

Cooper Youth Football – 1st & 2nd

Players: 7 on 7, but teams can play with as few as 5 on 5.

Equipment: All players will be required to wear a mouthpiece at all times.

Game Clock: Two 20 minute halves running clock except last 2 minutes of each half. Clock will stop after change of possession or a score (clock will not run during PAT) in last two minutes.

Play Clock: 25 sec play clock between plays (Referees to use discretion throughout the season).

Timeouts: Each team will get one timeout per half

Field: The field will be 40 yards long + a 10 yard endzone. All games will go from the 40 “in” unless both teams agree to flip the field and go with the wind.

Ball: All games will be played with a “Peewee” size official football. No nerf or colored balls.

Possessions: All possessions begin at the 40 yard line no matter where the defense stops the offense

First Downs: One first down per possession (20 yard line) within 4 downs

Formations: Any formation is legal. Coach QB does not count as a player. A kid must snap the ball but does not have to snap between the legs.

Play Begins when the ball is snapped to the QB. The game cannot end on a defensive penalty unless offense declines it

Play ends when the ball carrier is touched below the neck with one or two hands

Running plays are allowed

Passing

- a. QB has 5 sec to release the ball or play is blown dead and ball returns to LOS
- b. QB is allowed one pump fake and/or one fake handoff. If violation play is blown dead and ball returned to LOS
- c. QB cannot rollout or coach players after ball is snapped (i.e. “get open” “run deep” “turn around”)
- d. No rushing the QB or crossing the line of scrimmage until QB passes or hands the ball off

Scoring

- a. Touchdown = 6 points
- b. PAT from 2 yard line = 1 point
- c. PAT from 5 yard line = 2 points
- d. Intercepted PAT returned for TD = 3 points + possession
- e. Interception returned for TD = 6 points
- f. No fumbles – if ball hits the ground the play is dead and ball marked where ball lands

Offensive Penalties

- a. No blocking in any form = 10 yd penalty from LOS
- b. Holding = 10 yd penalty from LOS
- c. False Start or Illegal Motion = 5 yds from LOS (referees use discretion)
- d. Offensive PI = 10 yd penalty from LOS
- e. Delay of Game = clock stops and 10 yd penalty from LOS

Defensive Penalties

- a. Tackling or Holding = 10 yds from LOS
- b. Offsides = 5 yds from LOS
- c. Defensive PI = 10 yds from LOS
- d. Illegal Rushing = 10 yds from LOS
- e. Delay of Game = clock stops and 10 yd penalty from LOS

Overtime

A tiebreaker will occur, with a flip of a coin to determine possession. After a 2 min break, each team will have 4 plays to score from the 20 yd line until the tie is broken.