

1. League Standings

No standings will be kept throughout the season to emphasize skill development, fundamentals, and learning the game.

2. The Season

Schedule Overview

- First Practice: August 4th
 - First Two Practices **Helmets ONLY**
 - Three Weeks of Practice Prior to First Game, Scrimmages allowed during this period
 - Must have a minimum of 6 practices before first game
- First Game: August 23rd
- Final Weekend: October 11th Bowl Games
- No Games: Labor Day weekend
- Total Games: 7 Total games - 6 Regular Season Game + Bowl Game

Game Day Schedule

- Games begin at 9:00 a.m., scheduled on the hour. The last game ends by 2:00 p.m.
 - Weekly schedule considers travel distances for teams.
 - Glenwood may serve as a backup site due to weather (decision made the night before).
 - Rain-out games may be rescheduled for Sunday or coordinated by individual teams during the week.
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3. Practice Guidelines

Preseason

- Max: 3 practices/week (no longer than 2 hours each)

In-Season

- Max: 2 practices/week (no longer than 2 hours each)

General Rules

- No practices before the official league start date.
- At least 30 minutes per practice must be dedicated to USA Football blocking and tackling drills.
- Practice locations are determined by each community's coaches per local guidelines.

Extreme Heat & Outdoor Practices

Safety during extreme heat is a top priority. Coaches must monitor daily weather conditions and follow these guidelines when planning outdoor practices:

- **Heat Index Over 100°F:** Outdoor practices are **not allowed** during peak hours (typically 12:00 p.m. – 6:00 p.m.). Practice may resume **after 6:00 p.m.** if the heat index has dropped below 95°F.
- **Heat Index 95°F – 99°F:** Outdoor practices may occur **with caution**, but coaches must:
 - Limit practice length to **1 hour**
 - Provide **mandatory water breaks every 15 minutes**
 - Avoid full pads; helmets only or no equipment preferred
- **Heat Index 90°F – 94°F:** Practice is allowed with:
 - Frequent water breaks (every 20 minutes)
 - Monitoring for signs of heat-related illness
 - Encouragement of light clothing and hydration before/after practice
- **Heat Index Below 90°F:** Normal practice conditions apply, but hydration should still be emphasized.

Additional Guidelines:

- Coaches are expected to check the **hourly heat index** via reliable sources (e.g., National Weather Service, local forecasts).
 - If practice is canceled due to extreme heat, coaches should attempt to **reschedule for a cooler time** (early morning or after 6:00 p.m.).
 - In the event of a **Heat Advisory or Excessive Heat Warning**, all outdoor activity must be postponed or moved indoors (if facilities are available).
 - **If the League Director issues heat-related restrictions, ALL coaches must comply**, even if the heat index falls within acceptable ranges noted above.
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4. Coaches

All coaches must register via **Western Iowa Football (WIF) TeamSnap Coaches Registration**. Only approved coaches are allowed on the field or in contact with players.

5. Teams and Divisions

Age Divisions

- 3rd Grade
- 4th Grade
- 5th–6th Grade

All players must be in the designated grade. Playing “down” is not permitted unless absolutely necessary (e.g., a smaller 4th grader playing in the 3rd-grade division to avoid a team forfeiture).

Team Composition

Players will be distributed evenly across multiple teams in each community to ensure a competitive balance. “All-star” teams are prohibited. Any team found forming one will be ineligible until changes are made.

- Roster Size:
 - Minimum: 9 players (10 min. recommended)
 - Maximum: 18 players unless approved by the league
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6. Game Format

General Rules

- Games begin with a coin toss (visiting team calls it).
- Winner chooses offense or defense.
- Possessions always begin at the **40-yard line**.
- First downs are at the **25- and 10-yard lines**.
- Four downs per 15-yard segment to earn a first down or score.
- **30-second play clock** (one warning allowed; then a penalty). May be extended to 35 seconds with mutual coach agreement.
- No punts: all possessions begin at the 40-yard line.
- Field size: **40 yards long x 36 yards wide** (from sideline to opposite hash).
- Ball is spotted on the center hash mark.

Timing

- Four 12-minute quarters (continuous clock).
- Clock stops only in the last 2 minutes of the game and after touchdowns.
- **30-second huddle limit (penalty: 5 yards)**.
- **2 time-outs** per half (30 seconds each).
- Halftime: 3 minutes.
- No kickoffs or returns.
- **1-minute break between quarters**.

Officials

- Each game has **two** licensed football officials.
- Official Pay: \$55 each per game.

- Home team provides a volunteer to mark the line of scrimmage.

Game Ball

- 3rd/4th Grade: Pee Wee Size (K2 or Size 6)
 - 5th/6th Grade: Junior Size (TDJ or Size 7)
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7. Scoring

- Touchdown: 6 points
 - 2-point conversion attempt from the 3-yard line (run or pass)
 - No overtime – ties remain ties.
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8. Equipment

- Approved helmet, shoulder pads, and integrated football pants
 - Mouthpiece required
 - Molded cleats only – no metal cleats
 - Flag belts with three flags
 - League supplies flags for games
 - Coaches supply flags for practice
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9. Field Layout

- 40 yards long x 36 yards wide (2 games per regulation field)
 - First downs marked with larger cones
 - Spectators must remain in bleachers or designated fan areas
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10. Players & Substitutions

Participation

- 8 players on offense and defense
- All players play both sides of the ball
- Minimum: **15 plays per player per game** (Honor System)

Exceptions: Players with limited practice or returning from injury

11. Dead Balls

The ball is dead when:

- Flag is pulled
 - Runner steps out of bounds
 - Runner's knee touches ground
 - Runner's flags fall off
 - Snap hits the ground (dead at previous spot)
 - Fumble (dead at point of contact with ground; no advance)
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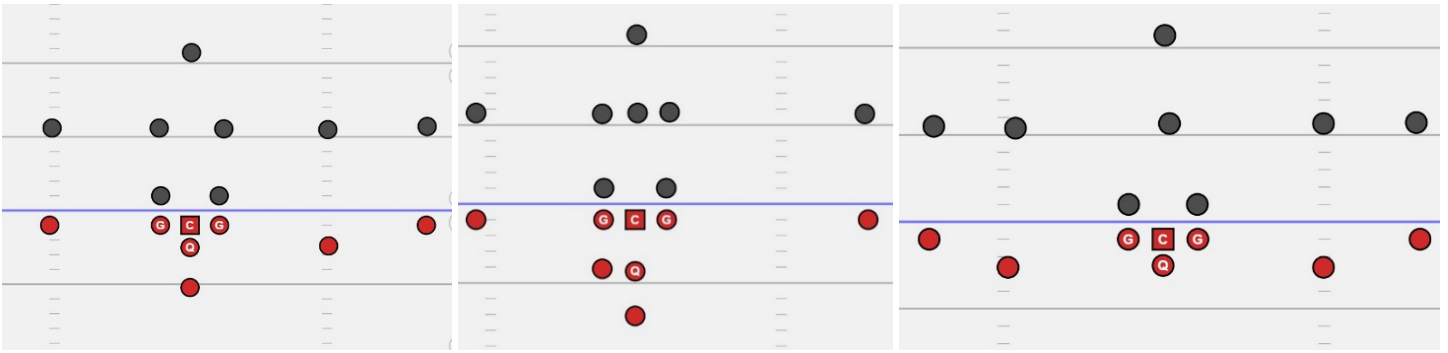
12. Flag Pulling & Contact Rules

- No tackling, holding, or pushing
 - Defenders may dive to pull a flag, but not through the ball carrier
 - No running over defenders or blocking with shoulder/head
 - No flag guarding or stiff arms
 - Only above-the-waist, hands-initiated blocking allowed
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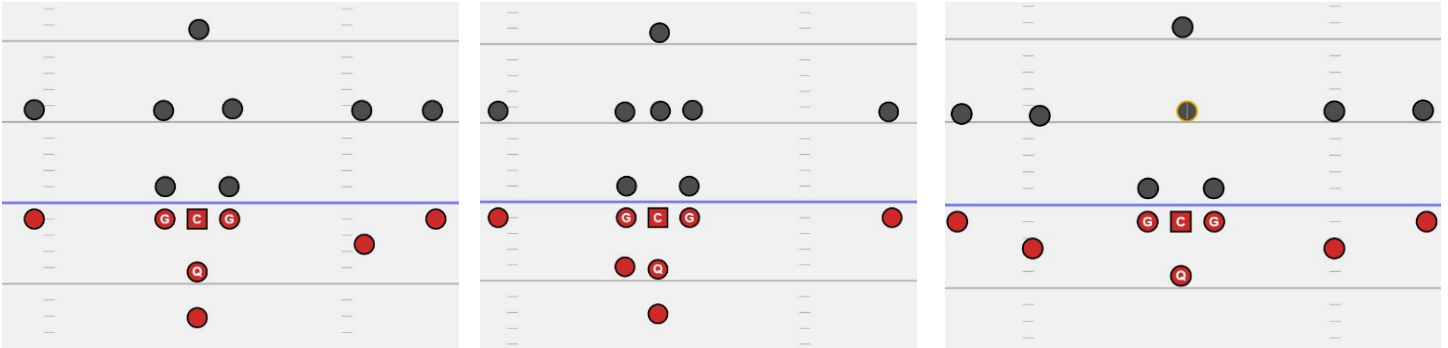
13. Formations

Offense

- Must have 5 players on the line: 3 linemen + 2 receivers
- Only one player may be in motion (no forward motion)
- Jet sweeps and fakes are allowed
- 3rd Grade: 3-second pass rush rule unless play-action occurs or QB leaves the pocket
- No QB sneaks or ISO lead runs between guards
- Legal Offensive Formations
The following formations are approved and must be used during gameplay. No custom or non-approved formations are allowed.
 - Under Center Formation Samples



- Shotgun Formation Samples



- General Formation Rules

- Center & Two guards on LOS
- Two WR on LOS, 5-yard splits from Guards to WR or WR to WR
- Running Backs 3 yards behind LOS & between the guards
- Slot Backs 3 yards behind LOS

- 5th & 6th Grade Offensive Additional Formation

In addition to the approved 3rd and 4th grade formations, 5th and 6th grade teams are permitted to use more advanced formations and alignments. These include the use of **Trips formations** and **Tight Ends (TEs)**.

- Trips Formation

- Only **one receiver may be on the line of scrimmage (LOS)** on the side with three receivers.
- There **must be a receiver on the LOS on the opposite side** of the trips to ensure a balanced formation.
- This formation is designed to stretch the defense horizontally and create mismatches in space.
- Motion is allowed in or out of the trips formation, but only one player may be in motion at a time and they may not move toward the line of scrimmage.

- Tight End (TE) Usage

- Teams may use a TE on the LOS, but the **TE must be in a three-point stance** (hand on the ground).
- Any additional receivers aligned to the same side as the TE must be **off the line of scrimmage** to maintain proper spacing and legality.

- The TE may function as a blocker or receiver.
- Backfield and Receiver Alignment
 - All backs must line up **between the guards** and be either **beside or behind the quarterback**.
 - Receivers must be aligned **at least 5 yards outside the guard** to promote spacing and avoid bunching.
 - Exception: **Jet motion** receivers may start closer to the formation as long as the motion complies with football rules.
- Motion Rules
 - Only one player may be in motion at any given time.
 - Motion must be **parallel to or away from the line of scrimmage** at the time of the snap.
 - Motions must comply with standard football motion rules (no early starts, illegal shifts, etc.).
- Formational Legality
 - No receiver may be “covered” by another receiver (i.e., two players aligned on the LOS outside of each other).
 - All formations must clearly show 5 players on the line of scrimmage.
- Blocking
 - Blocking is allowed and must follow USA Football techniques:
 - No chop blocks or blocks below the waist
 - All blocks must be initiated with the hands and occur above the waist
 - Blocking techniques will be taught in practice and must be reinforced for safety and compliance.
- Snapping
 - The center must snap the ball **between their legs** to the quarterback.
- Quarterback Play
 - QBs may run the ball at any time.
 - Defensive linemen may enter the backfield **only if** the QB leaves the guard box, either on a designed run or rollout.
 - If the QB remains within the guard box, defensive line rush is subject to the 3-second rule (3rd grade only).
- Ball Carrier Rules
 - Hurdling, leaping, or diving is not permitted anywhere on the field.
(Penalty: Player is down where they left the ground)
 - Stiff arms and flag guarding are not allowed.
(Penalty: 2-yard spot foul and loss of down)
 - Spinning is allowed **as long as the player does not leave their feet**.
 - Ball carriers must not lower their head or shoulders into a defender; they must attempt a football move to avoid contact.
(Penalty: 5-yard spot foul and loss of down for unnecessary roughness)

14. Defense

- Must follow league formation rules
 - DL: 2 players, head-up on guards
 - DBs: 5+ yards off the ball
 - LBs: 5+ yards back, stacked behind DL
 - Safety: 10+ yards off the ball
 - No blitzing: DL rushes after 3-second count unless QB leaves the pocket or handoff occurs
 - Tackling = **Unnecessary Roughness** (5-yard penalty + auto first down)
 - Interceptions may be returned until the players' flag is pulled or the 40-yard line is reached (counts as 2-point play and change of possession)
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15. Penalties

Infraction	Penalty
Flag guarding	2 yards (spot foul), loss of down
Unnecessary roughness	Auto first down
Unsportsmanlike conduct	1st offense: 2 yards, 2nd: ejection
False start/Offside	2 yards
Delay of game	2 yards
Illegal block	2 yards
Pass interference	Auto first down
Chop block/blocking below waist	5-yard spot foul + loss of down
3rd Grade: 3-sec rush violation	5 yards, replay down
