

Rules for 4th Grade Tackle

All games will be played on a 40 x 80-yard field

Periods will be 4-fifteen minutes of running time. The last two minutes of the of the 4th quarter will be stop time. The clock will stop for penalties, injuries, and team change overs.

There will be a 3-minute intermission between quarters and a 5-minute half time.

Each team will have 2 timeouts per half

The officials will have a coin toss prior to the game. The winner on the coin toss will have the choice of taking the ball on the 20 yard-line or play defense. The loser of the coin toss will have the ball to start the

second half of play. After a safety the ball will be placed on the 25 yard-line.

Since they do not keep track of scores there is no ties or overtime periods.

All decisions made on the field by the referee are final. There is no appeal.

All coaches can be on the field of play.

Playing time

It is a basic requirement that all coaches have equal playing time for all players.

To accomplish this goal the 15 min quarters will be broken in half to allow for substitutions. Each half-quarter will be 7:30 long. All substitutions will take place at the end of each half quarter. No substitutions shall be made during each half quarter other than an injury or disciplinary reasons.

Game officials will notify the team when the half quarter change has arrived. At that time, all players on the field must leave the field and all players on the sideline will enter the game and remain until the end of the half. If roster numbers are low and require a player to play consecutive quarters, we would try and have the coach have equal playing time.

Offense

11-players-five linemen, 1 quarterback, 2 running backs and one end and two wide receivers or but cannot be on the same side of the ball. The wide receiver can go in motion and must stay within 10 yards from the end. All offensive linemen must be 1 yard between each other.

Fumbles are allowed but cannot be advanced. Ball is dead were it is recovered.

On passing plays only the running backs, wide receiver or end are eligible for the pass. The quarterback must be under center or from the shotgun formation.

The snap count shall be down-set-hike
The weight restriction will be 105 lbs. Any player at or under 105 can carry or catch the ball except for linemen.

Defense

11 players-4 linemen, 3 linebackers and 2 corner backs & two safeties. This would be called a 4 three defense.

Linebackers and corners must be 2 yards off the line of scrimmage. No blitzing or fake

blitzing is allowed. Only one coached is allowed on the field at a time.

On a goal line defense (inside the 5) linebackers can come up to the line of scrimmage but must be in a 3- or 4-point stance to fill the gaps.

Interceptions are allowed. The ball can be run for a touchdown. Possession can change.

Punting

On 4th down and the team chooses to punt, the ball will be moved back 20 yards but will not be placed inside the 20 yard line.

Discipline

If a player is ejected during the game, that player will be removed from the field of

play and will remain with the team on the sidelines. They will not be allowed to play the remainder of that game. It will be up to the league Director to determine when the player can return to play based on the seriousness of the play.

If a coach is ejected, he must leave the field of play immediately for the remainder of the game. This will also be reviewed by the Director for reinstatement to the team.

Parents are to be advised that unexcused absences are treated differently than excused absences and may result in consequences for the player like less playing time, except in cases of emergency, the parent should always provide notice of an absence along with the reason for that absence.

