TRAINING LEGENDS FOOTBALL / 2026

Football Quick Look

Game day reference for coaches and officials in 6U through 12U.

21 POINTS	**Mercy rule starts at a lead of 21 or more and ends below 21.**
During mercy	Run the clock except for team and officials' timeouts and injuries. No kickoffs: spot the ball at the 40 after a score. The leading team may not pass and turns the ball over if it fails to score in four downs.
Pregame option	Only the four-down provision may be waived. Both head coaches must agree before kickoff in front of the head official; the decision lasts all game.
NO WEIGH-INS	**No weight limits or weight-based position or ball-carrier restrictions.**

Game Setup by Division

Division	Quarter	On field[1]	Punts
6U	8 min	2 coaches	25-yard walk-off
7U	8 min	1 coach	25-yard walk-off
8U–9U	10 min	—	25-yard walk-off
10U	10 min	—	Frozen lines; dead on first touch. Walk-off option.
11U–12U	10 min	—	Live punts

[1] Per team. In 6U and 7U, on-field coaches stop directing players when the center touches the ball. No kickoffs in 6U or 7U. Walk-offs stop at the opponent's 20 and run 10 seconds off the clock.

Game Day Checks

Eligibility	Use age on June 30. Play up one division only; no playing down. Review certified team books at least 30 minutes before kickoff.
Field and clocks	TD = 6 • 100-yard field • 35-second play clock • 5-minute halftime • 7 on the team sideline.
Conversions	From the 3: run = 1; pass beyond the line of scrimmage or kick = 2. No jet sweep or shovel passes. No kick option in 6U or 7U. Kicks are dead-ball tries with a 5-second limit.
6U to 8U defense	No nose guard. Line up over the guards; if they are more than 2 yards from center, the defensive line may align within 1 yard of center. Middle linebackers are at least 2 yards deep.
Overtime	Coin toss for first possession. Each team gets four downs from the opponent's 10. Regular conversion rules apply. Still tied after three possessions per team: game ends in a tie.
Playoff tiebreakers	In order: head-to-head results, points allowed, points scored, coin toss.

Use the full 2026 Football Playing Rules for exceptions, penalties, and procedures.