



STARS 7th-8th Grade Tackle Football Rules

The 7th-8th Grade Division will play 11-Man Tackle Football

CCV STARS Youth Football will follow the National Federation of State High School(NFHS) Association Football rules with the modifications listed in the attached articles to fit the needs of our league. Please refer to the NFHS Football Rulebook for items not listed here. Rules are subject to change at the discretion of CCV STARS Youth Sports Football

STARS Football Specific Rules:

- Article I: Basic 11-Man Tackle Football Rules
- Article II: Field Dimension/Uniforms/Equipment
- Article III: Game Timing/Timeouts/Scoring
- Article IV: Kicking
- Article V: Offense
- Article VI: Penalties

Article I: Basic 11-Man Tackle Football Rules

- A. The **home team** is responsible for 3 people to run the yard/down markers.
- B. Coaches **will NOT** be allowed on the field while plays are going on.
- C. Only those coaches who have gone through the security screening process and are on the official coaching roster will be allowed to be on the team sidelines during games.
 - 1. ***ALL COACHES MUST WEAR THEIR RED COACH SHIRT TO BE ON THE SIDELINE!!!***
- D. A tie is a tie **DURING THE REGULAR SEASON, AND THERE WILL BE NO OVERTIME.**
 - 1. **There will be overtime for ties during bowl games.** Overtime rules will follow that of the NFHS.
- E. All players and coaches from each team must remain in the team box during games.
 - 1. The team box is between the 20-40 yard lines.
- F. **Mercy Rule**
 - 1. No head coach will deliberately run up the score. Head coaches will make every attempt possible to deter a large point spread. CCV STARS Youth Sports Football will have the discretion to suspend coaches who deliberately run up the score.
 - 2. In the event that a game does become very one-sided, the game clock will not stop if the difference in the game becomes 30 points or more. The clock will continue to run for the duration of the game, even if the difference becomes less than 30 points.

Article II: Field Dimension/Uniforms/Equipment



- A. The dimensions of the playing field for 11 Man Tackle Football are approximately 50 X 96 yards which includes two 8-yard end zones. The field size may change to accommodate field space.
- B. **Uniforms/Equipment:**
1. Each player will receive a STARS Issued jersey that must be worn for all games. ***Nothing, including a player's name, is allowed to be added to the jersey.***
 2. The uniform for tackle football consists of a white helmet with approved CCV decals (Provided by STARS), color game jersey, and black game football pants with 7 part girdle/thigh/knee pads. A mouth piece is required to be worn at all times during practice and games.
 3. Football or soccer ½ inch long maximum molded cleat or athletic shoe will be used for footwear. No cleats will be allowed to stick outside of the sole of the shoe.
 4. **All Helmets must have the current NOCSAE approved "Warning Label" in a visible position on the outside of the helmet**
 - a. **This label shall not be removed and the player will not play if this label is removed.**
 5. The wearing of mouth guards and chinstraps properly fastened is mandatory. A player will be warned the first time, and the team will be penalized for each additional violation.
 6. Face Shields are permitted as long as they are clear.
 7. **All Equipment is subject to inspection and rejection. All decisions are final by CCV STARS Youth Football. Equipment inspections may occur on the field before, during, or after games/practices by a representative of CCV STARS Youth Football to ensure an athlete's safety.**

(NO EQUIPMENT! NO PARTICIPATION! NO EXCEPTIONS!)
 8. Players are not allowed to participate in practice and games with cast or splints on any body parts.
- C. **Football Size:**
1. 7th/8th Grade division = "Youth" size football

Article III: Game Timing/Timeouts/Scoring

- A. **Game Clock:**



1. Games will consist of two, 28 minute halves with a running clock.
 2. Halftime will be 5 minutes.
 3. During the last 2 minutes of each half the clock will stop for incomplete passes, ball carrier going out of bounds, and defensive penalties.
 4. The play clock will be 30 seconds. A team has 30 seconds to get the ball into play.
 5. The clock will stop after a touchdown and will restart when the ball is spotted for play.
 6. The clock will stop at the referee's discretion for player injuries. Players must leave the game for at least one play after an injury stoppage.
 7. If a team is up 30 or more points, the clock will not stop. (See: Mercy Rule)
- B. **Timeouts:** Each team will have **3 one-minute time outs** which can be used anytime during the entire game.
1. The game clock starts after timeouts when next play begins.
- C. **Scoring:**
1. Touchdowns = 6 Points
 2. Extra Point from 3 Yard Line = 1 Point
 3. Extra Point from 8 Yard Line = 2 Points
 4. Defensive Safety = 2 Points

Article IV: Kicking

- A. **There will be no kicking (punts, kickoffs, or FGs/PATs).**
- B. **Kick-offs**
1. The ball will be placed on the 20-yard line to start offensive possessions at the beginning of the halves and after scores.
 - a. Following a defensive safety, the offense (defensive team that scored the safety) will start at their own 30-yard line
- C. **Punting**
1. On 4th down, the offensive team can go for it or elect to "punt".
 - a. If "punt" is chosen, the refs will walk off 30 yards and spot the ball.
 - No team will be allowed to elect "punt" to place another team inside their own 10-yard line
 - If the walk off would result in the ball being placed inside the 10-yard line, the ball will be spotted at the 10.
 - a. For example, if the offensive team has the ball on their opponent's 35-yard line and elects to "punt", the ball will be placed at the 10-yard line, not the 5 yard line.

Article V: Offense

- A. **Formation/Motion:**



1. Any player who is on the end of the line of scrimmage is an eligible receiver regardless of jersey number.

B. Plays from scrimmage

1. **DECEPTIVE PLAYS WILL NOT BE ALLOWED.** Trick plays that fall within the rules of the game are allowed.
 - a. If there are questions regarding the definition of each, please contact the Director of Football or an official for clarification.

Article VI: Penalties (All Divisions)

A. Loss of 5 Yards:

1. Failure to properly wear mandatory equipment during down
2. Delay of game
3. Illegal substitution
4. Free-kick infraction
5. Invalid fair catch signal
6. Snap infraction
7. False start
8. Illegal formation
9. Less than 7 players on the line of scrimmage by the offense
10. Illegal motion
11. Illegally handing ball forward (loss of down)
12. Illegal forward pass (loss of down)
13. Intentional grounding (loss of down)
14. Ineligible receiver down field
15. Helping the runner
16. Incidental face mask contact
17. Sideline interference
18. Non players outside the box, but not on the field

B. Loss of 10 yards:

1. Illegal blocking technique
2. Interlocked blocking
3. Holding
4. Runner grasping a teammate
5. Illegal use of hands or arms
6. Illegal block in the back

C. Loss of 15 yards:

1. Unsportsmanlike conduct by player or non-player
2. Illegally kicking or batting ball
3. Illegal block after valid or invalid fair-catch signal



4. Kick-catching interference
5. Forward pass interference (loss of down if by offense, first down if by defense, if intentional give another 15 yards from the spot of penalty)
6. Illegal block below the waist
7. Clipping
8. Chop block
9. Tripping
10. Illegal personal contact
11. Charging a person obviously not involved in the play
12. Grasping an opponent's face mask or any opening of the helmet
13. Butt blocking, face tackle, or spear
14. Roughing the passer (auto first down)
15. Roughing the kicker (auto first down)
16. Roughing the snapper (also first down)
17. Slapping the blocker's head
18. Illegal participation
19. Sideline interference
20. Non-player illegally on the field
21. Targeting

D. Disqualification associated with certain 15 yard penalties:

1. Fighting by player or non-player
2. Intentionally contacting an official, coach, or STARS representative
3. Striking, kicking, or kneeling
4. Any act if unduly rough or flagrant
5. A second unsportsmanlike foul by player or non-player
6. A substitute leaving the team box during a fight
7. Targeting (2nd offense by same player)

❖ *Any player or coach that is disqualified from a game will have to sit out the remainder of that game as well as the next game.*