

# NWRAA Football League Rules

Updated 8/16/25

## Game Times

- 4 quarters, 12-minute running clock for 9 – 12 year ago. 4 quarters, 10-minute running clock for 7 & 8 year ago, time will stop during final two minutes of each half for all age groups.
- Each team has three one-minute time outs each half. (previously 2)
- After a time-out, the clock will continue outside of the last two minutes of each half.
- Halftime will last 10 minutes.
- If a player is injured on the field, the official will call an injury time-out.
- If one team is leading by more than 21 points, there is no stoppage of time after the 2:00 mark in the second-half.
- Time between plays will be 30 seconds for the 9 – 12 year ago league, 45 seconds for the 7 - 8 year ago.

## Extra Points

- No extra points will be kicked after a touchdown.
- Teams have the option to go for one or two points.
- Teams will receive 1 point if they successfully score from the 3-yard line.
- Teams will receive 2 points if they successfully score from the 5-yard line.
- Teams can choose to spot the ball in the middle or on the hash mark.
- Extra point play is a dead ball situation.
- Offensive penalties will be enforced.
- Defensive penalties before the snap will result in moving the ball half the distance to goal line for same point value.
- Defensive penalty after the snap can be declined or accepted.

## Kickoffs

- There will be no live kickoffs.
- The ball will be placed on the receiving team's 20-yard line.
- After a safety, the ball will be placed on the 40-yard line. Punt Return / Coverage • There will not be live punts.
- The ball will be moved 30 yards but no deeper than the 20-yard line.

## Overtime

- NEW RULE: OVERTIME (SCORE TIED AT THE END OF REGULATION PLAY)-All Ages •  
ALL TIES WILL BE PLAYED OFF FROM THE 10 YARD LINE. \* THE TEAM WINNING THE COIN TOSS AT THE START OF OVERTIME HAS THE OPTION OF PLAYING OFFENSE OR DEFENSE FIRST.
- EACH TEAM HAS FOUR DOWNS TO ATTEMPT TO SCORE, GAME CLOCK IS OFF, BUT PLAY CLOCK IS USED.
- A LOSS OF POSSESSION BY FUMBLE OR INTERCEPTION TERMINATES A FOUR-DOWN ATTEMPT TO SCORE.
- ONLY THE TEAM ON OFFENSE CAN SCORE. IF THE SCORE REMAINS TIED AFTER EACH TEAM HAS A FOUR-DOWN ATTEMPT TO SCORE, THE COIN WILL NOT BE RETOSSED BUT WILL ALTERNATE TEAM FROM FIRST OVERTIME PERIOD. EACH TEAM WILL BE GIVEN A SECOND (FOUR-DOWNS) ATTEMPT. IF THE SCORE REMAINS TIED AFTER EACH TEAMS' SECOND ATTEMPT THE GAME WILL BE CONSIDERED A TIE, UNLESS IT IS A PLAYOFF GAME, THEN A WINNER MUST BE DETERMINED.

## Game Balls

- 7 - 8 year ago- K2, 9 – 10 year ago- TDJ, 11 – 12 year ago TDY
- Each team will enter the draft with no more than three coaches.
- All coaches must submit to a Background Check.
- Coaches on the Field (no change)
- 7 – 10 year ago — one coach per team will have the option to be on the field under the direction of the game officials. (Except 11/12 group)
- 7- 10 year ago once a play is called, coaches must stay behind the officials during the entirety of play. Defensive coaches are not allowed to instruct or advise his players as to the direction of the opponents play once the center place is hand on the football for the snap.
- Coaches must stay behind the officials during the entirety of the play

## Weight Restrictions

- Weight restrictions will be placed on all offensive skill positions (QB, RB, WR, and TE) or anyone who carries the football.
- All players will be weighed with shoes on at an "official" weigh-in

- The play will be blown dead when a player outside of the weight restriction has the ball on offense.
- No restrictions for any defensive player who advances a turnover.
- Ball carriers will be designated with a back or receiver number. No lineman may be used in a back or receiver position.
- Any player that is over the designated weight limit for their age group will ONLY be allowed to line up no further than linebacker depth (3-4 yards) from the line of scrimmage. The

Referee will discuss with the coach to correct the problem. If the issue is not resolved then the team will be penalized 5 yards for each occurrence.

- NEW RULE: Players who are not eligible to advance the ball that line up as a tight end/down lineman outside of the offensive tackle does not have to be covered up by an eligible player. In the past it has been required that if your tight end is not within the weight limit, a player that is would have to lineup outside of him as the tight end. This will no longer be required.
- 11/12 - no limit, 9/10 - 120 pounds, 7/8 - 90 pounds
- 7/8 no under center QB sneak or No QB shotgun direct run behind the center or A gaps. Once the QB hands the ball off, the ball can be ran in any gaps. Shotgun is allowed.
- 9/10 no under center quarterback sneak. Shotgun is allowed. Once the ball is snapped from the shotgun formation, the ball can be ran in any gaps.

## Team Play Requirements

- Defense: Must have a minimum of 4 down lineman.
- There will be no inside stunts (No stunts in A, B or C gaps). A linebacker must be 3 yards off the ball. 1st offense warning. Then an unsportsmanlike penalty of 15 yards will be assessed. • Offense: Must have at least 5 down lineman, 7 players on the line (doesn't apply to the 7 - 8)
- Offense - an unbalanced line is allowed as long as there are 5 down lineman and 7 players on the line of scrimmage.
- Shotgun offense is allowed
- RULE CHANGE: No nose guard allowed except for (11/12). 7 - 10 are not allowed to have a nose guard or anyone line up over the center. This does not apply for the 11/12 league.
- Practice
- Teams will be assigned a practice time and place. Practices are limited to 3 times per week before the season and 2 times per during the season. A maximum of 90 minutes per practice.
- Teams are not allowed to scrimmage another team outside of the NWRAA organization without approval from the board. A scrimmage will be considered a practice.
- Officials

- If an official's call is disputed during the game, only the Head Coach of that team can discuss with the Head Referee.

## Roster and Participation

- Minimum roster requirement is 13 players. 7/8 year ago, requires 10 players.
- Teams are required to play every player a minimum of 8 plays per half. Personal Fouls (All age group)
- Any player or coach who receives one unsportsmanlike penalty, he or she will be forced to sit out the rest of the contest. Unsportsmanlike penalties will be recorded.
- If a player or coach receives two unsportsmanlike fouls, they will be removed from his or her roster and unable to play for the remainder of his team's games at the USA Football Classic.

## Rules of Play (amendments made)

- 7/8 League — Defensive lineman cannot line up in gaps and must be head up over an offensive line aside from the center. Interior players must be aligned with the offensive guards. Once the ball is snapped they are allowed to play football as usual.
- 9/10 League - Defensive lineman are allowed to line up in gaps. Interior players must not be lined up over the center but can line up in the A gaps. Once the ball is snapped they are allowed to play football as usual.
- 11/12 League - Defensive lineman are allowed to line up in gaps and teams are allowed to play players at nose tackle over the center.
- Linebackers are not allowed to stunt. This means they are not allowed to start play before the ball is snapped and must be 3-4 yards from the line of scrimmage. Once the ball is snapped, the player is allowed to play football as usual. The referee will discuss with the coach to correct the problem. If the issue is not resolved, the team will be penalized 5 yards for each occurrence.
- Defensive pass interference will result in a 10-yard penalty. The play will not consist of an automatic first down.

## Additional Rules

- Any coach who is warned the third time by referee must coach from the sideline for the rest of game; if one coach is instructed by referee to coach from sideline then both offensive and defensive coaches are not allowed to coach on field. On the field, coaches can communicate with players on the field until the offense breaks the huddle.

- If a team has less than 10 players it is an automatic forfeit; if team has 10 players the game can be played, however the team with 10 players must have 7 players on the line of scrimmage.
- This season alt games will count toward determining teams playing in the championship. The tie breakers will be 1) Head to head 2) Points allowed 3) Points scored 4) coin toss. The tiebreaker data will come only from the games counting towards the championship.