

IDYFL – 6th Grade - The “Iowa State Boys High School Football Rule Book” (current year) as used in Iowa, will govern as appropriately interpreted by league officials except as set forth herein:

1. No blitzing - defense must "read and react"
2. No defensive line stunts
3. Weight limits still in effect. 115lbs for ball carriers.
4. One coach is allowed in the offensive huddle and one coach is allowed in the defensive huddle.
5. No Kick Offs. After a score or to start game the ball is placed on 40 yard line.
6. Punting. A coach may elect to take an automatic 30 yard punt or $\frac{1}{2}$ distance to goal, or a coach may elect to punt. If coach of team A chooses to punt, their coach will tell the officials and both teams will line up in standard punt / punt return formations, with 1 returner from team B. All of Team B will all remain in place except the returner, who has an opportunity for a fair catch. All of team A will remain in place except for the long snapper who will have a free snap, and then remain in place, and punter who will punt and then remain in place. The free punt must travel at least 25 yards, if it does not, the ball will be spotted 25 yards from the snap after the change of possession. If team A punts the ball 40 yards and returner team B does not field the ball cleanly, and ball rolls 10 yards, the ball will be spotted where it hit the ground initially after change of possession. If team A ops to punt inside the defense's **45** yard line, the ball will be spotted wherever the ball hits, is fielded by team B, or the 20 yard line. The 25-yard minimum that is utilized cannot be leveraged to pin your opponent inside their own 20.
7. The Defense cannot line up over center. Defense cannot line up in the "A" gap, must line up on the offensive guard.