

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 4TH 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)

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 PT. SPREAD ANY TIME IN THE GAME (36 FOR 8-MAN GAMES)

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)

CANNOT 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 (36 FOR 8-MAN GAMES)

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 1ST DOWNS

Modified Game Clock

DIVISIONS: ALL

QUARTERS: 10 MINUTES (6U/7U = 8 MIN)

HALFTIME (ALL): 10 + 3 MINUTES

GAME CLOCK RUNS:

DEAD BALL INBOUNDS

GAME CLOCK STOPS:

INCOMPLETE PASS

DEAD BALL OUT OF BOUNDS

OFFENSE AWARDED A 1ST DOWN

AFTER A SCORE (TD, FIELD GOAL, SAFETY)

OFFICIAL'S SIGNAL

TEAM TIME-OUT

GAME CLOCK STARTS:

REFEREE'S SIGNAL (WHISTLE MAY NOT BE USED)

SNAP

START A PERIOD

AFTER TEAM TIME-OUT

SCORE (IF NO FREE KICK)

FREE KICK LEGALLY TOUCHED (IF APPLICABLE)

EXCEPT AS NOTED ABOVE, GAME CLOCK IS MODIFIED TO START ON THE REFEREE'S SIGNAL UNTIL THE LAST 2 MIN. OF 2ND AND 4TH QUARTER, THEN REVERTS TO REGULATION NFHS CLOCK.