

# 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 1<sup>st</sup>

*(Exception: Beginning in 2024 we have added a second 10U division with a cutoff date of May 1)*

### 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.

### **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(May 1 cutoff)/10U(July 1 cutoff) 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

### **13U RULE EXCEPTIONS**

#### **13U Division will play the TSSAA Middle School Rules**

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

## TEAM WEIGHT LIMITS

<b>6U Divisions</b>	U	85 lbs. Skilled Position	Defense is unlimited
<b>7U Divisions</b>	U	95 lbs. Skilled Position	Defense is unlimited
<b>8U Divisions</b>	U	110 lbs. Skilled Position	Defense is unlimited
<b>9U Divisions</b>	U	130 lbs. Skilled Position	Defense is unlimited
<b>10U (May 1 cutoff) Divisions</b>	U	140 lbs. Skilled Positions	Defense is unlimited
<b>10U (July 1 cutoff) Divisions</b>	U	140 lbs. Skilled Positions	Defense is unlimited
<b>11U Divisions</b>	U	155 lbs. Skilled Positions`	Defense is unlimited
<b>12U Divisions</b>	U	175 lbs. Skilled Positions	Defense is unlimited
<b>13U Divisions</b>	U	Offense is unlimited	Defense is unlimited