

SOUTHWEST YOUTH FOOTBALL
2010 RULES
5th & 6TH GRADES

The rules as promulgated by the Missouri State High School Activities Association applicable to High School Football Games shall apply at all times with the following exceptions:

- A. All games shall consist of four (4) eight (8) minute quarter
- B. Each team shall be authorized four time outs per half
- C. Each offensive team shall cause the ball to be put in play within thirty (30) seconds
- D. **All potential ball carriers and receivers must not weigh over 115 lbs. for the fifth grade, and over 125 lbs. for the sixth grade.** Exception: Tight Ends may have an "X" if used as blocking ends only. Any illegal touching of the ball, other than for a fumble, will result in a 5-yard penalty and loss of down.
- E. All linebackers must play a minimum of one (1) yard back, behind the down linemen
- F. **Any fifth grade player over 115 lbs. or any sixth grade player over 125 lbs. must have an "X" on the back of the helmet, clearly distinguishing such player as a non-eligible ball carrier or receiver.** These players may recover fumbles, intercept passes, and etc. but shall not be allowed to play any position normally occupied by a ball carrier or a receiver, except for blocking TE only. See Rule H.
- G. **No player over 115 lbs. for the fifth grade, or 125 lbs. for the sixth grade shall be allowed on the offensive kick-off receiving team unless said player plays on the front line.**
- H. Only one (1) coach from each team will be allowed upon the playing field during any individual play. Field coaches must remain twenty (20) yards behind the line of scrimmage and **SHALL NOT TALK TO THE PLAYERS AFTER THEY BREAK THE HUDDLE.**
Penalties for the violation of this rule are:
 - 1st occurrence: Officials Warning
 - 2nd occurrence: 5-yd delay of game penalty.
 - 3rd occurrence: Coach will be asked to leave the field.
- I. All punts are live and the punter, who is in a ball carrying position, may be rushed. A Punter may have an "X" but may not run with or advance the ball in any way other than to punt.
- J. **Weight limit may be challenged before the end of each game "by informing the White Hat referee". The player will be weighed and may not exceed 115 lbs. for fifth grade, or 125 lbs. for sixth grade. If player weighs over the limit, the team will forfeit the game, and the player will no longer be eligible to carry the ball. Each player may be challenged only once per season. Each coach will notify their respective league representative of the challenge and outcome. The League representative will notify the Conference President. The Conference President will then notify all other league representatives.**
- K. Ball size will be Junior or larger (leather or synthetic leather) and teams will not be allowed to change size during game.