

Atlantic Region Developmental (6U, 7U, TM) Rules

1. The playing field will consist of 100 yards.
2. **NO KICKOFFS!**
3. The time of the game will be four 10 (Ten) minute quarters. Inside of 2 minutes of each half clock will stop on out of bounce and incomplete passes, the clock stops then restarts at the SPOT of the ball. Halftime will be 3 (three) minutes. All **timeouts** (30sec) stop the clock. Each team gets three times per half.
4. The team that wins the coin toss has the option to Receive, Kick or defer to the second half. Receiving team will begin play on the (35) yard line on their side.
5. The offense has (30) seconds to call their play and snap the ball. All infractions of this will be a delay of game call and the offensive team will be assessed a (5) yard penalty.
6. All Fumbles are Live
7. On fourth down (4th), the offense team can declare a walk-off punt of (25) yards unless the offensive team chooses to go for it on fourth down (4th).
 - a. **No Punting - A walk off punt of 25 cannot advance beyond the opposing team (20) yard line.**
8. Defensive player **CANNOT** lineup over the center and MUST be head up over the offensive Guards and can either be head up over Tackles or Tight Ends on the line. **The Defensive line can only consist of 4 linemen (all other players will be considered linebackers and have to adhere to rule #9 and #10) All Defensive linemen must be in three or four point stance.**
 - a. **The Quarterback cannot run the ball in the "A" gap, or run behind center.**
 - b. **The Quarterback can hand the ball off to the Running back and he can run behind the center or in the A gap after the hand off.**
9. There is **NO blitzing** of any sort. **Blitzing is defined as Linebackers or Cornerbacks moving forward before the snap of the ball. Once Ball is snapped all players are free to attack the line of scrimmage.**
10. Defensive Linebackers and Cornerbacks must be **three (3) yards** away from the line of scrimmage before the snap of the ball. Once the ball is snapped, all defensive players can engage to the ball.
11. 6U: There are up to two (2) coaches allowed on the field for offense and defense. Once the offense is set, all coaches must remove themselves fifteen (15) yards behind their deepest player on that side of the ball.

7U: There is one (1) Coach allowed of the field for offense and defense Once the offense is set, all coaches must remove themselves fifteen (15) yards behind their deepest player on that side of the ball.

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12. The scores will be as such: touchdowns= six (6) points, **Running** extra points= one (1) point, **Passing** extra points (Pass must be beyond the Line Of Scrimmage) = two (2) points.
13. **OVERTIME.** (No Overtime during the regular season)
 - a. Overtime will start from the 10-yard line, each team will have the opportunity to score to Include Extra Point Attempt.
 - b. If both teams score, the ball will be moved to the 5-yard line. Each team will have the opportunity to score again.
 - c. If both teams score, the ball will be again placed at the 5-yard line until a winner is declared.