



REACH PROGRAMS

Divisions →	PreK	K/1st	2nd/3rd	4th/5th	Middle School	High School
Equipment						
Ball size	(pee-wee)	(pee-wee)	(pee-wee)	(Junior)	(Junior)	(Youth)
Field (total yds)	35x20	50x20	70x35	70x35	70x35	70x35
End Zones	5 yards	5 yards	10 yards	10 yards	10 yards	10 yards
Belts	"Triple threat"	"Triple threat"	"Triple threat"	"Triple threat"	"Triple threat"	"Triple threat"
Players						
Number of Players	4 v 4	5 v 5	6 v 6	7 v 7	7 v 7	7 v 7
Coaching	2 on field	1 (clear area)	1 (clear area)	sideline	sideline	sideline
Team box	no	no	no	yes	yes	yes
Score/Time						
Scoring	none	none	yes	yes	yes	yes
PAT	no	no	no	yes	yes	yes
Safeties	no	no	no	yes	yes	yes
Game Time	12 min halves	12 min halves	15 min halves	16 min halves	18 min halves	18 min halves
Clock Time	running	running	last min stop	last min stop	last min stop	last min stop
Time outs	none	none	2 per half	2 per half	2 per half	2 per half
Play						
Start	Goalline	5yd	5yd	14yd	14yd	14yd
Line of Scrimmage	5yd	5yd	5yd	7yd	7yd	7yd
QB	coach	player / Coach	player	player	player	player
Downs	no	yes	yes	yes	yes	yes
Turnover on downs	no	yes	yes	yes	yes	yes
Turnover at spot	n/a	no	yes	yes	yes	yes
Interception return	no	yes	yes	yes	yes	yes
Backwards spot	no	no	yes	yes	yes	yes
Eligible	1 player	any	any	any	any	any
Transfers	1 per play	unlimited	unlimited	unlimited	unlimited	unlimited
Where	behind LOS	behind LOS	anywhere unless fwd	anywhere unless fwd	anywhere unless fwd	anywhere unless fwd
Limits	each player	4 min poss	8 min poss	no	no	no
Delay	no	Poss Clock	Poss Clock	30 sec	30 sec	30 sec
QB direct run	no	no	if blitz	if blitz	if blitz	if blitz
QB time limit	no	10 sec	10 seconds	none	none	none
Screens	none	stationary	stationary	stationary	stationary	stationary
Blitzer	no	no	optional (after 10 sec)	optional	optional	optional
Punt	no	no	no	yes	yes	yes
Punt Return	n/a	n/a	n/a	dead only if muffed	dead only if muffed	dead only if muffed
Fouls						
Pre/snap	only offside	all	all	all	all	all
Result	halt	halt	halt	enforce	enforce	enforce
Spots	LOS	LOS	LOS	depends	depends	depends
Excessive	sit out	sit out	sit out	treated like tech	treated like tech	treated like tech