

Greater Grand Forks Youth Football

3rd/4th Grade Guidelines & Playbook

Paul Strande, Executive Director – ggfyfdirector@gmail.com

John Stempinski, Coaching Coordinator - ggfyfassistant@gmail.com

Team Name: _____

Coaches: _____

Items in Equipment Bag - 3rd/4th Grade

- 6 Pee Wee Size Footballs
- Small Mesh Bag Containing 13 Helmet Covers
- 8 Disc Cones
- 1 First Aid Kit
- Agility Ladder
- Playbook

Greater Grand Forks Youth Football

Guidelines for the 3rd/4th Combo League (Rookie Tackle)

General

- Practices will be held Monday, Tuesday and Thursday evenings beginning at 6:00 pm. Practices will last until 7:30 / darkness. After the first three weeks practice will be Tuesdays and Thursdays.
- All GF team practices will be held at the fields at Elks Park. See the website for practice locations of other towns in our program.
- All Games will be played at Ulland Park in Grand Forks on Saturday mornings beginning at 9:00 AM. Players should arrive by 8:30 for proper warm-up for the games.
- In case of inclement weather, cancellations will be posted on the website and Facebook page.
- No league standings will be kept. This is an instructional league to promote proper technique, to encourage participation and to develop a sense of enjoyment in the sport. **ALL PLAYERS MUST PLAY EQUAL TIME.** Coaches are responsible to enforce this guideline.
- It is the coaches responsibility to teach all players the **proper techniques to promote safe play and good sportsmanship!**

Weight Restriction

- There are NO weight restrictions in rookie tackle football.

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Pre-Season

Week #1

- Players will only wear helmets w/mouthguards & cleats for Practices 1 & 2. Practice 3 will be helmet and shoulder pads only. First week of practice will focus on skill development using circuits by grade.

Week #2

- Shoulder pads and helmets only for Practice #4 provided that the players have had two (2) helmet only practices. Continued emphasis on fundamentals. Practice 5 & 6 will be fully padded provided the players have had 4 practices already.

Week #3

- Full padded practices provided players have had two (2) practices with helmets only and two (2) practices in shells. Jamboree will take place on Saturday morning at end of week 3.

This follows USA Football's guidelines for preseason practices

Fundamental circuits will focus on Blocking, Tackling, Ball Security and Takeaways. Practice guidelines and drills will be developed by a GGFYF Coaches Advisory Committee consisting of area High School Head Coaches.

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Game Days

Game Administration

- All game action will take place on one half of the field with all possessions starting on the 30 yard line going toward the end zone.
- Players can play any position wearing any number.
- Each team will get the ball for 10 minutes of offense followed by 10 minutes of defense. Halftime will be 5 minutes, then repeat 10 minutes of offense and 10 minutes of defense.
- League rules for basic penalty yardage enforcement will follow North Dakota HS rules.
- Because we are a fundamental league, all coaches MUST help coach proper enforcement of the rules. ***The only way players will stop committing penalties is if coaches correct the player committing the penalties.***
- Teams inside the 10 yd. line get 4 downs to score. If no TD, the ball moves back to the 20 yd line.
- The ball is always spotted in the middle of the field, there are no hashmarks.
- There is NO OVERTIME.
- There are NO TIMEOUTS during the game.
- Two coaches may be in the huddle, however, the offense must break the huddle within **30 seconds** of the time the official spots the ball ready for play. Offensive coaches must stand behind the offensive team. Defensive coaches must move 25 yards downfield before the play begins so they will not be in the way.
- Teams will only use the footballs provided by GGFYF for practices and games.
- All teams must lineup to shake hands at the conclusion of the game. Referees shall be present as teams shake hands. Emphasis on SPORTSMANSHIP should be made by referees and COACHES. Any unsportsmanlike acts may result in a ONE game suspension.

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Scoring

- A touchdown will be worth six (6) points.
- PAT - Point after Touchdowns will be handled as follows. Offense can place the ball at the 3 yard line to attempt a one point play. Offense can place the ball at the 5 yard line to attempt a two point play.

Offense

- All offensive formations and plays must be from the GGFYF playbook. **No EXCEPTIONS**
- Rookie Tackle will use the Pro, Tight and Spread Formations.
- Running backs must line up in the backfield between the tackles. ***I-backs or split backs***
- All quarterbacks must line-up under the center.
- No QB Sneaks
- No pre-snap motion is allowed.
- No Crack Blocks (WR coming down on S or W linebacker)
- Unbalanced offensive lines are prohibited.
- Offensive linemen are required to block the player that is lined up head to head on the line of scrimmage.
 - No double-teaming, no pulling, no trapping, no cross blocking allowed on running plays.
- Offensive line splits may be no less than one (1) foot and may not exceed one (1) yard.
- All turnovers are blown dead immediately, no returns. Ball returns to the 30 yard line.
- Plays are blown dead if a fumbled ball or ball carrier crosses the cones at the 40 yd. line

Huddle

- Teams should be able to break the huddle within 30 seconds of the ball being placed and official spotting the ball. Excessive delays will be called a penalty.

****COACHES MUST MODEL AND COACH SPORTSMANSHIP****

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Defense

- Defensive players shall be lined up as follows:
 - The interior linemen (DT's) must line up head to head with the corresponding Offensive Guards. Interior Lineman must use a three or four point stance. Interior linemen may not stunt on a pre-designed or premeditated play upon the snap of the ball.
 - Defensive ends may shade outside shoulder of the tight end or offensive tackle (whichever is on the end). DE's can be in a two or three point stance.
 - Linebackers may line up no closer than 4 yards from the line of scrimmage.
 - Linebackers must line up between the offensive guard and tackle to their side. Cornerbacks must line up outside the Defensive Ends.
 - Defensive backs may line up no closer than five (5) yards from the line of scrimmage. NO PRESS COVERAGE
- Defensive line slants and stunts are **PROHIBITED**. Defensive lineman must always engage the blocker. No shooting the gaps! Once they have contacted the offensive linemen they may then shed the block and make a play.
- Linebackers, Cornerbacks and Safeties may not blitz or stunt on a pre-designed or premeditated play upon the snap of the ball. Linebackers, Cornerbacks and Safeties may, however, respond to an offensive play i.e. a ball carrier and cross the line of scrimmage to make a tackle.
- Defensive lineman and linebackers are required to get into positions of alignment and not move. Defensive players are prohibited from deliberate pre-snap movement for the purpose of causing an offensive procedure violation.
- There are no defensive SAFETIES.

****COACHES MUST MODEL AND COACH SPORTSMANSHIP****

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Penalties

- All penalties are enforced following NDHS Rules, except 15 yard penalties are enforced as 10 yard penalties. OFFENSIVE PENALTIES NEVER go past the 30 yard line. Penalties on the offense beyond the 30 yard line result in a loss of down.

Violations

- Offensive and Defensive personal foul violations will result in the following penalties:
 - First infraction the player should be removed from the game and talked to by a coach about how to correct the penalty action.
 - Second infraction by the same team results in a penalty.
 - Second infraction by the same player results in a major penalty and player suspension for one half.
- **Flagrant Fouls:** Any participant that has committed a flagrant foul will be immediately ejected from the game and suspended from attending and participating in the next game. Subsequent infractions will result in review by the Board and possible expulsion from the league.

Unsportsmanlike Conduct

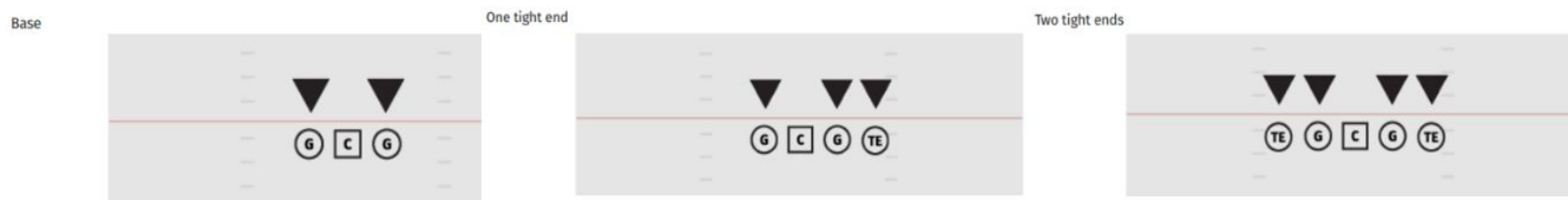
- Unsportsmanlike conduct can be called for swearing, fighting, and arguing with an Official or any act that detracts from the purpose of the game. When such conduct occurs, a major penalty will be assessed and the Player or Players involved will be ejected from the game. In those cases, the Executive Director should be notified immediately after the game so that proper action can be taken. This same rule also applies to Coaches and obnoxious Parents or Spectators. The discretion of the attending Officials will prevail. If Coaches or Parents demeanor warrants it, action can and will be taken by the Board against that Parents related team, as deemed appropriate by the Board of Directors.

Rookie Tackle – Offensive Adjustments

- Each play must include 3 OL: A center and two guards, one on each side of the center. These players are ineligible for first touching of the football. Non-traditional numbers can play the OL positions.
- Guards are required to play in a two-point stance. Three-point stances are not allowed. This is to promote teaching the lineman to lead with their hands, not their heads. The center may only have the snapping hand down.
- The distance between the guard and center may not exceed three feet but may be no closer than one foot.
- Because of the all players, all positions, all skills philosophy, players **MUST** change positions during the game. Note: The three OL must stay as the lineman when they break the huddle. Once identified as an OL, players may not shift to another position.
- The Center-Quarterback exchange must be Under Center. **NO SHOTGUN** snaps allowed.
- QB sneaks are prohibited in all situations because the defense is not allowed to cover the center or A gaps.
- The offense must have five players on the line of scrimmage. No more, no less. The fourth and fifth players can be Tight Ends, WR's or a combination. No unbalanced lines.
- The five offensive players who are not playing guard or center may be deployed in positions at the coaches discretion in a legal formation: Pro, Tight or Spread. **NO TRIP FORMATIONS!!**
- Motion is **NOT** allowed.
- Any block below the waist, in any situation is illegal. Crack blocks by WR's are also illegal.

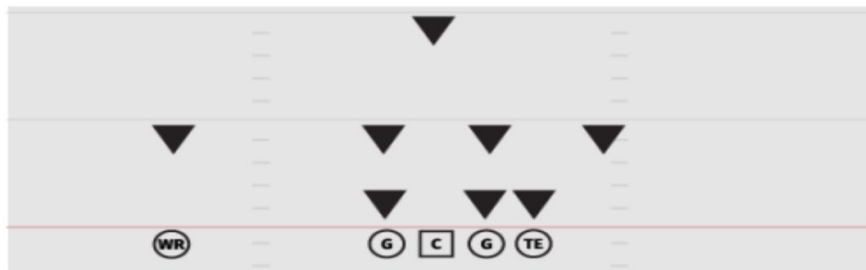
Rookie Tackle – Defensive Adjustments

- Defenses may only have two defensive linemen unless an offensive formation includes a tight end(s). In that case, a third/fourth defensive player may line up over the tight end. Two tight ends allow the defense to use four defensive players on the line of scrimmage (LOS). See examples below:



- Defensive linemen must be in a two-point stance
- Defensive linemen over guards must be aligned in a head up or outside shade position
- Players in an outside shade must always have one foot aligned inside the stance of the offensive player.
- Defensive LOS players may not penetrate the A-gap on the snap of the ball. Contact with the hands must be made with the offensive line player before defeating the block into the A-gap.
Rule Enforcement: Deliberate stunting into the A-gap is to be treated as an illegal procedure foul and enforced as a five-yard live ball penalty.
- The FREE Safety must be at least 10 yards away from the ball. The remaining players can be deployed at the coach's discretion **but must be four yards off the LOS unless covering a tight end or split end on the LOS.**

Example: If the offense aligns with a fourth or fifth LOS player as a tight end, then the defense may align a player directly over the tight end on the LOS to balance the running surface. Defenses are **not required** to match the player on the line of scrimmage but have the option to do so. You may have a “middle” linebacker, but they are always 4 yards off the ball and can ONLY come at the line of scrimmage during a run play. Only lineman may rush on a pass play.



- No blitzing is allowed. Players within the box at the snap can penetrate upon the snap. **Linebackers, safeties and cornerbacks (both on the line and at depth) can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap is illegal.** The box includes offensive players who line up within two yards of the ball on the LOS along with the defensive players lined up directly over them.
- On pass plays, anyone outside the box on the snap **CANNOT** rush the quarterback and must remain behind the LOS in pass coverage. **ONLY LINEMAN MAY RUSH THE PASSER**
NOTE: The restriction on blitzing is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration
- If the ball is inside the 4-yard line, the five non-linemen, non-deep players may align on the goal line.
- QB's may NOT scramble/run beyond the LOS to gain yards – they may run to avoid pressure with the INTENT to throw the ball to a teammate downfield or out of bounds. If a QB does go beyond the LOS on purpose or accident the play is blown dead for safety.

Rookie Tackle - Special Teams

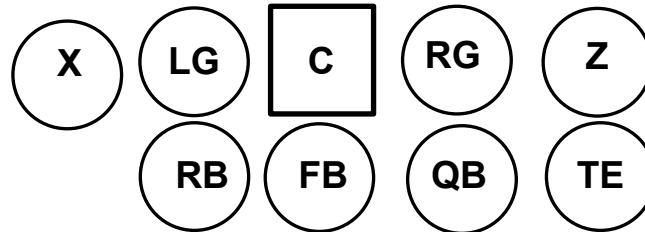
- There are no special teams. Each possession starts with the ball on the 30-yard line, regardless of whether there is a score, turnover or turnover on downs.
- There are no extra points by a kick. All PAT's are attempted through a run or pass. Coaches can choose to go for one point from the 3-yard line or two points from the 5-yard line.

3rd/4th Grade Playbook

HUDDLE ALIGNMENT

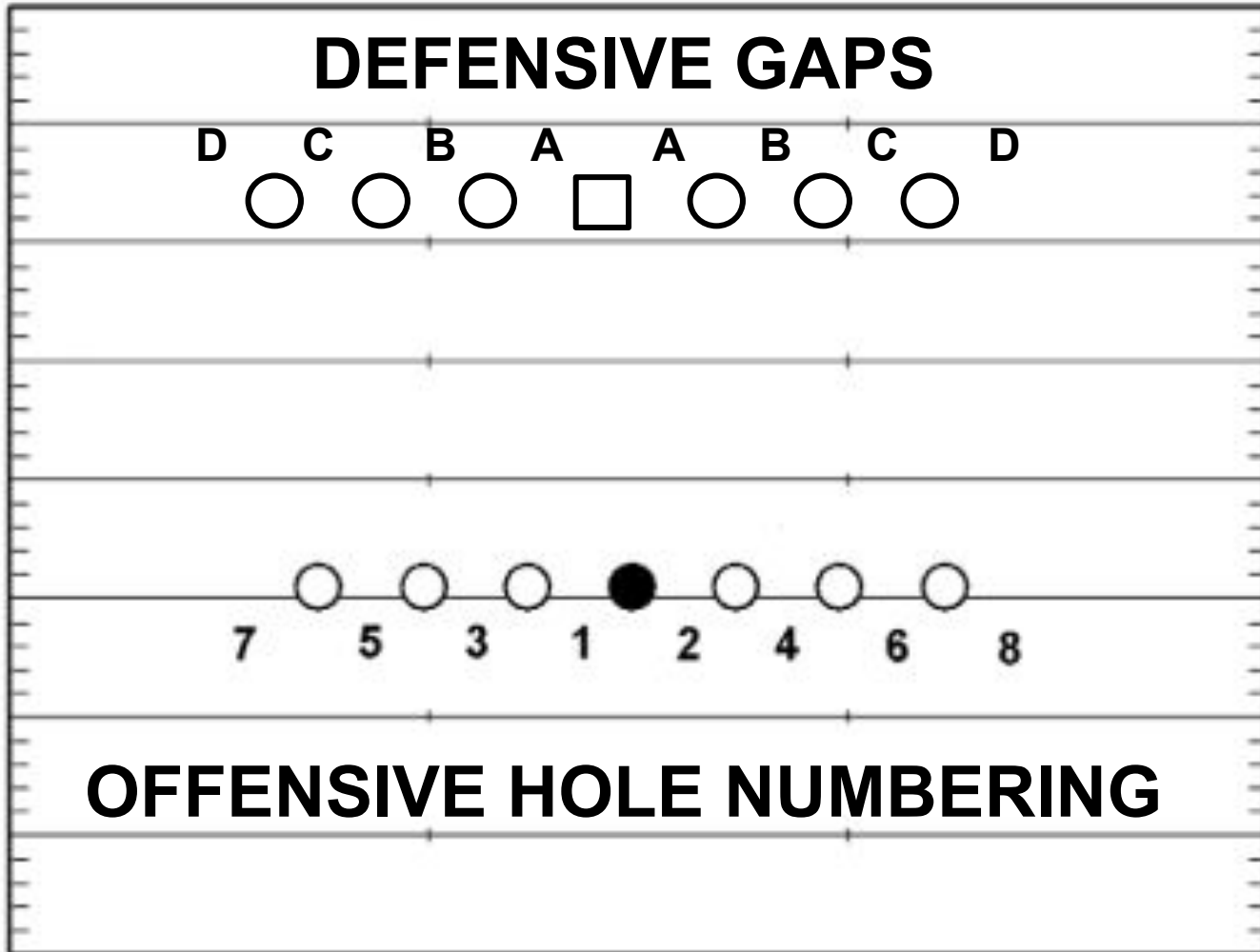


Huddle is 5 yds. from football



Coaches

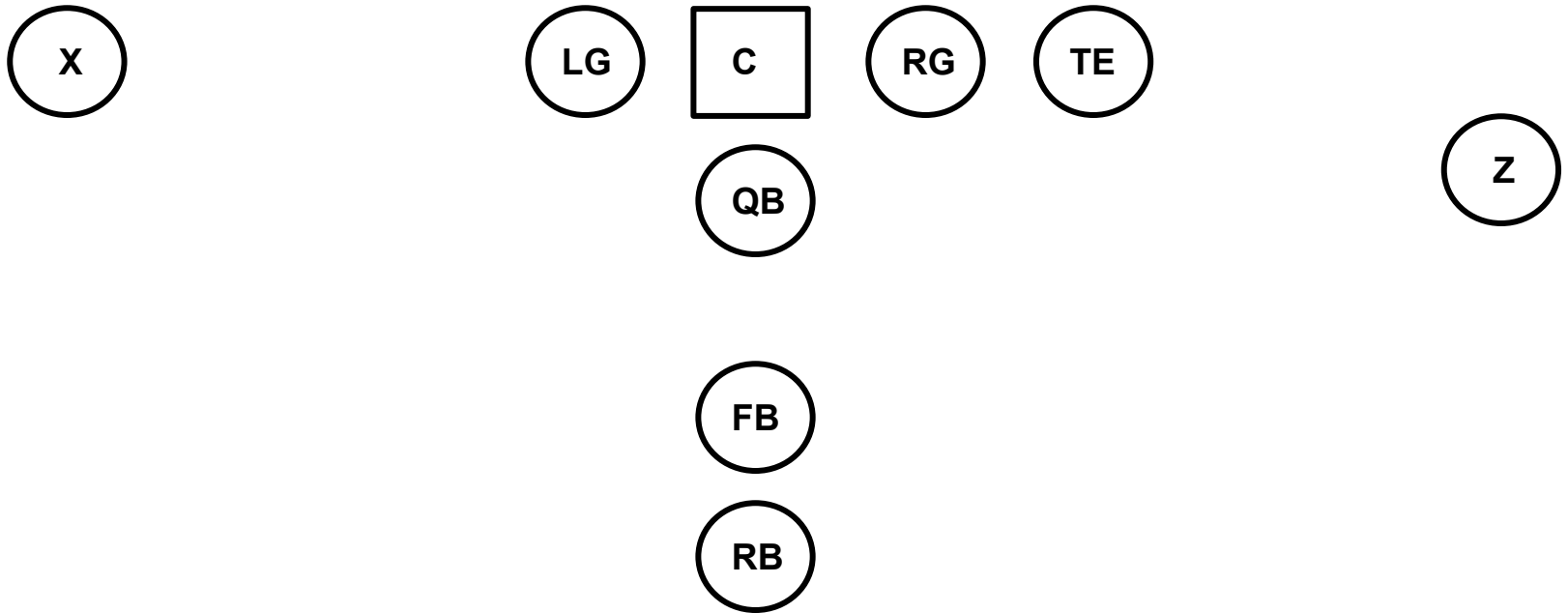
Greater Grand Forks Youth Football



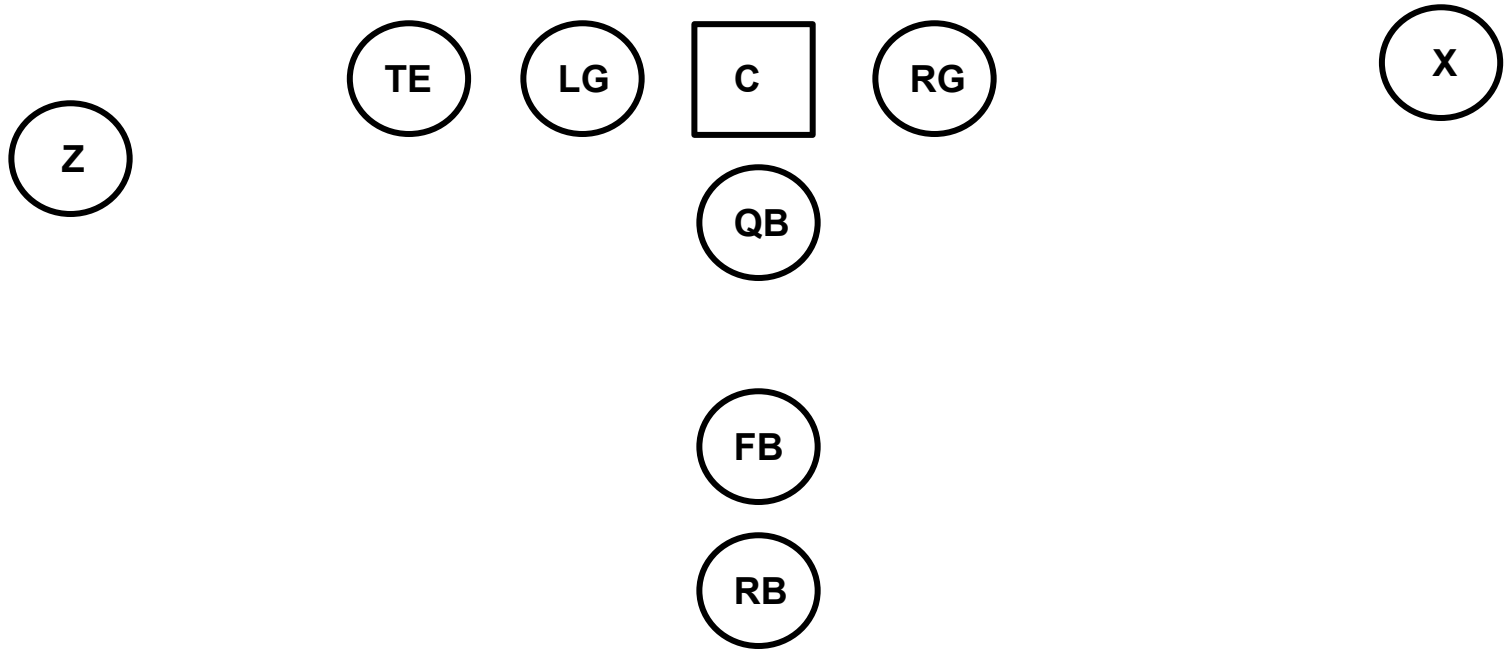
3rd/4th Grade Formations

Pro, Tight & Spread

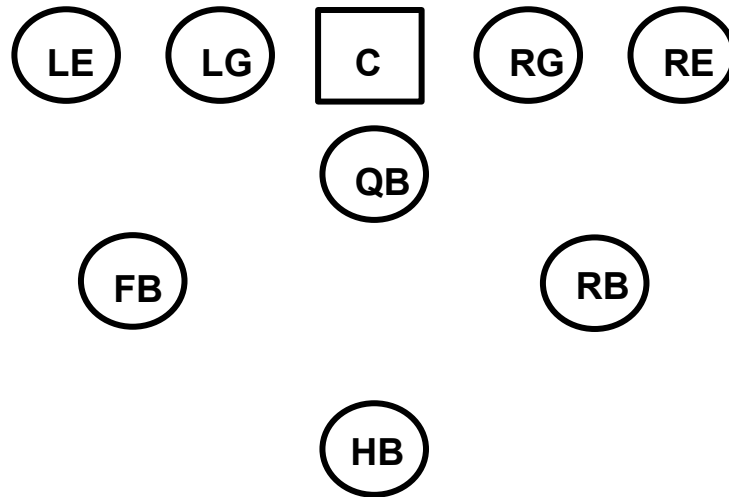
Pro Right Formation



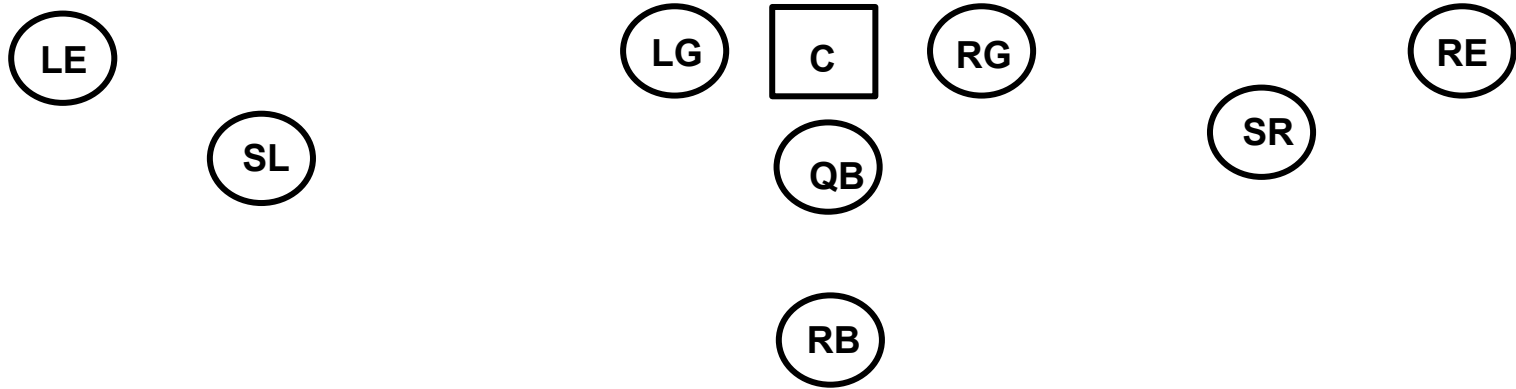
Pro Left Formation



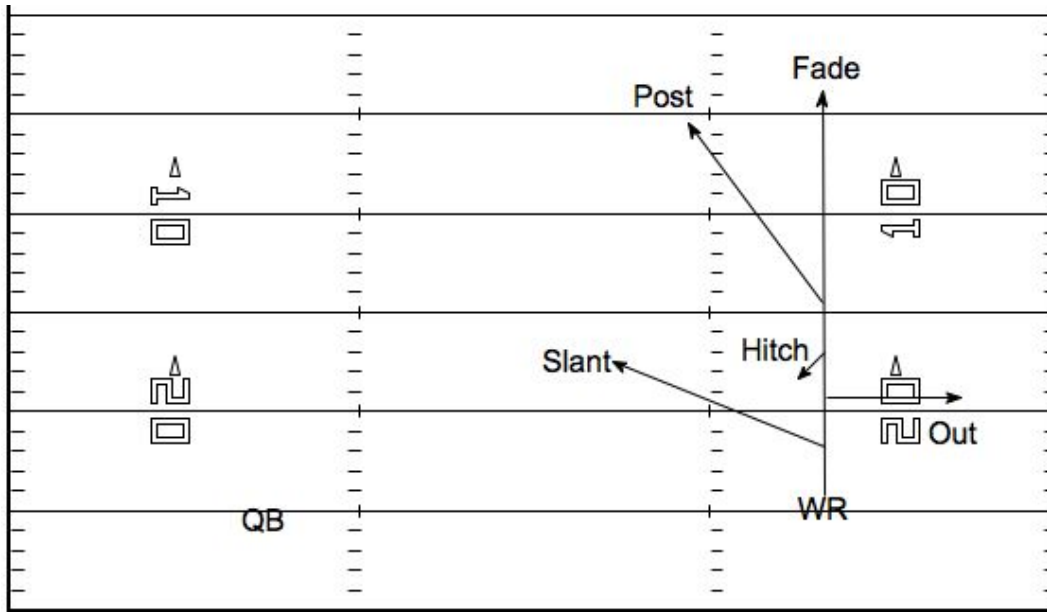
Tight Formation



Spread Formation



WR Passing Tree



FADE - Go Route, after 10 yds. look for ball over inside shoulder as you keep running

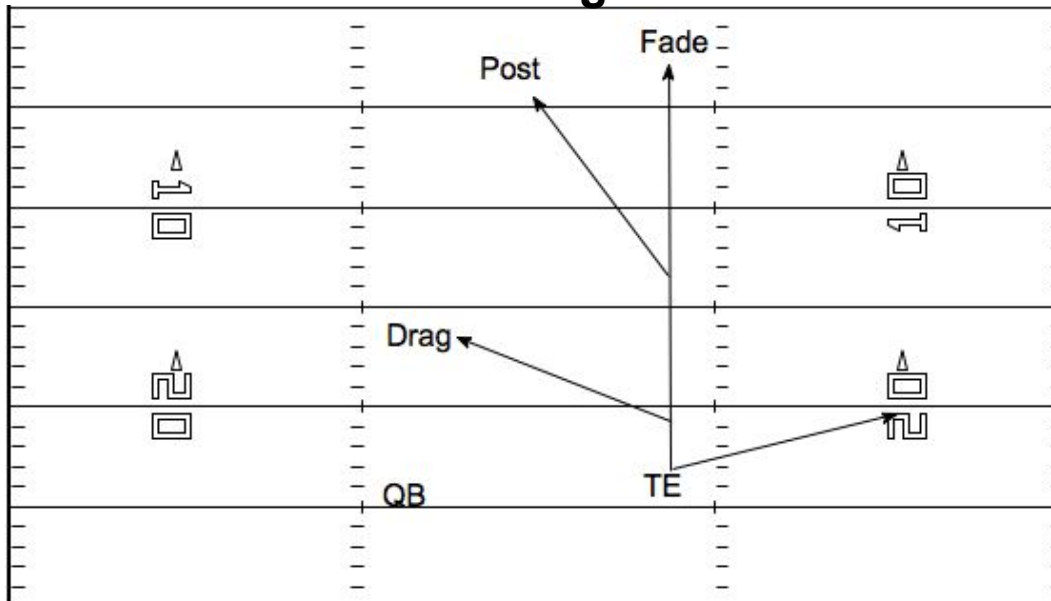
POST - Break at 10-12 yds., stay tall on angle

HITCH - Five hard steps, then break back towards QB

SLANT - Three steps and then slant in off third step

OUT - Four hard steps and then Square Out

TE Passing Tree



FADE - Go Route, after 10 yds. look for ball over inside shoulder as you keep running

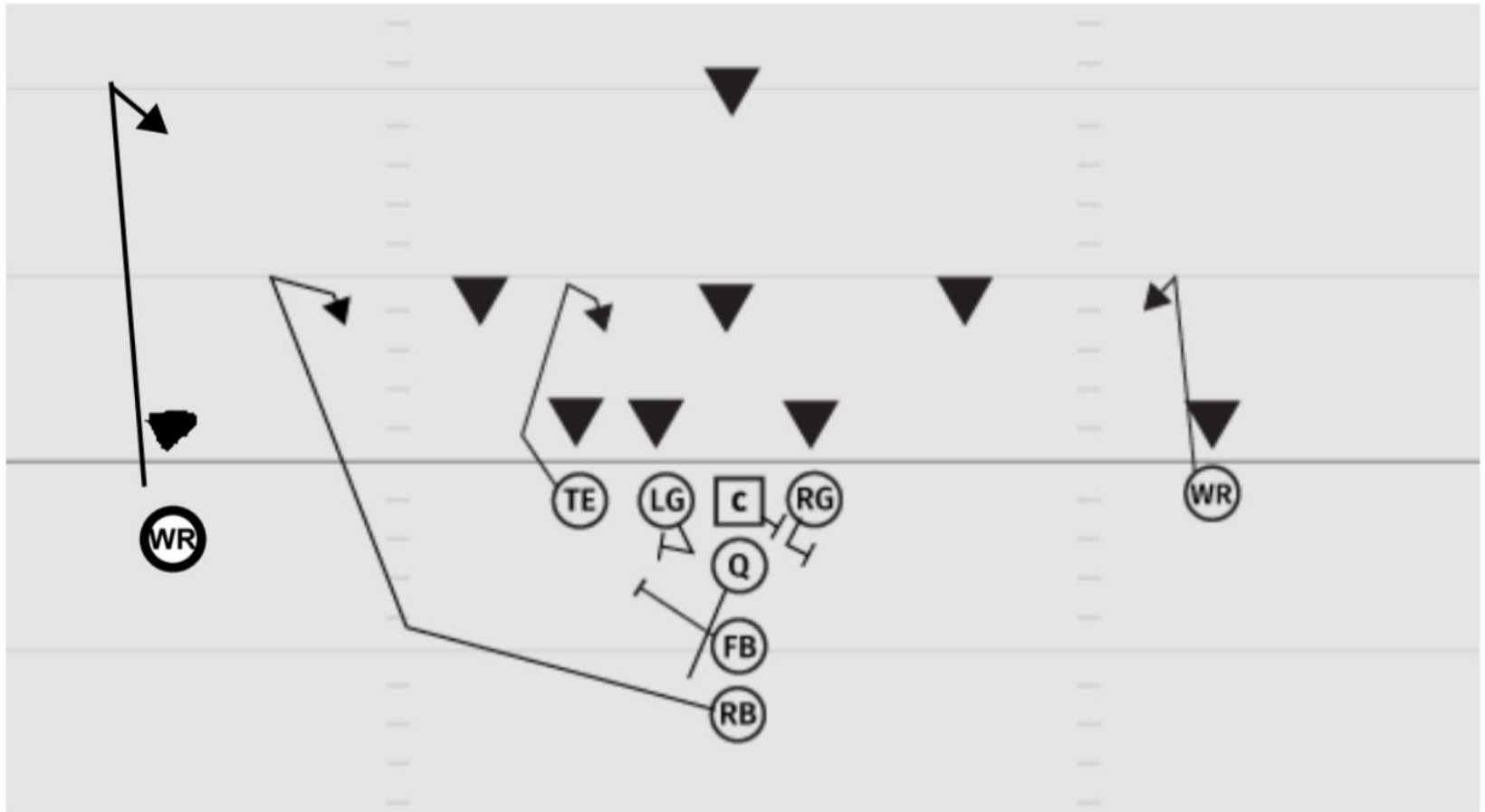
POST - Break at 10-12 yds., stay tall on angle

DRAG - Three hard steps, then run behind the LB's

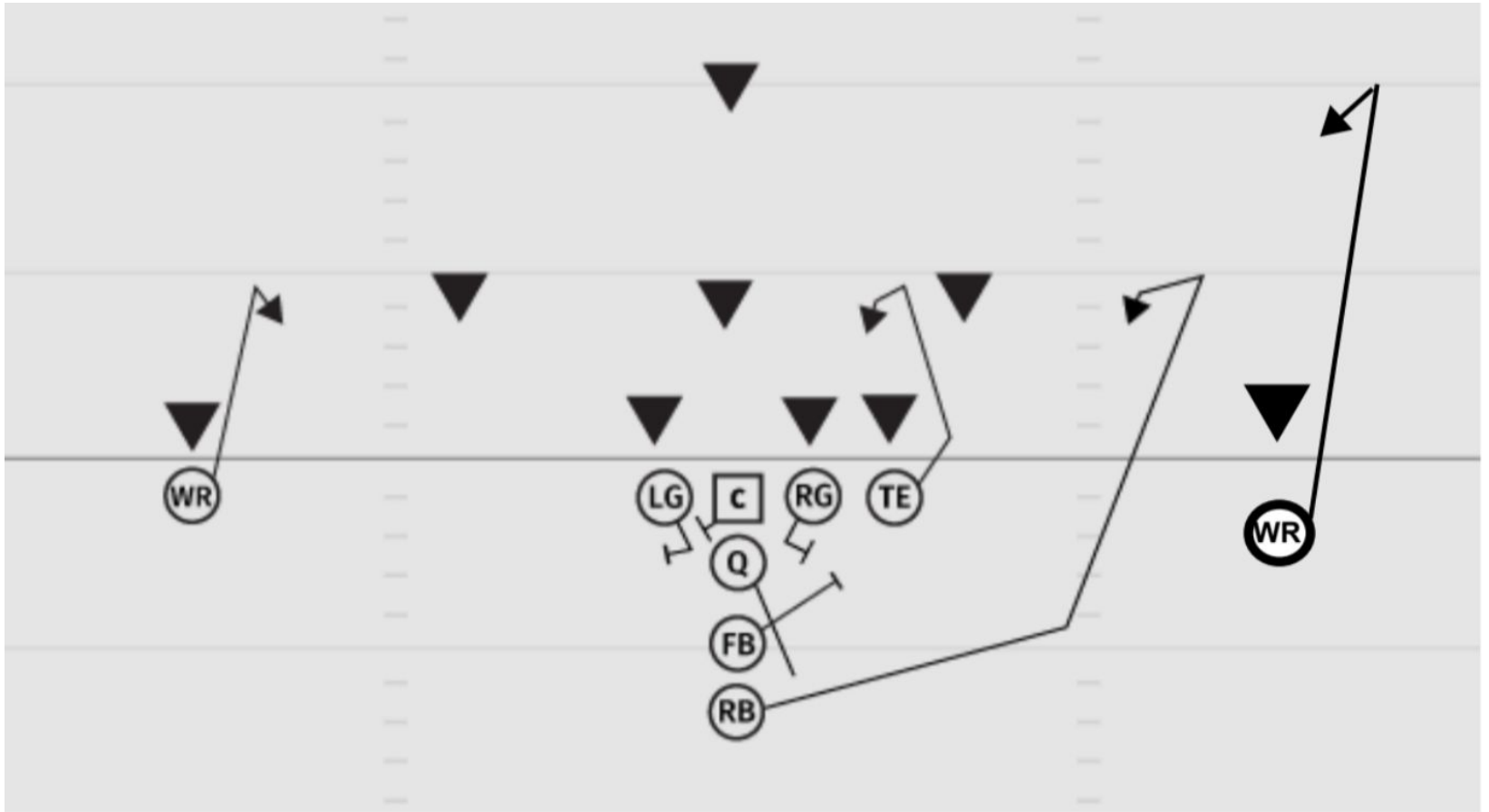
ARROW - On snap, TE runs towards where CB was lined up

Pro Formation Plays

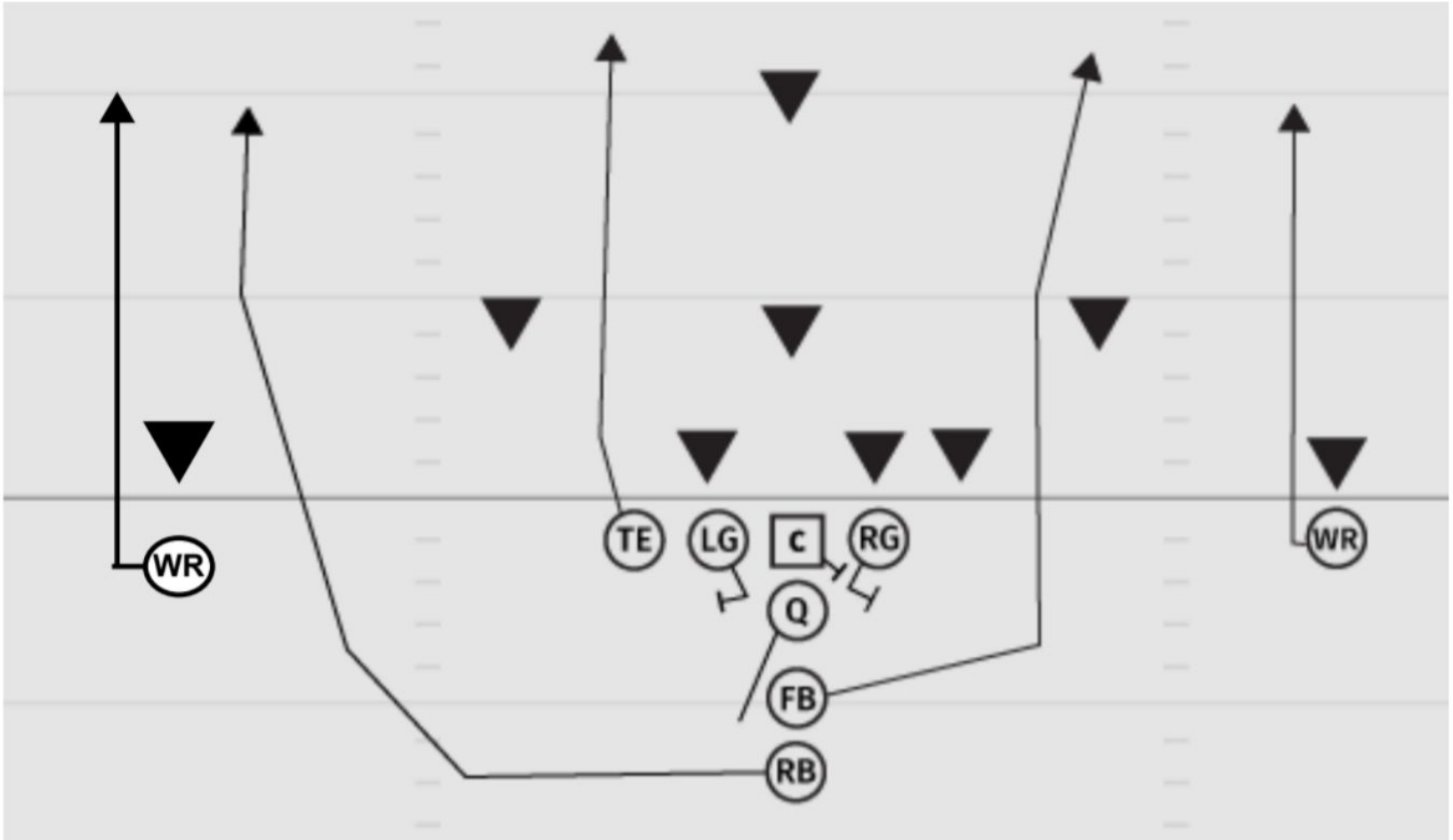
Pro Left - Curls



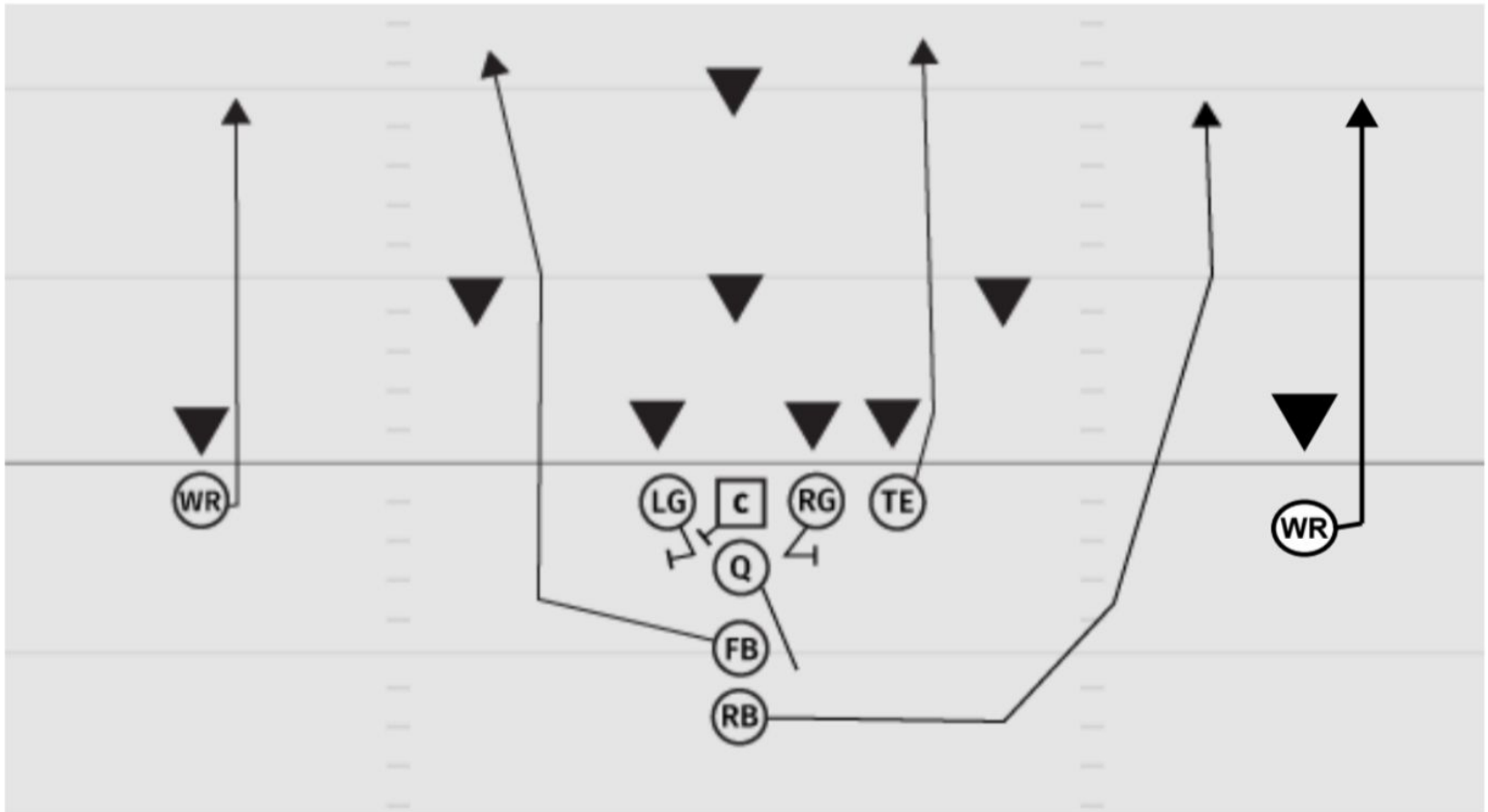
Pro Right - Curls



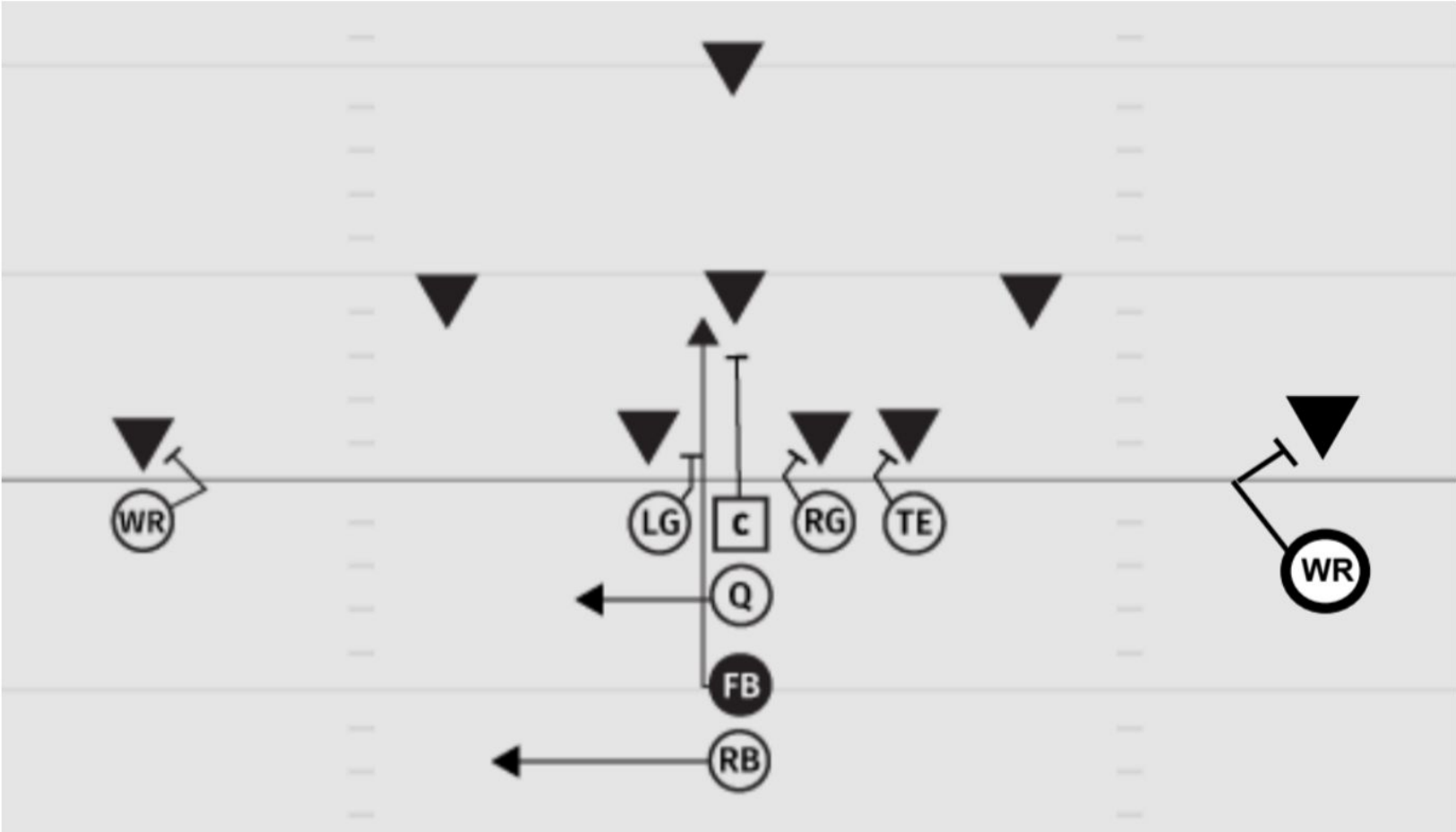
Pro Left – All Go



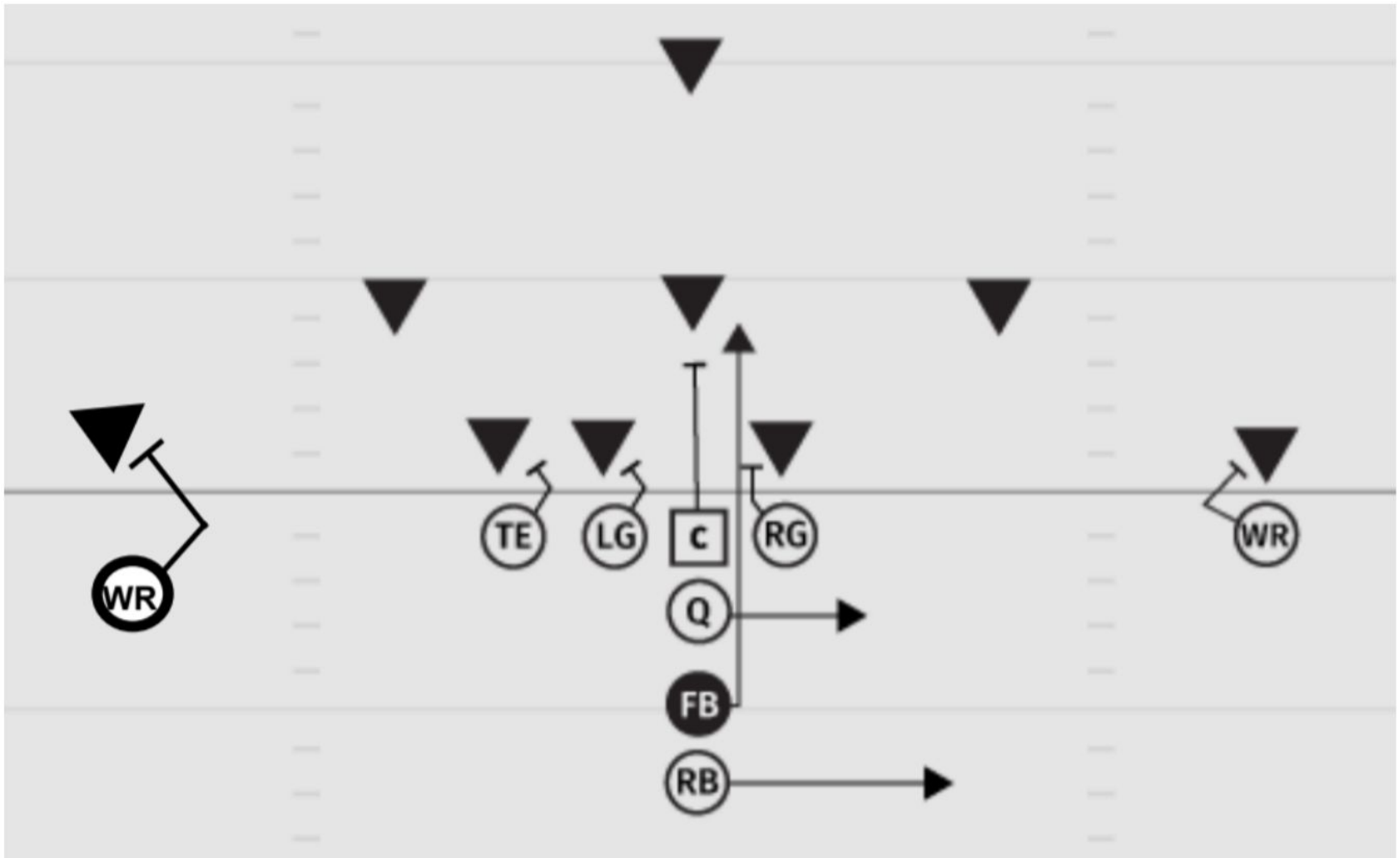
Pro Right – All Go



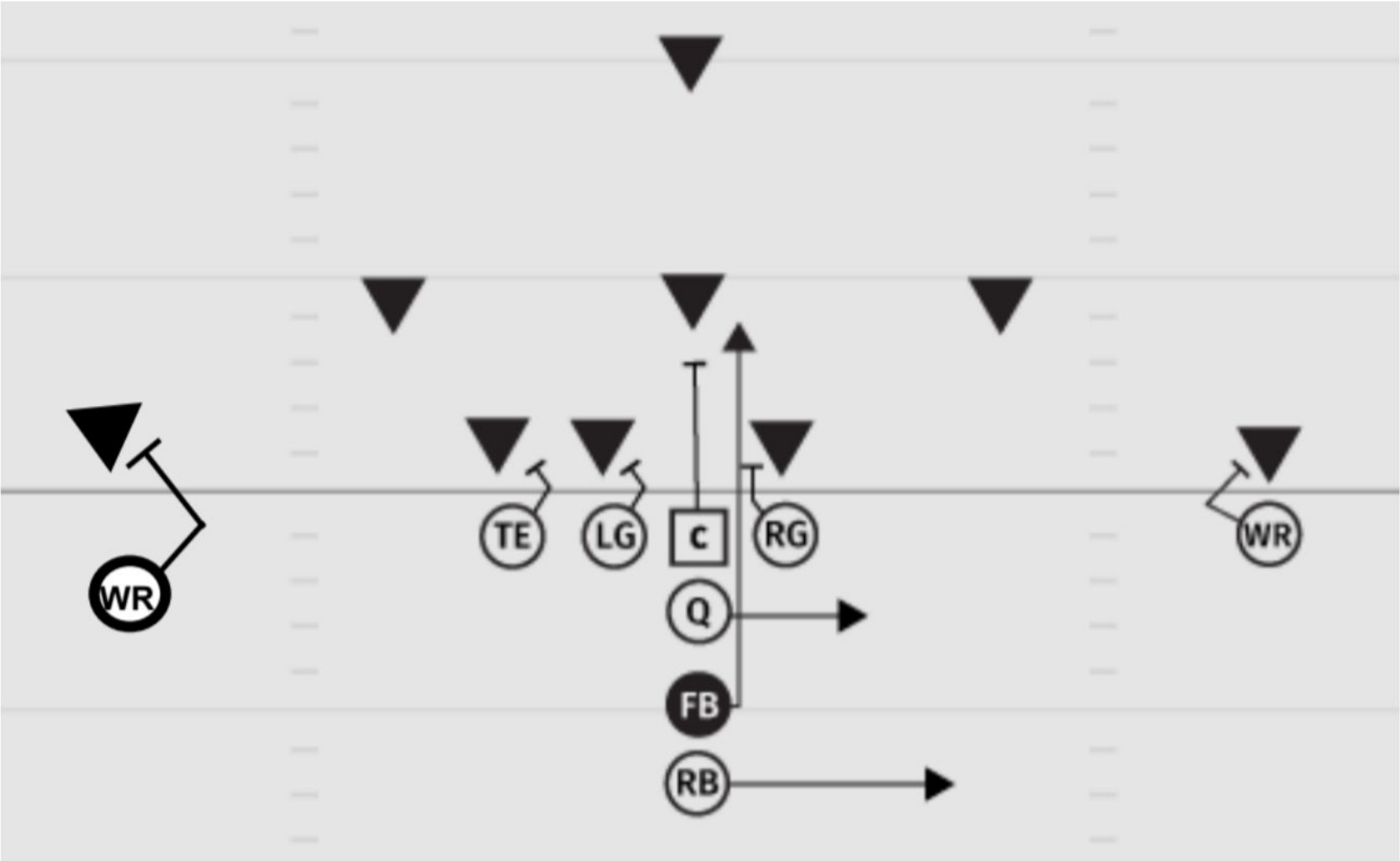
Pro Left – Dive Left



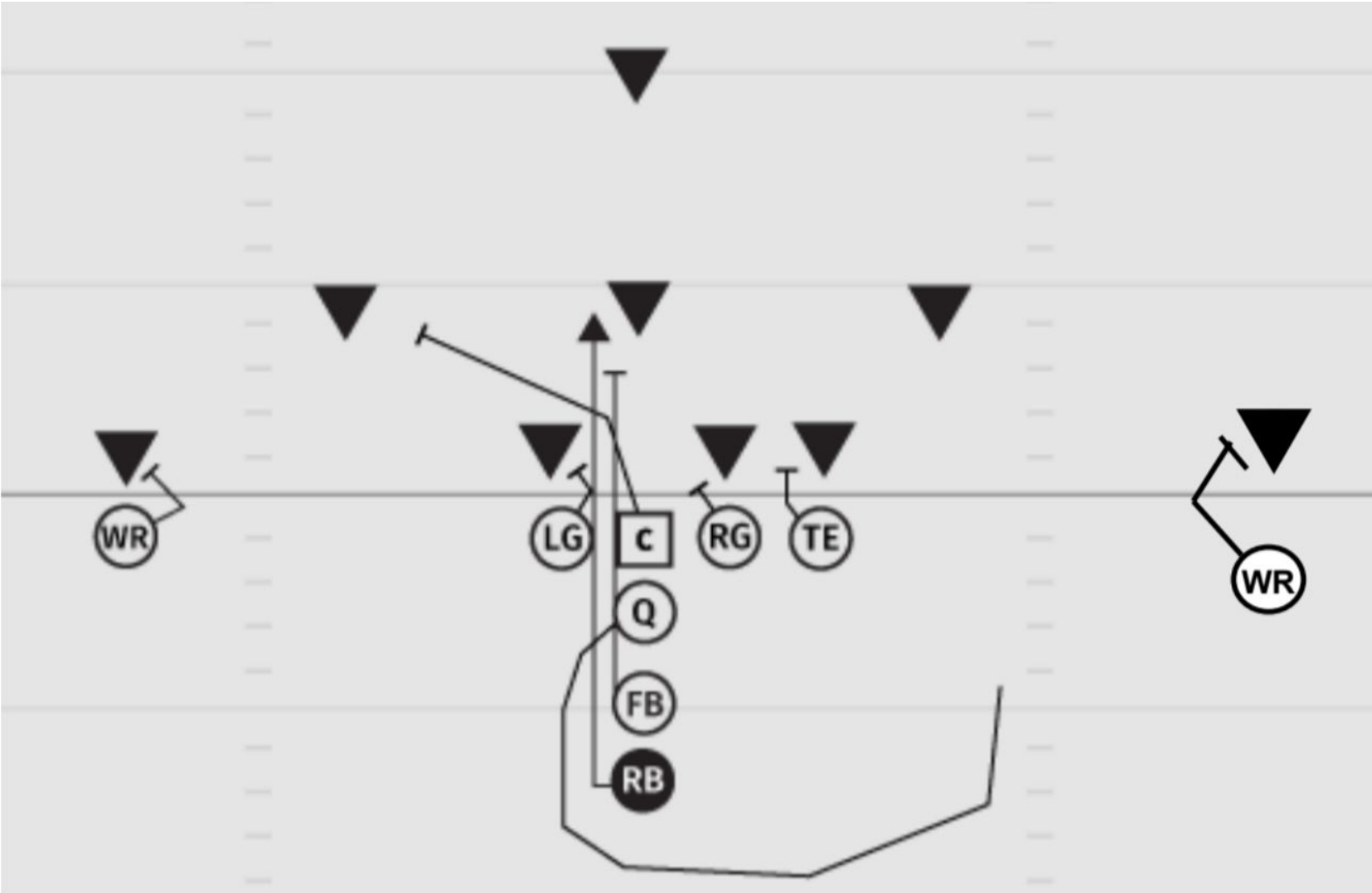
Pro Right – Dive Right



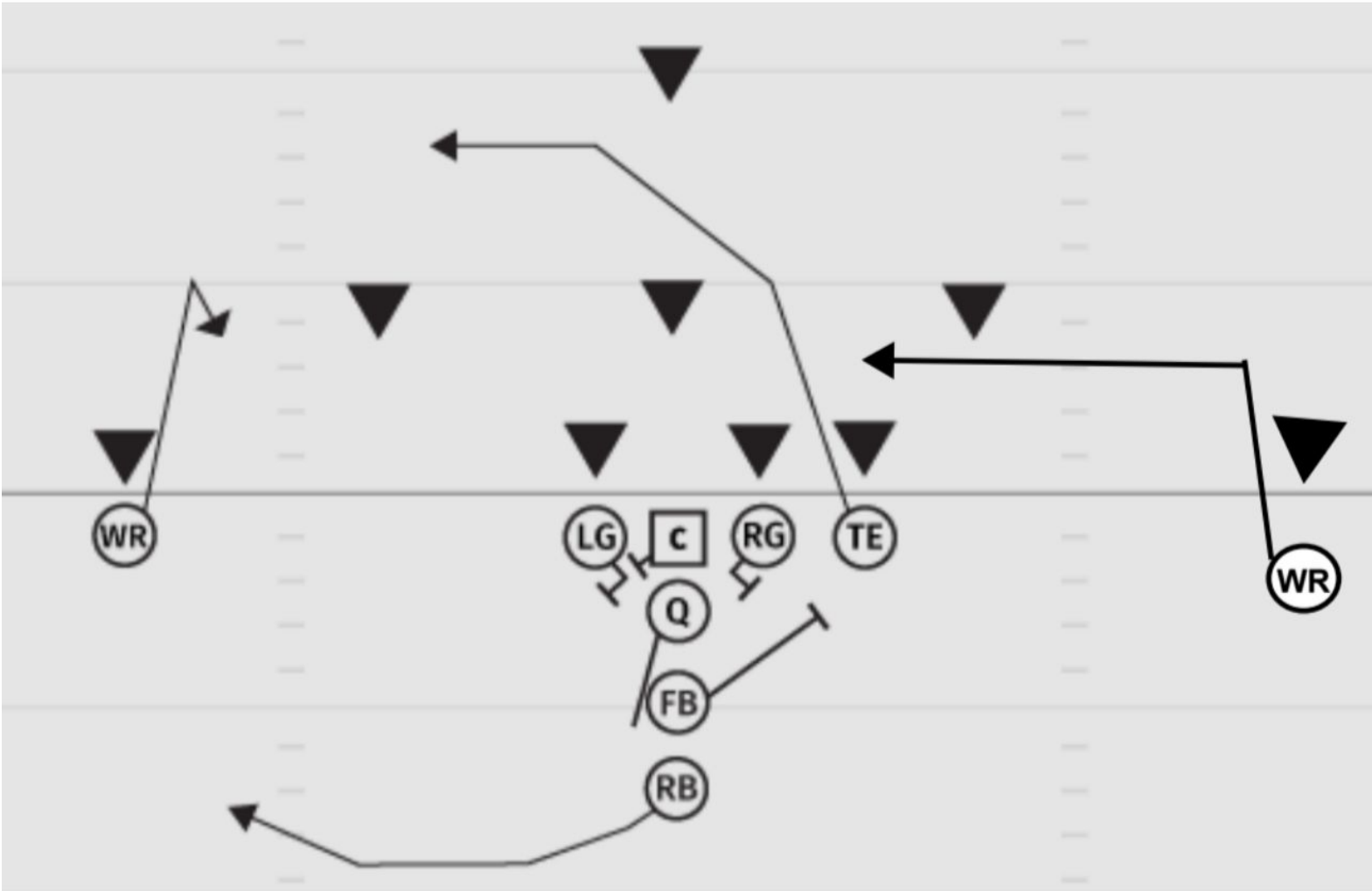
Pro Left – Blast Right



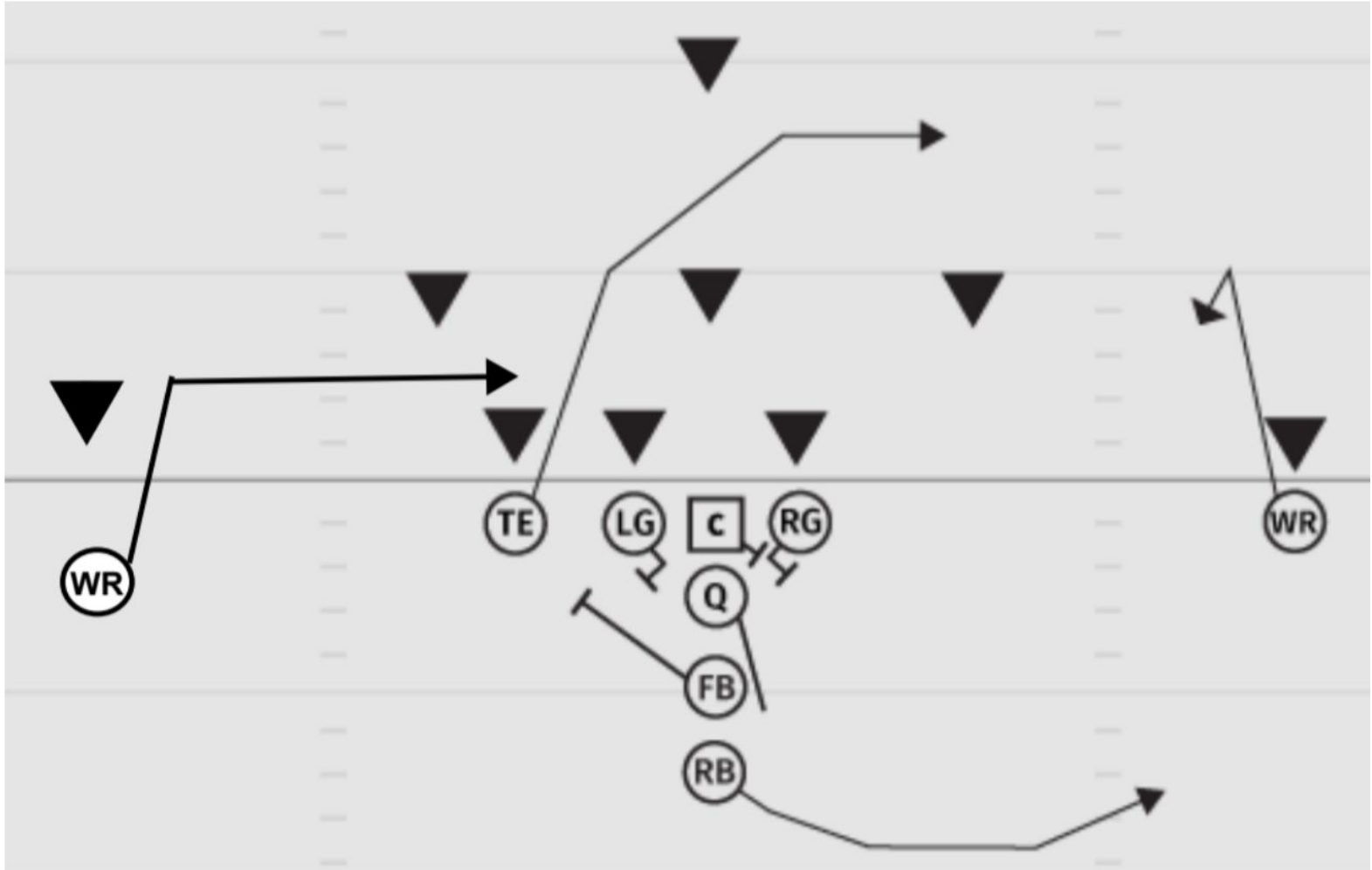
Pro Right – Blast Left



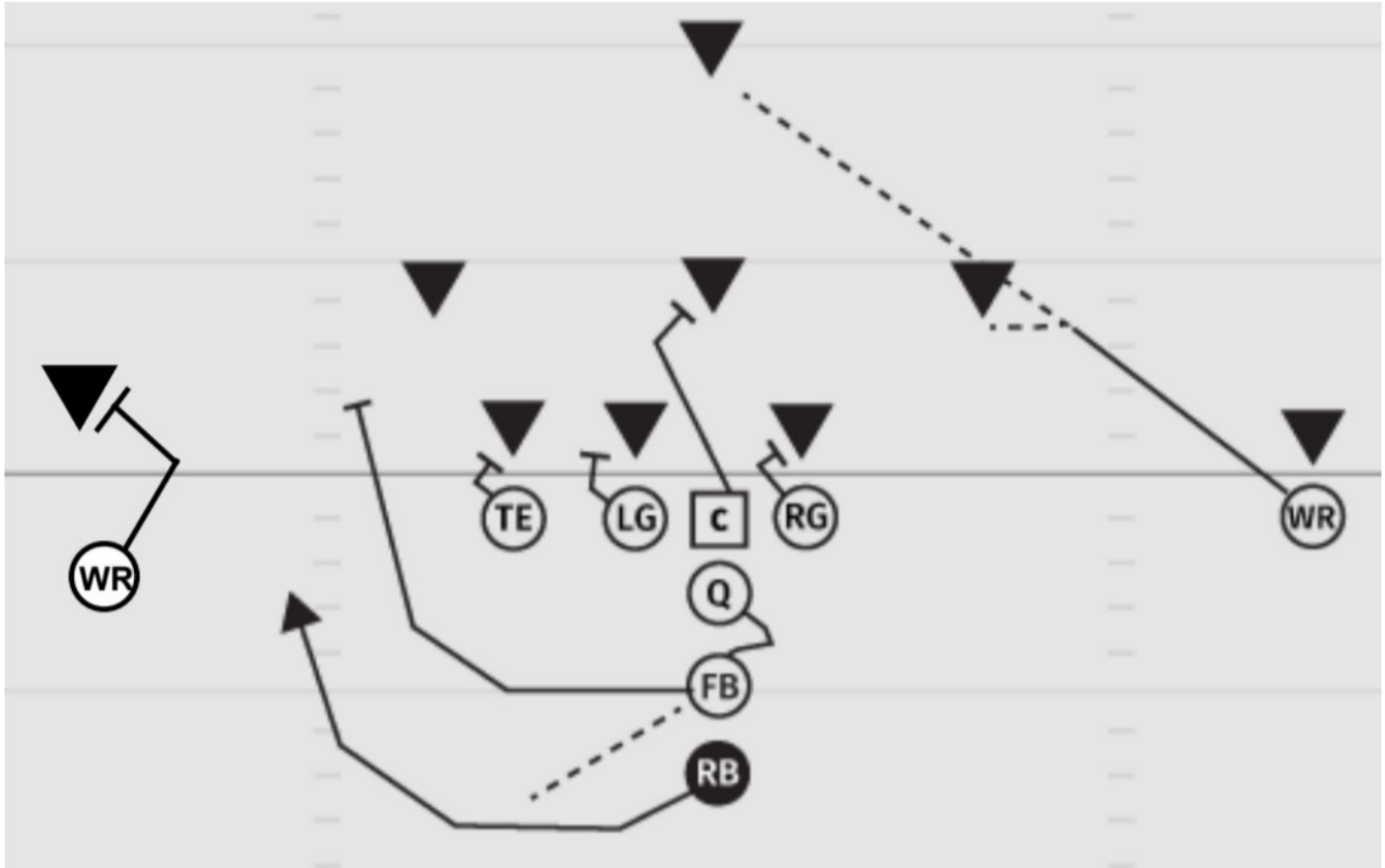
Pro Right – Swing Left



Pro Left – Swing Right

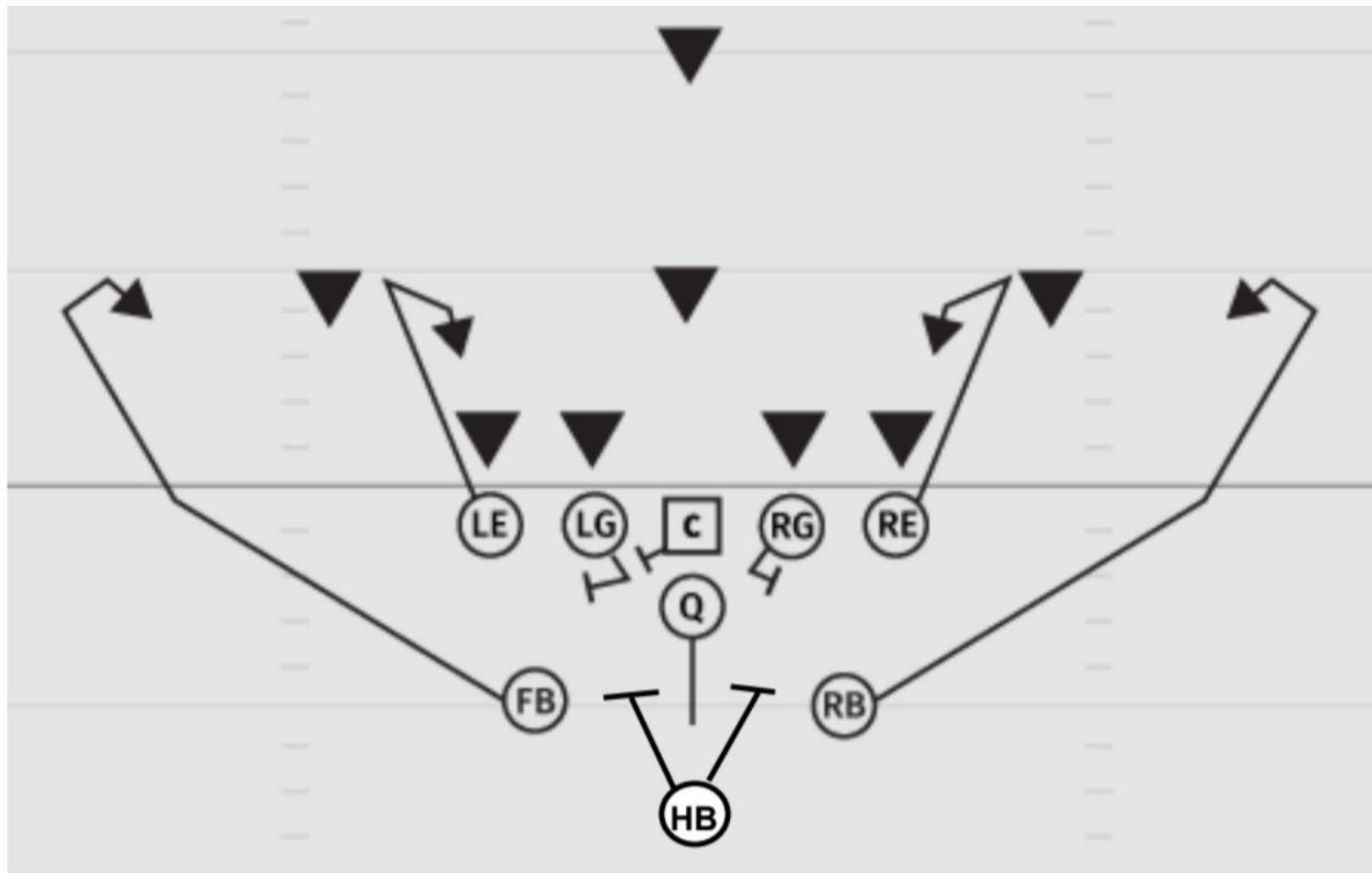


Pro Left – Toss Left

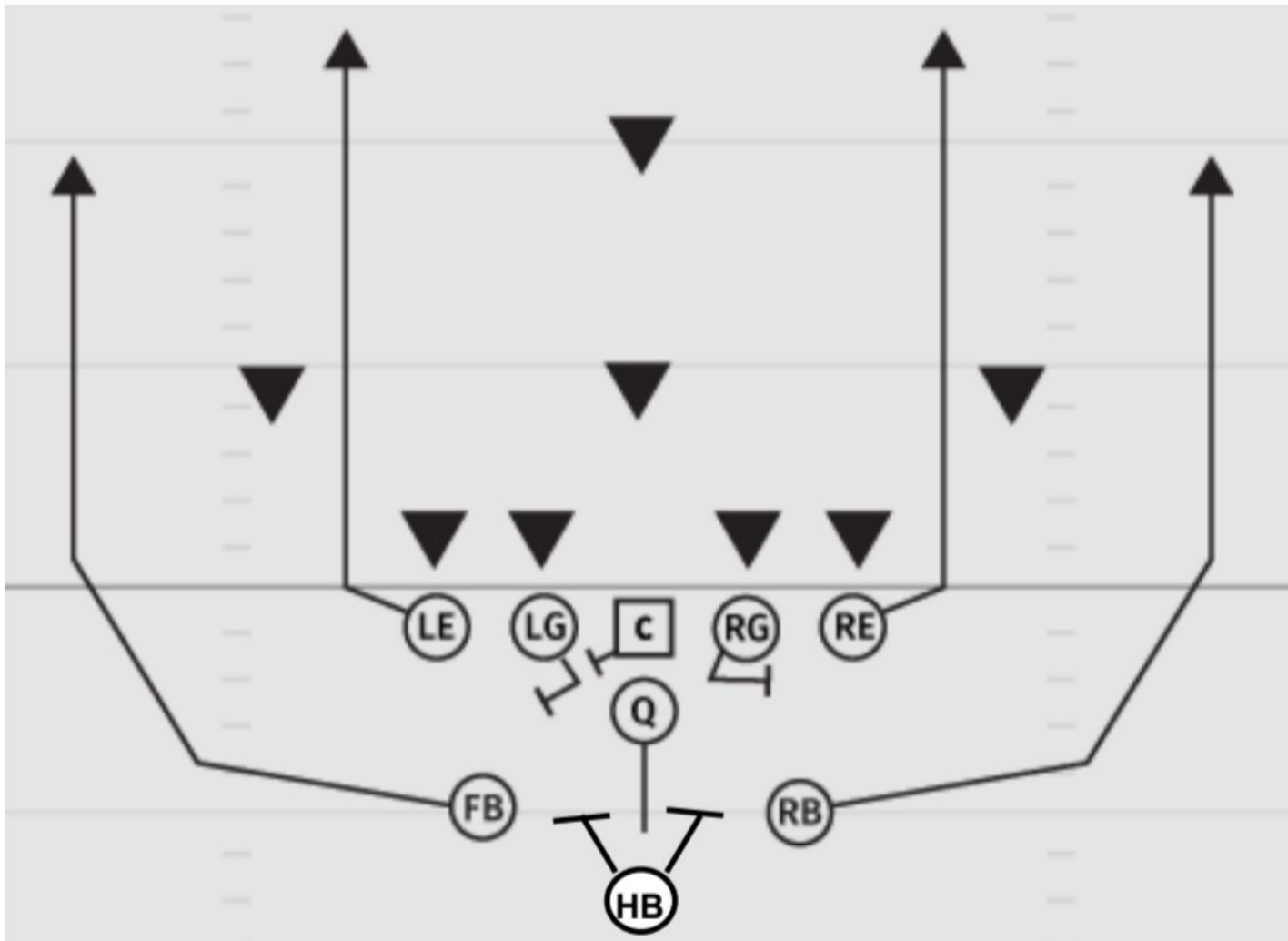


Tight Formation Plays

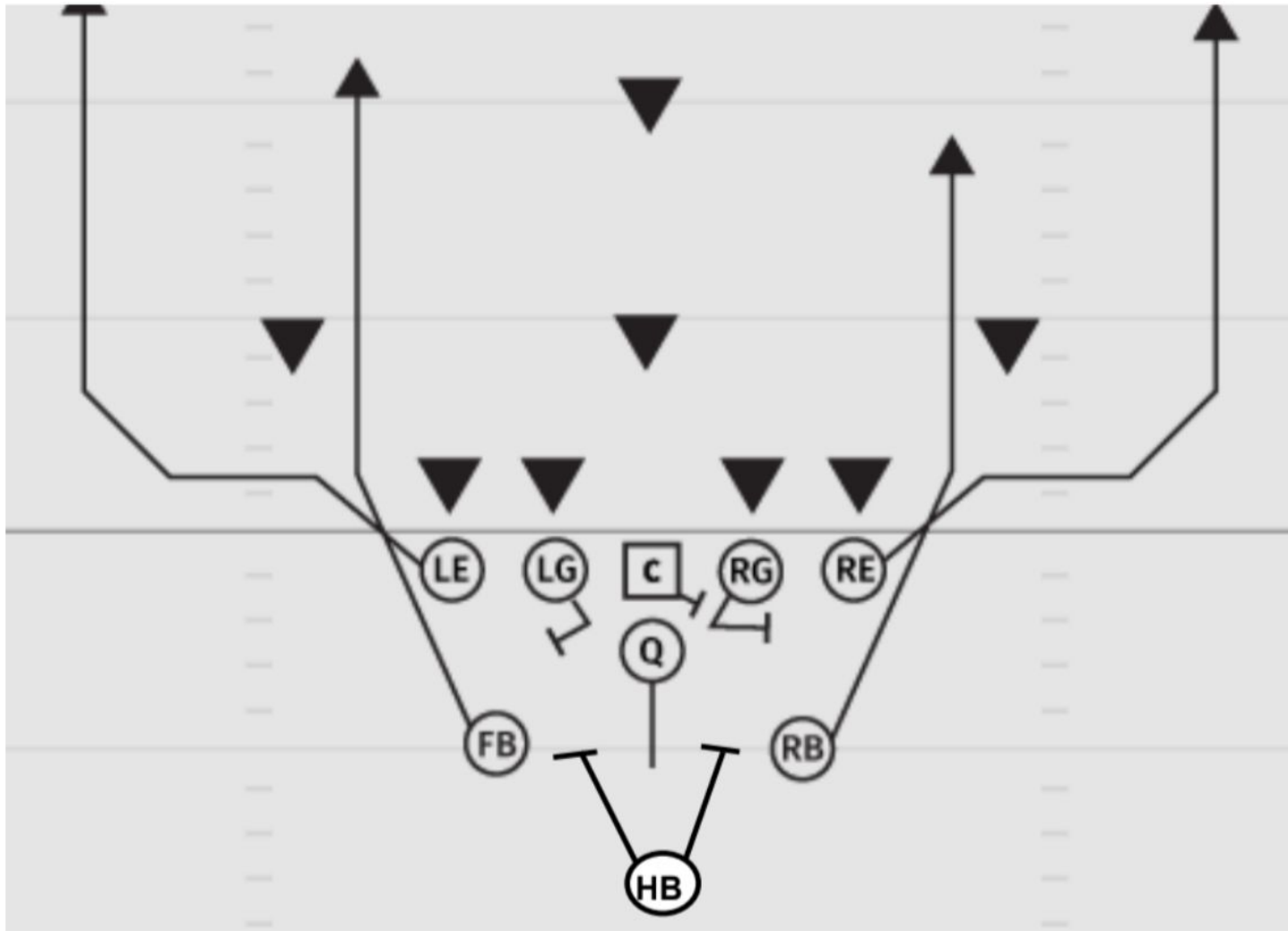
Tight – All Curls



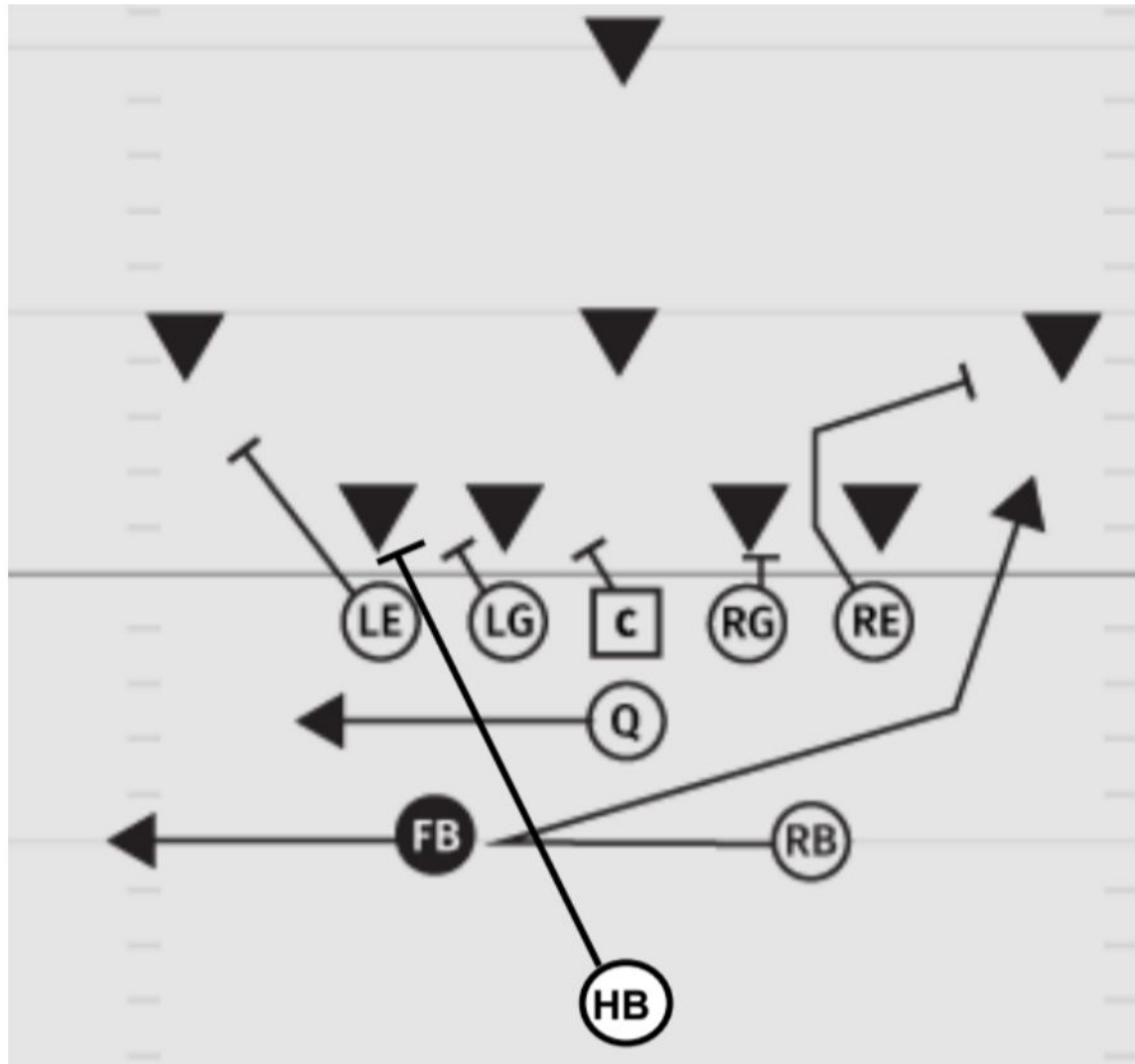
Tight – All Go



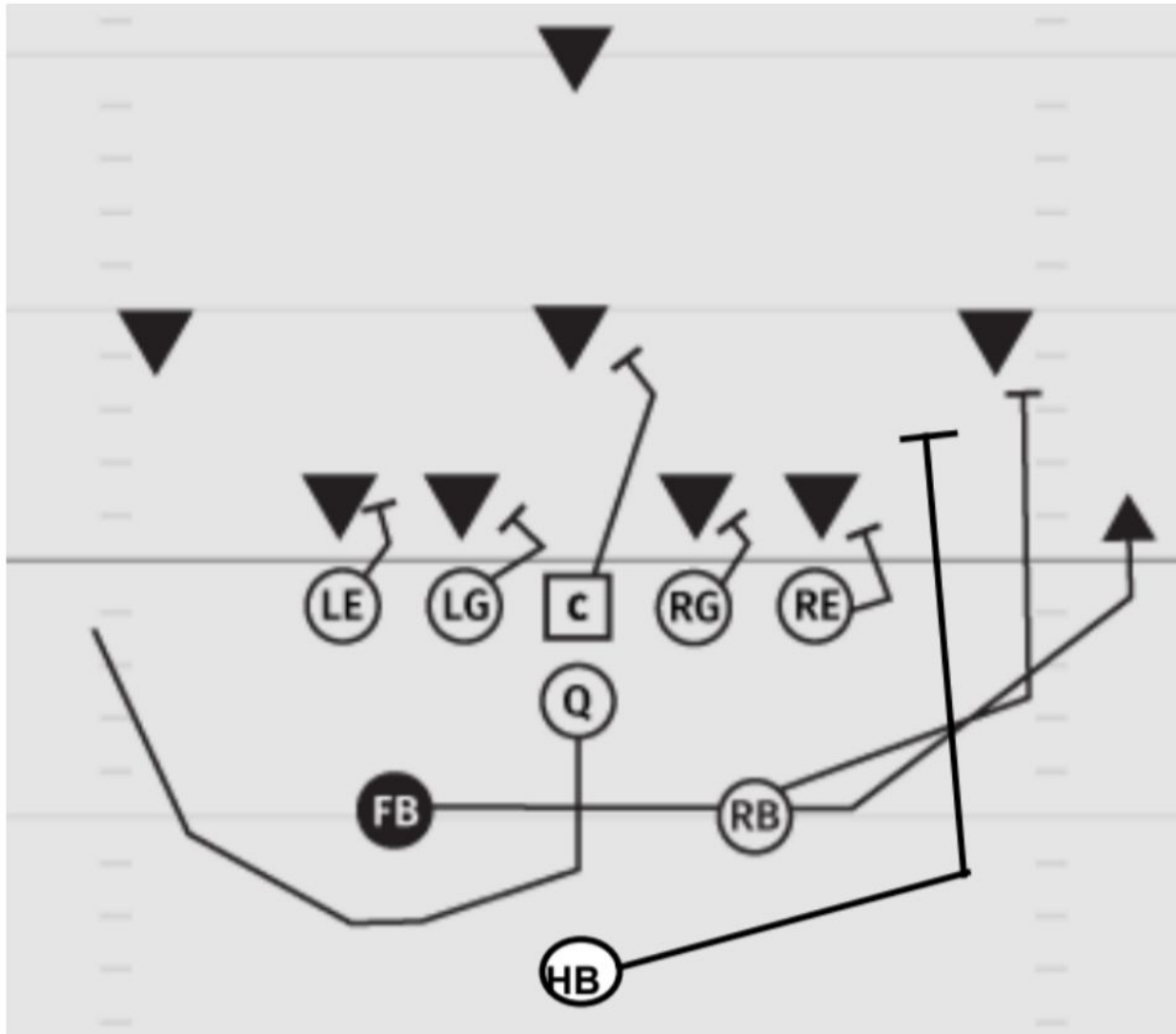
Tight – All Switch



Tight – Cross Right

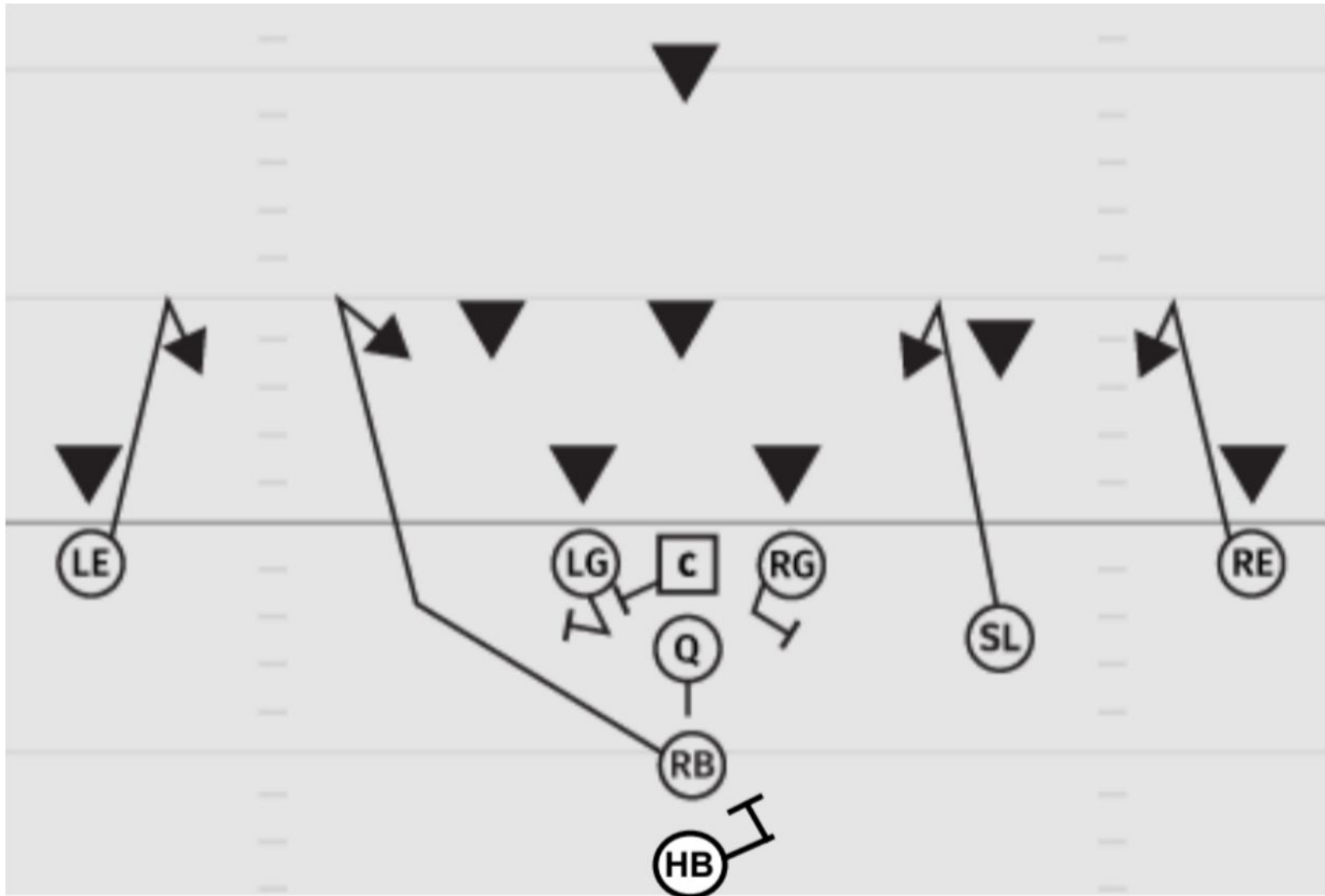


Tight – Sweep Right

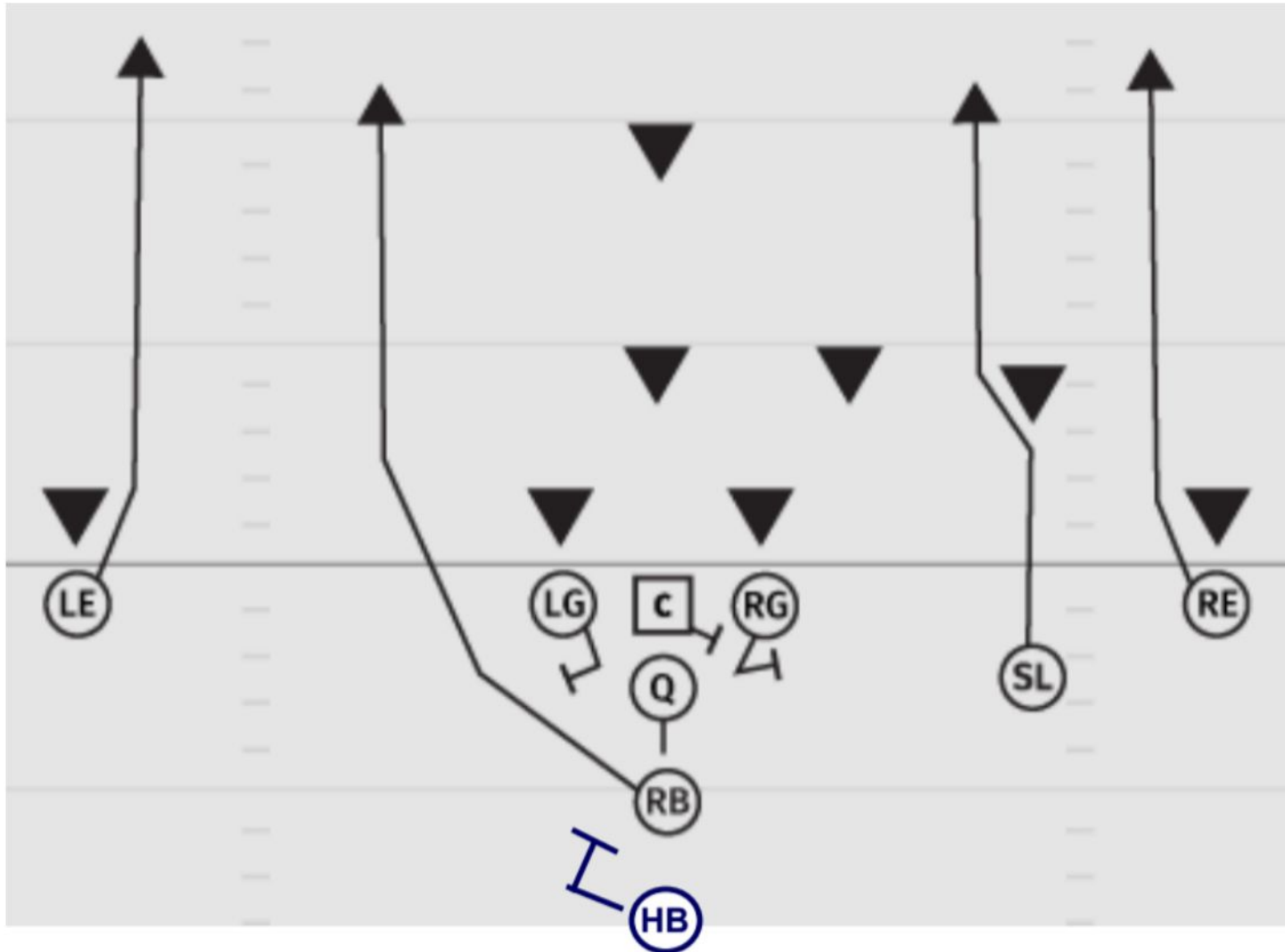


Spread Formation Plays

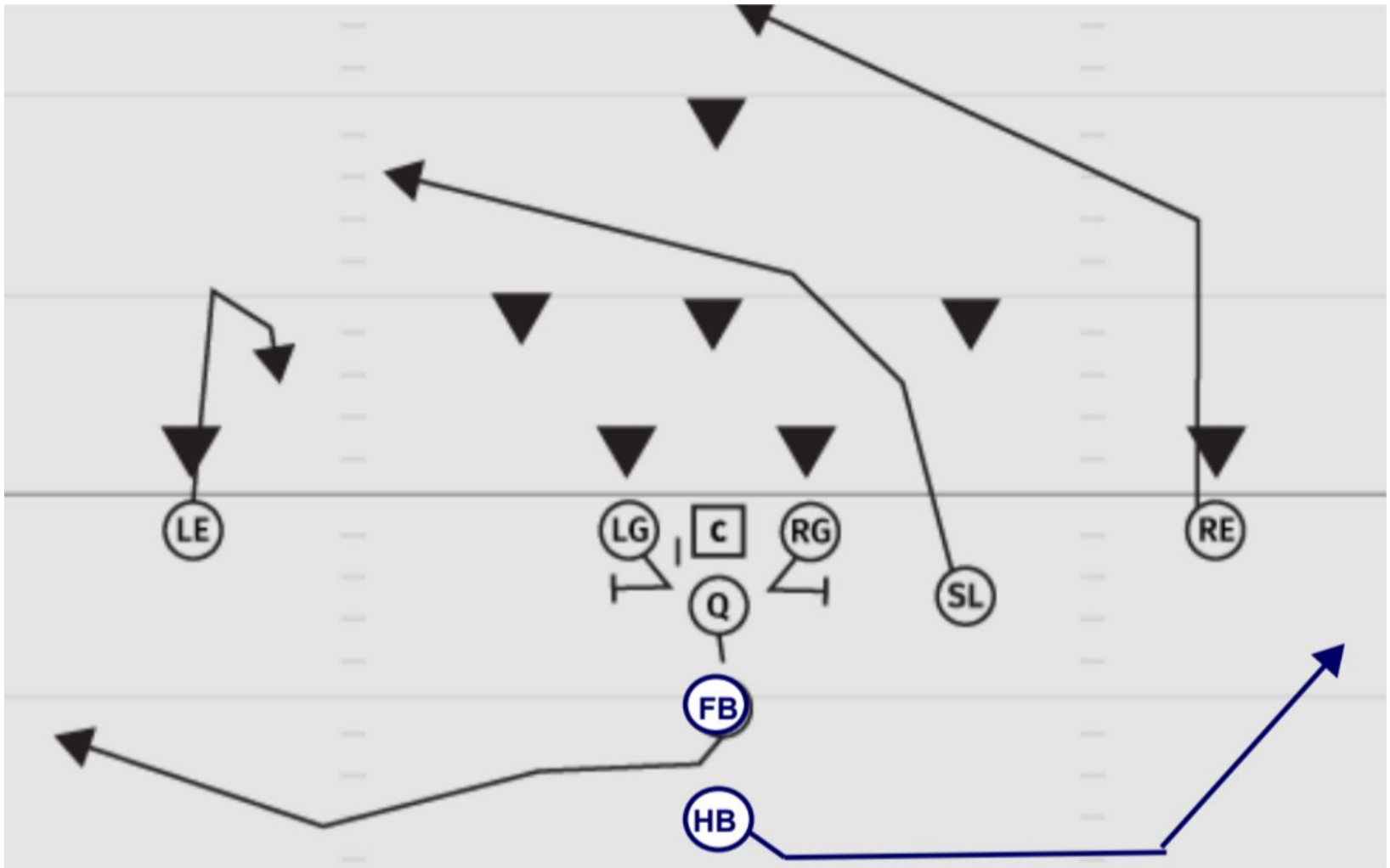
Spread All Curl – 3 WR's



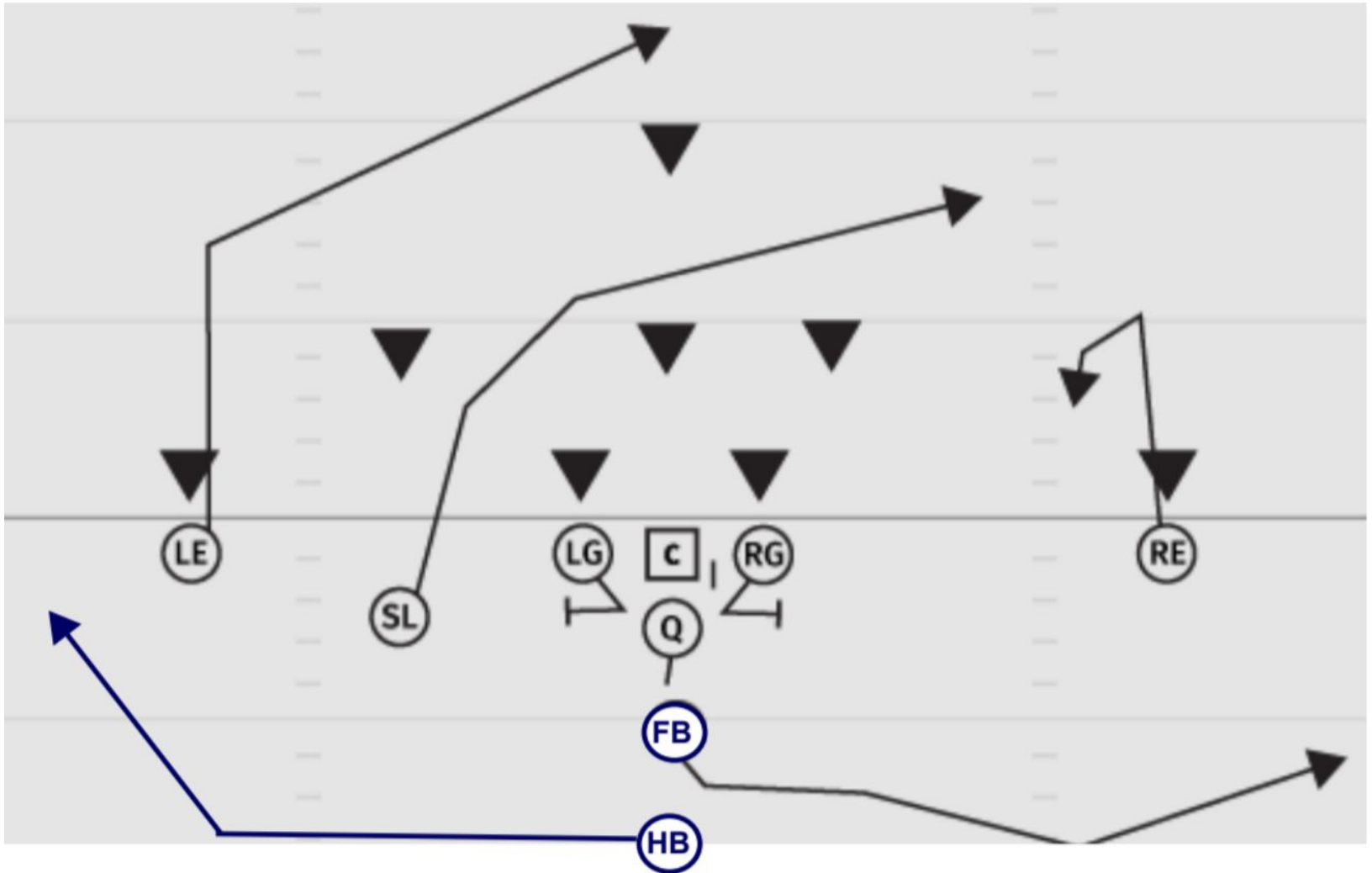
Spread All Go – 3 WR's



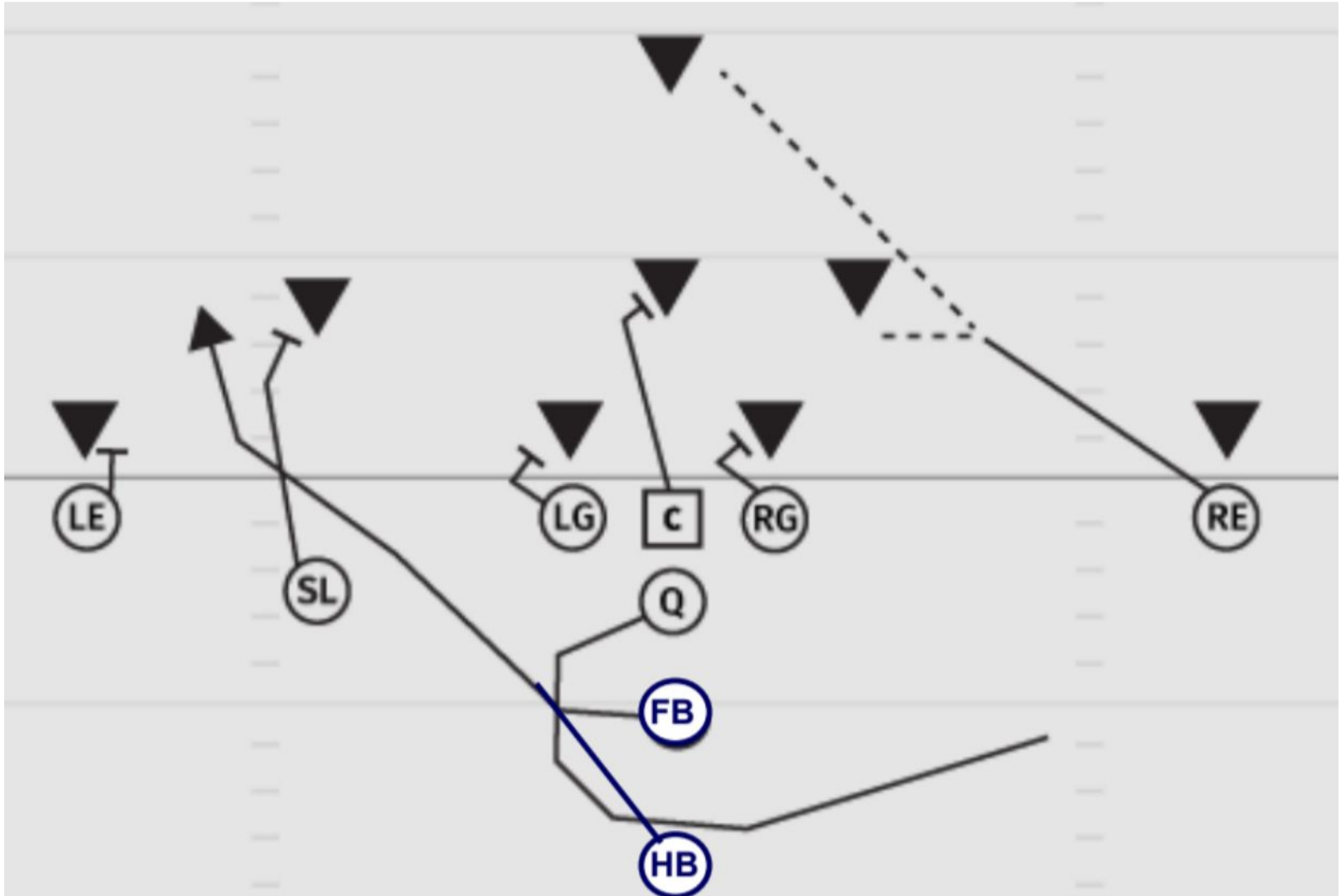
Spread – Flood Left



Spread – Flood Right



Spread – Stretch Left



Spread – Stretch Right

