

Game Arrival / Warm Up

Arrival - All teams can arrive at the field no earlier than one hour prior to their scheduled game start time and ready play at least fifteen minutes before game time. Warm-ups shall be accomplished in a manner chosen by the team coach but it shall be mandatory. Under no circumstances will a team warm-up against a team from a different division.

Before the Start of Game -Each head coach must meet the referees on the field before the game. Referees must be paid in full at this time. Questions to any rule interpretation must be discussed and the two head coaches must exchange their roster sheets with starting skilled players clearly marked. Failure to have this may result in a forfeit of the game.

Field Crew - Home Team is responsible to have two adults to man the yard markers and one adult to man the down marker.

Team Binder

Each town will be responsible for having a Team Binder at each game which includes:

- The official starting roster with player jersey numbers and positions,
- Player certification form (including a picture of the player),
- Copies of players birth certificate,
- Team insurance,
- Copy of these full set of rules

Failure to have a binder will result in no X, XX, EX players being allowed to participate in that game

2010 Referee Fees

Fees will be paid on the field prior to the start of the game. No exceptions. The fees will be split between the two teams

3/4 = \$50.00 per referee per game. (Based on 2 referees per game = \$100.00 (\$50.00 per team)

5/6 = \$60.00 per referee per game. (Based on 3 referees per game = \$180.00 (\$90.00 per team)

7/8 = \$70.00 per referee per game. (Based on 3 referees per game = \$210.00 (\$105.00 per team)

There is always an extra charge per referee for single games per field and odd day/timed games. This will be referenced on the weekly referee schedule sent out.

A 3/4 game must be played with two referees. If one does not show, the game will not count. (usually we will reschedule in advance)
If any 5/6 or 7/8 game is played two referees the total fees paid based on three referees will be split between the two referees

Coaches on Field / Sidelines

All Coaches must wear their Coaches Certification in plain view or they will not be allowed on the field or sidelines.

3/4 division, two offensive and two defensive coaches will be allowed per team on the field at all times. Only one will be allowed in the huddle.

5/6 division one coach will be allowed on the field for the first two games only.

7/8 Division coaches are not allowed on the field for ay game.

Coaches cannot assist, scream instructions or touch players once the offensive team breaks the huddle. The coaches must stand back 20 yards behind the players before the beginning of the cadence. Any interference by a coach will result in that coach being removed from the field and the team assessed a 5 yard penalty by the referee.

Coaches will be allowed to coach from the sidelines between the 30 yard line markers. No coach shall pass further down the field than the 30 yard lines. Coaches are not allowed to stand on the field of play. Referees will assess a 5 yard penalty after one warning. If it still continues, that coach will be asked to leave the field and he will be suspended one game.

Spectators

Spectators must be in the stands (bleachers) and not on the sidelines or any part of the field. . If the field does not have stands (bleachers), than the spectators must remain back 20 yards from the sidelines. The home team is responsible for their sideline maintenance regardless of whether the spectators are on the home or visiting side. A fence, rope or field crew is supplied by the home team should be supplied to secure the field of play.

The referees will not start the game until all spectators are back 20 yards. If during the game, the spectator crosses the sidelines and the referees feel they are disrupting the game, the team will get one warning. If the interruption continues, the team will be penalized 5 yards. If it still continues, the head coach will be asked make the spectator leave the field or Forfeit the Game.

Crowd Control -It is also the responsibility of the home team coach to handle their crowd and the visiting team coach to handle their visiting crowd in any situation where either players, parents, coaches or fans are interfering with the game. One warning will be issued by the referees. Then the referees will be forced to issue a penalty or Forfeit the Game.

Bench

The bench area is reserved for players, coaches and authorized team personnel only. The coaches must wear their certified credentials or they will not be allowed on the sidelines. The side line areas are reserved for the game medic, chain crew, law enforcement personnel, referees, and league officials only. It is the responsibility of each team, to clear all others from the area. Upon the discretion of a league official, a game may be halted until the head coaches of the teams playing remove all non-approved parties from the playing area. During games cheerleaders are permitted within the bench area or in a separate area designated by the home team. Players of the previous game or the next scheduled game must not be on the sidelines and coaches must keep those non playing players away from the field while other games are in progress.

League Ball

3/4 Division - K2 or equivalent 5/6 Division- TDJ or equivalent . 7/8 Division any approved NFHS Football or TFJ Intermediate

No Kickoffs for any Division – Ball is Placed on the 40 Yard Line

Clock

Division & Clock Grade 3rd/4th - (4) 10 minute running time quarters.
Grade 5/6 - (4) 10 minute stop time quarters
Grade 7/8 - (4) 10 minute stop time quarters

Game Clock There is no play clock for any division. Each coach must try to plan the game (call plays) as if there were a play clock to avoid unnecessary delays to the game. The referees will monitor the huddle time and force teams to keep the game moving along being more flexible in the ¾ division . The referees will be more strict in the 5/6 division and real strict in the 7/8 division.

Running Time: Clock stops on change of possession, touchdowns, 2:00 minute warning in 2nd and 4th quarters,. Injuries, official measurement. At the 2:00 minute warning clock becomes “STOP TIME” until the end of the game for all divisions. (Clock stops additionally on incomplete passes and out of bounds.

Stop Time: Clock stops on incomplete passes, change of possession, touchdowns, 2:00 minute warning in 2nd and 4th Quarters, Injuries, official measurement, and out of bounds.

Intermission after the first and third period will be the time that it takes for the game officials to switch directions on the field of the teams on the field. Halftime will be 10 minutes.

Time Outs - Three (3) time outs (45 sec) per half are allowed to each team in all divisions. If a player is injured and an official's time out is called, he shall, sit out 1 play after being assisted off the field

Overtime 3/4 Division -No overtime during regular season. Overtime in Playoffs/ Bowl Games only.
5/6 and 7/8 during Regular Season and Playoffs.

Over time Policy -No time period in overtime. Possession type period .- Coin flip with visiting team choosing heads/tails will determine choice of first possession. Ball is placed on the 10 yard line, each team has 4 tries to score and convert the points. If score remains tied after first OT, ball is moved to the 6 yard line on second try. Regular season after second OT games ends in tie. Playoffs play until winner determined. 1 time out allowed.

Scoring

TD - 6 Points for touchdown for all divisions.

Extra Point - 1 Point for run or pass , 2 points for a kick. Extra point kick will be from the ten yard line off a black a kicking block. (Kick-off tees are not acceptable) Must have holder.

3/4 & 5/6 Free kick. No rush. Snap is not a live ball. 7/8 Ball must be snapped and is live on kick. Dead Ball if it hits ground
¾ division gets two chances to kick

Field Goal - 3 Points for a field goal. Ball is placed 7 yards behind the line of scrimmage. Field Goals must be kicked off of a kicking block. (Kick-Off tees are not acceptable). Must have holder

3/4 & 5/6 - . Free Kick. No rush. Snap is not a live ball. 7/8 Ball must be snapped and is live on kick. Dead Ball if it hits ground

Ball Placement The team may request the ball to be placed on either hash for any extra point or field goal play (kick or not) at any level.

Dead Ball On a field goal or extra point, the ball is considered dead if the kick fails no matter if it hits a player or the ground

Defense in all divisions on Extra Point and Field Goals can stand with arms up waiving. Can yell, but cannot make comments directly towards any player (especially kicker) and cannot use profanity.

Safety - 2 Points for a safety. After safety ball is placed at 50 yard line, team who scored on safety retains possession.

Punting

3/4 & 5/6 7/8 Free Punt shall be executed by a team when signaling the referee, who in turn will notify opposing coach and players not to rush the punter. The clock will be stopped and the opposing team shall then be allowed enough time to change its backfield defense to receive the punted ball. The punt will be a non-contact play until the ball is kicked. Both teams shall not move downfield until after the ball is kicked. When the ball is kicked the play will become live (Players must remain in offensive and defensive positions until ball is kicked). **On 4th down** you must indicate either a punt or not to the referee. You can punt on an earlier down, but must indicate so to the referee.

Restrictions on receiving team:

The defensive team shall have a seven (7) man line and four (4) backs. All four (4) backs are restricted to the backfield weight limitations.

The seven (7) man line must *not have* splits more than one (1) yard, with the exception of the two (2) ends. DE/OLB can split out with the SE Blocking will be in accordance with the rules.

No head up rusher on the center. 3/4 ,5/6 – If on the punt return team, an XX or EX player cannot run down field past the LOS after the punt Must wait until the return man passes the original LOS Does not apply to 7/8

Restrictions on punting teams:

The offensive team shall set-up in a spread punt formation and the players must be within defensive alignment weight limitations.

No more than a one (1) yard gap between linemen. Ends can split out 10 yards a full backfield of 4 players must be within the tackles.

An XX or EX player can punt the ball, however, no XX or EX offensive player can rundown field past the LOS after the punt . Must wait until the return man reaches the LOS

Improper punt formation -five (5) yard penalty.

Walk Off Punt – 3/4, 5/6, 7/8 -A team may choose not to punt, walking off of 15 yards from the LOS

Player Game Participation

Every player who participates in at least two practices out of three in a calendar week must play in that week's game. Minimum play regulations are;

15-20 players (8) plays
At least 4 series in the game

21-25 players (6) plays
At least 3 series in the game

26-35 players (4) plays
At least 2 series in the game

The play must be from the line of scrimmage. These plays are not to be extra points or end of the game kneel downs. A play shall not count as fulfillment of this rule if the play results in a penalty, which causes the down to be replayed. The only exception to this rule is if a coach feels that playing would endanger the player in any way or where the player is prevented from playing due to disciplinary or medical reasons.

Player Mandatory Substitution 12/18 Pt Rule

When a 3/4 team is winning by 12 points or more (18 points for 5/6, 7/8) they must substitute their entire starting skilled offensive and defensive players. Defense is not allowed to stay on the field. These players must leave the game and non starting non X players must replace them. If a player started on offense, but did not start on defense, he may play on defense (and vice versa). You cannot move a skilled player to a non skilled position unless you do not have enough players on your roster

If this happens in the first half, the starters may return at the beginning of the second half. If after half time, a touchdown is scored again and the team goes up by 12 points, the skilled players must come out again.

There is only one exception to this rule. If a team does not have enough players to substitute, they may switch positions as long as the starting players are not playing in the backfield. If a team has only one QB he is then allowed to stay. However, that QB is not allowed to score by a run or pass. He can only hand off to someone who will run or pass. Opposing coaches and referees must be notified of this prior to the beginning of the game. Teams should know this rule and use it to train skilled players in both grade levels on their team.

Important Note - The intent of this rule is to have teams start their best skilled players and then substitute those players out of the game once they have the opportunity to create opportunities to score 12 points. It should not be used as a way for teams to hand in starting rosters of players on their 2nd team and then replace them after their minimum plays have been met so the team can proceed to score at will and not worry about the players required plays. This is not the intent of the rule regardless of whether both teams playing that day agree to play this way. The intent is for all players to get as much play time as they can in the game. The minimum plays required are a guideline and every team should get all their players in as much as possible.

If it is found that teams are not starting their best skilled players and abiding by this rule, the league will seriously consider the integrity of that town participating in the league.

Players Recovering Fumbles:

Any player on offense or defense can recover a fumble. Only a skill player (non x or xx) can advance a fumble. A ball recovered while any player is on the ground is considered downed at that spot. The only time a fumble can be advanced by the offensive skilled player is if the ball is recovered behind the line of scrimmage and the player has not touched down during recovery with one knee, elbow, hip or shoulder. If a ball is fumbled beyond the line of scrimmage, the offense cannot advance it if they recover it.

3/4 = Center -QB exchange is a dead ball and is given back to the offense. The down counts. 5/6 & 7/8 Center - QB exchange is a live ball (only a skilled player can advance. An X or XX cannot advance the ball.

Players Interceptions

Any defensive player can make an interception. Only a skilled non x or xx player can advance an interception. On defense if the ball is intercepted by an X or XX the ball is dead at that spot and the change of possession occurs.

Player Technique Rules

A legal block is made with hands, arms or shoulders in the front of another player. In 3/4 and 5/6 division there will not be a free blocking zone as per federation rules.

In all divisions, there shall be NO butt blocking, crack back blocks, chop blocking, face tackling, head tackling, horse-collar tackling, spearing, tripping.

If any of the above infractions occur, a fifteen (15) yard penalty will be given to the team with possible ejection of the player and/or coach. Second offensive by the same player automatically results in an ejection of that player.

If the incident happens twice it may result in a 2 game suspension for the player and/or coach. If such techniques are taught by coaches, said coaches shall be dismissed upon being found guilty following a hearing of the Board.

All other major penalties will have a ten (10) yard assessment imposed i.e. holding, clipping.

Players Weight Restrictions & Positions

3/4 Division

Up to 95 Pounds- Any Position or Skilled Position- Offense -QB, RB, FB, SE, WB, TB, HB Defense – ILB,CB,S

96-130 Pounds – Non Skilled Positions Only . Marked with X on back of helmet – Offense – C, G, T ,TE* Defense – DT, DG, OLB/DE

131-140 Pounds – Can play Offensive RT and Defensive LT ONLY. Marked with XX on back of helmet

Defensive XX Player must be lined up on the 2nd player outside of the center can only go forward on the line and not drop back into pass coverage Only one XX per team on the field at a time

141 and above – These are considered EX (Exception Players. They are treated like XX players in that they are only allowed to play the right offensive tackle or left defensive tackle position (line up over the tackle spot). However, they are limited to the time they are allowed to play in a game. This must be discussed prior to the beginning of the game. First, the head coach that has the EX player must contact the opposing coach to inform him of the EX player and make sure the opposing team has a player that can “match up” size wise against that player. If not, the player can be denied to play in that game. If he does, then the coaches will discuss the time allotment this player is allowed to play. He cannot start the game at either offensive or defense. He must be used sparingly and when entering the game, the head coach must notify the head referee and opposing coach. This player cannot be asked to leave the game unless the head coach and referee agree that this player is in danger of harming another player.

*TE can be an X but cannot go out for a pass or catch a pass. A skill player non “X” used as a TE can go out and catch a pass.

5/6 Division

Up to 115 Pounds- Any position / Skill Positions Offense -QB, RB, FB, SE, WB, TB, HB Defense – ILB,CB,S

116-145 Pounds - Non Skilled Only Marked with X on back of helmet Offense – C, G, T ,TE* Defense – DT, DG, OLB/DE

146-160 Pounds.. Can play Offensive RT and Defensive LT ONLY. Marked with XX on back of helmet

Defensive XX Player must be lined up on the 2nd player outside of the center and can only go forward on the line and not drop back into pass coverage.

Only one XX per team on the field at a time

161 and above –Same as rule above in 3/4 division .

*TE can be an X but cannot go out for a pass or catch a pass. A skill non x player used as a TE can go out and catch a pass.

7/8 Division

Up to 145 Pounds- Any Position / Skill Position- Offense -QB, RB, FB, SE, WB, TB, HB, Defense – ILB,CB,S

146-170 Pounds - Non Skilled Only Marked with X on back of helmet. Offense – C, G, T ,TE* Defense – DT, DG, OLB/DE

171-190 Pounds Can play Offensive RT and Defensive LT ONLY. Marked with XX on back of helmet.

Defensive XX Player must be lined up on the 2nd player outside of the center and can only go forward on the line and not drop back into pass coverage.

Only one xx per team on the field at a time.

191 and above –Same as rule above in 3/4 division

TE can be an X but cannot go out for a pass or catch a pass. A skill player non “X” used as a TE can go out and catch a pass

Offensive Formations (Allowable)

7 players on the line of scrimmage prior to the snap. An unbalanced line is never allowed (see formations)

2 players only outside of the normal tackle alignment on either or both sides of the field. Either a TE & WB or a WB & SE/WR

SE/WR -Limited to One Wide Receiver or Split End who is allowed to split no more than 10 yards outside the tackle. Two split ends are not allowed.

TE– Two tight ends or one opposite the Wide Receiver is allowed no more than a two yard split.

WB can only be 1 yard off and 1 yard back of the TE (or if no TE) the tackle.

Motion is allowed. However there are no crack back blocks allowed ever. (automatic 15 yard penalty and a coach warning. Second violation will result in coach’s ejection.)

Motion is prohibited to the side of a formation that has 2 players outside of the first tackle. Definition of “side of a formation” = the half of the formation from midline of the center, QB, set back and the side with two players outside the tackle

Offensive shifting – There is no offensive shifting allowed. Once the offensive comes to the LOS, they must stay at their positions and only a motion man may move according to the rules above.

Forward Pass can touch two or more offensive players as long as the first touch is by an eligible

Cadence must be used in 3/4 & 5/6 division . No silent snaps. 7/8 is not held to a cadence rule.

No Deceptive or Trick Offensive Plays

Defensive Formations (Allowable)

Formation - 3/4, 5/6 Only acceptable defensive formation is 6-2 7/8 Defenses 6-2-, 4-4, ,5-3, 4-3-1

Defensive Linemen - Six (6) players (DG,DT,OLB/DE) must line up on the line of scrimmage. The line does not have to be balanced. However, no player can line up in any gap or shade any player. The last defensive player OLB/DE must be on the line of scrimmage must be no more than one yard outside the Tackle, TE, or WB and cannot line up across from the WR/SE.

3/4- Four Interior Linemen Head up Only. No shading, no lining up in the gaps, no player allowed on center. A player may slant into a gap including A gap (Center/Guard gap)after the snap as long as he is lined up head to head with guard.

5/6 - Four Interior Linemen Head up Only . No shading, no lining up in the gaps, no player allowed on center. A player may slant into a gap including A gap (Center/Guard gap) after the snap as long as he is lined up head to head with guard.

7/8 - Shading is allowed. Defensive player allowed to line up on defensive players eye. (Example: Left DG eye can line up on Right OG eye. There is no lining up in gaps and no player allowed to line up on center

Inside Linebackers must be 2 yards off the line of scrimmage and cannot be moving forward prior to the snap. They must line up over the OG or outside the OG. Cannot line up in the A Gap (Center/Guard) and can never line up directly over the Center. Cannot line up outside offensive tackle

Defensive Backs - Corner backs must be 5 yards off line of scrimmage, Safety 7 yards off line of scrimmage. Corner Backs must also be 5 yards off the line of scrimmage when covering a WR/SE.

No line shifting will be allowed which means there will be no shifting of defense once the QB is under center or shot gun position

Lateral movement by defensive inside linebackers and defensive backs restricted to the coverage of motion player only. DE/OLB may not move laterally.

Goal Line Defense – Once the offense is inside the 10 yard line, the Corner Back can line up even with the inside Linebackers. (2 yards off the LOS). The safety can move up (5 yard off LOS)