2026 Football Rules

General

-Kickoffs will only be at start of each half, all other times ball will start on the 20 yard line. No kick off for 8 u.
-Punts will be walked off 25 yards and will not be taken inside the 5 yard line.
- All kids over the weight limit (10.-u 110 and 8-U 85) must have a stripe on their helmet and can not advance the ball. On offense they can only line up on the line or at traditional tight end. Any team that violates this rule will forfeit the game.
-Players behind the disk can not get a Pre running start.
- Any player ejected must sit out the next game.
-Extra points- 2 pts from 6 yards out, 1 pts from 3 yards out. **No extra point in 8-U**
-3 time outs per half.
- Overtime put the ball on the 10 yard line and each team get a series of downs. After 2 overtimes the game is official. **No overtime for 8-U league**.
-With a 21 point lead the "Starting" ball carriers can not advance the ball on offensive.
-All 5 yard penalties will remain the same, and 10 and 15 yard penalties will only be 10 yards.
- All players must be in solid white pants.
- No players can move teams after draft night unless a mistake has been made by Rec. Authority personnel. If Staff finds out they play in a game that team will forfeit and the Coach will not allowed to coach an All- Star team, and could face further disciplinary action.

10-U League

-2 halves of 25 minutes each with a regulation clock the last 2 minutes of each half.
-1 offensive coach allowed on the field, **No** Defensive coaches allowed on field.
-Only 6 players allowed inside the 3yard disk. When inside the 10yard there is no disk.
- No player over the center they must be lined up over the guards.
- No QB sneak from under center.

8-U League

-2 halves of 20 minutes each with a regulation clock the last 2 minutes of each half.
-2 coaches allowed on each side of the ball.
-On Defense only 4 players allowed inside a 4 yard disk, they must be lined up head up with the tackles and the ends (or end position). Disk is used at all times.

All offensive and defensive players inside the disk(except corner backs) must have their elbows on their knees or hand on the ground. Penalty will be treated as off side.