

3RD-4TH GRADE FOOTBALL RULES

Equipment

1. Flags will be provided to the teams from their recreation department. Teams must use the provided equipment.
2. Game balls will be provided by the host recreation department.
3. Cleats are allowed but not required (metal cleats are never allowed)
4. No jewelry allowed.
5. Players jersey's **MUST** be tucked into shorts or pants. Flags must be visible.

Rules

1. The game will be played on a 40 yard by 40 yard field with two 10-yard end zones.
2. The game will consist of two 20 minute running clock halves with a 5 minute halftime.
3. The game will be played with 8 players from each team on the field.
4. Touchdowns are worth 6 points and 2 point conversions are worth 2 points.
5. At the start of each game, captains from both teams will meet at midfield to determine who starts with the ball. Rock paper scissors will determine the call. Winner will choose offense or defense and the loser has the choice of direction. Possession will change to start the 2nd half to the team that started on defense
6. The offensive team will take possession of the ball at its 5-yard line and will have 4 downs to reach 10 yards.
 - a. If the offensive team does not gain 10 yards after the 4th down, the ball is turned over to the opposing team, and they take possession at the spot of the turnover, heading the other way.
7. After a touchdown, the scoring team will go for a 2-point conversion from the 3 yard line.
8. The ball is DEAD if fumbled to avoid injury. Offense will retain possession with a loss of down.
9. Interceptions result in a turnover and can be run back.
10. There will be no play clock, but coaches please keep the game moving along.
11. Coaches can use three 30 second timeouts per game.

Scoring

1. Touchdown = 6 points
2. Two point conversions from 3 yard line = 2 points
3. Once the score reaches a 28 point difference the scoreboard will be shut off until the deficit is less than 28 points. A whole game will be played regardless of score.
4. Overtime:
 - a. Home team declares offense or defense first.
 - b. Visiting team chooses which end of the field overtime takes place on
 - c. Each team will take turns getting 1 possession (4 downs) from the 10-yard line to score.
 - i. Both teams will get an opportunity to score. Game is over when one team is not able to score.

Game Play

1. The quarterback may run with ball
 - a. Encourage football plays
 - b. Discourage QB sneak
2. QB passing
 - a. Defense must allow the QB 5 seconds to throw.
 - i. Once the ball is handed off or QB begins to run forward, all defenders may go behind the line of scrimmage
3. Running backs can receive pitches, hand offs and passes, as well as throw the ball themselves, if they receive a handoff or pitch behind the line of scrimmage. They can also receive direct snaps in from the center out of the shotgun.
4. Receivers
 - a. Anyone in the backfield or on the outside of the line are eligible to run routes and catch passes...including the QB if he hands off behind the line of scrimmage and then runs a route.
5. Offense should have at least 5 players on the line of scrimmage pre-snap.
6. Play is ruled dead when
 - a. The ball hits the ground
 - b. The ball-carrier's flag is pulled.
 - i. If a flag falls off on its own, the play becomes touch with one hand (no pushing)
 - c. The ball carrier steps out of bounds
 - d. The ball carrier's knee or arm hits the ground
7. There will be no pushing, tackling or holding.
 - a. Penalty is 5 yards and automatic first down.
8. Hands-on blocking **is not** allowed in the **K-2** division. Hands should be crossed on the chest or down by the sides. The use of a player's body mass as a diversion is the only way to redirect an opposing player. In the **3-4** division, hands may be placed between the shoulders of the opposing player with bent arms. No extension or pushing is allowed. We are encouraging limited contact as the game progresses at this level.

Coaches, we are trying to prepare our young athletes for the next level. We want this game to mimic 8-man football to the best of our abilities. Please teach your athletes fundamentals of the game. It is not tackle football and contact is not permitted.