

SMAA Football Rules - Amendments for minor / developmental play

The Rule Book for Tackle Football shall be adhered to with the following exceptions:

Atom Rules:

1. No team shall have more than ten (10) players on the field at a time. **Penalty: 5 yards**
2. A minimum of five (5) down linemen are to be used in offensive formations. **Penalty: 5 yards**
3. The maximum split between each lineman is two feet, there is no minimum split.
Penalty: 5 yards
 - a. Five down linemen must be max 2 foot split
 - b. Two outside players (flankers / WR's) must be 5 yards outside of OT
 - c. Three backfield players must begin play inside of OTs
4. A maximum of four (4) players may play on the line of scrimmage in defensive formation.
Penalty: 5 yards
 - a. Interior players should play from a "down" position. Defensive ends may play either in a down position or a two point (stand-up) stance.
5. There are no kickoffs - The ball will be prepared for play at the ten (10) yard line of the receiving team.
6. All blocking must occur above the waist. **Penalty: 10 yards**
7. Each team will have four (4) attempts (downs) to convert a first down. On fourth down the offensive team must notify the referee if they intend to "punt" or try to convert the first down. No punt will occur - Change of possession will occur as follows:
 - a. If the offensive team has not crossed midfield the ball will be advanced to the midfield line or the line to gain - (whichever is the greater distance)
 - b. If the offensive team has crossed midfield the ball will be advanced to the defensive team's 10 yard line.
8. Safety Touch: Any team awarded a safety touch shall receive two (2) points and have the option of scrimmaging from their own fifteen (15) yard line or granting possession to their opponent at the opponent's fifteen (15) yard line.
9. Plays must be called and players into formation within 45 seconds of the ball being made ready for play.
10. No player may score more than three (3) touchdowns in a game.
11. NO BLITZING is allowed. Defensive linemen must be identified with a blue helmet "beanie".
 - a. Only the four (4) linemen on the defense can cross the line of scrimmage before the ball is handed off or thrown.
 - b. Defensive linemen must be lined up inside the tackle box (end to end) with no shading.
 - c. No defensive player other than the linemen may cross the line of scrimmage until the ball is handed off, or until the quarterback leaves the pocket.
12. Games will be played on a 50 yard by 30 yard field with with 10 yard deep endzones.
13. Since there are no hash marks, the ball will be made ready for play at a point between the two sidelines.
14. Games will consist of two twenty (20) minute halves.
 - a. Timing will be "run time" - only stopping to attend to major penalties or injured players. (at referee's discretion).
 - b. With two minutes of play remaining coaches will be notified that four (4) plays remain until the end of the game.

PeeWee Rules:

1. Each team will have four (4) attempts (downs) to convert a first down. On fourth down the offensive team must notify the referee if they intend to punt, attempt a field goal or try to convert the first down.
2. No cut blocking anywhere on the field at any time. Blocks must be initiated from the front and must be above the waist. **Penalty: 15 yards**
3. No wedge returns are permitted. Players may not "link" up for the purposes of returning a kickoff. **Penalty: 10 yards from the point of foul**
4. **NO BLITZING** is allowed.
 - a. Defensive linemen must be lined up inside the tackle box (end to end).
 - b. No defensive player other than the linemen may cross the line of scrimmage until the ball is handed off or thrown, or until the quarterback leaves the pocket.
5. NO onside kick-offs are permitted unless:
 - a. There is less than 2:00 remaining in the game **AND** less than 10 point score differential. **Penalty: Receiving team will scrimmage from the 55 yard line.**
6. Punts are not returnable, the punting team will be awarded midfield line or the line to gain, whichever is greater.
7. Field goal:
 - a. No rush except designated players (4)
 - b. Not returnable (see punt "change of possession")
 - c. Kicking team may not attempt a "fake" field goal. Play will be blown dead defense will be awarded the ball at the previous line of scrimmage.
 - d. Dead ball on "fire" defense awarded ball at the previous line of scrimmage
8. After a successful touchdown the scoring team may elect to a) Kick for a conventional 1 point conversion or b) Elect to try for a two point conversion by running a play across the goal line with the line of scrimmage set at the 5 yard line.
 - a. ONE (1) point will be awarded for a successful conversion kick attempt from the 2 yard line
 - b. Conversions will be unopposed - with no defense on the field
 - c. PAT formation should include a long snapper, holder and a kicker only.
 - c. Ball must be snapped a minimum of 5 yards
 - d. Any snap over the holders head will be blown dead and the conversion try will be considered unsuccessful.
 - e. The holder may "pin" the ball to the ground before spotting it.
 - f. TWO (2) points will be awarded for a successful pay run from the 5 yard line

Bantam Rules:

1. Each team will have four (4) attempts (downs) to convert a first down. On fourth down the offensive team must notify the referee if they intend to punt, attempt a field goal or try to convert the first down.
2. **NO BLITZING** is allowed.
 - a. No defensive player other than the linemen may cross the line of scrimmage until the ball is handed off or thrown, or until the quarterback leaves the pocket.
 - b. Defensive players are not permitted to “creep” towards the line of scrimmage in an attempt to time the snap or gain competitive advantage.
 - c. Linebackers may not be closer than one yard to the down defensive linemen.
3. No cut blocking anywhere on the field at any time. Blocks must be initiated from the front and must be above the waist. **Penalty: 15 yards**
4. No wedge returns are permitted. Players may not “link” up for the purposes of returning a kickoff. **Penalty: 10 yards from the point of foul**
5. Defense MAY NOT rush the punter. **Penalty: 5 yards, automatic first down**
6. NO onside kick-offs are permitted unless there is less than 2:00 of game time remaining **AND** less than 10 point score differential. **Penalty: Receiving team will scrimmage from the 55 yard line.**
7. Punts are not returnable - Change of possession as follows:
 - a. Ball will be prepared for play at the point of the catch by the receiving team.
 - b. If the punt is not fielded the receiving team will be awarded the “roll”
 - c. Punting team may not recover a punted ball
 - d. No players shall be placed in an on-side position.
 - e. In the event of a kicked ball through the endzone
 - i. NO POINT will be awarded to the kicking team.
 - ii. The ball will be prepared for play at the 20 yard line of the receiving team
8. Field goal:
 - a. No rush except designated players (4)
 - b. Not returnable (see punt “change of possession”)
 - c. Kicking team may not attempt a “fake” field goal. Play will be blown dead and defense will be awarded the ball at the previous line of scrimmage.
 - d. Dead ball on “fire” defense awarded ball at the previous line of scrimmage