



FISHERS-HSE YOUTH FOOTBALL LEAGUE

5th/6th Grade Tackle League Rules and Regulations

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A. Game Rules

1. ***IHSAA Rules Apply, Exceptions:***

All games will be played under the Indiana High School Football rules, except as stated herein.

Under no circumstances are players allowed to submarine, chop block, or hit players below the waist on anything other than a tackle attempt.

2. ***Football Size:***

A Junior Sized football will be used for this league.

3. ***Sidelines; Clock and Chain operation***

- a. Teams shall line up on the side of the field that matches their Home/Away designation on the scoreboard.
- b. The Home team shall provide two individuals for the chains
- c. The Visiting team shall provide an individual for the down marker, and a scoreboard operator.

4. ***Spectating***

- a. A Spectator is anyone other than Board approved coaches, players, officials, sideline down markers, and Board members.
- b. All Spectators at games or practices must sit in the bleachers, or designated seating area; or:
 - i. maintain a distance of at least five yards from the playing field sidelines/bench; and
 - ii. stay between the 30 yard lines.
- c. Any person who refuses to comply with this rule risks having their team assessed with an Unsportsmanlike Conduct penalty.

5. ***Game Length:***

Games will consist of four, eight minute quarters.

6. ***Game Clock:***

- a. The clock will stop for out of bounds plays, incomplete passes, penalties, and change of possession.
- b. After a first down, the game clock will be stopped until the ball is set.

7. ***Possession:***

First possession will be determined with the coin toss by the officials and team captains prior to the game. The visiting team calls the coin toss. The winner of the coin toss has

their choice to receive, kick, defend a goal, or defer to the second half.

8. Kickoffs:

There will be no live ball kickoffs. There are three options in place of a live ball kickoff. All options are untimed:

- a. Option 1 – The ball can be placed at the 40 yard line.
- b. Option 2 – Alternative Onside Kick
 - i. Any team that is not winning by 9 points or more can attempt an "onside kick" at any time during the game.
 - ii. The ball will be placed at the kicking team's own 40 yard line and treating the next play as if it is 4th down and 15 yards to go.
 - iii. If the offense makes the necessary yardage, they maintain possession wherever the previous play ended. The clock will start 1st and 10.
 - iv. If the offense fails to make the necessary yardage, the defending team will take possession wherever the previous play ended.

9. Play Clock:

- a. The play clock will start when the ball is set and marked ready-for-play by the official.
 - i. In weeks 1 and 2, the play clock will be 40 seconds.
 - ii. Starting in Week 3 the play clock will be 35 seconds.

10. Timeouts:

Each team is allowed two (2) timeouts per half.

11. Sidelines, Coaches:

- a. All players and coaches, not on the playing field, must stay between the 30-yard line markers with the following exceptions:
 - i. The 4th grade and under leagues may have one (1) coach on the field.
 - ii. Once the huddle is broken, coaches on the field cannot give playing instructions other than to correct proper alignment as noted in the rules.
- b. Any adult, not approved by the league as a coach or official is a Spectator and must comply with rules for seating of Spectators.

12. Point After Touchdown options:

- a. Two points from the 5-yard line
- b. One point for the 3-yard line
- c. Two points from the 3-yard line if kicked
 - i. Kicking attempts must be declared.

- ii. No fakes allowed.
- iii. ALL leagues must use a blocking tee for extra points.
- iv. The tee placed anywhere between the 7 and 10 yard lines.
- v. The offensive line must take a standard 3-point stance and may not lie down in order to assist the kicker.
- vi. The ball will be placed beside the tee, the play starts when the holder picks up the ball and the kick must be attempted within 5 seconds of the holder picking up the ball.
- vii. There is no rush on a Point After Touchdown.

13. Field Goals:

- a. Field Goals may be attempted and must be declared.
- b. No fakes allowed.
- c. ALL tackle leagues must use a block tee for field goals.
- d. The tee will be placed at least 5 yards behind the line of scrimmage.
- e. The offensive line must take a standard 3-point stance and may not lie down.
- f. The ball will be placed beside the tee, the play starts when the holder picks up the ball and the kick must be attempted within 5 seconds of the holder picking up the ball.
- g. No rush will occur.

14. Punting

On fourth down a team has 3 options:

- a. They may elect to go for the first down
- b. They may choose to turn the ball over on downs to their opponent via a 35 yard walk off by the official.
- c. No walk off can result in the ball staling within their 20-yard line
- d. The walk off is an untimed down

15. Safety

When a defensive team tackles a ball carrier in their end zone, the following shall happen:

- a. The defensive team shall be awarded 2 pts
- b. The defensive team shall be awarded the football on the opposing teams 45 yard line

16. Playbooks:

In order to prepare players for higher level football, and to ensure the focus of coaches is on player development, the FHYFL will utilize an official Playbook. The Playbook will be proposed by the Head Coaches of Fishers and Hamilton Southeastern High Schools and approved by the Board.

- a. Playbooks will be provided to each team, and shall constitute the entire playbook of offensive and defensive plays for 4-6th grade leagues.

- b. Regulation and enforcement of the Playbook will be addressed by the League Commissioner. The Board Member on Duty has discretion to address the issue during the game. Officials will not be responsible for enforcing the playbook.
 - i. A second game with an infraction may result in the loss of coaching duties.
 - ii. A third game with an infraction may result in forfeiture of the game as a loss.
- c. Examples of illegal plays:
 - i. Direct Snap to QB with both RB's as lead blockers (e.g. 18 Sweep, 11 Dive, etc.)
 - ii. Fake QB Keep Pass (e.g., QB initial move is show run only to pull up and pass)
 - iii. Jet Sweeps
 - iv. Plays disguised as "broken plays" that allow a QB/WR/TE to run with RB as blockers
 - v. Other plays that are created outside of the playbook
- d. Coaches have the flexibility to adjust the following for plays in the playbook:
 - i. Quarterback steps on handoffs (e.g., reverse pivot on a 24 Dive)
 - ii. Blocking Schemes (e.g., pulls on counters, traps, etc.)
 - iii. Adjust running lane for Dives and Blasts (e.g., 21 Dive, 32 Blast)
- e. Calling plays that are outside of the official Playbook rule subjects a team to forfeit a completed game, and subjects the coach to suspension, or expulsion from the league.
- f. Defensive blitzes are prohibited. No player should be moving towards the line of scrimmage before the ball is snapped. A blitz is defined as a defensive play that allows a:
 - i. LB to move within 4 yards of the line of scrimmage before the ball is snapped or make a direct line to the QB upon a straight dropback after the snap
 - ii. CB to leave the receiver before the snap or make a direct line to the QB upon a straight dropback after the snap
 - iii. S to move within 7 yards before the snap or make a direct line to the QB upon a straight dropback after the snap

17. Offensive Formations:

Shot-gun snap will be allowed. The offensive line will consist of a center, two guards, two tackles, and two ends. The offensive line will be balanced with a maximum split of 2 feet from Tackle to Tackle.

- a. The offensive ends may be split or tight
- b. Running backs must be a minimum of 1 yard off the line of scrimmage.
- c. No less than two (2) backs in the backfield (including quarterbacks).

- d. Backfield is defined as behind and not outside offensive tackles.
- e. If only one running back is in the backfield, the remaining two offensive backs must be on opposite sides of the center and within the offensive tackles.
- f. The command to snap the ball must come from a player on the field.
- g. A wide-out cannot go in motion towards the football to block any of the interior 8 players.
- h. No Cut Blocks – Blocking contact must be initiated above the waist.
- i. No Chop Blocks

18. Defense Alignment:

- a. All Tackle League Teams shall run a standard 4-4 defense. Except in short yardage situations, as described below.
- b. Defensive Tackles:
 - i. Must be in a 3 or 4 point stance
 - ii. Must align head up over the Offensive Guards
- c. Defensive Ends:
 - i. Must be in a 3 point stance
 - ii. May line up either head-up or over the outside shoulder of the Offensive Tackle with no gap between the Defensive End's inside shoulder and the Offensive Tackle's outside shoulder
 - iii. When a Tight End is present, the outside Defensive End may line up either head-up or over the outside shoulder Tight End with no gap between the Defensive End's inside shoulder and the Tight End's outside shoulder
- d. Linebackers aligned behind the defensive Tackles 4 yards from the line of scrimmage.
- e. Cornerbacks aligned with the widest offensive player. They can be positioned inside, over, or outside but must shade the receiver. If the receiver aligns closer than 5 yds to the sideline, the cornerback may align unattached to the receiver.
- f. Safety must be aligned at least 7 yards behind the line of scrimmage.
- g. A Short yardage 6-2 defense may be used inside the ten-yard line or short yardage situations of less than 2 yards to go:
 - i. Defensive guards and tackles must be in a 3 or 4-point stance.
 - ii. Defensive guards must align head up to the offensive guards.
 - iii. Defensive tackles must align head up to the offensive tackles.
 - iv. Defensive ends must align head up to the tight end.
 - v. If the ends are split more than 3 yards, the defensive ends may play inside the offensive end.
 - vi. Linebackers must line up head up to the offensive guards and be deeper than the heels of the defensive down lineman.

- vii. Cornerbacks must line up outside the defensive end and be 3 yards off the line of scrimmage at all times.
- viii. Safeties must line up 3 yards deeper than the linebackers.

19. Minimum Playing Time Rule:

- a. All players must start on either offense or defense.
- b. When accounting for all of the snaps on both sides of the ball, a player must play $\frac{1}{2}$ of the snaps.
 - i. ex. A player meets the minimum playing time requirement if they play every offensive snap, and no defense.
 - ii. ex. A player meets the minimum playing time requirement if they play every defensive snap, and no offense.
 - iii. ex. A player who rotates each play on offense (such as a play runner) must play half of the snaps on defense.
 - iv. ex. A player who plays only 2 quarters of offense, must play 2 quarters of defense.

20. Exceptions to playing time rules:

- a. The *ONLY* exceptions to the Playing Time Rule are situations in which the Head Coach determines, in his discretion, that a player should not play all of his or her allocated playing time because:
 - i. The player exhibited unsportsmanlike conduct or behavior that is detrimental to the team; or
 - ii. The player has multiple unexcused absences from practice or games.
- b. The following DO NOT justify an exception to the Playing Time Rule:
 - i. Lack of ability;
 - ii. Player being new to the game or not knowing plays;
 - iii. Apprehension, fear or reluctance of a player to participate (except where player steadfastly refuses to follow a Coach's direction or participate in practice or game, which would fall within one of the exceptions);
 - iv. Unfamiliarity with the position; or
 - v. Missing practices or games for school-sponsored activities or religious or church activities ("Excused Absences").
- c. Process for exceptions to the Playing Time Rule:
 - i. The Head Coach shall, at least twenty-four (24) hours prior to the game in which the player's playing time will be adversely affected, notify:
 - 1. the League Commissioners;
 - 2. the player; and
 - 3. the player's parents

the reasons why the player's playing time is being reduced. Failure to advise parents

and player shall be a violation of this rule.

- ii. The Board shall be responsible for monitoring compliance with this Playing Time rule.
- iii. At least 30 minutes prior to the beginning of each game, each Head Coach shall provide:
 - 1. the opposing Head Coach; and
 - 2. the League Commissioner or the Commissioner's Representative

with the name and number, in writing, of any player(s) whose playing time will be adversely affected and the reasons therefore.

21. 24 Point Rule:

If a team is behind 24 points, the team that is behind automatically gets the ball on the 50-yard line after each score, no matter which team scores until the team is no longer 24 points behind.

22. Victory Formation

- a. Victory Formation are allowed in end-of-game situations under specific situations:
 - i. Inside of 1 minute left of play, a team is able to take and knee and run out the clock
 - ii. If the opposing team cannot stop the clock, the game will be declared over and play won't need to be run
 - iii. If the opposing team can stop the clock, then a play will need to be run and the ball will need to be snapped.

23. Overtime:

- a. A coin flip will determine first possession. The visiting team shall call the coin flip. The winner of the coin flip shall choose offense or defense.
- b. Each team will receive one possession
- c. Both teams will use the same end zone for overtime possessions.
- d. The offensive team will be given a first down on the 10-yard line.
- e. The play clock runs as normal. There is no game clock, and all play is otherwise untimed.
- f. A team's possession ends when it scores (touchdown or field goal), misses a field goal, or turns over the ball (either on downs or by the defense otherwise gaining possession).
- g. During an overtime period, the defense cannot score or advance a turnover.
- h. If the offensive team scores a touchdown, they may choose from among the Point After Touchdown options.
- i. After the initial offensive team completes their possession, regardless of whether, or how much they score, the opposing team is given an offensive

possession.

- j. Each team shall receive 1 time out in overtime. Timeouts do not carry over from regulation.
- k. If the tie is not broken after the first overtime period, the above rules repeat with the following changes:
 - i. The team who began on defense in the first overtime period shall be on offense to begin the second overtime period.
 - ii. The offensive team will start 1st and goal from the 5-yard line.
- l. If the score is still tied after the second overtime period, then the tie shall stand as the official game result.

24. *Playing with fewer than 11 players*

- a. The Board limits the number of players on each team in order to maximize playing time for all participating players. Occasionally, due to small team sizes, injuries, or absent players, teams may be required to finish a game with fewer than 11 players.
- b. When a player has less than 11 players available to play, the game shall continue. However the opposing team should reduce its number of players on the field to match the number of eligible players. The first player removed is the offensive end and a corresponding defensive end. The second player removed would be the other offensive end, and corresponding defensive end.