PLAYING RULES
5th/6th GRADE

Playing Rules: 11-Man Football
Field Length: 100 yds x Min. 50 yds wide
Ball Size: Junior

National Federation of State High School Associations rules will apply to the Blaine Youth Football Classic, with the following modifications:

LEGAL TEAMS / ELIGIBILITY

All teams must be community-based. All intact community season teams may have a recommended maximum of 30 players on their roster. A community may combine their current community season teams to form one team. A combined community team will have recommended maximum 28 players on their roster. An association leader must sign off on all rosters prior to submitting your printed roster at check-in before your first game.

Players: All players must be in the appropriate grade for the 2026-2027 academic year for 5th and 6th Grade

WEIGHT RESTRICTIONS

- **5th Grade -** All offensive backs, receivers and tight ends must be **125 lbs or under** to play their respective position and to carry the ball.
- **6th Grade -** All offensive backs, receivers and tight ends must be **135 lbs or under** to play their respective position and to carry the ball.
- Any player over the weight limit must be marked with a red stripe on their helmet.
- Red Stripe players may not line up in the offensive backfield or at wide receiver. They may line up at tight end, but under no circumstances may run the ball or receive a pass.
- **There will be no physical weigh-ins at registration.**
- Each head coach will get ***ONE*** weight challenge per tournament. In any game a coach feels an opposing ball carrier is above the allowable weight, he/she will call a timeout and have the official mark the number of the ball carrier who just finished a carry from the opposing team on the score card. The game will continue until the conclusion and the challenging team will not be charged a timeout. When the game is complete, the player, head official, and a Blaine Youth Football Association officer (President, VP, Secretary or Treasurer) will weigh in the challenged player and deem the player either eligible or ineligible. The challenged player must wear socks, shorts and a T-shirt at minimum, no variance will be given.
- **If the player is not weight eligible, the team will forfeit the outcome of said game and that player will not be eligible to participate for the duration of the tournament.**
- Blaine Football Classic staff and tournament operators also reserves the right to weigh in any ball carrier at their discretion.
- Red Stripe players may only run the ball if they are involved in a direct fumble recovery or a pass interception.
- Coaches – please be honest and responsible and make sure ball carriers are under the weight limitation.

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DEFENSE

1. Defensive front is a **4-3 defense** with 2 corner backs and 2 safeties OR Defensive front is a **5-2 defense** with two (2) corner backs and two (2) safeties.
2. Initially the interior lineman must be in a 3 or 4 pt stance and head up with the offensive lineman, and the defensive ends would be head up or outside shade of where tight ends would align next to the tackles. In a 4-3 if there are no tight ends the defensive end can stay in place, reduce to outside shade of the tackle or move outside with the tight end. Teams can split out their tight ends or receivers per regular football rules. If tight end splits out know that it possibly leaves the defensive end uncovered and is an advantage to the defense.
3. The middle linebacker has to be over the Center in a 4-3 and over the Guards in a 5-2 and at least 3 yards off the line.
4. Outside linebackers in a 4-3 have to be at least 3 yards off the line and outside shade of the offensive tackles, but not stacked behind the defensive ends.
5. The corner backs must be at least 4 yards outside the defensive ends and 1 yard off the line of scrimmage.
6. The Safeties must be at least 1 yard behind the linebackers in a safety like position. Safeties are players free to adjust to all receiver formations.
7. All other positions must align as indicated above. When a team splits out receivers the safeties are free to move to coverage anywhere on the field just so they remain at least 1 yd behind the linebackers. Cornerbacks can be head up on any receiver at least 4 yds outside the defensive ends.
8. **Blitzing by any linebackers, corner backs or safeties is strictly prohibited**. Blitzing is not allowed. Linebackers must, at the snap, be at least three (3) yards off the line of scrimmage, and corners must, at the snap, be at least one (1) yard off the line of scrimmage, and be at least four (4) yards outside the “box”, which is defined as at least four yards outside the normal alignment of the defensive end. In all circumstances other than goal line situations there must be at least (2) players lined up in a “safety type” position no closer than four (4) yards from the line of scrimmage. These restrictions do not apply to goal line situations. Inside linebackers, corners, and safeties may not begin to cross the neutral zone until after the quarterback attempts to hand off the ball or after the quarterback leaves the box, which is defined as the area between the normal alignments of the defensive ends.
9. Inside the five yard line any defense is allowed, but only players on the line of scrimmage can rush the ball. Blitzing is still not allowed if a player is not on the line of scrimmage.
10. Coaches are not allowed on the field or in the huddle at any time during play.

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OFFENSE

1. Offense is required to have 7 players on the line of scrimmage with 3 players on each side of the center: Center, 2 Guards, 2 Tackles, 2 Ends on each side of the line. No unbalanced lines as 7 players must be always on the line of scrimmage. The ends can be anywhere on the line of scrimmage and do not have to be right next to the tackles.
2. Line splits are no more than arm to shoulder width apart from lineman to lineman.

   Lineman are defined as center, guard, and tackle. An end is not considered a lineman but must line up on the line of scrimmage. However, it is to the offense advantage to have a tight end lined up on the line as the defensive end will be lined up across where the tight end normally lines up next to the tackles.
3. All QB, running back and receiver alignments are allowed per football rules.
4. Coaches are not allowed on the field or in the huddle at any time during play.

GAME ADMINISTRATION RULES

1. Team benches and team fans will be on the same side of their portion of the field. Team/Coaching Box from 15 yd line to 15 yd line and 3 yds deep. No fans should be inside this area.
2. The game clock will be kept officially by referees or scoreboard (if available) using modified HS timing of 4 quarters of 10 minutes per quarter, two 1-minute team timeouts per half and a 5-minute break at half time. Each game quarter will be National Federation book rule stop time, with the following exceptions:
   a. After a change of possession, the game clock starts when chains are set, and the ball is spotted ready for play.
   b. In the event if one team is seventeen (17) or more points ahead at any time in the fourth quarter, the clock shall continue to run in all circumstances except time outs and injuries.

      This modification shall continue until the team behind cuts the deficit to less than seventeen (17) points. At half time, in the event one team is twenty-eight (28) or more points ahead teams can agree to use running time for the 2nd half, the clock shall continue to run in all circumstances except team time outs and officials time outs.
   c. Officials will use reason and common sense for the play clock, 35-second play clock will be enforced after the ball is spotted for play.
   d. During regular play, the clock stops on plays out of bounds, incomplete passes and on called timeouts. Clock begins again on snap of the ball.

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GAME ADMINISTRATION RULES

3. Teams will switch ends at all quarter breaks.
4. **Extra Points -** 1 point for a run, 2 points for a pass or a kick. Field goals are worth 3 points.
5. **Tie Games -** Overtime will begin with a coin toss. The winner of the coin toss will have the choice of beginning on offense or defense. The loser of the coin toss will choose from which end of the field the overtime will be played. The offensive team will have 4 plays from the 10-yard line to score a touchdown. Extra points do apply in overtime. Once the offensive team has either scored a touchdown or run out of downs, the opposing team will receive the ball and have 4 plays to score a touchdown. Both teams to run all plays from the same end zone. If the game is still tied after the first overtime, each team will receive an additional 4 plays to score again until a winner is declared. A coin toss will be used to start each overtime period.
6. **Timeouts -** Two (2) timeouts per half. Timeouts do not carry over from either the first or second half. In the case of an overtime game, each team will have one (1) timeout.

PLAYING RULES

1. No Kickoffs – to begin each half and after a score teams will begin at their 25-yard line.
2. No Punts – teams declare a punt and move the ball forward 30 yards, unless you are inside the opponent's 40-yard line (mid field). Then, it would be half the distance to the goal. (Ex: If you are on the 20, you would move the ball to the 10.)
3. Fumbles - Live Ball Advance as allowed.

GAME EJECTIONS

- Any unsportsmanlike conduct by a coach, player or spectator may result in a n automatic 15-yeard penalty.
- It is the responsibility of the Head Coach to maintain behavioral control of all team conduct regardless of role.
- In the case of an ejection, the game will not continue until the ejected individual has left the premises. If the individual does not leave the premises within five (5) minutes of being ejected, the team they represent will be forfeited for the entire rest of the tournament. Tournament Staff holds ultimate discretion when it comes to ejection policy.