

2025-26

RULEBOOK



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A GUIDE FOR PLAYERS, COACHES, AND FAMILIES

Purpose of This Rulebook

This rulebook has been created to ensure fair, safe, and enjoyable competition for all participants in our youth football events. Whether you're a player, coach, parent, or official, understanding these rules is essential to having a successful season.

These rules are designed to:

- **Promote player safety** at every age level
- **Ensure fair competition** across all divisions
- **Support skill development** appropriate to each age group
- **Create consistency** in how games are played and officiated
- **Encourage sportsmanship** and respect among all participants

How to Use This Rulebook

This rulebook is organized by age division (7U, 8U, 9U-14U) to make it easy to find the rules that apply to your team. We recommend:

For Coaches:

- Review the complete rulebook
- Pay special attention to the rules specific to your age division
- Keep a copy accessible during games for quick reference

For Parents and Players:

- Read through your division's rules together as a family
- Focus on understanding clock management, mercy rules, and special restrictions
- Refer back to the rulebook when questions arise during events

For Officials:

- Note the age-specific modifications to standard high school rules
- Pay special attention to defensive restrictions in younger divisions
- Review overtime procedures for 9U-14U games

Important Notes:

Game time is game time. Please ensure your team arrives at least 30 minutes before scheduled kickoff. Teams arriving 15 minutes late will forfeit the game.

All rules apply unless specified otherwise. We follow high school football rules with the modifications outlined in this rulebook for each age division.

When in doubt, ask. If you have questions about any rule or need clarification, please contact league officials before game day.

D1 NATION FOOTBALL

Rulebook & Regulations

I. GENERAL GAME RULES

a. Game Clock Operations

All age divisions follow High School Rules with clock stopping on all regular football situations.

I. CLOCK STARTS ON THE READY WHISTLE AFTER:

- Out of bounds
- Incomplete passes
- First downs
- Penalties

II. CLOCK STARTS ON THE SNAP (1ST TOUCH) AFTER:

- Scores
- Change of possession
- Time outs

b. Punctuality Rule

Game time is game time. If a team is 15 minutes late, the game will be forfeited.

c. Punt Rule

If the ball is on your side of the 50-yard line, you may walk off a punt (age-specific restrictions apply).

II. AGE DIVISION RULES

5U & 6U DIVISION

a. Game Structure:

- 10-minute quarters
- 3 timeouts per half
- **5U:** 2 coaches allowed on field
- **6U:** 1 coach allowed on field

b. Special Teams:

- No special teams
- Punts will be walked off 25 yards

c. Scoring:

- Extra points: Running = 1 pt, Throwing = 2 pts

d. Defensive Restrictions:

- Defensive players cannot line up over center

e. Mercy Rule:

- Activated after 20-point lead
- Game converts to running clock
- **NO BLITZING or LINING UP OVER CENTER**

II. AGE DIVISION RULES

7U DIVISION

a. Game Structure:

- 10-minute quarters
- 3 timeouts per half
- No coaches allowed on field

b. Special Teams:

- No special teams
- Punts will be walked off 25 yards

c. Scoring:

- Extra points: Running = 1 pt, Throwing = 2 pts

d. Defensive Restrictions:

- Defensive players cannot line up over center

e. Mercy Rule:

- Activated after 20-point lead
- Game converts to running clock
- **NO BLITZING or LINING UP OVER CENTER**

8U DIVISION

a. Game Structure:

- 10-minute quarters
- 3 timeouts per half
- No coaches allowed on field

8U DIVISION CONT.

b. Special Teams:

- Kick-offs only
- Punts to be walked off

Note: If ball is on your side of the 50-yard line, you cannot walk off a punt.

c. Scoring:

- Extra points: Running = 1 pt, Throwing = 2 pts

d. Mercy Rule:

- Activated after 20-point lead
- Game converts to running clock
- **NO BLITZING or LINING UP OVER CENTER**

9U - 14U DIVISION

a. Game Structure:

- 10-minute quarters
- 3 timeouts per half
- Clock stops on change of possession, incomplete passes, and timeouts

b. Special Teams:

- All special teams allowed

c. Mercy Rule:

- Activated after 20-point lead
- Game converts to running clock

III. OVERTIME PROCEDURES

(Applies to 9U-14U divisions)

a. First Overtime Period:

- Ball placed on the 10-yard line
- Each team has opportunity to advance the ball and score
- If one team scores and the opposing team is stopped, the scoring team wins
- If both teams score the same points, proceed to second overtime

b. Second Overtime Period:

- Ball placed on the 5-yard line
- Each team has 4 plays to score
- If game ends in another tie, proceed to final overtime

c. Final Overtime:

- Winner determined by penetration

IV. TOURNAMENT ELIGIBILITY & REQUIREMENTS

a. Age Eligibility:

- All players must be on the official tournament roster to participate
- **July 1st cutoff date**
- All players must wear wristbands issued at certification

b. Weight Requirements:

- Weight is unlimited for this tournament

c. Uniform Requirements

- Each team must have home and away jerseys
- **Home Team:** Dark jerseys
- **Visitors:** White jerseys

For questions or clarifications, please contact league officials.

President: Harold Thompson

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BALL SIZE CHART

SIZE	AGE (YEARS)
9 (OFFICIAL)	14+
7 (YOUTH)	12-14
6 (JUNIOR)	10-12
5 (PEE WEE)	9 AND UNDER

