

## Mountain Recreation Youth Football Rules

	5-6 yo	7-8 yo	9-11 yo
<b>Field Size Range</b>	Length: 30-40 yd Width: 20-25 yd	Length: 54-60 yd Width: 32-34 yd	Length: 56-64 yd Width: 33-40 yd
<b>Ball Size</b>	PeeWee	PeeWee	Junior
<b>Players</b>	5v5	5v5	5v5
<b>Game Length</b>	Four 8-min. quarters	Four 10-min. quarters	Two 25-min. halves

### All Ages:

- **Each participant is required to have an equal amount of playing time.**
- **Proper attire: flags over shirts (shirts tucked in if possible), no hats or jewelry, no metal-spiked cleats**
- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield.
- Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
- The ball must be snapped between the legs, not to the side, to start play.
- Substitutions must be made on a dead ball.
- There are no fumbles. The ball is spotted where the ball hits the ground. *This includes shotgun snaps that do not make it to the quarterback cleanly.*
- If a ball carrier's flag is not on, then they are considered down at the spot they receive the ball.
- With the exception of one safety, all players will play man-to-man defense.
- **Touchdown: 6 points, Extra point: 1 point (played from 5-yard line) or 2 points (played from 12-yard line), Safety: 2 points**

### Running:

- The quarterback cannot run with the ball.
- Blocking is not allowed.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- "No-Run Zones," located 5 yards before the zone and 5 yards before midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones *the direction they are going* (exception: if a team crosses midfield and gets a first down, but then loses yardage, they can run in the no-run zone).
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving, jumping).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- There are no laterals or pitches of any kind.

## Receiving:

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Pre-snap: Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

## Passing:

- Shovel passes *are* allowed. Shovel passes are only legal that go forward, and are considered a pass, with the ball being completely out of the QBs hand before being touched by the player receiving it.
- The quarterback has a 7-second “pass clock.” If a pass is not thrown within the 7 seconds, play is dead.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

## 9+ Years Old:

- Mountain Recreation staff will officiate games.
- Each team has one timeout per half. Timeouts do not carry over.
- **The clock will stop on dead balls with less than 2 minutes in the game.**
- The ball *can* be returned on interceptions.
- Penalties (yardage is less than NFL flag as our fields are smaller):
  - False start/offsidess: 5yd and replay down
  - Illegal blitzing: 5yd and replay down
  - Flag guarding: play is dead at the spot. Repeat violations may result in 5yd loss.
  - Pass interference: spot of foul and replay down (unless the yardage results in a first down)
  - Unnecessary roughness/unsportsmanlike conduct: 5yd and replay down or additional 5yd to end of play (against defense); 5yd loss from end of play (against offense, this includes dropping the shoulder as a runner/charging the defender)
  - Breaking of other listed rules (QB crossing line of scrimmage, running in no-run zone, ball is pitched, etc.): play is dead and down is not replayed
- Players can rush the quarterback: All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Once the ball is handed off, the 7-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. *In short, if a player lines up between the seven-yard mark and the line of scrimmage, they cannot pass the line of scrimmage unless the ball is handed off.*
- **Mercy rule: if a team is up by 18+ points, they cannot blitz on defense and the opposing team can play zone defense if desired. The score will not be kept if a team is up by 30+ points.**

## General Info:

- Practice cancellations are at the discretion of coaches. Game cancellation are at the discretion of Mountain Recreation. Games will be cancelled in the event of lightning within 8 miles on WeatherBug, unsafe field conditions, or an air quality above 150 on Purple Air.
- Mountain Recreation will provide: jerseys, balls, flags, and cones.
- Parents should be familiar with the Parent Code of Conduct.