

2011 Mighty Mountaineer 5th & 6th Grade Football Rules Updated on July 18, 2011

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

1. Each team is allowed 3 times outs during each half of a regulation game.
2. Games will have four 8-minute quarters with 1 minute between quarters and 10 minutes between halves. Clock will operate as it would in a normal game. (No 5th quarters are allowed to be played). Officials will run a 35 second play clock between plays. Once the ready for play is sounded, teams has 35 seconds to run a play, penalty is 5 yard delay of game. This will be strictly enforced.
3. A maximum of 5 coaches are allowed on the sideline. One coach will be responsible for recording the number of plays each player participates in, this checklist will be provided to you. This will be turned into the league administrator in charge of the game (they will introduce themselves prior to kickoff). Each player will play 10 plays per game (extra points and field goals do not count). Penalty if coach does not meet this requirement, the head coach will be suspended from the next scheduled game. If this occurs more than once, the head coach will be replaced for the remainder of the season. NOTE: If a player is hurt or not allowed to play for any reason the head coach deems appropriate they are to note that on the checklist. It is the Head Coach's responsibility to notify the parents. If a league administrator is notified of a coach falsifying the check-off sheet he is subject to being replaced. The checklist will be sent the next working day to the appropriate league administrator. NOTE: If you are hosting a set of games, you are responsible for providing a league administrator game who is to introduce themselves to the both Head Coaches as well as the officials. If you have a league administrator at a game not in your county, feel free to let the home league administrator of your presence. They will be kept on file for the entire season. IT IS HIGHLY SUGGESTED THAT EACH CHILD START AT LEAST ONE GAME DURING THE SEASON!!!
4. Any player weighting more than 140 lbs. must play interior line, either on defense or offense and must line up in a 3-point or 4-point stance. Interior line means on offense: center, guard or tackle. On defense this means; nose guard, defensive tackle and defensive end. **(Any defensive lineman-weighting over 140 lbs. must play head up of the offensive tackle or tight end on the end of the line in a 3-point or 4-point stance, THEY CANNOT BE ON OUTSIDE SHOULDER.)** NOTE: If a defensive end is not 140 lbs. they can play either in 2, 3 or 4 point stance on outside shoulder if they wish. Also, unless a player is 140 lbs. or more, you could potentially run a defense with no players in a 3 or 4 point stance.
5. Players shall be weighed prior to the first game of the season in shorts and T-shirt; and such weight at this time shall be considered the player's weight for the entire season. Each league commissioner will conduct weigh-ins for his teams. A roster showing weights of each player and signed by that team's league commissioner will be furnished to the other league commissioners. Each team will inform the officials prior to kickoff how the 110 lbs. or more player is to be identified (example, black stripe, white stripe, etc.). A player weighing more than 140 lbs. can carry the ball on the following situations: a fumble return, a blocked punt or interception. On a 4th down punt situation a player that weights 140 lbs. or more may punt the ball. If that player is forced to run with the ball the furthest he will be allowed to advance the ball will be the line of scrimmage.
6. Defenses can position a maximum of six linemen (there is no minimum) on the line of scrimmage. When the ball is within the ten yard line or on a four down situation, any defensive alignment with more than six linemen is acceptable. At least three players must be at least five yards or more off the ball (typically defensive backs) and linebackers must be positioned at least three yards off the line, blitzing is allowed if there are less than six defensive lineman. NOTE: You can only have a maximum of 6 defensive lineman on the line of scrimmage whether they are standing or in a 3 or 4 point stance. Example, you have 5 defensive lineman, one linebacker can walk up or blitz. If in same situation, you have 6 defensive lineman, a linebacker cannot walk up or blitz in that situation. NOTE: Rule 2 restrictions on players who weigh 140 lbs. or more are ALWAYS enforced!
7. Kick-offs, kick returns and punting game will be used until Mercy Rule comes into effect. NOTE: Kick-offs and punts are live per NFHS rules, rushing the kicker, fakes are allowed, onside kicks, etc.

8. Mercy Rule: Any team with a 24-point lead or more stays on defense until the other team's scores. No downs will be kept. The clock will operate as it would in a normal game. The team behind will get the ball on oppositions 35-yard line. If the team loses yards or are penalized backwards, the ball will go back to the original line of scrimmage, the 35-yard line. Once a team is no longer 24 points behind regular rules start again.
9. Radios and phones may be used during the game, per NFHS regulations. Rule 1-6 Section 6. Each home game administration has the right to restrict access to their press box areas, if they so choose.
10. Players cannot turn 13 before October 16th. Age exemptions due to non-academic hardships will be considered. Players in Ashe, Watauga, Avery, Yancey and Mitchell cannot play up to the next level due to Middle School rules, which does not allow 6th graders to play. No child may play more than 2 years in the 5th/6th grade league. It is recommended that league administrators make every attempt to have no more than 24 players on a team if possible. All teams, no matter how many players are placed on their team must adhere to the 10 play minimum per game, no exceptions!
11. Each team will use their own ball. NO TEAM is allowed to use a Pee Wee size ball; they MUST use either a Junior or Youth size football. League administrators are recommending for 5th/6th grade the Youth size footballs.
12. Teams will be allowed three practices between a game.
13. If possible, jersey numbers should match player's position. Due to the small number of players on some teams this may not be possible. Just tell the official, but number exceptions are allowed.
14. Overtime games will be played using high school rules. Watauga teams playing at home will not play overtime games.
15. 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 suspension 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.
16. Field Goals or Extra Points. Field Goals count for 3 points. Extra Points count for 2 points. An extra point that is successful via run or pass is worth 1 point. No defensive rush is allowed on attempted Field Goals or Extra Points. Muffed snaps may be picked up and the kick continued. Defenders may extend arms up and jump up (but not forward) to attempt to block the punt. Offense has 10 seconds (official's discretion) from the snap to get the kick off. All missed or blocked Field Goals, the ball will be placed on the 20 yard line, 1st and 10. All blocked Field Goals or Extra Points are a DEAD BALL immediately. Teams may use a block/extra point tee but cannot use a kickoff tee on field goals or extra points. Reminder, a field goal or extra point play does not count as a down played on either offense or defense. NO FAKE FIELD GOALS OR EXTRA POINTS ARE ALLOWED!