

Greater Des Moines Catholic Football League
5th Grade Tackle Rules

- Ball** Approved ball for play is Junior (J) ball
- Coaches** Only 5 **league approved** coaches allowed on sidelines during the game
- One coach may be on the field during play at all times. The coach is permitted to direct activities in the huddle, but is required to cease any and all communication once the players get to the line of scrimmage.
- Any coach interfering with play will be given an unsportsmanlike conduct penalty
- One coach must be responsible for tracking minimum play requirements as set out by the league (see minimum play requirements in overall league rules). Coaches should meet between third and fourth quarter to ensure minimum play requirements are being met.
- If play requirements have been met, players not meeting the minimum play requirements must immediately be put into the game until those requirements are met
- Practice** Players need 5 conditioning practices before full contact is allowed. Full gear is allowed after 3 practices. Helmets, shorts and tee shirts are allowed for the first 3 practices
- Teams may practice up to 5 times for the first week, and up to 3 practices per week are allowed thereafter
- Maximum time for each practice is 2 ½ hours. Please allow ample time for water breaks
- Practices should generally not be held on Fridays and Sundays
- Only league approved coaches** are allowed to conduct any element of practice
- Games** Games consist of 4 quarters with a 12 minute running clock per quarter. Clock will stop on touchdowns, PATs, team and official time outs
- For the last 2 minutes of each half play will be with a regulation clock
- Halftime will be 5 minutes in duration
- Each team will be given 2 timeouts per half. Each timeout will be 1 minute long
- A 45 second play clock will be enforced between plays
- In case of overtime, each team will get an opportunity to start from the opponent's 10 yard line. If there is no score after both possessions, the team gaining the most yards is declared the winner. If the game remains tied, the teams will play again from the 10 with the team that played the first overtime on offense initially beginning the second overtime on defense for the first possession. If a turnover occurs, the offensive team will be credited with zero yards gained.
- PATs will count as 1 point if made with a run or pass. Kicked PATs will count as 2 points. There will be no rush for a kick PAT attempt, however if the ball hits the ground on the snap or is fumbled while being held the play will be whistled dead and the PAT will be deemed no good.

Game field will be 50 yards in length. There will be no kickoffs and play will start on the 15 yard line going in the direction of the goal posts.

Home team is responsible for supplying 3 people to run chains

Offense Any formations may be used. Coaching staffs are encouraged to focus on core sets and plays provided in summer clinics

No player over 100 lbs is allowed to line up in the backfield or in a receiver position.

No player over 100 lbs is allowed to throw, catch or carry the football

Players over the weight restriction limit (100 lbs) will have a red stripe on their helmet

Defense A maximum of 6 players can be on the defensive line of scrimmage

Linebackers and defensive backs must be a minimum of 4 yards from the line of scrimmage

Linebackers and defensive backs cannot blitz. They may meet a running back in a hole, but cannot shoot a gap on a pass play. Only players on the line of scrimmage when the play starts may rush the QB when he goes back to pass. If a QB scrambles outside of the tackle box he is deemed to be a runner and anyone may pursue him.

Fumbles and interceptions are live and can be returned

Special Teams If a team decides to punt they must declare their intent to the referee.

Team should get into punt formation and encourage long snapping to punter. Defense is not allowed to rush the punt. Players may release down to cover the punt only after the ball has been kicked.

There will be no punt returns

Punt is down when the receiving team possesses the kick, the punt rolls to a stop or is downed by the punting team.

Fumbles can occur if the receiving team muffs the ball while attempting to catch it. The ball will become live, but may not be advanced.