

OAHE FAMILY YMCA

Tackle Football Rules and Regulations

All South Dakota High School Football Association Rules will apply to Oahe Family YMCA Tackle Football with the exceptions listed in this document.

ARTICLE 1. GAME FORMAT

Jamboree Style: Each team will get 15 minutes on offense and 15 minutes on defense per half. Teams will maintain possession after turnovers, scores, or 4th downs throughout the 14 minutes. In the event of a fumble or interception, the play is whistled dead, and the ball is reset at the 40-yard line. No kickoffs, punts, FG's or PAT's. 5-minute half time. The team that started on defense in the 1st half will start on offense in the 2nd half of the game.

SECTION 1.01 – OFFENSIVE EXCEPTIONS

Offensive Formations

- (a) For 9-man offensive formations, 5 players must be on the line of scrimmage. This should include a Center flanked by 2 Guards and 2 ends. For 11-man offensive formations, 7 players must be on the line of scrimmage. This should include a Center flanked by 2 Guards, flanked by 2 Tackles and then 2 ends, either tight ends or split ends.
- (b) Each Offensive Formation must consist of 5 Down Linemen including a Center flanked by 2 Guards and 2 ends (9 man) or 2 Tackles (*11 man*) all on the line of Scrimmage. The Offense (*11 man*) must also have on the line of scrimmage 2 ends, one on each end of the line of scrimmage, these can be tight ends or split ends.
- (c) The offense must have at least 1 running back lined up behind the line of scrimmage and between the offensive tackles.

ARTICLE 2. DEFENSIVE EXCEPTIONS

Section 2.01 Defensive Formations

- (a) Each Defensive Formation must have 4 and only 4 down linemen on the line of scrimmage. All other Defensive players must be at least 2 yards behind the line of scrimmage. The 4 down line men must be lined head up over an offensive guard or offensive tackle. No player may line up over the Center.
- (b) Any Defensive player lined up between the offensive Guards must be at least 3 yards away from the line of scrimmage when the ball is snapped.

ARTICLE 3. FIELD EXCEPTIONS

Section 3.01 – The field

- (a) The field will be an 80-yard field with the Center being the 40-yard line.

- (b) Penalties will be marked off as 4-yard penalties, 8-yard penalties and 12-yard penalties.

SECTION 3.02 – THE GAME

- (a) Officials will have the option to call a minor un-sportsman penalty for 4 yards or a major un-sportsman penalty for 12 yards. Officials may flag Players, coaches or parents for un-sportsman penalty. Any player flagged for an un-sportsman penalty must sit out for 3 plays. Any parent or coach flagged for a 2nd un-sportsman penalty may, at the discretion of the official and with the approval of the commissioner, be ejected from the game. The coach/parent will be given 5 minutes to leave the complex or their team will forfeit the game. (The Good Sportsmanship rule)
- (a) The timing of the game will be with a continuous clock that will stop only during a time out. Halftime will consist of a 5-minute break.
- (a) Each team will get 2-time outs per half. Timeouts are not transferable from half to half.

ARTICLE 4. SPECIAL

Section 4.01 Goal of the YMCA Tackle Football Program

- (a) YMCA Tackle Football is not about winning or losing. It's about the kids having fun, learning the basic skills, learning the player positions/roles, learning to tackle, and learning to block, while doing our best to provide an environment to minimize injuries.
- (b) The 3 Primary coaching Goals will be to teach;
- *Blocking while keeping the head up to see the defensive Player.*
 - *Tackling while keeping the head up to see the ball carrier.*
 - *Teaching the kids to love the game and have Fun while playing football.*

INFRACTION RULES

MAJOR INFRACTIONS

Major infractions change the outcome of play and will result in five-yard penalties.

- Pulling the facemask of the ball carrier.
- Holding that helps the ball carrier.
- Cursing on the field.
- Fighting on the field.
- Helmet to helmet hits.
- Blatant pass interference.

MINOR INFRACTIONS

Minor infractions do not change the outcome of play and will result in no penalties. If warranted, play can be redone to further educate players on proper play.

- Illegal motion.
- Movement in the backfield.
- Jumping offside.
- Holding away from the ball carrier.
- Linebacker blitzing.
- QB sneak not two yards back.
- Linemen not making contact first before shooting gap.
- Pass interference away from pass play.