

Rock Valley Youth Football Gameday Rules

3/4 and 5/6 Tackle Division Rules

3/4 differences highlighted in yellow

v 8.26

The RYVFL's Mission is to facilitate a respectful and cooperative environment to teach the area youth the game of football with a focus on player safety, skill development, and maximum participation. The RYVFL works closely with all member organizations to foster a sense of community, sportsmanship, and partnership throughout the league.

Article I. General Rules

1. Standard Rules

- A. Current year WIAA/NFHS football rules will govern, with the exceptions stated within this document.

2. Game Length

- A. Consists of (4) eight-minute quarter's
- B. Pre-game up to 30 minutes
- C. Halftime 5 minutes
- D. No overtime games unless it is last game of season.
 - I. Overtime ball is placed at the 10-yard line and both teams have opportunities to score.

3. Game Balls

- A. 3/4 Pee Wee or junior size ball
- B. 5/6 Youth or Junior size ball
- C. Home Teams will provide an official game ball.
- D. Away teams may utilize their own game balls but must provide a ball boy to ensure the game is not impacted by any delays from switching balls.

4. Equipment

- A. Helmet – NOCSAE certified
 - I. Face shields allowed but MUST be clear
- B. Shoulder pads – good working condition
- C. Pants – knee pads must be covering the knee

5. Play Time

- A. Each eligible player will play in 20 plays minimum per game.

6. Offense

- A. 3/4 only – starting QB and RB must be rotated at halftime.
 - I. Once a QB/RB has participated in one live play, that is considered a half.
- B. 5/6 rotation of QB and RB is strongly encouraged.
- C. QB Sneaks
 - I. No sneak or dive from under-center, unless goal-line situation
 - II. Allowed from pistol or shotgun position at any time.
- D. Alignment
 - I. Must start each play with 7 players on the LOS.

7. Defense

- A. Alignment
 - I. Middle linebackers

1. 3/4 no closer than 5 yards of LOS, except in goal-line situation

2. 5/6 no closer than 3 yards of LOS, except in goal-line situation

B. Interior Defensive Linemen

I. Must align head up to the offensive guards prior to the snap of the ball.

II. No players to be lined up over the center, except in goal-line situation.

III. Players may not shoot the A-gap, must make head up contact, ok to pursue if blocked into the A-gap.

C. Blitzing

I. 3/4 not allowed in any form.

II. 5/6 not allowed from any LB or interior lineman position.

D. 3rd-4th defensive Line restrictions

I. Must play either a 4- or 5-man front. If offensive doesn't have a TE or wing back, must play with 4 down linemen. Must be in 3- or 4-point stance.

II. All other players not on the line must be 5 yard off the LOS, The only exception is cornerbacks or safeties covering a receiver.

III. Defensive may play an extra lineman in goal line situations.

8. Mercy Rule

A. Is effective once a team is ahead by 18 points.

B. Coaches from the team that is leading will be instructed by officials to institute all the following offensive or defensive changes.

I. Replacement of key offensive skill positions

II. Replacement of key defensive skill positions

III. Play selection should become very generic.

IV. Only the 4 down linemen are allowed to cross the LOS at the snap of the football.

V. Un-sportsmanlike conduct penalties will be assessed for any infractions against deemed in-appropriate by officials.

C. If the score differential drop back below 18 points, then players may return to playing in their previous positions.

9. Weight limitations

A. Offense

I. 3/4 Skill position players 85 lbs or less

II. 5/6 Skill position players 120 lbs or less

III. All players over 120 lbs must play on the offensive line for offense.

1. Skill positions include QB, RB, WR, WB and TE

B. Defense

I. 3/4 level if over 95 lbs must play in a down position on the defensive line.

II. 5/6 does not have weight limitation for position alignment.

III. Turnovers

1. Fumble or interceptions can only be advanced if under the corresponding offensive weight limit of the division. If recovered by a player over the weight limit the ball will be spotted at the point that possession was obtained.

C. Markings

I. Helmets will be marked for all players that are ineligible to carry the ball with a minimum 2-inch decal.

D. Weigh-ins

- I. All teams must collect and turn in weights of all their players prior to the league scrimmage to league commissioner. Any player that will be UNDER the associated level's weight is subject to a final weight certification by a league commissioner. This final weight certification needs to be done before the first games are played and preferably before the league scrimmage. If a player weight is questioned HAS NOT been weight certified and found to be overweight, they will be suspended for the next contest along with their head coach. Said player and coach will be allowed to return to games after the served suspension and that player will be then labeled correctly as over the weight limit.

E. On Field Coach

- I. One coach per team will be allowed on the field of play during game. On field coaches may call the play at the huddle and then become silent once huddle is broken and teams come to the line of scrimmage.
 1. Time clock
 2. 35 second time clock from the time the ball is spotted and considered ready to play.
 3. 5-yard delay of game penalty for not keeping pace of play

F. Scoring

I. Xtra Point

1. Kicked 2 pts – no rush, no fakes.
 - a. 5 seconds from time of snap to get kick off.
2. Normal play 1 pt
3. Field Goal 3 points no rush.
 - a. 5 seconds from time of snap to get kick off.
4. Touchdowns 6 points

G. Special Teams

1. Kickoffs at the beginning of each half or after a score, the ball is placed on the opposing teams 35-yard line, 1st and 10.
2. Punting. Once a team declares they are punting the ball is placed 25 yards downfield and possession changes.

H. Postgame Courtesy

- I. At the conclusion of all RYVFL games, players and coaches will walk the 50-yard line and exchange common courtesies.
- II. Players will high five one another and coaches.
- III. Coaches will high five players and shake opposing coaches' hands.
- IV. Only exceptions are for a player or coach that has been removed from the field previously for a injury or ejection

I. Rescheduled Games

- I. If weather or other circumstances create unsafe or unplayable conditions, then the RYVFL will work with all affected teams to reschedule games.