



6 & 9-A-Side Football Guide

An introduction to both
6 & 9-A-Side football

INDEX

<u>Benefits</u>	2
<u>Rule Variations</u>	3
<u>6-A-Side</u>	3
<u>9-A-Side</u>	4
<u>Fields</u>	5
<u>Playbook</u>	6
<u>6-A-Side (Atom)</u>	6
<u>6-A-Side (High School)</u>	7
<u>9-A-Side (Atom)</u>	8
<u>9-A-Side (High School)</u>	9

BENEFITS

- **Easy to organize**
 - With less players on each team, smaller communities, schools, or cities will have an easier time putting together a team.
- **Versatile**
 - Players are more likely to play more than one position which results in players not getting pigeon-holed into one position for their football careers. This helps develop more well-rounded athletes who will understand different aspects of the game that they may not regularly see.
- **More touches, more tackles, more points.**
 - With less players on the field, each player will not only have the opportunity to touch the ball more than they would compared to 12-A-Side, but it allows for defensive players to be involved in more tackles as well.
 - 6 & 9-A-Side are offensive games with higher average points than a 12-A-Side game so there is a higher chance of scoring big touchdowns and kicking converts.
- **Open-Field tackles**
 - With more open space on the field, it forces defensive players to be able to make more open-field tackles which is a skill that comes by just a few times in 12-A-Side football.
- **Creativity**
 - With more flexible rules on who is eligible and who is not, offensive playbooks can be executed as creatively as you can imagine them. This creates a fun atmosphere for players and coaches while keeping them engaged and eager to learn their playbooks.



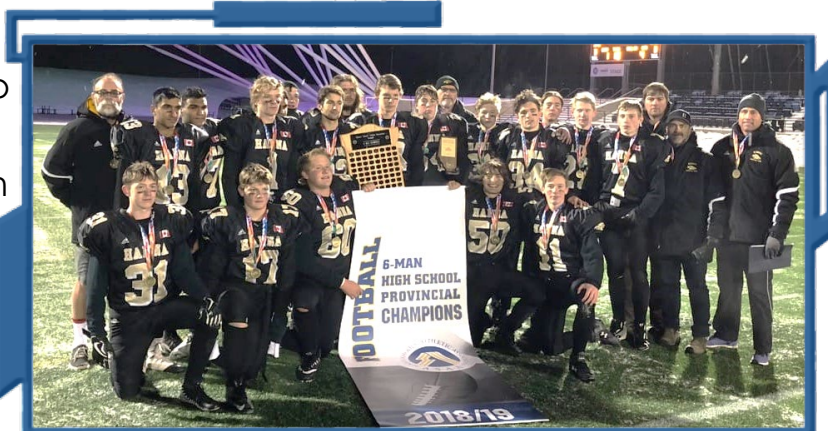
RULE VARIATIONS

FOOTBALL CANADA AMATEUR TACKLE RULEBOOK

Below are the rule variations for both 6 & 9-A-Side football that differ from 12-A-Side:

6-A-Side:

- Any place in the rule book where the term *12 players* is used, substitute the term *6 players*.
- Any place in the rule book where reference is made to *20 yards* substitute with *10 yards*.
- For placement of the ball, *on all occasions*, subtract 5 yards from the indicated number.
 - Exception – The ball must not be placed on the 5-yard line unless by reason of penalty.
- The length of the game shall be **40 minutes** of playing time, divided into four periods of 10 minutes each.
- The three-minute stop-time provision at the end of the 2nd and 4th quarters outlined in the rule book shall be played as **two-minutes** at then end of the 2nd and 4th quarters.
- At the instant the ball is put into play, at least 3 *players* of the offensive team must be stationary on the line of scrimmage.
- The centre is an eligible pass receiver if he lines up on the end of the line of scrimmage and is wearing an eligible receiver's number. Any other player on the line, not occupying the outside position is an ineligible receiver.
- The convert after a touchdown in 6 A-Side football will be worth (2) points, if kicked, and that a convert that involves running or passing the ball into the end zone is worth one (1) point.



RULE VARIATIONS

9-A-Side:

- Any place in the rule book where the term *12 players* is used, substitute the term *9 players*.
- Any place in the rule book where reference is made to *20 yards* substitute with *15 yards*.
- For placement of the ball, *on all occasions*, except on converts, subtract 5 yards from the indicated number.
- The length of the game shall be **48 minutes** of actual playing time, divided into four quarters of 12 minutes each for all games. A 15-minute rest period shall be allowed at the end of the second quarter – or other rest period as the teams do mutually agree on.
- At the instant the ball is put into play, at least *5 players* of the offensive team must be on the line of scrimmage.

FIELDS

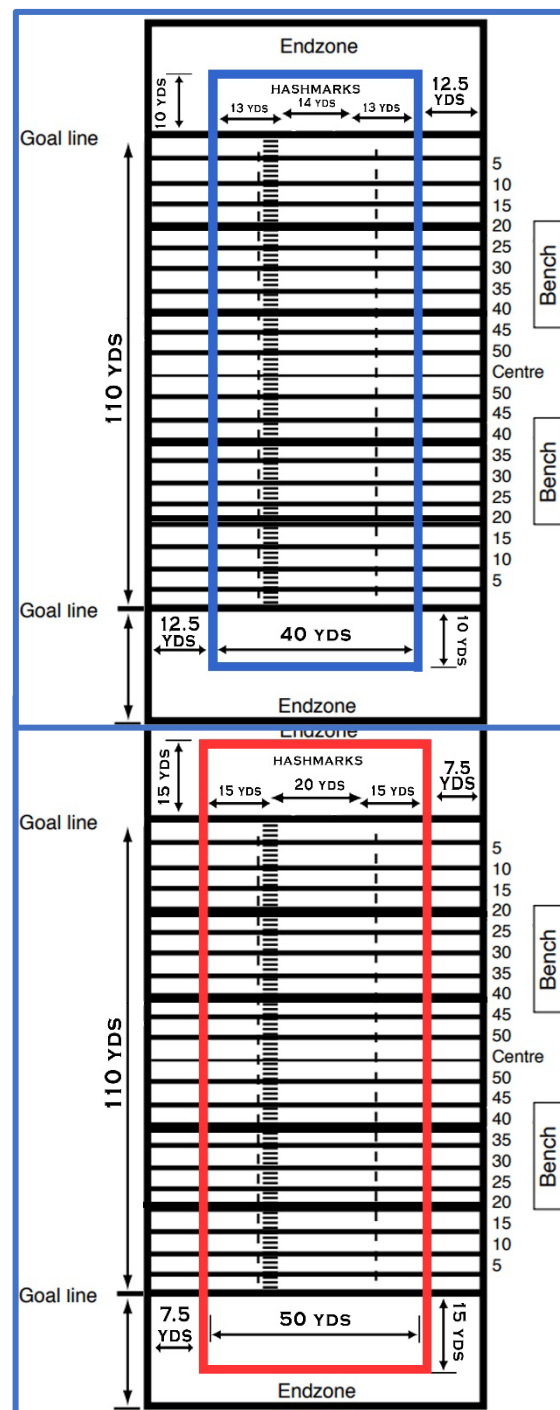
While 6 & 9-A-Side fields have their own dimensions, they are often played on modified versions of 12-A-Side fields. These modified fields are usually marked off with cones. Below are the official dimensions outlined in the rulebook while the images depict how to mark off these modified fields.

6-A-Side

- a) The field shall be 110 yards long (Goal line to goal line) and 40 yards wide.
- b) End zones shall be 10 yards deep.
- c) The 20- and 40-yard lines shall be of double thickness.
- d) Hash marks shall be located 13 yards from the side lines. If the natural boundary of the field is less than 10 yards behind the goal lines, such boundary shall be the dead line.

9-A-Side

- a) The field shall be 110 yards long (Goal line to goal line) and 50 yards wide.
- b) End zones shall be 15 yards deep
- c) The 20- and 40-yards lines shall be of double thickness.
- d) Hash marks shall be placed 15 yards from each side line. If the natural boundary of the field is less than 15 yards behind the goal line, such boundary shall be the dead line.



PLAYBOOKS

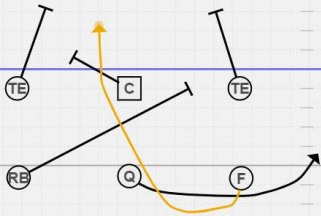
Below are some basic plays for both 6 & 9-A-Side to help visualize the game better.

6-A-Side (Atom)	
<u>Boot Lf</u>	<u>Dive Rt</u>
<u>Fly Lf</u>	<u>Pass Rt</u>
<u>Shotgun Post</u>	<u>Roll Left Swing</u>

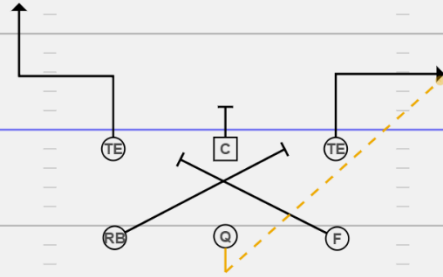
PLAYBOOKS

6-A-Side (High School)

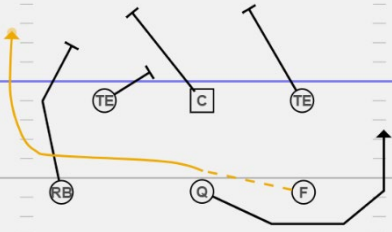
Series 1 - 2 Dive



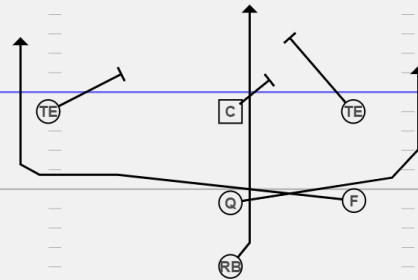
Series 1 - PAX 0-0-6-4



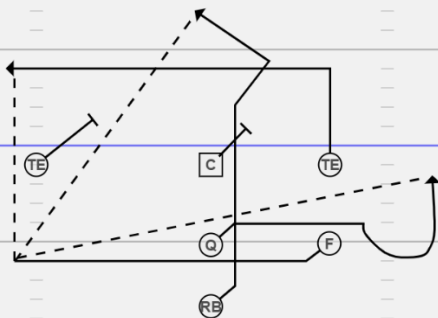
Series 1 - 2 Sweep



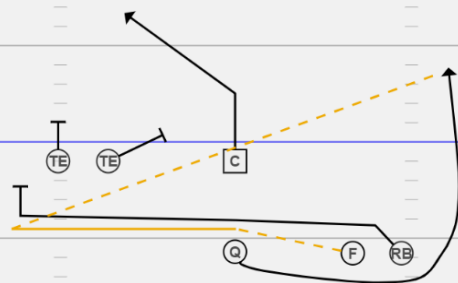
Series 4 - Run One Sweep



Series 4 - PA Swing 87-0-5



Series 2 - PAX Sweep RB Pass



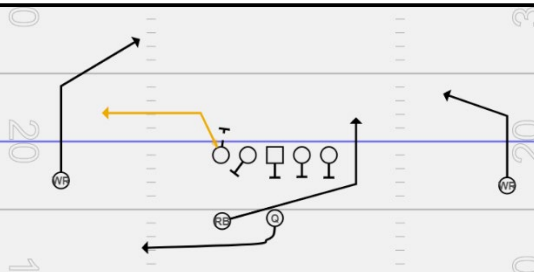
PLAYBOOKS

9-A-Side (Atom)	
<p><u>Hawaii Left / Right</u></p>	<p><u>Swing Right Option</u></p>
<p><u>One Dive</u></p>	<p><u>Empty Right Colt</u></p>
<p><u>Empty Right Hawaii Go</u></p>	<p><u>Empty Left Hawaii</u></p>

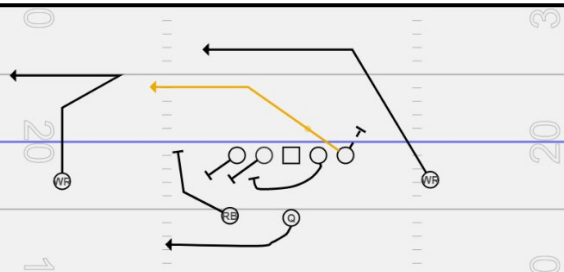
PLAYBOOKS

9-A-Side (High School)

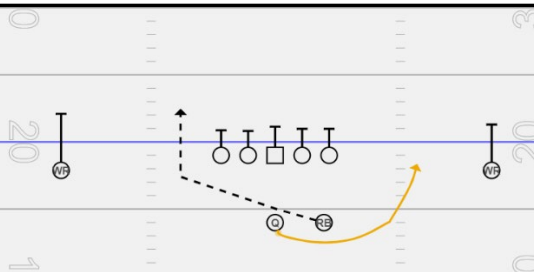
Roll Left Short Hitch



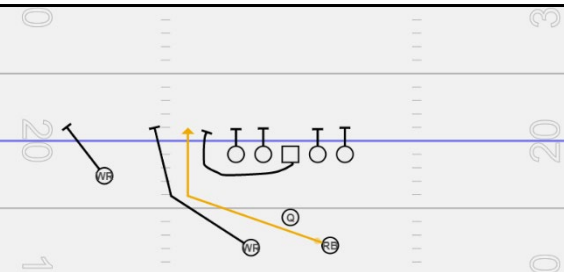
Roll Left Long Hitch



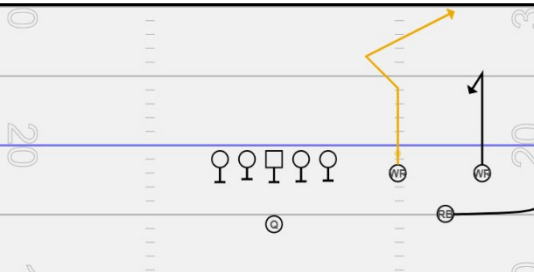
Shotgun Draw Option



Split back Sweep Left



Trips Right and Out



Race Left / Right

