



MOODY FAMILY YMCA
**2025 Fall 6-MAN TACKLE FOOTBALL
RULE BOOK**



Moody Family YMCA

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YMCA Mission Statement

**To put Christian values into practice through programs
that build healthy spirit, mind, and body for all.**

YMCA Philosophy

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

YMCA Coaches' Code of Conduct

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.
2. I will place the emotional and physical well being of my players ahead of a personal desire to win.
3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.
4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and my actions.
5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.
6. I will abide by all the rules and regulations of the YMCA.
7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.
8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.
9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.

At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:

- Restriction of water
- Restriction of use of bathroom
- Physical exercise
- Harsh demeaning or negative yelling, or physical force (including shaking or striking)

Boys and Girls Sports Committees

1. The Boys and Girls Sports Committees (the “Committee”) oversee the boys & girl’s sports programs for the Moody Family YMCA (“MOODY FAMILYYMCA”). Duties of the Committee include:
 - (a) Set rules for each sport.
 - (b) Scout and evaluate teams for placement in appropriate divisions.
 - (c) Monitor conduct of coaches, players, parents and fans at games and practices.
 - (d) Listen to and act on any concerns or complaints expressed to the MOODY FAMILYYMCA Sports Department.
 - (e) Attend meetings.
 - (f) Intervene at games, if necessary.
 - (g) Attend team formation meetings.
 - (h) Communicate with school coordinators (when applicable).
 - (i) Nominate and approve new committee members.
 - (j) Serve on subcommittees.
 - (k) Work special events (e.g., track meet).
2. The Committee shall be made up of the following:
 - (a) Chairman
 - (b) Vice-chairman
 - (c) School representatives
 - (d) At-large members
3. Requirements to become a Committee member include:
 - (a) Complete a volunteer application.
 - (b) Submit to an annual background check.
 - (c) Serve a one-year term.
 - (d) Never been removed as a coach or volunteer in any YMCA program.
 - (e) Work the Annual Partners Campaign.

Please Send Ty an email if interested, tlangston@ymcadallas.org

Player Registration

1. A player must be a program or family member in good standing of the MOODY FAMILY YMCA, must be registered on a YMCA Sports Registration Card (parent signature required) and must have paid the registration fee prior to any participation in practices or games.
2. LATE REGISTRATION – If a player registers after the registration deadline, the player will be placed on a waiting list and will not be guaranteed placement on any team. If the player is removed from the waiting list and placed on a team, the registration fee plus a nonrefundable late fee of \$50.00 must be paid in order for the child to play.
3. Coaches may not recruit or promise players a specific team assignment. Team assignment is solely the responsibility of the Committee. Coaches who allow players to play on their teams who were not placed on the team through the team formation process and/or who are not registered at the MOODY FAMILYYMCA will be suspended.
4. Every player must play in the grade in which he or she is enrolled in school.
5. SPECIAL REQUESTS – All special requests must be submitted in writing at the MOODY FAMILYYMCA front desk. The Committee reviews special requests at periodic meetings. The Committee's decision will be communicated to the requester as timely as possible. The Committee's decision is final. Special request forms are available at the MOODY FAMILYYMCA front desk. NOTE: the MOODY FAMILYYMCA Sports Department staff may not grant any special requests.

Coach Registration

1. YMCA of Metropolitan of Dallas Coaching Requirements (MUST BE COMPLETED BEFORE COACHING A PRACTICE OR GAME):
 - (a) Fill out a volunteer application; must list 3 references and phone numbers.
 - (b) Sign consent for criminal background check.
 - (c) Complete required online Child Abuse Prevention Training.
 - (d) Attend coaches' orientation and watch the Metropolitan YMCA Sports video.
2. The YMCA prohibits the hiring of coaches. Coaching in the YMCA Sports Program is strictly a volunteer position designed to give parents or other interested parties the opportunity to serve the children of our community.
3. The Boys Sports Committee reserves the right to not allow any person from serving as a coach, assistant coach or team representative.

General Rules for 4th, 5th and 6th Grade Tackle Football

1. Medical Conditions

Any player with a medical condition that affects the player's safety must have a treating physician's medical release on file in the MOODY FAMILY YMCA Sports Department office prior to participation in any MOODY FAMILY YMCA event and/or practice.

Revision 4/10/2017: Medical Alert Bracelets may be worn by players as long as the bracelet is fitted to the players arm or covered and does not pose a safety hazard to other players.

2. Required Equipment (players may not practice or play in a game without the required equipment):

- (a) A properly fitted NOCSAE approved WHITE helmet with facemask. The helmet shell should be less than 5 years old.
- (b) A protective mouthpiece. The mouthpiece must be properly pre-fitted to the player's mouth according to the manufacturer's instructions prior to any use in practice or games.
- (c) Properly fitted shoulder pads.
- (d) WHITE football pants with hip, thigh, and kneepads.
- (e) A MOODY FAMILY YMCA football jersey. The jersey may not be altered in any way. A player wearing an altered jersey is subject to ejection from the game.
- (f) Shoes with molded rubber cleats or flat bottomed rubber soles.

NO JEWELRY OF ANY KIND WILL BE ALLOWED, such as earrings, necklaces, watches, bracelets, rings, etc.

Revision 2/7/2013: The YMCA understands that there may be some circumstances with **newly pierced ears** that may require the earrings to be left in during the initial healing period. Although we still strongly recommend that the earrings be removed in these situations we will allow parents to make the decision for their child and their child's health and well-being. Again, Earrings will only be allowed to remain in if they are newly pierced and the healing phase and then only under the following conditions:

- Earrings must be taped appropriately before each game/practice
- Only stud type earrings will be allowed to remain in ears
- It is highly recommended that if earrings will remain in during play that parents purchase safety backs or plastic earrings for sports; these types of earrings reduce the likelihood of injury to the child wearing them and others.

-Parents making the choice to not remove accept all risk of injury to their own child as well as other children who may be injured due to the presence of the jewelry.

- ❖ Splints/Casts: Players may not wear or have affixed a rigid splint and/or solid cast, regardless of composition.
- ❖ Facemask shields are only allowed if they are clear (no tint).

NOTE - No Borrowing or Swapping Equipment: If a player does not have all required equipment at a practice or game, that player is not allowed to “borrow” equipment from another player. Example of infraction: Player A shows up at a practice or a game with broken shoulder pads. Coach removes shoulder pads from Player B and places the shoulder pads on Player A. Player A participates in the practice or the game with Player B’s shoulder pads.

3. Team Formation

- (a) All 4th grade teams are formed according to the evaluated blind draw. Some friend requests may be taken into account. All 5th and 6th grade players new to the MOODY FAMILY YMCA football program are placed on teams according to the evaluated blind draw. Returning 5th and 6th grade players may choose to remain on the team for which they played the previous season or choose to be placed on a new team through the evaluated blind draw process.
- (b) Player evaluations are required of all players regardless of grade entering the MOODY FAMILY YMCA football program for the first time. Player evaluations for returning 5th and 6th grade players, who request to be placed on a new team, are also required. Player evaluations are conducted at the MOODY FAMILY YMCA by the Sports Department staff prior to team formation.
- (c) The evaluated blind draw is conducted for all grades during the mandatory preseason coaches’ meeting. The Sports Department staff and the Committee conduct and monitor the evaluated blind draw. Coaches are present at the evaluated blind draw.
- (d) The recommended team size for a MOODY FAMILY YMCA tackle football team is a minimum of 7 players and a maximum of 9 players.
- (e) The coach of a MOODY FAMILY YMCA football team may or may not be a parent. Each team is limited to a maximum of 2 parent coaches. The children of the parent coaches are guaranteed roster spots on the team. No other players will have a guaranteed place on that team. All other players will be placed on the team through the evaluated blind draw process.

- (f) The evaluated blind draw is final. All player reassignments require the Sports Committee's approval. Any player who participates in a practice or game for a team other than the player's assigned team will be subject to suspension from MOODY FAMILYYMCA sports. Any coach who allows a player to participate in a practice or game for a team other than the players assigned to his/her team through the evaluated blind draw will be suspended from coaching MOODY FAMILYYMCA sports teams.
- (g) If a coach does not return the following year to his/her team, but his/her child remains on the team, then a replacement coach must be chosen from the existing team roster. If a coach and his/her child do not return to the team the following year, then a replacement coach.
- (h) When a player returns to the league after skipping a season, the player must be evaluated (see 3. (b) above) and will be placed on a team through the evaluated blind draw process. Exception: if the player registers for the skipped season, and if the player registers to play in the season following the skipped season, the player will not have to be evaluated and will retain his spot on his original team.

NOTE: In the case of injuries causing a player to miss an entire season, the Committee will review such situations on a case-by-case basis.

4. **Team Schedules**

Requests for gameday assignments and team schedule changes due to conflicts with other leagues may be accommodated as determined by the Moody Family YMCA Sports Director(s).

5. **Coaches' Responsibilities, Requirements, and Recommendations**

- (a) Each team will have at least one coach who will be responsible for the team at games and practices. If both coaches will be absent, it is the responsibility of the coaches to arrange for an adult, substitute coach to carry out the duties of coach.
- (b) Football is a contact sport. **Player safety is a top priority.** Prior to all practices and games coaches are encouraged to inspect/ask if their players' equipment is complete and in good condition.
- (c) Coaches are recommended to distribute a copy of this rulebook to all team parents. Coaches are responsible for the behavior of the parents and fans of their team.
- (d) Coaches are recommended to have a parents' meeting prior to beginning practices. During this meeting, the following information should be conveyed:

- 1) The YMCA Coaches' Code of Conduct also applies to players, parents, and spectators.
- 2) No alcoholic beverages or illegal drugs will be allowed at any team practice, game, meeting or other function.
- 3) Parents are expected to conduct themselves in an adult manner always and to set an example of good citizenship and sportsmanship.
- 4) Game and practice information.
- 5) Explain team discipline (e.g., consequences if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
- 6) Describe rules of play that are unique to the MOODY FAMILYYMCA.
- 7) Make sure parents know their views are welcome at times outside of games or practices.

6. Zero Tolerance Policy

The MOODY FAMILYYMCA requires coaches, parents, and spectators to abide by the Zero Tolerance Policy.

(a) The following actions will not be tolerated before, during, or after practices or games:

- 1) Verbal/physical abuse of referees, players, coaches, or spectators;
- 2) Charging onto the field;
- 3) Arguing with referees, coaches, or spectators;
- 4) Profanity or derogatory names or comments; and
- 5) Any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches, or fans.

(b) Steps the referees may take:

- 6) Give the coach, player, or spectator a warning.
- 7) Immediate ejection of the coach, player, or spectator. The referee is not required to give the offender a warning before ejection. If ejected, the offender must immediately leave the grounds of the school or park.
- 8) Penalize the team (i.e., loss of yards, downs, time-outs).
- 9) If the offending behavior causes the referee to feel threatened, the referee may "abandon the game". If abandonment of the game occurs, the offender's team will suffer a loss by forfeit of the game.

(c) Steps the Committee may take:

- 10) Immediate suspension of the offender from participation in practices or games for an indeterminate length of time sufficient for the Committee to complete investigation of the offender's behavior in question;
- 11) Require the offender to appear before a disciplinary subcommittee; and
- 12) Probation, suspension, or expulsion of the offender from participating in MOODY FAMILYYMCA sports.

NOTE: Anyone involved in the MOODY FAMILY YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to a Committee member or to the MOODY FAMILY YMCA Sports Department. If a written complaint is submitted, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will determine punishment. The Committee's decision is final.

7. Practices

(a) Practices may begin after the evaluated blind draw, schedule will go out after Team Formation in early August. Practices will take place at Caruth Park or Germany Park.

(b) Maximum practices per week (a week is defined as Sunday to Saturday):

2 Preseason weeks	3
1 st and 2 nd game week	2
Regular season after week 2	1

(c) Practices are limited to one and one-half hour (90 minutes). Practice fields may only be reserved for one hour (60 minutes).

(d) Scrimmages with other teams count against the weekly practice limit (see 7. (b) above). The scrimmage may not exceed the practice time limit (see 7. (c) above) for one team, not both teams combined. All scrimmages must be "grade pure" (no practices or scrimmages with teams other than those between teams in the same grade). Practices, scrimmages or games with non-MOODY FAMILY YMCA teams are prohibited.

(e) Coaches may not offer "optional" practices that exceed the practice limit rule (see 7. (b) above)

(f) Each player must attend a scheduled weekly practice in order to be eligible to play the required amount in that week's game, or have an approved absence. If a coach intends to not allow a player to participate in a game or to limit the player's participation, due to a failure to attend practice the coach must notify both the YMCA Sports Staff, and the player's parents prior to the start of the next game. Parents must communicate absences to the coach and the absence must involve circumstances wherein the conflict with the practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence

(g) If a team has a bye, the team may conduct a practice instead of a game during the week of the bye.

(h) Practice will not be permitted on game days. However, a pre-game warm-up period not to exceed 30 minutes is allowed.

8. Game Films

Coaches, parents, and team representatives are prohibited from photographing or videotaping any team other than their own team at all practices and scrimmages. Sharing or trading games films is also prohibited. Game film violations will result in suspension of coaches.

Game Rules for 4th, 5th and 6th Grade Tackle Football
(Unless otherwise stated herein, NCAA football rules apply.)

NOTE: All rules must be followed as stated herein. No exceptions are allowed even if opposing coaches mutually agree to a rule change prior to a game. I.e., the rules are NOT negotiable.

1. YMCA Pledge

Before each game both teams will recite the YMCA pledge at midfield.

YMCA PLEDGE

Win or lose,
I pledge before god,
To play the game as well as i know how,
To obey the rules,
To be a good sport at all times,
And to improve myself
In spirit, mind and body.

2. Game Ball

4th & 5th grade: Wilson TDJ

6th grade: Wilson TDY

3. Sidelines

(a) Teams are required to occupy opposite sidelines as follows:

- North-south fields, the home team will occupy the east sideline; visitors, the west sideline.
- East-west fields, the home team will occupy the north sideline; visitors, the south sideline.

(b) Coaches and bench players will remain between the twenty-yard lines on the sidelines. Violation may result in an unsportsmanlike conduct penalty.

4. Game Clock

(a) The referees will keep the official game time.

(b) Game length:

- 4 quarters at 10 minutes each.
- Half-time is 3 minutes and the time between quarters is one minute.

(c) The clock will start when the ball is snapped. Exception: when a first down is earned by the offensive team, the clock will start upon the referee's signal following the referee's placement of the ball at the line of scrimmage.

(d) The clock will stop for the following reasons:

- 1) Half time and time between quarters
- 2) A requested team time out. (2 per half each lasting 1 minute)
- 3) Official time out for injury or for any other reason
- 4) Change of possession
- 5) Following a touchdown until the receiving team on the following kickoff touches the ball
- 6) Out of bounds & incomplete passes

(e) Delay of game – Once the official marks the ball for play; a team will have 25 seconds to snap the ball to start the next play. If the offense does not start the play within 25 seconds, the referees may assess a penalty of 5 yards.

5. **Weight Limit**

(a) Players exceeding the weight limits below will not be eligible to play in the offensive backfield, except quarterback. Violation of this rule will result in nullifying the play and loss of down.

- **4th Grade - 105 lbs.**
- **5th Grade - 115 lbs.**
- **6th Grade - 125 lbs.**

(b) Official Weigh-in - each player's weight must be verified by the Committee or MOODY FAMILYYMCA Sports Department staff during an official weigh-in time at the MOODY FAMILYYMCA.

No Weigh, No Play - Any player who does not attend an official weigh-in will not be allowed to play in games.

- Any team allowing players, who did not weigh-in to play in practices or games, will forfeit all previous games played and the coach will face disciplinary action.
- Weight measurements taken at an official weigh-in time are final and no additional weigh-ins will be required or granted.

(c) Decals will be issued to the coaches for placement on the back of the helmets of the players exceeding the weight limit. Coaches face disciplinary action if the decals are not affixed to the helmets of players exceeding the weight limit.

(d) Offensive players exceeding the weight limit may carry the ball in any direction after receiving the ball beyond the line of scrimmage. An offensive player exceeding the weight limit may receive the ball beyond the line of scrimmage as follows:

- 1) Forward pass from a teammate who is behind the line of scrimmage when the teammate attempting the pass releases the ball; or
- 2) Legal exchange (i.e., backward pass, pitch, or hand-off) from a teammate who is beyond the line of scrimmage when that teammate releases the ball.

NOTE: If the player exceeding the weight limit receives the ball behind the line of scrimmage, the play will be blown dead at the moment the player crosses the line of scrimmage with possession of the ball. Otherwise, the play will be blown dead at the point behind the line of scrimmage where the player exceeding the weight limit was tackled.

10. Jersey Color Conflicts

If opposing teams' MOODY FAMILYYMCA official game jersey colors are the same (even if the color of the lettering is different), then the visiting team is responsible for wearing a different colored replacement jersey for that game. The replacement jersey does not need lettering. The MOODY FAMILYYMCA will not supply replacement jerseys. Failure to comply will result in loss by forfeit. The game schedules will show the jersey colors for all teams.

11. Practice Games

- (a) If there are enough teams to form multiple divisions, Each team will play 1-2 practice games prior to the regular season. The Committee and Sports Department will evaluate teams during the practice games for regular season division placement.
- (b) Two coaches per team will be allowed on the field during the Practice Games. The coaches must remain in the backfields of their respective teams and must make every effort to not interfere with play. If a referee rules that a coach interfered with play, the referee may rule that the play results in the probable outcome had the coach's interference not occurred.

12. Regular Season Games

- (a) Each team will play at least 6 regular season games following the Practice Games.
- (b) No coaches, parents, team representatives, or spectators will be allowed on the field during the Regular Season Games. *4th Grade, 1 coach allowed on the field for each side of the ball*

13. Down Marker and Chain Crew

- (a) The Home Team, as designated on the game schedule provided by the MOODY FAMILYYMCA, will be required to furnish one **adult** to run the down marker.
- (b) The Visiting Team, as designated on the game schedule provided by the MOODY FAMILYYMCA, will be required to furnish two **adults** to run the chains.
- (c) If a team does not provide the required volunteer(s) for down marker or chain crew responsibilities within 10 minutes after scheduled game start time, that team will lose the game by forfeit.

14. Required Players

- (a) A maximum of 6 players per team are allowed on the field for play.
- (b) A minimum of 5 players per team must be present to start a game. If both teams have at least 5 players present at game start time, the game must start. A team with 6 or more players present is not required to play with less than 6 players on the field even if the opposing team only has the minimum of 5 players present.
- (c) When a team's 6th player arrives during the game, the 6th player may enter the game at any time (including the 1st and 3rd quarters when substitution is not allowed (see 15. below); the insertion of the 6th player into the game upon his arrival is not considered a substitution).
- (d) If 10 minutes after game start time, a team does not have at least 5 players present and ready for play, the referee will declare the game a forfeit

15. Scoring

- (a) A touchdown is worth 6 points.
- (b) Extra points following touchdowns are scored by running or passing the ball into the end zone. Teams have two scoring options on the extra point attempt:
 - A successful attempt from 3 yards out is worth 1 point.
 - A successful attempt from 10 yards out is worth 2 points.
- (c) The defensive team cannot score on an extra point attempt. If the defensive team obtains possession of the ball during the extra point attempt (e.g., interception or fumble) play is immediately ruled dead.
- (d) The defensive team is awarded 2 points for a safety. In all grades following a safety, the team that scored the safety will take possession of the ball at the 40-yard line.

- (e) Field goals are not allowed.

16. Kick-offs and Punts

- (a) No kick-offs. The offensive team will take possession of the ball on its 30-yard line at the start of each half and after each touchdown.
- (b) No actual punts. If a team chooses to punt, they must declare it before breaking the huddle. All punts will be an automatic 20 yards. A punt can back the returning team up to the 1-yard line.

17. Touchbacks

After a touchback, the ball will be spotted on the 20-yard line.

18. Turnovers

- (a) Players regardless of weight are eligible to carry the ball in any direction following a fumble, kickoff, punt or interception. Exception: In the event of a fumble behind the line of scrimmage, offensive players exceeding the weight limit may advance the ball up to but not beyond the line of scrimmage.
- (b) The quarterback cannot advance the ball across the line of scrimmage upon a fumble between the center and quarterback. The quarterback may, however, hand off, pitch or pass the ball.
- (c) A fumble may be caught or recovered by an inbounds player. If either team recovers the fumble, the ball continues in play. Exception (a/k/a, the "4th Down Fumble Rule"): When a fumble occurs on fourth down or on extra point attempts, if the fumble is recovered by an offensive team player other than the fumbler in advance of the spot where the fumble occurred, the ball is dead and placed at the spot where the fumble occurred.

19. Offensive Regulations

- (a) The snap from center is the first exchange in an offensive play. The first player to control the snap from center (ball must be snapped between the center's legs), prior to advancing the ball beyond the line of scrimmage, must:
 - Complete a second legal exchange (i.e., legal pass, hand-off or pitch)

NOTE: The quarterback, regardless of his weight, may not carry the ball across the line of scrimmage following the snap from center and before another exchange of the ball.

- (b) After the second legal ball exchange, any offensive player (except as stated in the Weight Limit rules in sec. 5.) may advance the ball across the line of scrimmage

NOTE: The quarterback, if under the weight limit, may carry the ball across the line of scrimmage after the snap from center and after passing, handing-off or pitching the ball.

- (c) At least 3 offensive players must be legally on the line of scrimmage prior to the snap from center.
- (d) Only one man may be in motion at a time. The man in motion may take one step forward, as long as the man in motion does not cross the line of scrimmage, then may only move side to side, but not forward again until the ball is snapped.
- (e) The offensive team must advance the football 15 yards in four downs for a first down.
- (f) All players are eligible to catch a forward pass.
- (g) The ball may be passed, handed off, or pitched backward at any time anywhere on the field.
- (h) **“Center sneaks” are allowed**, but the center must turn his body, including his feet with toes pointing toward his goal line, and face his goal line to receive the hand off, pitch or pass from the quarterback. “Center sneaks” to players exceeding the weight limit are not allowed. In order to comply with the Weight Limit rules (see 5.), a center or lineman exceeding the weight limit must be on the opponent’s side of the line of scrimmage when receiving the ball and may only receive the ball via a pass.
- (i) A coach may send in plays by a player who is not playing in that quarter. The player may run the plays into the quarterback outside the huddle. The player running in the play must not wear his helmet.
- (j) There is not a “free blocking zone” in which the offense is allowed to clip defensive players. Trap blocks are allowed, but a clip is a clip regardless of where it occurs. All blocking rules apply, most importantly, the several restrictions on blocking below the waist on kick returns, punts, interception and by wide receivers blocking back against the flow of the play (crack back blocks).

20. Penalties

- (a) Encroachment – When a player on the defense makes contact with a player on the offensive line. **PENALTY: 5 yards, repeat down.**

- (b) Defensive Offside – When a defensive player crosses the line of scrimmage without contact and the ball is snapped. Flag is thrown but play is not stopped. After the play is completed, the offense has the option of taking the play or the penalty. **PENALTY: 5 yards, repeat down**
- (c) Illegal Procedure/ False Start /Illegal Motion– Once the quarterback begins his cadence, no one on the offense (except a man in motion) may move. Flag is thrown immediately and the whistle blown. **PENALTY: 5 yards, repeat down**
- (d) Delay of game – When the offense takes more than 25 seconds to get the play off. **PENALTY: 5 yards, repeat down**
- (e) Personal Foul – Includes late hits, twisting of the facemask, illegal helmet contact. **PENALTY: 15 yards from end of the play.**
- (f) Unsportsmanlike Conduct – e.g., inappropriate language, coach running on to the field to argue with the referee, etc. **PENALTY: 15 yards from end of play and possible ejection.**
- (g) Roughing the passer – In the opinion of the referee, if the defensive player has the time to keep from making contact with the QB, and still continues to make contact, it is a penalty. **PENALTY: 15 yards from end of play.**
- (h) Calling too many time-outs. **PENALTY: Delay of game, 5 yards from line of scrimmage, and no time out is given.**
- (i) Clipping. **PENALTY: 15 yards from spot of the foul.**
- (j) Tripping – Any attempt to trip a player other than the ball carrier, whether contact is made or not, is a penalty. **PENALTY: Defensive Tripping – 15 yards from end of the play. Offensive Tripping – 15 yards from spot of the foul.**
- (k) Defensive pass interference. **PENALTY: If the interference takes place more than 15 yards from the line of scrimmage, the penalty is 15 yards from the line of scrimmage, and an automatic 1st down. If the interference takes place 15 yards or less from the line of scrimmage, the penalty is marked at the spot of the foul.**
- (l) Offensive pass interference. **PENALTY: 15 yards, from line of scrimmage.**
- (m) Offensive holding. **PENALTY: 10 yards, repeat down.**
- (n) Defensive holding. **PENALTY: 10 yards, automatic 1st down.**

