

Twin Cities North Youth Football League

Big Lake Youth Football Association

2nd-6th Tackle Football Rules

1. Composition of Divisions and Teams

The league will have four (4) grade divisions: 2nd - 3rd grade (one division), 4th grade, 5th grade and 6th grade. Each individual community will be responsible for their local policy on having participants "play up" into an older grade. In no case may a participant "play down" into a younger grade. Any participant that elects to play in an older grade is required to have his or her parents sign an informed consent form. Participating communities are prohibited from turning down participants based upon ability and "hand picked teams", "select teams", or "all-star teams" are prohibited. Communities that field more than one team in a division must construct their teams based upon geography or an equi-draft system. Community representatives are responsible for the composition of their teams and assuring that all players are properly registered and equipped.

2. Weight Restrictions

There are restrictions on the weight of ball carriers. A player may only carry the ball if they are:

- 2nd - 3rd grade: 90 pounds or less
- 4th grade: 100 pounds or less
- 5th grade: 125 pounds or less
- 6th grade: 135 pounds or less

These weights must be verified by each community during their registration. Players over these weight limits must have a red stripe affixed to their helmet. 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 from the tight end position. Weight restricted players must play on the first line on a kickoff receiving team. The red-stripe status of each player will be based on the weight taken at their community registration and will stand throughout the season.

Weight restricted players may only run the ball in the following circumstances:

1. Fumble Recovery
2. Pass Interception
3. Kickoff Return from the first line provided there is no lateral or handoff.

Each community will maintain complete rosters, including the names and weights of all players who are weight restricted. Community representatives will be required to provide this information to the Commissioner if requested to do so. All violations of the weight restriction rules will result in official forfeiture of all games in which the weight violation occurred. All disciplinary action against the offending coach or player will be handling by their own community organization.

3. Equipment

3.1 Football cleats may be molded rubber or the screw-in plastic style. No metal cleats are allowed.

3.2 Mouth guards must be attached to the face mask.

3.3 Players must wear a cup.

4. Game Administration

The following procedures apply to the administration of league games:

4.1 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. This responsibility is for all games scheduled at the host site on a particular date, regardless of whether or not the host has teams participating in all of the scheduled games.

4.2 The league requires that both teams occupy the same sideline, and that all spectators and the chain gang occupy the opposite sideline. Each team may occupy the area from the 20 yard line to the 45 yard line on their half of the sideline.

4.3 Games may be postponed before the teams have arrived at the field only by the community representative of the host team, and only for inclement weather or unplayable field conditions. In the event a community representative elects to postpone a game before the participating teams have arrived at the field, the community representative must notify the community representative of all other teams affected by the postponement. Once a game has started, the decision to postpone a game may only be made by the game officials. Coaches and community representatives of teams who have had games postponed must contact the Scheduling and Website Coordinator to reschedule the game.

4.4 Coaches and community representatives are responsible for the behavior of their respective players, coaches and fans. Coaches are prohibited from smoking during games or practices, and alcohol consumption by coaches, officials and spectators is prohibited at games or practices.

Unsportsmanlike or abusive behavior will not be tolerated. The TCYNFL reserves the right to suspend or ban players, coaches, and spectators who exhibit unsportsmanlike or abusive behavior. Game officials have the authority to order an ejected player or coach, or any spectator exhibiting unsportsmanlike or abusive behavior, from the game premises. Failure to abide by such an order will result in immediate forfeit of the game by the offending team.

4.5 The coaches from both teams of each game are responsible for reporting the game score to the league website. Website information will be provided to community representatives separately.

4.6 Playoff formats will vary from year to year based upon weather, time constraints, and the number of teams in each grade division. The Commissioner will determine the playoff format in early October. The TCYNFL believes in simple, short playoff formats. The TCYNFL does not provide trophies or awards for either regular season or playoff champions. Participating communities are free to provide whatever awards their community feels are appropriate for their teams and players.

4.7 Protests or complaints regarding officials or unsportsmanlike or abusive behavior must be submitted by the community representative to the Commissioner and the community representative of the other team involved within twenty-four (24) hours of the game in question.

5. Modifications to Playing Rules

In general, National Federation rules apply to all TCNYFL games with the following modifications:

5.1 Playing Field

The playing field for the 2nd - 3rd grade division is only 80 yards long. Kickoffs on the 80 yard field from the 35 yard line. All major penalties on the 80 yard field are ten (10) yards instead of fifteen (15) yards, except for unsportsmanlike conduct, which shall remain at fifteen (15) yards on the 80 yard field.

5.2 Declared Punts

In the 2nd - 3rd grade and 4th grade divisions, all 4th down punts must be declared, and the officials will acknowledge the declared punt to both teams and their respective coaches. When a 4th down punt is declared, no player on either team may move until the punter has actually kicked the ball. In the event the punter fumbles the snap, he or she is allowed to pick the ball up and kick it. Other players may not move until the ball is kicked. Each team is required to have seven (7) players on the line of scrimmage for declared punts. The penalty for early movement in a declared punt situation is a warning for the first infraction by a team, and a penalty of five (5) yards for each subsequent infraction by the same team. Normal rules apply to punting situations in the 5th grade and 6th grade divisions.

5.3 Coaches on Field

Each team may have one (1) coach on the field or in the huddle in the 2nd - 3rd grade division. Coaches are not allowed on the field or in the huddle in all other divisions.

5.4 Other Modifications to Penalties

Officials will assess penalties for improper equipment, such as no mouth guard and dangling chinstrap, after one (1) team warning. Subsequent infractions to a team will result in five (5) yard penalties. Referees are instructed to use discretion when assessing penalties for too many players on the field. If the official determines that a player was making an honest effort to get off the field and the play was not affected by the extra player, the official can elect not to penalize the offending team. Assessed penalties for too many players shall be ten (10) yards.

5.5 Extra Points

All extra points will be played from the two (2) yard line. Teams receive two (2) points for a forward pass and one (1) point for a run.

5.6 Modifications to Timing Rules

Games will consist of four (4) fifteen (15) minute quarters. The quarters will be running time, with the following exceptions:

1. Injuries. The clock will stop until the injured player has been cleared from the field and both teams are ready to play.
2. Scores. The clock will stop when a team scores, and will remain stopped until the ball is touched after the kick by the scoring team.
3. Official time outs to discuss rules interpretations with coaches. The clock will be stopped until the conference is completed and both teams are ready to play.
4. Team time outs. Each team has three (3) time outs per half. The clock will be stopped until the next snap after the time out.
5. The last two (2) minutes of each half will be "book rule" stop time, unless one team is seventeen (17) or more points ahead in the second half. If a team is ahead by seventeen (17) or more points, running time shall continue until the team behind cuts the deficit to less than seventeen (17) points.

5.7 Size of Footballs

The 2nd - 3rd grade and 4th grade divisions will use a "junior" size football. The 5th grade and 6th grade divisions may use a "Junior" or "Youth" size football. All footballs must be brown or tan in color.

5.8 Playing Time

Teams participating in the TCNYFL are required to play, to the extent possible, all players in at least one-half (1/2) of each game. Teams with 22 or less players should therefore start each player on either offense or defense. Teams with more than 22 players are required to devise an equitable system to assure that all players participate in as close to one-half (1/2) of the game as reasonably possible. The TCNYFL acknowledges that no playing time system will result in a perfect equalization of playing time, and the TCNYFL does not consider itself the "playing time police." The individual communities are free to set their own policies regarding attendance and discipline, and are free to limit playing time for those reasons. Although the TCNYFL is not the "playing time police", the league will investigate complaints that coaches are not abiding by the spirit and intent of this rule. The league absolutely reserves the right to forfeit games and ban coaches, teams, and communities who are not abiding by the spirit and intent of this rule.

5.9 Restrictions on Defenses

The following restrictions apply to defenses. Defenses who do not comply with these restrictions will receive one (1) warning. Subsequent infractions will result in a delayed dead ball five (5) yard penalty, with the offense having the option of taking the play or the penalty.

1. Blitzing is not allowed at any grade level. There must be at least one (1) yard between the defensive line and linebackers measured from the feet of the defensive linemen when in their "down stance", and at least one (1) yard between linebackers and safeties. Linebackers and defensive backs may not begin to cross the neutral zone until after the quarterback hands off the ball or after the quarterback leaves the pocket, which is defined as the area between tight ends.

b. In the 2nd - 3rd grade, 4th grade and 5th grade divisions, the defense

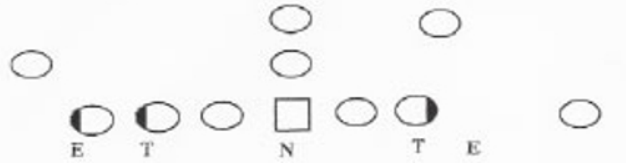
Must line up in a 5-2 "Okie" alignment in accordance with the attached diagram. In the 6th grade division, a team may line up in either a 5-2 or 4-3 alignment. In all cases, every player on the defensive line must maintain a position across from the opponent on the offensive line ranging from "heads up" to an "outside shade"(i.e. the inside shoulder pad of the defensive lineman is directly across from the outside shoulder pad of the offensive lineman).

c. For all grades the defense is permitted to line up in any alignment inside their own five (5) yard line (goal line defense). Any players off the line of scrimmage in the goal line defense are still prohibited from blitzing.

5.10 Restrictions on Offenses

There must be 7 players on the offensive line. No unbalanced lines are allowed.

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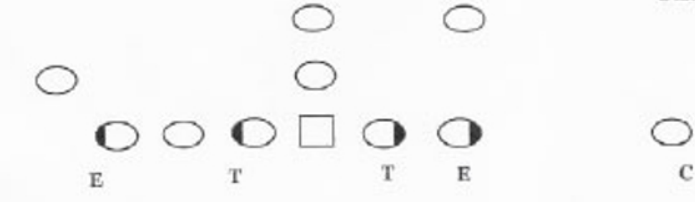
SS B B C

C FS

5 - 2 ALIGNMENT

- E - 7
- T - 5
- N - 0
- LB - 2

4 - 3



C OLB MLB OLB

SS FS

4 - 3 ALIGNMENT

- E - 7 or 5
- Depending on SE or TE
- T - 3
- MLB - 0
- OLB - Behind Ends