

	FOOTBALL RULES COMPARISON SHEET			
	6U	8U	10U	12U
Age Alignment	5-6 yr olds	7-8 yr olds	9-10 yr olds	11-12 yr olds
Game Time	45-minute games	Two 15-minute halves w/running clock	Game consist of (4) 8 minute quarters	Game consist of (4) 8 minute quarters
Running Clock	running clock	Running Clock until last 3 minutes of ea. half	Clock will be stopped in accordance w/NCHSF	Clock will be stopped in accordance w/NCHSF
Player Participation	as much as possible	1 play per half	1 play per quarter	1 play per quarter
Conditioning	N/A	N/A	Day 1-2 helmets only. Day 3-4-5 helmet/shoulder pads. Day 6 full uniform/contact	Day 1-2 helmets only. Day 3-4-5 helmet/shoulder pads. Day 6 full uniform/contact
Mouthpiece	Mandatory	Mandatory	Mandatory	Mandatory
Number of Coaches	4	4	4	4
Field Size	40 yards	80 yards	100 yards	100 yards
Half Time	N/A	10 min	10 min	10 min
Ball Size	Wilson K-2	Wilson K-2	Wilson TDJ	Wilson TDJ
Won/Loss Records Kept	No	No	Yes	Yes
Number of Games/Week	Normally One	Normally One	Normally One Until Tournament Play	Normally One Until Tournament Play
Number of Games/Season	Typically 7	Typically 7	Typically 7	Typically 7
Season Begins	September 10, 2016	September 10, 2016	September 10, 2016	September 10, 2016