

# **Aberdeen Family YMCA**

## **Tackle Football Rules**

### **6<sup>th</sup> Grade**

#### **PHILOSOPHY FOR TACKLE FOOTBALL**

**Tackle football for grade 6 for the Aberdeen Family YMCA will be a non-competitive, fun filled, fundamental learning experience that all kids will be able to participate in. The league wishes to create an environment that will allow each youth to learn football fundamentals and skills, develop an interest in the sport, form new friendships and build on existing ones. Character development will be emphasized by the coaches and those helping run and organize the league. The YMCA's core values of: Honesty, Caring, Responsibility, and Respect will be emphasized and discussed at each practice and game. Sportsmanship and teamwork will be expected and lack of it will not be tolerated. Our main goal is to teach, learn, practice and enjoy the game of football. We believe that participation in athletics helps build strong character, strong minds, and strong bodies. KIDS NEED TO HAVE FUN!!!!**

# 9-PLAYER TACKLE RULES

9-Player Rules YMCA Tackle uses the NFHS rule book as a base and employs the following adjustments for 9-player football.

## General Rules

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| <b>Cancellations</b> | <ul style="list-style-type: none"><li>• Game cancellations will be communicated through text alerts and posted on the YMCA Facebook.</li></ul>   |
| <b>Uniform</b>       | <ul style="list-style-type: none"><li>• Players may wear molded rubber cleats to play. No metal or removable cleats may be worn.</li><li>• The YMCA issued football jersey is the required jersey for league play. If multiple layers of clothing are worn due to cold weather, the "Y" jersey should be the outside, visible, layer.</li><li>• Helmets and shoulder pads will be issued by the YMCA at equipment checkout as listed on the football calendar.</li></ul> |
| <b>Location</b>      | <ul style="list-style-type: none"><li>• ALL practices and games will be held at Central High School's practice fields (CHS) or Roncalli High School's practice fields (RHS)</li></ul>  |
| <b>Football Size</b> | <ul style="list-style-type: none"><li>• A Junior size football will be used for this league.</li></ul>   |
| <b>Practices</b>     | <ul style="list-style-type: none"><li>• The first 20 minutes of every practice MUST be dedicated to teaching fundamentals</li><li>• Practices need to be used teaching players proper technique of how to play tackle football – we need to make a larger emphasis on proper tackling and not encouraging kids to dive at the ankles and go too low</li></ul>  |
| <b>Playing Time</b>  | <ul style="list-style-type: none"><li>• Games will consist of one 50 minute time allotment (including half-time). Each team will be allowed one 5 minute time-out at half-time.<ul style="list-style-type: none"><li>○ Games must start and end on time!</li></ul></li></ul>   |

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| <b>Transition Time between Games</b> | <ul style="list-style-type: none"> <li>• A 10 minute transition time will be monitored between games to ensure all games start &amp; end at their scheduled times</li> </ul>  |
| <b>Warm-Ups</b>                      | <ul style="list-style-type: none"> <li>• Practice areas noted on the field map are available for warm-ups. Warm-ups are not included in playing time or transition time.</li> </ul>   |
| <b>Time Between Plays</b>            | <ul style="list-style-type: none"> <li>• Do not exceed 60 seconds between plays</li> <li>• Officials need to keep the game moving</li> </ul>  |
| <b>Officials</b>                     | <ul style="list-style-type: none"> <li>• Officials are high school players – Coaches will need to help whistle plays dead and calling fouls (coaches have your whistles)</li> </ul>   |
| <b>Teams</b>                         | <ul style="list-style-type: none"> <li>• Teams are compiled based off height, weight, and skill set. NOT location/school</li> </ul>   |
| <b>Positions</b>                     | <ul style="list-style-type: none"> <li>• ALL players must rotate between all positions to ensure participants learn all of the skills for developmental purposes</li> <li>• If players do not want to play a certain position, they are not required to</li> <li>• Judgement – the smallest kid on the field should not be lined up to go against the biggest kid on the field, especially when playing the line</li> </ul> |
| <b>Field Size</b>                    | <ul style="list-style-type: none"> <li>• All game action takes place on one half of the field with all possessions starting on the 40-yard line going toward the end zone.</li> </ul>   |
| <b>Coin Toss</b>                     | <ul style="list-style-type: none"> <li>• The winner of the coin toss may choose the ball, choose to defend a goal, or defer to second half</li> </ul>   |
| <b>Kickoffs</b>                      | <ul style="list-style-type: none"> <li>• There are NO kickoffs. Instead, the ball will be placed at the 40 yard line and possession will be determined by the coin toss to start the game.</li> </ul>   |
| <b>Downs</b>                         | <ul style="list-style-type: none"> <li>• A team has 6 downs to score from the 40-yard line.</li> <li>• After each down, the ball is spotted in the middle of the field. Hash marks are not used.</li> <li>• Teams will get to play all 6 downs unless there is a touchdown or an interception</li> <li>• Fumbles behind the line of scrimmage (bad hand-off or toss to running back) will be blown dead</li> </ul>          |

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|                             | <p>and not count as a down and that play will be a redo</p> <ul style="list-style-type: none"> <li>• Interceptions may be returned past the 40-yard line and will be considered a score if done so – this is a change from the previous year and will add excitement for the players who may get an INT</li> </ul>  |
| <b>Scoring</b>              | <ul style="list-style-type: none"> <li>• No PATs or 2-point conversions</li> <li>• Every score counts as 7 points</li> </ul>  |
| <b>Change of Possession</b> | <ul style="list-style-type: none"> <li>• Following halftime, possession will go to the opposing team.</li> <li>• Change in possession will also occur... <ul style="list-style-type: none"> <li>○ After 6 downs have been played</li> </ul> </li> <li><u>OR</u></li> <li>○ If a touchdown has been scored</li> <li>• Following a scored change of possession, ball must be placed back on the 40-yard line to start</li> </ul>  |
| <b>Snaps</b>                | <ul style="list-style-type: none"> <li>• The goal is for the center to snap the ball to the QB in shotgun or under center <ul style="list-style-type: none"> <li>○ If fumbled, this does not count as a play. Just re-snap.</li> </ul> </li> </ul>  |
| <b>Playbook</b>             | <ul style="list-style-type: none"> <li>• A playbook will be provided as a guide for coaches but it is not required to follow only the plays given. However, teams must keep huddles under 60 seconds during games, so keep it simple!</li> <li>• There needs to be 4 line-man at all times and 5 players on the line of scrimmage</li> </ul>  |
| <b>Restricted Plays</b>     | <ul style="list-style-type: none"> <li>• NO Hail Mary's, QB/Center sneak, or Reverse Sweep plays are allowed <ul style="list-style-type: none"> <li>○ <u>Hail Mary</u>: sending ALL receivers to the end zone and QB throws the ball hoping someone catches it <ul style="list-style-type: none"> <li>▪ However, it IS allowed to have one or two WR's running vertical routes to the end zone</li> </ul> </li> <li>○ <u>Center Sneak</u>: when the QB, immediately after receiving the snap, hands it off to the center (who just snapped the ball to him) in order to advance the ball</li> <li>○ <u>QB Sneak</u>: QB's are not allowed to take the snap and immediately advance downfield between the guards and center. QB's are</li> </ul> </li> </ul> |

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|                  | <p>allowed to run with the ball but may not take the snap and immediately advance downfield.</p> <ul style="list-style-type: none"> <li>○ <u>Reverse Sweep</u>: before the ball-carrier crosses the line of scrimmage he hands the ball off to a teammate, usually a wide receiver, running in the reverse (opposite) direction. <ul style="list-style-type: none"> <li>▪ This includes <u>Double Reverses</u>: when the second ball-carrier takes the ball all or part way back across the field before he too hands off to a teammate running in the opposite direction.</li> </ul> </li> </ul>  |
| <b>Turnovers</b> | <ul style="list-style-type: none"> <li>• Turnovers on fumbles are blown dead immediately. No returns are allowed. Play restarts on the 40-yard line or where play was marked down with the same team still on offense unless it was the 6<sup>th</sup> play. <ul style="list-style-type: none"> <li>○ Rule application: A fumble occurring behind the line of scrimmage due to bad hand-offs between QB and center or RB and QB will be blown dead immediately and will result in redo of that play without cost of down.</li> <li>○ A fumble down field recovered by the offense will be spotted at point of recovery and a fumble recovered by the defense will result in a restart at the 40-yard line for the team that was on offense when fumble occurred and loss of down.</li> <li>○ Offense may scoop and advance a fumble</li> </ul> </li> </ul> |

## Offensive adjustments

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| <p><b>Balanced Offense</b></p>    | <ul style="list-style-type: none"> <li>• One side of the formation can only have (at most) one more player on that side of the ball than on the other side of the ball.</li> <li>• QB, Center, and "I" Formation backs do not count as they are already centered</li> <li>• 5 players need to be on the line of scrimmage for a play to be correct</li> </ul>   |
| <p><b>Balanced O-Lines</b></p>    | <ul style="list-style-type: none"> <li>• 9-man teams typically follow a 5- or 4-man front</li> <li>• "TGCGT" or "TEGCGT"</li> <li>• One tackle may be considered a TE and can act as one in the offense, being able to go for passes</li> <li>• Both tackles are not allowed to be treated as TE and 1 will be designated before play</li> <li>• TE does not always need to be attached to the line and can be spread out where needed by the offense – this means the 4 players on the line are not eligible receivers and must be treated as linemen</li> </ul> |
| <p><b>Offensive Positions</b></p> | <ul style="list-style-type: none"> <li>• All players should rotate positions during the game. Therefore:             <ul style="list-style-type: none"> <li>○ The four offensive linemen must identify themselves on each play by raising their hands as they break the huddle and approach the line of scrimmage.</li> <li>○ Once identified as an offensive lineman, players may not shift to another position.</li> </ul> </li> </ul>  |
| <p><b>Designated Players</b></p>  | <ul style="list-style-type: none"> <li>• A designated player may catch a forward pass, beyond the line of scrimmage from the Tackle/End position</li> </ul>   |
| <p><b>Blocks</b></p>              | <ul style="list-style-type: none"> <li>• All blocks below the waist, in any situation, are illegal.</li> <li>• No cut blocks or ankle blocks</li> </ul>   |

## Defensive adjustments

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| <p><b>Defensive Positions</b></p>  | <ul style="list-style-type: none"> <li>• Only a 4-3-2 defense is allowed             <ul style="list-style-type: none"> <li>○ 4 players on the line of scrimmage: 2 defensive guards and 2 defensive tackles.                 <ul style="list-style-type: none"> <li>▪ Defensive guards/tackles must be lined up with the offensive guards/tackles in a 2-point or 3-point stance.</li> </ul> </li> <li>○ 3 linebackers: 2 outside linebackers (corners) and 1 middle linebacker.                 <ul style="list-style-type: none"> <li>▪ Linebackers cannot be stacked (lined up behind a lineman).</li> <li>▪ Place outside linebackers on the outside shoulder of the defensive end or as far outside as you would like. But, you cannot move them inside any further.</li> <li>▪ The middle linebacker must be over the center prior to the start of the play.</li> <li>▪ Linebackers must be 3 yards from the line of scrimmage at the snap.</li> </ul> </li> <li>○ 2 Safeties: can line up as far wide, inside or back as you would like.                 <ul style="list-style-type: none"> <li>▪ They must be at least 8 yards from the line of scrimmage.</li> <li>▪ If the ball is inside the 10 yard line, the safety must be 5 yards from the Line of Scrimmage.</li> </ul> </li> </ul> </li> </ul> |
| <p><b>Defensive Gap Lineup</b></p> | <ul style="list-style-type: none"> <li>• Linemen must line up directly in front of the offensive lineman in a 2-point or 3-point stance. They may not line up in the gap.</li> </ul>   |
| <p><b>Blitzing</b></p>             | <ul style="list-style-type: none"> <li>• NO blitzing or forward movement prior to snap of the ball. Ends and linebackers may rush in after the snap.</li> </ul>  |
| <p><b>Tackling</b></p>             | <ul style="list-style-type: none"> <li>• NO tackling by the head/helmet. No horse collar tackles allowed.</li> <li>• Try to avoid any ankle diving tackles and lower than the knees tackles – coaches need to teach proper tackle techniques</li> </ul>  |
| <p><b>Punts</b></p>                | <ul style="list-style-type: none"> <li>• There is no punting.</li> </ul>   |

