

# **NORTH STAR YOUTH FOOTBALL LEAGUE**

## **2nd - 6th GRADE RULES AND REGULATIONS**

The information contained in this North Star Youth Football League Rulebook will provide our affiliated communities with a general outline of our playing rules. It is each community's responsibility to become familiar with this information. We are happy to welcome all Players, Coaches, and Parents/Guardians to the 2025 North Star Youth Football Association.

### **Part 1: League and Division Formation**

1. The North Star Youth Football League is a youth football league for athletes comprising communities located in the North Metro Area.
2. Each participating youth football association must have its own governing body that has the authority to take corrective action regarding fan, coach, and player behavior.
3. The North Star Youth Football League Directors establish the rules and regulations of the NSYFL.
4. The League will have 4 grade divisions, 2nd - 3rd grade (one division), 4th grade, 5th grade, and 6th grade. Each grade division may be separated into further divisions based on the amount of teams participating.

### **Part 2: Registration and Player Eligibility**

1. Each player must satisfy the participation guidelines of their home association.
2. Team rosters must be submitted to the North Star Youth Football League on the roster submission date. Rosters must identify the names, weights, and jersey numbers of each player. Official rosters must be completed by each team and approved by the League Representative of each community.
3. Any late additions to rosters after the submission date must be communicated via email to the League Directors and Webmaster, and updated to the official roster by the League Representative.



4. Weights of players are recorded at the beginning of the season and will be listed on the North Star Youth Football League website. This will be the official weight of the player for the duration of the season.

### **Part 3: Weight Restrictions**

1. The restriction on the weight of ball carriers are as follows:
  - a. 2nd - 3rd grade: 90 pounds
  - b. 4th grade: 105 pounds
  - c. 5th grade: 125 pounds
  - d. 6th grade: 135 pounds
2. These weights must be verified no later than the end of the first week of practice for each player's community and submitted to the league prior to the first week of games.
3. Players over these weight limits must have a red stripe affixed to their helmet. The stripe must go down the center of the helmet from the front to back.
4. These players may not line up in the offensive backfield or at wide receiver. They may line up at tight end, but under no circumstances may run the ball or receive a pass.
5. Players over the weight limit must play on the first line while on kickoff return.
6. Only under the following circumstances may a player over the weight limit run the ball:
  - a. Fumble recovery
  - b. Pass interception
7. If a team believes an opponent has allowed an overweight player to carry the ball, the team must have its League Representative contact the League Representative of the opposing team after completion of the game. If each community's League Representatives are unable to come to a resolution, the reporting community's League Representative will follow Part 3 of the North Star Youth Football League's Organizational Details surrounding concerns and complaints.



## Part 4: Team Size and Selection

1. Each team shall consist of no more than thirty-four (34) players.
2. When an association has more than one team for each grade, the participating association will create teams by a draft or similar means. Each association must form talent-based teams to the best of their ability. The stacking of teams, or an “A” and “B” team is not allowed.
3. Any players added after the submission of final rosters but be added in a talent baked manner.
4. The goal for each participating association is to construct teams for each age group that are equal in talent and/or ability.
5. After rosters are submitted to the North Star Youth Football League, the exchange of players between teams is prohibited except in very unusual circumstances and with the advanced approval of the North Star Youth Football League.
6. Submitted rosters must include all player names, numbers, and weights. The names of all rostered coaches, including their phone and email contact information must also be included on each team’s roster.
7. Players are not allowed to play across teams and must only play on their team except:
  - a. In only the event of injuries, if a team is unable to field an active roster of 16 players, the community’s League Representative will reach out to the opposing League Representative for approval to pull players from another team within the same grade. If both League Representatives agree on the roster change, for that one game, the League Representatives need to communicate the approval to the League Directors and Webmaster via email prior to the start of the game.
    - i. This scenario should be used on the rarest of occasions. The Webmaster will keep track of requests and if needed the League Directors reserve the right to over rule such requests.



8. Only rostered players and coaches are allowed within the spectator lines during games. Each team must have a record of their roster on hand for each game. Any un-rostered player or coach will be removed by either the Referee or the home team's Field Site Manager.

## **Part 5: Game Administration**

1. The "host team" (the team at whose field the game is being played at) is responsible for having the field in playable condition, having the field marked properly, and having the chains out. The host team is also responsible for providing and paying for a minimum of two qualified officials. The responsibility is for all games played at the host site, regardless of whether the host has teams participating in the scheduled games.
  - a. The North Star Youth Football League will schedule "neutral site games" only when necessary or to accommodate playoff brackets.
2. Each team will occupy opposite sidelines. Spectators are to be on the same side as their team unless space prohibits.
3. For games that are played at school stadiums, all fans must be in the stands. Only rostered coaches and players are allowed onto the field while playing at school stadiums. Referees or the hosting community's site manager will remove anyone who is not listed on the roster from the field.
4. On fields where there is no restraining fence, the field must be clearly marked with a restraining or spectator line. All spectators must stay behind the restraining line at all times.
5. The team listed as the home team on the schedule is responsible for providing the chain gang. The chain gang shall be on the same side of the field as their team.
6. Each team is responsible for cleaning up their side of the field or stadium after each game.
7. Each community's League Representative is responsible for reporting the final score of games when their teams are scheduled as the home team. Submission



of scores is to be sent via email to the League Webmaster within 24 hours of game completion.

## **Part 6: Postponement of Games**

1. Games may be postponed before the teams have arrived at the field only by the League Representative of the host team and only for inclement weather or unplayable field conditions.
2. In the event a game is postponed before the participating teams have arrived at the field, the host League Representative must notify the participating League Representatives and coaches of all teams affected by the postponement.
  - a. In the situation that games are pushed back or behind schedule, the same rules apply.
3. Once a game has started, the decision to postpone, or delay a game, may only be made by the game officials.
4. League Representatives of teams who have had games postponed must contact the Webmaster and League Directors to reschedule the game.
5. There is no guarantee that games can be rescheduled.
6. The North Star Youth Football League encourages all communities to make arrangements to fit all scheduled games in when possible.

## **Part 7: Codes of Conduct**

1. Each community association is responsible for the behavior of their respective coaches, players and spectators.
2. Tobacco and Alcohol consumption is strictly prohibited at all North Star Youth Football Association games.
3. Unsportsmanlike behavior will not be tolerated.



4. The North Star Youth Football League reserves the right to suspend or permanently ban players, coaches, spectators, and entire teams who exhibit unsportsmanlike or abusive behavior in accordance with Part 3 of the North Star Youth Football League's Organizational Details.
5. Game officials, and community site managers, have the authority to order any ejected player, coach, or spectator who exhibits unsportsmanlike or abusive behavior from the game premises.
6. Failure to abide by such an order from a game official or site manager will result in immediate forfeit of the game by the offending team.
7. Concerns and complaints about gameplay, officials, and poor behavior must follow Part 3 of the North Star Youth Football League's Organization Details including waiting the mandatory 24 hour cooling off period.

## **Part 8: Game Recording and Photography**

1. Drones are not permitted at any North Star Youth Football Association games.
2. All video recording and photography must take place behind spectator lines. When games are played on High School fields that include fences, this means behind the field fences.

## **Part 9: Safety**

1. Each participating community is responsible for ensuring the safety of our athletes through, but not limited to the following:
2. All Coaches must go through Trusted Coaches, USA Football training, or a similar training education program.
3. A background check system has to be established by each community for their coaches.
4. Concussion education must be completed by all rostered and participating coaches prior to the start of the season.



5. League Representatives and their associations are required to have record access for all coach training, and the ability to pull data when needed or asked by the North Star Youth Football League.

## **Part 10: Modification of Game Rules**

**Minnesota State High School League (MSHSL) rules will be followed except as noted below:**

1. 2nd - 3rd grade playing fields will only be 80 yards long. All major penalties on the 80 yard field will be 10 yards instead of 15 yards with the exception for unsportsmanlike conduct which will remain at 15 yards.
2. Declared Punts are used for all grades participating in the North Star Youth Football League.
  - a. When the 4th down punt is declared, the officials will declare the punt to both teams and their respective coaches.
  - b. If an actual punt is declared, no player on either team may move until the punter has kicked the ball. In the event the punter fumbles the snap, the punter is allowed to pick the ball up and kick the ball. Other players may not move until the ball is kicked.
  - c. Teams who elect to punt, must have 7 players on the line of scrimmage during the punt.
  - d. The penalty for early movement in a declared punt situation is a warning for the first infraction by a team, and a penalty of 5 yards for each subsequent infraction by the same team.
  - e. In all grades, teams also have the option of not punting the ball, and instead turning the ball over to the opponent by declaring this to the officials before the snap. This declaration will result in a 20 yard walk off in lieu of the punt for 2nd/3rd and 4th grade, and 25 yard walk off for 5th and 6th grades.



3. At all grade levels, the center cannot be touched until the snap has been completed and the center has an opportunity to lift their hands and head to protect themselves.
4. Coach on the field: Each 2nd/3rd grade team may have 1 coach on the field or in the huddle. For 4th grade, each team may have 1 coach on the field or in the huddle for only the first 2 scheduled games. Coaches are not allowed on the field or in huddles for 5th and 6th grade.
5. Extra Points: All extra points will be played from the 2 yard line. Teams receive 1 point for a running score, and 2 points for a kick or a passing score.
6. Modifications to Timing Rules: Games will consist of four 10 minute quarters. The quarters will be MSHSL book rule stop time, with the following modifications:
  - a. After a change of possession, the clock will start after the chains have been moved and set, and the ball has been spotted ready for play
  - b. In the event one team is 28 or more points ahead at halftime, the clock shall continue to run in all circumstances except team time outs and injuries.
  - c. If a team is 17 or more points ahead at any time in the 4th quarter, the clock shall continue to run in all circumstances except team time outs and injuries.
  - d. Modifications listed under 6b and 6c shall continue until the team behind cuts the deficit to less than 17 points.
  - e. Halftime shall be 5 minutes.
  - f. In instances of extremely warm weather, regardless of the actual heat index, the officials have the discretion to lengthen play stoppages for time outs and quarter breaks to allow players extra time for a hydration break. Coaches are encouraged to discuss the issue with officials before the game starts on extremely warm days.
  - g. Officials will use reason and common sense on delay of game penalties for snaps at all levels, and especially 2nd/3rd and 4th grade. Coaches



should expect that the delay of game penalty will be more strictly enforced at the end of close games.

- h. Time outs are 3 per half.
7. Size of Footballs: The 2nd/3rd and 4th grade divisions will use the equivalent of a “Pee Wee” size football appropriate for ages 6-9. The 5th and 6th grade divisions will use the equivalent of a “Junior” size football appropriate for ages 10-12.
  8. Playing Time: Teams participating in the North Star Youth Football League are strongly encouraged to devise an equitable system in accordance with their community in regards to playing time.
  9. Overtime: In the event of a tie game at the end of regulation time, only one overtime period shall be played. An overtime period is defined as each team gets one possession from the 10 yard line. If the game remains a tie after one overtime period it shall be recorded as a tie game.
  10. Restrictions on Defense: The following restrictions apply to defenses. Defenses who do not comply with these restrictions will receive one warning. Subsequent infractions will result in a delayed dead ball 5 yard penalty, with the offense having the option of taking the play or penalty.
    - a. Blitzing is not allowed at any grade level.
    - b. In the 2nd-3rd, 4th, and 5th grade divisions, the defense must line up in a 4-3 alignment in accordance with the diagram in this document
    - c. In the 6th grade division, a team may line up in either a 5-2 or 4-3 alignment per the diagram in this document. In a 5-2 alignment, the nose guard must be head up on the center and the defensive tackles must be head up on the offensive tackles. All alignment must be in a legitimate 3 point or 4 point stance. No shading is allowed, although they may slant at the snap
    - d. In the 4-3 alignment, the defensive tackles must be head up on the offensive guards in a legitimate 3 point or 4 point stance and may slant at the snap.

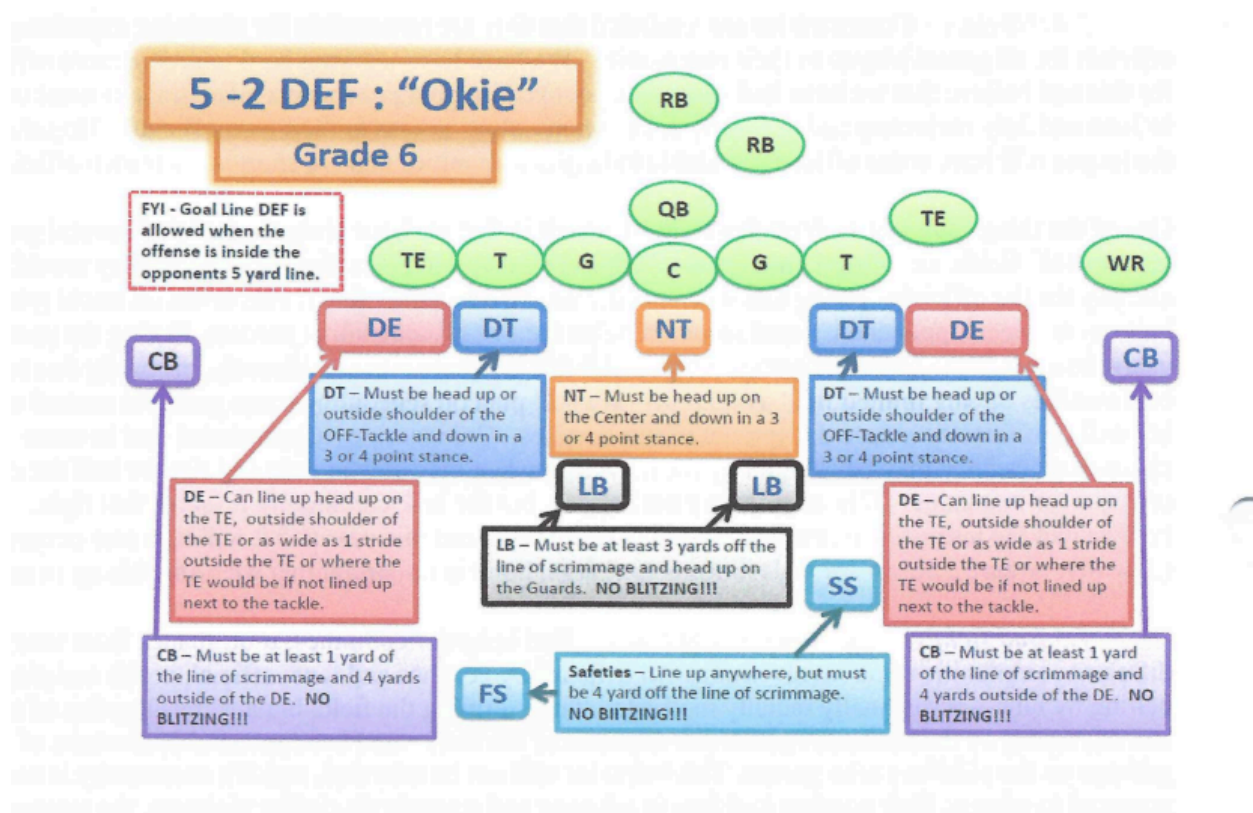


- e. In both defensive alignments, defensive ends must line up as prescribed in the attached diagrams and may slant at the snap.
  - f. All linebackers must align a minimum of 3 yards off the line of scrimmage. Defenses may adjust the alignment of their linebackers and defensive backs to defend trips and quads formations
  - g. The defense is permitted to line up in any alignment inside their own 5 yard line (goal line defense). Any players off the line of scrimmage in the goal line defense are still prohibited from blitzing.
11. Restrictions on Offense: All offensive formations are required to have 7 players on the line of scrimmage and 3 players on the line of scrimmage on each side of the center, with at least 2 players lining up adjacent to each side of the center. There are no "unbalanced" lines. There may be no more than a 3 foot split between the center and guards, and the guards and tackles.
12. Kickoffs - no kickoffs AT ANY LEVEL. On an 80-yard field the ball will start on the 30 yard line after a score. On 100-yard fields the ball will start on the 35-yard line after a score. After a safety, the ball will start at midfield regardless of field size.
13. Because there are no kickoffs, any team that is tied or behind may exercise the option of running one (1) offensive play from their opponents fifteen (15) yard line after the extra point try is completed. This try shall be timed from the snap until conclusion of the play. If the team gets in the end zone on the single play, whether by actual gain or by penalty or series of penalties, or by a combination of penalty and actual gain in the subsequent play, the team shall retain the ball at midfield first and ten. If the team is unsuccessful, the opponent shall retain the ball at midfield first and ten.
- a. For example, a team scores and is still down by four points after the extra point try, with one minute left in the game. The team elects the onside kick option. Before the first snap, the defense jumps offside. The five-yard penalty is assessed, and now the team exercising the option has only ten yards to go to "score" to retain the ball. On the subsequent snap, the team throws an incomplete pass but there is a pass interference penalty - half the distance to the goal. The team then snaps the ball again, now from the five-yard, and scores. The score of course doesn't count, but the team retains the ball first and ten at midfield. Any defensive penalty results in an additional snap

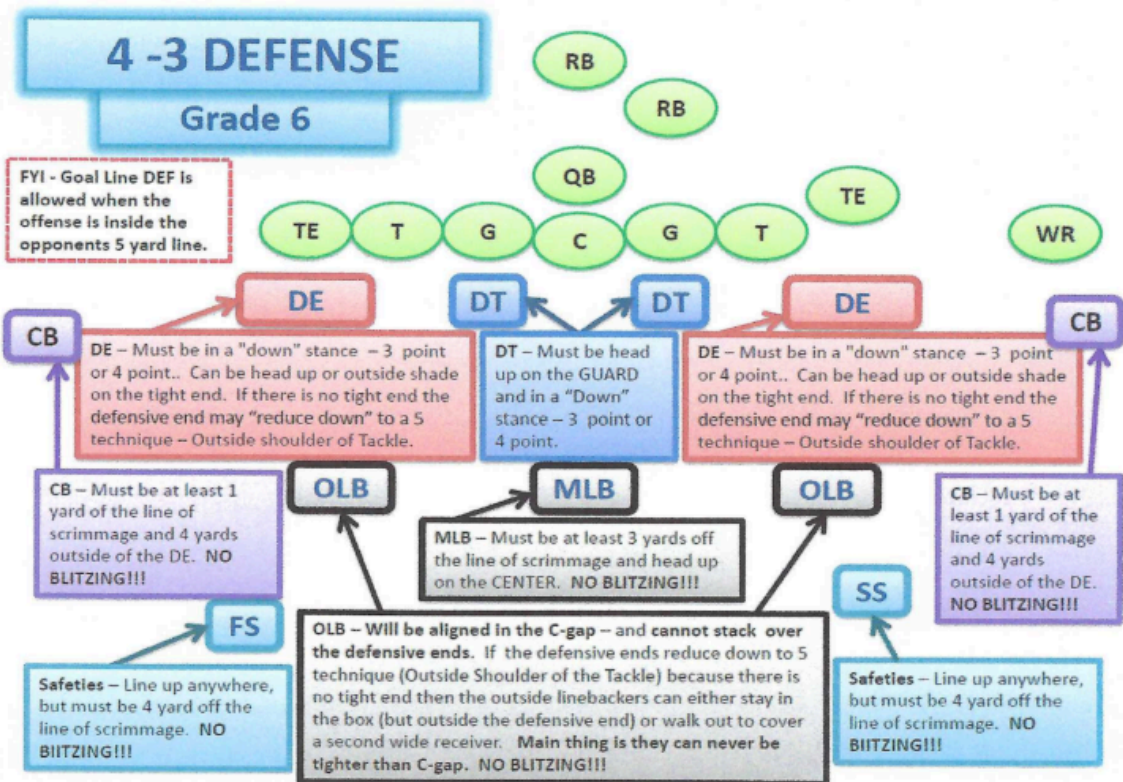


after assessment of the penalty. Any offensive penalty, whether live ball or dead ball, negates the try in its entirety with the defensive team getting the ball first and ten at midfield.

14. Safety - It is imperative that all coaches go through concussion education prior to the start of the season. Areas that have not had their coaches go through a program will not be allowed to participate. An on-line education video is available on the NFHS website, and, in addition, MYAS offers an educational module. In addition, coaches should review the MSHSL heat index competition guidelines, which are also available on the MSHSL website. All communities should have their coaches go through Trusted Coaches/USA Football training or a similar training education program.







**OLB Must be at least 3 yards off the line of scrimmage, same as MLB**