



YMCA Youth Sports Football Program 8– 12 year old Tackle Rules and Regulations

The following rules are to be used as guidelines in an effort to keep consistency and conformity in the YMCA Youth Football Program. The YMCA of Northeast Louisiana will decide upon any omissions, discrepancies or ambiguities.

High School rules and regulations will prevail except where changes are indicated by the following rules:

1. The YMCA will enforce a non-tobacco use policy for coaches and assistant coaches at all practices and games.
2. The field shall be 100 yards long for 8-12 yr old.
3. The age and weight restrictions by league are as follows:
 - Junior Tackle 8 year olds, 160lbs max weight, 110lbs max ball carrier (Pee-Wee Football)
 - Tackle 1 – 9 year olds, 170lbs max weight, 120lbs max ball carrier (Junior Football)
 - Tackle 1 – 10 year olds, 180lbs max weight, 125lbs max ball carrier (Junior Football)
 - Tackle 2 – 11+12 years old, 195lbs max weight, 135lbs max ball carrier (Youth Football)

*A ball carrier is considered any player who lines up to receive the ball, including punts and kickoffs. If a player is lined up in the position of fullback, he must meet the max weight for a ball carrier as not to deceive the opposing team. Players who intercept a pass or recover a fumble may advance it regardless of their weight. Players who are ineligible to run may field kickoffs or punts, but are considered down at the point of reception.

* All kids must play for their school. If school does not have enough kids to have a team, kids will be placed on the closest geographic proximity of their home based schools based on slots available on the remaining teams.

4. Each team roster shall consist of no less than 16 and no more than 24 players unless directed otherwise by the YMCA Sports Director/CEO.

5. In 11 man football, the offense must have a minimum of seven players on the line of scrimmage.
6. **Equipment:** A player must wear a head protector, face protector, mouthpiece, shoulder pads, body pads, and shoes. **ALL TEAMS MUST WEAR JERSEY THE YMCA PROVIDES. NO CUSTOM JERSEYS.**
7. **Scoring:** Touchdowns will score 6 points. Running extra points will score 1 point and passing extra points will score 2 points. No Field goals.
8. **Practices:** Practice sessions shall last no more than 2 hours. Teams shall not practice more than 3 times per week during preseason or more than twice per week during the regular and post-season. Scrimmages will count as practices. Specific practice times and location is determined by the team's coach. There shall be no practice on Sundays. Deviation by a coach of assigned practice times or guidelines shall result in forfeiture of the most recent game. No practice on Sundays.

*****Any practice that takes place prior to the start of the season is considered against the rules and may result in a 1 (one) game suspension for the head coach or forfeiture of the practicing teams first regular season game. We have this rule in place due to the fact rosters are not available and therefore some of the new players that sign up may not know of the team practices. If any type of practice is held, it must be offered to all students within the age group of the team holding practices. This will cut down on the calls we receive at the YMCA office from parents concerned that their child was not placed on a team. Any students that participate in these practices prior to signing up for YMCA Football will not be covered under the Y's insurance policy. In the event that an uninsured player is injured, all costs will fall on the parent and coach and possibly the school, recreation center, etc.... at which the injury occurred. Although the Y will not follow each individual team, we will look into any practices taking place prior to the season if it is brought to the attention of the Y staff. Conditioning is allowed but will not be covered under Y's insurance policy.**

9. **Playing time:** Each child who attends practice, shows up to the game on time, and behaves in a satisfactory manner shall play a minimum of half of each game (50%) (2 quarters), and shall be deemed a starter on either offense or defense. Playing a child only on special teams (such as kickoff return) is not acceptable. The first offense will result in a warning. The second offence will result in a one game suspension of the head coach. The third offense will result in the forfeiture of the game in question as well as the suspension of the team's coach for the following game. Punishment for any such occurrence following the third offense

will be decided by the YMCA Sports Director and Football Committee and could result in a yearlong suspension of the team's coach.

10. **Game length: PRAYER BEFORE EVERY GAME.** A game shall consist of four (4) 10-minute quarters with a running clock (8-12 yr olds). During the last two minutes of the 2nd and 4th quarters a regulation clock will be used (stopping for out-of-bounds and incomplete passes).
11. **Halves:** Each half of the game shall begin with a kickoff (10-12 yr old). Before the game, the referee in the presence of the team captains and coach shall toss a coin after designating which captain shall call it. The winner of the toss shall choose whether to kick or receive, and which goal to defend. **No PUNTS AND KICKOFFS** in 8-9 yr old.
12. **After a touchdown the ball will start at the 20 yard line (8-9yr) and (10-12yr) will kickoff from the 40 yard line.**
 - **Between the 1st, 2nd, 3rd and 4th quarters teams shall not change goals.**
13. **Time Outs and Breaks:** There shall be a 5-minute break between halves and a 1-minute break between quarters. Each team shall be allowed 2 one-minute time outs per half. Any player may call a time out for his or her team.
14. **Coach and player conferences are permitted between quarters and during time outs. Conferences may take place directly in front of the team's box and within five yards of the sideline.**
15. **Any penalty for unsportsmanlike conduct during the last play of the 1st half or any penalty after the end of the half shall be administered at the beginning of the 2nd half.**
16. **Start of the clock:** For a period that starts with a kickoff, the clock shall start when the ball is legally touched. If the period begins with a regular play, the clock will start at the snap of the ball.
17. **When the referee gives the ready-to-play signal and whistle, the offensive team has 30 seconds to snap or free-kick the ball. The penalty for a delay-of-game is 5 yards.**
18. **Substitution:** Free substitution shall be used as long as each child plays at least half the game. Any substitute entering the game must participate in at least one play before leaving the field and must stay out one play before reentering.

- 19. Forfeiture of game: The following offenses will result in the forfeiture of the game by the offending team (Score 6-0).**
- **Playing a child not on the official roster or not meeting the requirements set forth in rule #3**
 - **Having a child that exceeds the weight limits line up as a ball carrier. (If a defensive player intercepts a pass, he or she may advance the ball regardless of weight).**
 - **Any violation of practice procedures**
 - **Failure to have 10 players within 10 minutes of the scheduled game time**
 - **In the event of a forfeit, an abbreviated practice game can be played with the consent of both teams.**
- 20. Punts: 30 yard simulated kick for 8-10year olds. No punts can be placed inside the 15 yd line.**
- 21. After a huddle or shift, all offensive players shall come to an absolute stop and remain stationary simultaneously without any movement of hands, feet, head, or body for at least one second before the snap. The exception is an end or back which may be put in motion.**
- 22. Penalties:**
- **5 yards for a minor infraction**
 - **10 yards for a major infraction**
 - **15 yards for unsportsmanlike conduct**
 - **15 yards AND LOST OF DOWN for NON-COACH ON THE SIDELINE.**
- 23. Tripping (the use of the lower leg or foot to obstruct an opponent below the knee) shall not be allowed.**
- 24. Clipping is an illegal block in which a player hits an opponent from behind, typically at leg level. Such cases shall not be ruled clipping unless the official sees the initial contact. Blocking is not clipping when it is close line play in an area extending laterally four yards on either side of the snap, three yards behind the snap, and provided the blocker is in the area of the snap. Clipping is a ten-yard penalty.**
- 25. Unsportsmanlike conduct: Any of the following actions will result in a 15-yard penalty for unsportsmanlike conduct:**
- **any offensive player not joining the huddle between downs**

- any player leaving the field between downs to gain an advantage (except substitutions)
- intentionally kicking the ball, spiking it, throwing it high in the air or from the field of play, falling to place it on the ground or return it to an official immediately
- use of profanity by coach, player or coach will result in ejection from the game
- unsportsmanlike conduct directed at an opposing player, fan, or coach will result in ejection from the game

All unsportsmanlike conduct calls are final and cannot be appealed.

26. Kick-off: Teams kick off from their 30 yard line. The receiving team must have 5 players between their 35 yard line and 40 yard line.

- If the ball goes out of bounds after traveling ten yards, the receiving team may take the ball on their 40 yard line for 10-12 yr old or may request a re-kick, with the kicking team suffering a 5-yard penalty.
- If it goes out of bounds before going ten yards, the receiving team takes over where the ball went out of bounds.
- If the ball is touched by the kicking team before going 5 yards, the receiving team may put the ball in play at that point or request a re-kick with a 5 yard penalty on the kicking team.
- Onside kicks must travel 10 yards. The ball is live and cannot be advanced by the kicking team.
- Any kick touching the ground behind the receiving team's goal line is dead and a touchback.
- It is illegal for any player to block below the waist after a free-kick.

27. Tie-breaker: Each team has four plays to score from the 10 yard line plus an extra point attempt. If the score remains tied, the procedure is repeated from the 5-yard line. If the score still remains tied after the second set of downs, the game is a tie.

28. Protests: Protests can only be filed by the coach, in writing, submitted to the football committee or the YMCA office by noon the next business day following the game in question.

29. Accidents or injuries must be reported to the YMCA office within 24 hours on the accident form provided by the Y.

30. Mercy Rule: In the fourth quarter of any game, if one team is winning by more than 20 points, the clock shall run without stopping until a) time has expired, or

b) the gap in the scores becomes 20 points or less. No team will be able to stop this running clock with a timeout.

31. In Jr. Tackle (8yo) two (2) coaches are allowed on the field at all times and in Tackle 1 (9yo) one (1) offensive and one (1) defensive coach will be allowed on the field at all times.
32. Age Waivers: Parent may request to allow their children to “play up” in the next age group by filling out a waiver request form.
 - Waivers can only be used when moving from flag to tackle. Waivers will not be allowed to move from one flag age to another or from one tackle age to another
 - For a 7yo to waiver up to the Jr. Tackle league he must have two years of previous experience in the YMCA’s flag league
 - All waivers must be turned in at the time of registration. Waivers received after the registration form has been handed in will not be considered.
 - Each waiver request will be considered on an individual basis. Decisions on whether or not to grant waivers will be made by the YMCA Sports Director and YMCA Football Committee. Simply filling out the waiver does not guarantee that the request will be approved.
 - Players cannot play YMCA football while playing for any other league or school
33. Each child is required to play on the team that is assigned by the YMCA unless approved otherwise by the YMCA Sports Director and YMCA CEO. Any player caught playing with a team other than his assigned team will result in a forfeit of games played with that team and possible dismissal from the league for said player.
34. Coaches will not be allowed to move kids prior to the snap unless this is part of the defensive play called and the players move on their own based on a key work or cadence. Coaches will not be allowed to reposition a player prior to the snap of the ball based on the alignment of the opposing team.
35. Onside Kicks: Once a team is up 14 points they will no longer be able to onside kick. If at any time the lead drops below 14 points the onside kick will once again be allowed.
36. Ball Size: 8 Pee Wee, 9-10 Junior, 11-12 Youth size

Special note: YMCA participants may not belong to or participate with any other youth. Junior high football players of age will be allowed to play ONLY with Jr. High Coach Permission.

Please note: All protests are to be logged in writing and submitted to YMCA Sports Director or the YMCA office by noon on the next business day following the game in question. Only the coach can make protests.

All accidents are to be reported to the YMCA office within 24 hours of the injury. All accidents must be reported on an accident form provided by the YMCA.