

Youth Rules (5-Man Format)

The Field

- 30 yards wide x 70 yards long with two 10-yard end zones.
- Midfield serves as the line-to-gain.
- No-run zones: 5 yards before each line-to-gain and 5 yards before each end zone.
- Stepping on the boundary line = out of bounds.

Series of Downs

- Offense starts at own 5-yard line.
- 3 downs to cross midfield; 3 downs to score.
- All changes of possession (except interceptions) start at the 5-yard line.

Rosters & Substitutes

- 5-12 players per roster; minimum 4 to start.
- Substitute fee: \$25. Substitute Waiver required.
- Substitutes are eligible for playoffs only if they played 2+ regular-season games.
- All playoff players must pay full registration.

Timing

- 34-minute continuous clock (two 17-minute halves).
- Clock stops only for timeouts or injuries.
- 30-second play clock. 1 timeout per half per team.

Scoring

- Touchdown = 6 points
- 1 PAT from 5-yard line (pass only) = 1 point
- 2 PAT from 10-yard line (run or pass) = 2 points
- Safety = 2 points
- Forfeit scored 28-0
- If a team leads by 3+ touchdowns (18+ points), they must remove their pass rusher.

Game Play

- QB cannot run directly with the ball.
- Direct handoffs behind the line of scrimmage only.
- No laterals of any kind.
- No blocking or screening.
- No-run zones: 5 yards before midfield and 5 yards before each end zone.
- QB has a 7-second pass clock.
- Once the ball is handed off, the 7-second clock is no longer in effect.
- All passes must be thrown from behind the LOS, forward, and received beyond the LOS.
- Shovel passes are allowed.
- 1 foot in bounds constitutes a catch.
- Interceptions are returnable (except on PAT conversions).

Rushing the Passer

- Rusher must start at least 7 yards from the line of scrimmage.
- Any number of players may rush simultaneously.
- Once the ball is handed off, the 7-yard rule is no longer in effect.
- Sack in the end zone = safety.

Flag Pulling

- Flag pulling is legal only when the ball carrier has full possession.
- Defenders may dive to pull a flag.
- No tackling, holding, or running through a ball carrier.
- If a flag falls off inadvertently, the ball carrier is immediately down.
- Flag guarding = stiff arm, lowering head/hand/arm/shoulder, or covering flags with jersey.

Offensive Penalties

Foul	Penalty
Unnecessary roughness	-10 yards + loss of down
Unsportsmanlike conduct	-10 yards + loss of down
Screening / blocking	-10 yards + loss of down
Flag guarding	-10 yards + loss of down
Offsides / False start	-5 yards + loss of down
Illegal forward pass	-5 yards + loss of down
Illegal motion	-5 yards + loss of down
Delay of game	-5 yards + loss of down
Impeding the rusher	-5 yards + loss of down
Run in a pass-only zone	-5 yards + loss of down

Defensive Penalties

Foul	Penalty
Pass interference	Automatic first down at spot
Holding	Automatic first down
Stripping the ball	+10 yards + automatic first down
Unnecessary roughness	+10 yards + automatic first down
Offsides	+5 yards + automatic first down
Illegal rush	+5 yards + automatic first down
Illegal flag pull	+5 yards + automatic first down
Roughing the passer	+5 yards + automatic first down