

INTERBAY

YMCA

TACKLE

FOOTBALL

RULES

YMCA 8 on 8 TACKLE FOOTBALL RULES

The most important thing that we should be thinking about is that this tackle football program was designed for the children to have fun and learn the sport of tackle football in a YMCA setting.

Practices: You will get two practices a week during the first 6 weeks, the first two weeks are helmets only no contact. You will then have one practice and 8 games. Any team practicing more than the allotted time will result in that team being asked to leave the league and the YMCA will not refund any monies.

Captains: Both teams will gather together at the center of the field and the team captain from each team will say a quick prayer, thought for the day, or something inspirational. Coaches please pick your team captains during your week practice time so that they can come prepared to do this before the game starts. This is a way to get the players to learn the YMCA values of respect, faith and responsibility all rolled into one event.

We will be following High School Rules with some exceptions for the 8-man game.

Coaches: Only certified coaches by the YMCA are allowed to participate in coaching positions during the game. These coaches are the names that appear on your team rosters. This helps everyone involved to know what the YMCA program is about and everyone is aware of the rules that the YMCA play by.

Coaches on the field: The 7-8 (if not interfering with the game play may have 2 coaches), and 9-10 and 11-12 year olds will be allowed to have one coach on the field either a defensive or an offensive coach during game time. The defensive and offensive coach must move to the sideline area before the play starts.

13-14 years No coaches on the field at any time

Field Size: approximately 40 x 80 yds.

Questioning a Referees Call: The referee is in total control of the game and his call stands. You may have 1 questioned call per half if you do not understand what the referee called. These do not carry over to the second half. The only person that can question a call is the coach and they Respectfully ask the referee closest to them to have a meeting on the sidelines the referee will talk with the head coach only from that one team about the call. The referee can then fill in the coach from the other side if they feel that it is pertinent to do so. Any other questioning of the calls will result in a 10 yard penalty the first time and then the **Outburst Penalty of 20 yds., or ¾ of the way to the goal and a fresh set of downs for the next offense.** This is not an image that we want to portray to our players questioning every judgment call. If the referee is continually calling something that is not a rule for our league then call the field representative over and they will discuss it with the referee. **This would be good information to share with the parents of your team so that you are not getting 10 yd. penalties called on your team.**

OUTBURST PENALTY: There will be no outbursts from the coaches to the referee or to any of their players or spectators. The YMCA's football program is based on the values of Faith, Caring, Honesty, Respect and Responsibility. Any outburst from a coach, player or parent will result in a penalty against your team of 20 yards or $\frac{3}{4}$ of the way to the goal line and a fresh set of downs. Outbursts of any kind are totally unacceptable behavior for the YMCA Youth Sports Program and the referee and YMCA Field Representative is in total control of this call. Any action the referee deems, as an outburst will result in the same penalty as above. If there is a second outburst the coach, player or parent they will be asked to leave the premises. **Please inform your parents.**

UNSPORTSMANLIKE PENALTIES: Any player that is asked to leave a game for any reason will not be allowed to play in the following game. The child must come to the next game and watch the game from the sidelines in a respectful manner with no negative comments being made. If a player fails to show up for the game or cannot be respectful then he will sit out the next game as well. If a child is asked to cool off for a few plays and then gets to return to the game this does not carry the same penalty.

Field Volunteers: To help in the process and getting the games started right away each team is to have 1 Chain crew and 1 down marker person ready at the beginning of each game. They will meet at the down marker and chains to decide. The down marker person's from each team will talk and decide if each will do a half or one will do the whole game. The chain crew needs to be at the chains and ready to go once the ref has called the captains to the field. **Please inform your parents.**

10 yds. From goal: There are no coaches, parents or players allowed within the 10 yd. Line of the goal for either team on either side. **Please inform your parents.**

Game Length: Games will consist of four 15-minute running quarters. The clock will stop during the last minute of the game (the clock will stop on incomplete passes, out of bounds, and changes of possession). The clock will restart at the snap of the ball on the next play. There will be a 5-minute half time during the game.

Overtime: Each team will get one possession of the ball starting with the captains and a coin toss. If the game is still tied after both teams have had a possession then the game will end in a tie. You will also get one time out per team.

In Between Plays: You will have 30 seconds in the huddle. First offense will result in a warning after that it is a 5 yd penalty for each infraction. This rule will take affect after the first game of the season.

Time Outs: Each team will receive one time out per half. Unused time outs do not carry over to the second half.

Official Time Outs: The referee will determine when to take water breaks. If a team has only enough players to play the game more water breaks may be given for these participants. This will be a 30-45 second water break. The referee will notify you 2

plays before the water break is called so that you are ready with their water. This is not a strategy session only a time for water.

Coaches or team parents: A good idea would be to have hand towels that can be kept in a separate cooler with ice and water so that the players can put them on their heads and around their neck to cool them off. This should be brought out to each game.

KICK OFF'S: There is no kickoff's the ball starts on the 15 yd line.

PUNTING: There will be NO PUNTING the ball will be placed 25yds from the spot of the ball. If there is not 25 yds we will automatically go to the 10 yd line and start.

SAFETY: During a safety situation the ball will be placed on the 30 yd line of the team that caused the safety and they will get the ball back.

DEFENSIVE ALIGNMENTS: No Blitzing and No strong sides allowed. No more than 5 players on the line of scrimmage at the snap. Players not on the line must be 3 yds. Back from the line of scrimmage when the ball is snapped. Players not on the line cannot rush the quarterback unless he moves outside of the box (i.e., the alignment of the interior lineman) (in the 11-14 yrs. You can go once the player pump fakes or fakes a handoff), or begins to cross the line of scrimmage. Inside the 10 yard line, seven players may be on the line of scrimmage again only if the offense has 7 players on the line the defense can never have more than the offense and Must be line up shoulder to shoulder with the person you are guarding. Again you can only have as many on the line as the offensive team has up to 5, all other players must be three yards back and cannot rush. **The only players that are allowed to rush are the interior line and they must have someone matched up with them no outside rushing will be allowed.

-Players inside the box (interior lineman) must be in the down position no standing up inside the box area.

BLITZING IS A 5 YARD PENELTY AND REDO THE DOWN

OFFENSIVE FORMATIONS: Must have five offensive lineman on the line of scrimmage. (Only One of the tight ends if lined up in a tight 5 man formation can go out for a pass only if your wide receivers are not on the line of scrimmage.) You can split your tight ends out 3 yards from the guard and then they could both go out for a pass again your wide receivers are not on the line of scrimmage, only the end players on the line are eligible receivers. Inside the 10 yard line, seven players may be on the line of scrimmage. You must play in a Guard, Center, Guard formation.

No Blind Side Crack Back Blocks on interior defensive lineman. (exception: Defensive end can be blocked if he is not engaged in contact as long as it is not a blind side block)

Wingback not considered part of the Offensive Line must be behind the offensive line and at least 1 yard back from the line of scrimmage.

-Players inside the box (interior lineman) must be in the down position no standing up inside the box area.

Fumbles: The defense may not advance a recovered fumble. The offense may advance its own fumble only if it occurs behind the line of scrimmage. A ball must hit the ground to be considered a fumble.

Personal fouls: Any personal fouls (i.e., un-sportsmanlike conduct, unnecessary roughness, flagrant facemask grabbing, etc.) will result in a 10 yd penalty. Also, the player committing the foul must sit out for 5 minutes of game time. If the same player commits a second personal foul, he will sit out for the rest of the game. Clipping, late hits, and spearing will be 10 yd penalties and can be personal fouls if the referee deems them to be intentional or flagrant.

Blocking: There will be no blocking below the waist. The penalty will be 10 yds.

NO CRAB BLOCKING

Pass interference: Any pass interference penalty will be a 10-yard penalty from the line of scrimmage and an automatic first down.

Illegal forward pass: Penalty: 5 yds and loss of down assessed from spot of the throw.

Holding: Any offensive holding penalty that occurs near or behind the line of scrimmage will be a 5 yd penalty from the line of scrimmage. An offensive holding penalty that occurs down field will be a 5 yd penalty from the spot of the foul. A defensive holding penalty will be a 5 yd penalty from the line of scrimmage and an automatic first down.

Types of Scoring: Points are scored as follows: Touchdown 6 points; If you go for 1 point after the touchdown the ball will be placed 3 steps back from the goal line. If you go for 2 points after the touchdown the ball will be placed 6 steps back from the goal line.

Safety: 2 points

Interception: Defensive players can advance the ball. If during an extra point conversion the defensive player can advance an interception for the value of the attempt.

DEAD BALL AND END OF DOWN

1. The ball is dead and the down is over:
 - a. When a ball carrier goes out of bounds, his forward progress is stopped, or some part of his body other than his hand or foot touch the ground.
 - b. When a live ball lands beyond any out of bounds line or touches something out of bounds.
 - c. When a forward pass is declared incomplete.
 - d. If the ball is motionless on the ground and no player attempts to secure possession.
 - e. When a touchdown or extra point is scored.

INADVERTENT WHISTLE

1. If a whistle is blown inadvertently during
 - a. A pass, or while the ball is loose behind the line of scrimmage, the down is replayed.
 - b. A run while the ball is in player control the team in control may choose whether the play or a replay of the down.

DOWN AFTER PENALTY

1. The down counts if a penalty is declined.
2. If there is a double foul or a penalty is accepted for a foul during a down, the down is replayed unless a penalty prescribes either loss of down or a first down.
3. When a foul occurs at the snap, or a dead ball foul occurs, the number of the down remains as when the foul occurred. Measurement could result in a first down.

SNAPPING THE BALL

1. A snap must leave the center's hands and touch a backfield player or the ground before it touches any offensive lineman. Each scrimmage down must start with a legal snap. An illegal snap causes the ball to remain dead.
2. The snapper may not remove his hands from the ball or simulate action at the snap.
3. During any down, the ball may be handed forward behind the line of scrimmage or handed backward anywhere. After a change of possession during a down the ball may not be handed forward. Linemen not on the end of the line may be handed the ball only if they have turned around after the snap and are 1 yard behind the line of scrimmage.

RESTRICTIONS FOR OFFENSIVE PLAYERS

1. After the ball is adjusted, it is encroachment for any offensive player to move into his scrimmage line. The snapper may place his hands over the ball and have his head within the vertical plane of the ball.
2. Before the snap, no offensive player may make a motion simulation action at the snap.
3. No offensive player on the line between the snapper and the end man on the line may move his hand after having placed it on or near the ground before the actual snap.
4. The offensive players on the end of the line (who are eligible receivers) may adjust their position so long as the movement does not simulate movement at the snap.

RESTRICTIONS FOR DEFENSIVE PLAYERS

1. Players may not enter the neutral zone after the ball is ready for play.
2. No defensive player may in any way try to interfere with or cause confusion for the offensive team's attempt to snap the ball.

MOTION

1. After any huddle or any shift all offensive players must come to a stop and remain still for one second, after which the ball may be snapped.
2. One offensive player may be in motion and be moving at the snap but only if such motion is not toward his opponent's goal. This motion, to be legal, must start when all offensive players are still and not in conjunction with other shift or team movement.

LEGAL AND ILLEGAL PASSES

1. A legal complete forward pass is a pass thrown from behind the line of scrimmage and caught:
 - a. by an eligible receiver
 - b. by any defensive player (intercepted)
 - c. simultaneously by opponents. (ball becomes dead and belongs to the passing team.)
2. At the high school level more than one forward pass is allowed provided all passes are thrown from behind the line of scrimmage and there are no ineligible receivers beyond the neutral zone.
3. A legal incomplete forward pass is thrown from behind the line of scrimmage which:
 - a. touches the ground
 - b. goes out of bounds
 - c. is possessed in the air by a player who first touches the ground out of bounds.
4. Illegal passes include:
 - a. a pass thrown from a point beyond the line of scrimmage
 - b. a pass thrown after team possession changed during a down
 - c. a pass thrown to an area not occupied by an eligible offensive teammate or to an ineligible teammate behind the line of scrimmage.

ELIGIBILITY TO RECEIVE A FORWARD PASS

1. All defensive players are eligible receivers at the snap
2. If the defense touches the ball all offensive players are instantly eligible to catch the pass.

INTERFERENCE WITH THE PASS

1. Interference is purposely obstruction an opponent's attempt to catch a pass when it is not legally permitted.
2. No player is allowed to interfere with an eligible receiver beyond the scrimmage line during a legal forward pass play. The restriction begins at the time of the snap, for the offense, and when the ball leaves the passers hand, for the defense.
3. It is not interference if contact occurs when eligible receivers are making a bona fide attempt to catch or deflect the pass.

ILLEGAL CONTACT

1. An offensive or defensive player may not:
 - a. Use his hands to add impetus to the charge of a teammate.
 - b. Use his hands to strike a blocker's head.
 - c. Use his hands, arms or legs to grasp or in any way hold an opponent other than the runner.
 - d. Strike an opponent who is out of bounds, obviously out of the play, or after the ball is dead.
 - e. Hurdle another player who is on his feet.
 - f. Place himself on a teammate or opponent to gain an advantage
 - g. Incite roughness by contacting an opponent unnecessarily
 - h. Grasp an opponent's facemasks.
1. Butt block, face tackle or spear any opponent
2. Defensive players must avoid blocking, tackling, or charging into a passer who has released the ball.

UNSPORTSMANLIKE CONDUCT

1. No player or non-player personnel shall act in an un-sportsmanlike manner during either play or intermission. Un-sportsmanlike acts include:
 - a. using profanity vulgar language, or gestures;
 - b. baiting the opponents;
 - c. attempting to interfere with offensive signals;
 - d. intentionally kicking or swinging at any opposing player;
 - e. intentionally kicking at the ball when not in play;
 - f. disrespectfully addressing or objecting to a decision of an official;
 - g. use of artificial aid to direct play;
 - h. being on the field except as a substitute or replaced player.

ILLEGAL PARTICIPATION

1. The following activities are considered illegal participation:
 - a. Unless blocked or pushed out of bounds, no player can participate after having been out of bounds.
 - b. Use a pretended substitution or sideline personnel to deceive opponents before any play begins.
 - c. Lie on the ground to deceive before any play begins
 - d. Have more than 8 players participate during any play.

BATTING THE BALL

1. No player is allowed to bat a loose ball other than a pass or fumble in flight.
2. A backward pass in flight cannot be batted forward by the passing team.
3. Eligible receivers may bat a forward pass in any direction.
4. A player who has possession of the ball may not simulate a fumble in an attempt to gain yardage.

SPECIAL ENFORCEMENTS

1. A yardage penalty toward an opponent's goal may not take more than one-half the remaining distance to the goal unless this is the outburst penalty and then it can be $\frac{3}{4}$ of the way to the goal.
2. If the offensive team commits a foul in its end zone and the penalty is to be measured from a point behind the goal line, it is an automatic safety;
3. A defensive foul enforced from a spot on or behind the offended team's goal line is measured from the goal line.
4. Fouls committed by the defense during a scoring play will be enforced as on any other play
5. Non-player and un-sportsmanlike fouls occurring during a touchdown, and dead-ball fouls after the score of a touchdown will be enforced at the try for point spot.
6. Un-sportsmanlike or non-player fouls occurring during a try for point, point after and dead ball fouls after such a play are enforced on the ensuing spot of the ball.
7. Scores are nullified if a player on the scoring team commits a foul during the scoring down and the penalty is accepted.
8. An offended team retains the right to replay any down if a penalty is accepted, unless penalty provision cancels the down.

SUMMARY OF PENALTIES:

Coaches have 2 question times per game that they can use.

A. LOSS OF DOWN

1. Illegal forward handing of ball
2. Any illegal forward pass
3. Pass interference by the offensive team

B. AUTOMATIC FIRST DOWN (FOR OFFENDED TEAMS)

1. Roughing of passer
2. Defensive pass interference

C. 5 YD PENALTIES

1. Delay of game tactics, including failure to put the ball in play
2. Participation, substitution, illegal equipment fouls
3. Snap or free kick infractions; position, motion violations
4. Illegal receiver downfield
5. Holding and illegal blocking techniques involving hands and arms

D. 10 YARD PENALTIES

1. Interference or illegal contact with the pass receiver
2. Any form of illegal blocking involving parts of the body other than the techniques described as 5 yd penalties.
3. Unnecessary Roughness and any form of illegal contact
4. Any un-sportsmanlike conduct
5. Illegal batting or kicking of the ball
6. No distance penalty will be enforced in a manner that exceeds more than half the distance to the offended team's goal line. You will continue to do $\frac{1}{2}$ the distance to the goal for each penalty if 10 yds is not available.

E. OUTBURST PENALTY 20 YARD PENALTIES

1. Outburst Penalty by any Player, Coach, Parent or spectator. This penalty is a 20-yard penalty or $\frac{3}{4}$ of the way to the goal and a fresh set of downs.

