

FREMONT YOUTH LEAGUE TACKLE FOOTBALL

IN-HOUSE RULES

4/5TH GRADE DIVISION

1. All games will be played following IHSA rules and regulations, unless spelled out otherwise in this document.
2. 4/5th grade division games shall consist of FOUR 15-minute quarters w/1-minute between quarters 1-2 and 3-4, with the clock running continuously with the following exceptions. Time will be kept on the field by a referee or a volunteer. The clock should only stop for injuries, time outs, or by the referee.
3. There will be a 8-minute half time period.
4. If, at the end of the 4th quarter there is a tie, an over time will take place. The ball will be placed on the 10 yard line, with each team receiving 4 downs to try and score and to also attempt there extra point. The first possession will be decided by a coin toss (AWAY TEAM gets to call the coin flip). If, after each team has finished their possession and the game is still tied, the game will end in a tie. Each team will then receive a ½ a win for a TIE GAME. Unless we are playing for a placement of position for the season then we'll play it out for a win.
5. Each team will be allowed (3) one-minute time outs per half (NO CARRY OVERS). Each team will have only (1) time out in over time.
6. Acceptable football size: PEE-WEE or JUNIOR size
7. We recommend that each player receives some playing time for that game. Please do not abuse this recommendation. Its understandable that a player is being disciplined but please have your reasoning ready if the player(s) didn't receive much playing time or not at all. The league president will have the authority to address this situation, should the recommendation consistently occurs. **THEIR IS NO SUCH THING AS EQUAL PLAYING TIME.**
8. There will be NO PUNTING – NO KICK OFF – NO RECEIVING for the 4/5th grade IN-HOUSE division level teams. We are looking to strictly develop OFFENSE & DEFENSE fundamentals only.
9. Scoring on the extra points will be 2 points for FIELD GOAL kicks and 1 point from the line of scrimmage run or pass play. This follows current middle school rules for our conference and is intended to encourage the development of kickers.
10. The ball may be snapped on any or no sound.
11. Coaches in the 4/5th grade level are restricted to (1) coach only in the huddle on offense and defense. ALL coaches must be behind the last player on the offense or defense before the snap of the ball. If abused, there is a 5 yard penalty.
12. Delay of Game Penalty: For the 4/5th grade level, there will be 45 seconds allowed between plays after the football is set. ONE-WARNING will be given before a penalty is assessed. These warnings may vary throughout the season.
13. NO BLITZING! Players not on the defensive line of scrimmage must stay back at least 4 yards and can not advance forward until the snap of the ball. The referee will give 1-warning and then each additional occurrence will result in a 5 yard penalty. No more than 6 defensive players may line up inside the box (from tight end to tight end); ONLY 1 player may line up in either “A”-GAP.. No one is permitted to be HEAD UP on the CENTER.
14. Crack blocking – Legal play providing offensive player initiates contact with hands to the front/side of the player.
15. Pulling of the guards – Legal play.
16. (1) Person ONLY may line up in the “A-gap” - NO ONE is permitted to be head up on the center.
17. **ONLY 1 WARNING PER GAME* YOU DO NOT GET A WARNING FOR EVERY LITTLE THING.**

SPECIAL GAME RULES FOR THE 4/5th GRADE DIVISION:

1. All players entering the 4th & 5th grades must play in the 4/5th grade Division. Exceptions can be made but must be approved by the leagues president.
2. Players weighing over 125LBS or greater must be identified with a **RED OR BLACK STRIPE** on their helmet.

OFFENSIVE RESTRICTIONS (125lbs or greater):

1. Player may not line up in the backfield
2. Player may not line up as a wide receiver
3. Player may line up as a TIGHT END (TE) but must not leave the line of scrimmage on a pass route. He can, however, be used as a blocker.
4. He may never advance the ball.

DEFENSIVE RESTRICTIONS (125lbs or greater):

1. Players with a **RED or BLACK STRIPE** can line up at any position on defense.
2. Player may NEVER advance the ball. They can intercept the ball but can not advance the ball. The referee should recognize the **RED or BLACK STRIPE** and call the play dead after the interception from a **RED or BLACK STRIPE**.

LEGAL FORMATIONS:

1. Any legal offensive or defensive formation may be used. This would include unbalanced lines and multiple receiver sets on offense. The offense must maintain 7 men on the line of scrimmage, with the last man of each end of the an eligible receiver. The defense must maintain not more than 6 men in the box (from tight end to tight end), except in goal line situations where 8 men in the box are allowed. Goal line situations start once you are on or inside the 10yard line.

PAT/FG SITUATIONS:

1. A team scoring a TD will have the option of running a play from the 3-yard line for a single extra point or to “GO FOR TWO”. A kicked PAT will count as two points. The defense will not be allowed to rush the kicker. The ball must be snapped, held and kicked through the uprights for a successful attempt. If the snap is muffed, the place holder and kicker will be given an 8-second opportunity to recover the ball and kick. A team may also attempt a field goal at any time. Again, the same rules will be applied, but a successful kick will count as three points.

SPECIAL IN-HOUSE RULES FOR THE 4/5TH GRADE TACKLE DIVISION:

1. All games will start & reset on the 40 yard line.
2. A Fumble recovery is a turnover on downs and will be placed back on the 40 yard line.
3. An interception is a automatic PICK-6 (TOUCHDOWN). The whistle will be blown dead on a interception. You will then still line up for the extra point(s) to earn either a 1-point run or pass option to score or a 2-point field-goal option (NO DEFENSE CAN RUSH ON THE FIELD-GOAL OPTION – defense can only just stand there with hands up). NO FAKES ALOUD ON THE FIELD-GOAL OPTION.
4. If a 4th down conversion is NOT completed for a first down by the offensive team, the ball will be automatically placed back on the 40 yard line for a turnover on downs.