

CHOO-CHOO BOWL GAME RULES

The Choo-Choo Bowl is a TWO game guarantee.

General Information:

All coaches have a right to get clarification on ANY rule during a game, have the head referee call a tournament official at the site **before game continues**. This is only for rules of our bowl NOT PENALTIES.

Coaches should identify the person in charge of the site before your game starts. You will be given the person in charge's name(s) when you check-in. Should the official not listen to you, you can have an assistant coach talk to the site administrator. This must be done during the game.

Game Rules

Cutoff date for Players – July 1st

Rules for all Divisions:

- Coaches must wear passes visible on the sideline.
- Only coaches, medical persons and identified water boys are allowed on the sideline.
- Regular clock the last 2 minutes of the half and game.
- Each team has **3** timeouts per half.
- All games shall be played under the TSSAA rules unless contrary to these rules:
 - a. 7 and under, when the QB goes under center, the coach must be 5 yards beyond the deepest player, refrain from any physical, verbal or visual contact until the play is completed. Penalty for infraction of this rule shall be as follows:
 - i. One (1) warning per team
 - ii. Five (5) yard penalty

Extra Points:

- One (1) point for running.
- Two (2) points for passing - must be past the line of scrimmage
- Two (2) points for a kick all divisions and under with no rush.

Other Rules:

- 7 and under no nose-guard and middle linebacker must be 5 yards from the ball. All defensive line guards must engage offensive guards at the start of the play. No QB sneak or draw, but QB can run off tackle. Defense can blitz B and C gap.

Blowout Rule: If a team is behind by 20 points, they get the ball at the 40 yard line of the team with the lead.

All Ages Over Weight Rule:

There is unlimited weight on defense. On offense they must be tackle to tackle.

5U/6U RULE EXCEPTIONS

1. Each quarter will consist of 10 minutes running.
2. Ready for play will be 30 seconds. There will be no nose guard over center. Defense can blitz B and C gap only.
3. Ball will be spotted on the 30-yard line. NO KICK-OFFS
4. Punts will be a **25**-yard walk off. If you are at the 30 yard line in, punts can only be 20 yards
5. Two coaches allowed on field. (Optional) Coaches must be 5 yards behind deepest player.
6. If a safety happens, ball goes out to the fifty.

7U RULE EXCEPTIONS

1. Each quarter will consist of 10 minutes running clock. With 25 seconds ready for play.
2. Ball will be spotted on the 30-yard line. NO KICK-OFFS
3. Punts will be a **25**-yard walk off. If you are at the 30 yard line in, punts can only be 20 yards. There will be no nose guard over center. No QB sneak. Defense can blitz B and C gap.
4. One coach allowed on field. (Optional) He **must** be quite once QB gets under center.
5. If a safety happens, ball goes out to the fifty yard line.

8U/9U/10U RULE EXCEPTIONS

1. Each quarter will consist of 10 minutes running clock. With 25 seconds ready for play.
2. NO KICK-OFFS
3. Punts will be a 25-yard walk off. If you are at the 30 yard line in, punts can only be 20 yards
4. 8U Coach on Field is optional

11U/12U RULE EXCEPTIONS

1. Each quarter will consist of 10 minutes running clock. With 25 seconds ready for play.
2. NO KICK-OFFS
3. Punts no Rush

TEAM WEIGHT LIMITS

5U/6U Divisions	U	85 lbs. Skilled Position	Defense is unlimited
7U Divisions	U	95 lbs. Skilled Position	Defense is unlimited
8U Divisions	U	110 lbs. Skilled Position	Defense is unlimited
9U Divisions	U	130 lbs. Skilled Position	Defense is unlimited
10U Divisions	U	140 lbs. Skilled Positions	Defense is unlimited
11U Divisions	U	155 lbs. Skilled Positions`	Defense is unlimited
12U Divisions	U	170 lbs. Skilled Positions	Defense is unlimited