

903 YF&C 3/4 Division Guidelines

- **Grades and Age Restrictions:**
 - Consists of grades 3rd and 4th grades.
 - No player over the age of 10.
 - Player age is determined by their age on December 31st of the current season.
- **Weight Limit:**
 - Weight limit to progress the football is 115.00 lbs.
 - Any player over 115.00 lbs. must be designated as an X player and may not advance the ball.
 - Overall weight limit is 160.00 lbs.
 - Any player over 160.00 lbs. cannot play in the 3/4 age division but may play in 5/6. Any 3rd grade player under 9 for the duration of the season over 160.00 lbs. must wear a RED X and may only play offensive line and may not pull, trap block, lead block downfield, cut block, wedge, or pancake.
 - Player weight will be determined pre-season at weigh-ins.
- **Halo (X-Players):**
 - Halo players must have helmet markings: Contrasting 3" X on back of helmet and a Contrasting X 1.5" on the front.
 - See X player rules addendum.
- **Football Specifications:**
 - Junior (Size 6) footballs required.
 - Footballs will be made of leather or composite, not rubber.
 - Teams will provide their own game ball while on offense.
- **Game Clock:**
 - 40 second play clock will be used.
 - 8-minute quarters.
 - 12-minute "developmental" 2nd quarter where no official score is kept.
 - 15-minute half-time.
 - During the developmental quarter, regular clock stoppages will be utilized. Coaches are to use this time as a scrimmage to ensure playing time for youth players still developing in the sport.
 - Mercy Rule: Continuous clock if a team is 18 points ahead unless the losing team's coach requests otherwise.
 - Timeouts:
 - 1st Half: Total of 3 timeouts.
 - 2nd Half: Total of 3 timeouts.
- **Game Rules:**
 - Only 7 players may be on the line offensively or defensively. Violation of this rule results in a 15-yard penalty.

- 3/4 Division will kick-off from the 50-yard line and return from the 40-yard line.
- On fourth down, the team with the ball can either go for it or opt for a “dead punt” where no player on either side is allowed to move until the ball is kicked.
- If a ball is dropped by the punter, the punter may pick up the ball and punt it. X player is not permitted to advance the ball by any other method, other than punting.
- No player shall be permitted to move from formation until the ball leaves the foot of the punter regardless of the snap.
- No fakes will be permitted on punts.
- Max Blitz Limit: No more than 6 players blitzing across the line of scrimmage at a time, exceptions are within your own 10-yard line or 4th down and short situations. Short is defined by 3 yards or less.
- To ensure the Max Blitz rule is correctly enforced, only 6 defensive players may line up on the line of scrimmage. Referees will use discretion to determine if Cornerbacks or Outside Linebackers playing close to the tackle box are on the line of scrimmage and blitzing.
- **Coaching Rules:**
 - 2 coaches may be on the field for the first season game, and for the developmental quarter in all other games.
 - Coaches on the field must be out of the way of the play, or it will result in a 15-yard penalty.
- **Extra Points:**
 - Extra points will be played from the 2-yard line.
 - Two points if the team passes the ball into the end zone.
 - One point if the player runs the ball into the end zone.
 - Three points for a “dead ball” place kick.
- **Additional Rules:**
 - All other playing rules and guidelines follow Texas UIL policy for Jr. High athletics, defaulting to NCAA rules if no rule exists.