

**PENALTY ADJUSTMENTS:**

15 YARDS = 10 YARDS

5 OR 10 YARDS = 5 YARDS

**COACHES:** MAX 2 ON FIELD, MIN. 10 YARDS FROM LOS, SILENT AT SNAP & DURING PLAY

## 8U / 9U

**AGES:** 8U=7-8 9U=7-8-9

**RULES:** MITEY-MITE

**LINEMEN:** ONLY 2 PT. STANCE IS ALLOWED

**FOOTBALL:** K2 (OR EQUIVALENT)

**FIELD:** 100 YARDS

**TIMING:** MODIFIED 10 MIN. QUARTERS

**PLAY CLOCK:** 45 SEC. (RFP WHISTLE)

**TIME-OUTS:** 3 PER TEAM EACH HALF

**FREE KICKS:** NONE.

ALL POSSESSIONS AFTER ANY SCORE (INCL. SAFETY) START ON 35-YARD LINE

**SCRIMMAGE KICKS:**

MUST BE DECLARED (NO FAKES)

NO BLOCKING OR DEFENSIVE RUSH

ALL LINEMEN HOLD UNTIL BALL IS KICKED

LIVE BALL AFTER KICK

**PENALTY ADJUSTMENTS:** NONE

**COACHES:** MAX 1 ON THE FIELD (8U ONLY) FOR FIRST 4 WEEKS. MIN. 10 YARDS FROM LOS. SILENT AT SNAP AND DURING PLAY

## 10U

**AGES:** 10U=8-9-10

**RULES:** JPW

**LINEMEN:** 2, 3, OR 4 PT STANCES ALLOWED

**FOOTBALL:** TDJ (OR EQUIVALENT)

**FIELD:** 100 YARDS

**TIMING:** MODIFIED 10 MIN. QUARTERS

**PLAY CLOCK:** NFHS RULES APPLY

**TIME-OUTS:** 3 PER TEAM EACH HALF

**FREE KICKS:** NFHS RULES APPLY

**SCRIMMAGE KICKS:** NFHS RULES APPLY

**PENALTY ADJUSTMENTS:** NONE

**COACHES:** NONE ON THE FIELD

## Lopsided Score

**CRITERIA:** 30 OR MORE POINT SPREAD ANY TIME IN THE GAME

**CLOCK OPERATION:**

RUNS CONTINUOUSLY THE REST OF THE GAME, REGARDLESS OF SCORE DIFFERENTIAL

**STOPS ONLY FOR INJURY/REFEREE DISCRETION**

**WINNING TEAM RESTRICTIONS:**

RUN INSIDE THE TACKLES (UNTIL PASSING THE LOS)

NO PASSING (FWD OR BACKWARD)

NO ON-SIDE FREE KICKS (IF APPLICABLE)

CAN'T ADVANCE TURNOVER (BALL DEAD AT SPOT)

**BOTH TEAM'S DEFENSE: 4-3-4 ALIGNMENT**

MAXIMUM OF FOUR PLAYERS ON LOS

THREE LB'S BACK 5 OR MORE YARDS

FOUR DB'S BACK 10 OR MORE YARDS

**NO BLITZING BY EITHER TEAM.**

**NOTE:** FORMATION AND PLAY RESTRICTIONS FOR BOTH TEAMS END (EXCEPT BLITZING RESTRICTION) IF DEFICIT BECOMES LESS THAN 30 POINTS

**PENALTIES:** WINNING OFFENSE-5-YD + LOD (NO WARNING) EITHER DEFENSE-15-YD (1 WARNING EACH)

## 8U / 9U

**NEUTRAL ZONE:** NFHS RULES APPLY

**LINEMEN:** ONLY 2 PT. STANCE IS ALLOWED

**DEFENSE:**

MAXIMUM OF SIX ON LOS  
NO LINEMEN OVER SNAPPER  
LB - MINIMUM 3 YARDS OFF LOS  
CB - MINIMUM 5 YDS OFF LOS  
SAFETY - MINIMUM 7 YDS OFF LOS  
ONLY THE SIX LINEMEN MAY RUSH  
NO BLITZING BY LB OR DB

**FORMATION VIOLATIONS:**

**FIRST:** WARNING  
**EACH ADDITIONAL:** 10 YD PENALTY

## 6U / 7U

**NEUTRAL ZONE:** 1 YD BETWEEN OFFENSIVE AND DEFENSIVE LINEMEN

**LINEMEN:** ONLY 2 PT. STANCE IS ALLOWED

**OFFENSE:**

MINIMUM OF FIVE LINEMEN  
THREE BACKS BEHIND LINEMEN  
1 OF THE 3 MAY SPLIT OUT MAX. OF 5 YDS

**DEFENSE:** 6-4-1 ALIGNMENT

NO LINEMEN OVER SNAPPER  
FOUR LB 3 YARDS OFF LOS  
ONLY THE SIX LINEMEN MAY RUSH  
NO BLITZING BY LB OR DB

**FUMBLES:**

BEHIND LOS = DEAD BALL  
BEYOND LOS = LIVE BALL

**FORMATION VIOLATIONS:**

**FIRST:** WARNING  
**EACH ADDITIONAL:** 10-YD PENALTY

## 12U / 13U

**AGES:** 12U=10-11-12 13U=11-12-13

**RULES:** JV

**FOOTBALL:** TDY (OR EQUIVALENT)

**TIMING:** MODIFIED 10 MIN. QUARTERS

**PLAY CLOCK:** NFHS RULES APPLY

**TIME-OUTS:** 3 PER TEAM, PER HALF

**FREE KICKS:** NFHS RULES APPLY

**SCRIMMAGE KICKS:** NFHS RULES APPLY

## 14U

**AGES:** 14U=12-13-14

**RULES:** VARSITY

**FOOTBALL:** TDY (OR EQUIVALENT)

**TIMING:** MODIFIED 10 MIN. QUARTERS

**PLAY CLOCK:** NFHS RULES APPLY

**TIME-OUTS:** 3 PER TEAM, PER HALF

**FREE KICKS:** NFHS RULES APPLY

**SCRIMMAGE KICKS:** NFHS RULES APPLY

## 11U

**AGES:** 11U=9-10-11

**RULES:** PW

**LINEMEN:** 2, 3, OR 4 PT. STANCES ALLOWED

**FOOTBALL:** TDJ (OR EQUIVALENT)

**FIELD:** 100 YARDS

**TIMING:** MODIFIED 10 MIN. QUARTERS

**PLAY CLOCK:** NFHS RULES APPLY

**TIME-OUTS:** 3 PER TEAM EACH HALF

**FREE KICKS:** NFHS RULES APPLY

**SCRIMMAGE KICKS:** NFHS RULES APPLY

**PENALTY ADJUSTMENTS:** NONE

**COACHES:** NONE ON THE FIELD

# Play Clock

**60 SEC:** 6U-7U      **45 SEC:** 8U-9U

## **60/45 SEC PLAY CLOCK STARTS:**

REFEREE'S READY FOR PLAY

PLAY CLOCK RESETS TO **60/45** AT THE END OF PLAY.

**NFHS 25/40:** 10U-11U-12U-13U-14U

## **SET FOR 25 SEC & START ON RFP:**

START A PERIOD

AFTER A SCORE (TD, FIELD GOAL, SAFETY)

AFTER OFFICIAL'S TIME-OUT

OFFENSIVE INJURY / HELMET OFF

MEASUREMENT

OFFENSE/KICKERS/RECEIVERS PENALTY

TEAM TIME-OUT

## **SET FOR 40 SEC & START ON RFP AFTER:**

DEFENSIVE INJURY / HELMET OFF

DEFENSIVE PENALTY

## **PLAY CLOCK RESETS TO 40 AND STARTS:**

AT THE CONCLUSION OF THE PREVIOUS PLAY

WHEN THE COVERING OFFICIAL RAISES AN

ARM WITH A FLAT PALM FACING THE FIELD

**PLAY CLOCK RUNS ON AWARDED 1<sup>ST</sup> DOWNS**

