

2021 CHEAT SHEET
4rd/5th grade & 6th/7th grade Football Rules
Updated on July 2nd , 2021

North Carolina High School rules will govern play, except for the following:

1. Officials will run 40 seconds play clock for both leagues. This is to be strictly enforced, 5 yard delay of game penalty. 4th/5th grade will play Four 8 minute quarters. 6th/7th grade will play Four 8 minute quarters.
2. 4th/5th grade only allows 1 coach on the field. 6th/7th grade NO coaches on the field. A maximum of 5 coaches are allowed on the sideline. Each player will play 8 plays per game (extra points and field goals do not count). 4th/5th grade, no coach will be allowed on the field at the midway point in the season, the game will be noted on the schedule.
3. 4th/5th grade (135 lbs) and 5th/6th grade (165 lbs), player will have **RED horizontal stripe placed on the front and back of their helmet.** Both leagues, the player must be in 3 or 4 point stance, no exception. Any defensive lineman with stripe on helmet who is a defensive end cannot line up on the outside shoulder of the offensive tackle or tight end who is on end of the line. This player can only carry the ball on a fumble return or interception. If a players with stripe punts the ball and it is a bad snap, if he advances ball back to the LOS, play is dead at that point.
4. 4th/5th grade the kicking game will not be used. Instead of kicking off, the ball will be placed on the 35-yard line of the receiving team. Instead of punt, ball will be moved 30 yards from the line of scrimmage. If moving the ball puts the ball in the end zone, the ball will placed on the 20 yard line. 6th/7th grade, punts are live after the kick (team must declare if they are punting and no fake punts are allowed), except for extra points or field goals, refer to rule 5.
5. Both leagues, a try that is run or passed in is 1 point, any successful kick is 2 points. No defensive rush is allowed. No fakes are allowed, they MUST KICK. Kicker has 10 seconds (official's discretion). Any kick that is blocked is dead at that point, ball will automatically be placed at the 20 yard line. Any field goal that is missed, ball will automatically be placed at the 20 yard line. Kickoff tees are not allowed, blocks are allowed. These plays **DO NOT COUNT** with regards to how many plays a player is credited with.
6. Both leagues, any team with a 24-point lead or more stays on defense until other team scores (TD or FG). Ball will be placed the opponent's 35 yard line. No downs are kept, clock is run per regular rules (out of bounds, incomplete passes). If team loses yardage beyond the 35 yard line, ball will be placed back at the 35 yard line. If the defense intercepts pass or recovers fumble, ball is immediately dead and ball will once again be placed on the 35 yard line. **NO COACH MAY OPT OUT OF THIS RULE.**
7. 4th/5th grade cannot have any player lined up on the center on any plays, period. They can line up in the A gap and you can run in the A gap as well. 4th/5th grade you can have a maximum of 6 players on the defensive line (in stance or standing up). At least 3 players must be at least 5 yards off the ball, linebackers are allowed to be 3 yards off the ball. No blitzing is allowed. Blitzing is defined at the position of the 6th player on the defensive line.

Example, team has 6 defensive linemen, a linebacker prior to the snap, comes inside his 3 yard position, penalty flag is to be thrown but play is not stopped, **penalized as illegal participation**. In same example, the defense only has 5 defensive linemen, if the linebacker prior to the snap comes inside the 3 yard position, no penalty.

8. When the ball is within the five yard line or on a fourth down situation, any defensive alignment with more than six linemen is acceptable in 4th/5th grade.
9. 6th/7th grade, no restrictions as to number of defensive lineman, except any player who weighs over 165 lbs. must be down lineman as noted in Rule 3.
10. Games that end in a tie will be allowed 1 Overtime period per NFHS rules. If games are still tied, no further Overtime periods will be played.
11. If coaches or bench question a call or non-call, it will be met with a flag and a 15 yard penalty. A second offense in the same game will result in the offender and head coach vacating the bench area. If there is a third offense in the same game, the game will be a forfeit. The Head Coach is responsible for his sideline, should an Assistant Coach be ejected, both the Head and Assistant Coach must leave the facility immediately. Penalty, 2 game suspensions for the Head Coach (and Assistant if that is the case). The Head Coach is responsible for his bench. If any coach does not leave in a timely and professional manner, your league administrator has the right to replace the coach for the season should they need to.
12. Radios and phones may be used during the game, per NFHS regulations. Rule 1-6 page 23 of your rule book. Each home game administration has the right to restrict access to their press box areas, if they so choose.
13. Each team will use their own ball. League administrators are recommending for 6th/7th grade the Youth size footballs. Teams are allowed to use Youth balls in 4th/5th grade, but they are not recommended.
14. The Avery/Mitchell/Yancey/Madison Youth Football League, no player shall play more than two seasons in each league (except a 3rd grader that played in the 4th/5th). A player age is determined as of August 31, Current Year. A player who is 12 cannot play in the 4th/5th grade league. A player who is 14 cannot play in the 6th/7th grade league. NOTE: If child is homeschooled and meets the age criteria, they will be allowed to play if they are in the 7th grade.
15. Each league administrator will have the following documents on every player should any questions of eligibility arise: 1) Birth Certificate and 2) the principal of each child will sign off on the current grade of each player.
16. **NEW:** Rosters are to be sent to WHO?? by Monday, August 20, 2021 by 5 pm. Roster form will be sent to each league administrator. Once team roster is submitted, no players may play for another team, they must remain on this roster until completion of the season.
17. **NEW:** Five coaches' names are to be submitted on roster as well. Ticket Takers are to be given roster, coach must present ID to be gain free admittance to games every week. League administrators to set gate prices at beginning of the season (Must be consistent across the league.)

