

# **CAPITAL AREA YOUTH FOOTBALL RULES**

**REVISED August 9, 2016**

This Capital Area Youth Football League operates under an agreement between communities and have no income or expense therefor there is no income tax filed.

## **MISSION**

To provide and establish a wholesome youth tackle football league that promotes sportsmanship and fair play. Where all players get an opportunity to play each game and the emphasis is on teaching character, athletic and social skills, and a healthy attitude. That winning is not the most important objective. Where coaches teach and lead through example.

## **PHILOSOPHY**

The Capital Area Youth Football League is established to promote a healthy, typical learning environment thru contact football, without winning being the emphasis. For this reason, there are no championships, playoffs, no individual player awards or recognitions. This program places emphasis on good sportsmanship, teamwork, and team discipline. The desire to win at any cost is de-emphasized in our program. We will invest in our youth to promote pride in the players, coaches, and parents. Who in turn can take pride in the programs that they have developed, within their communities.

## **NON-DISCRIMINATION CLAUSE**

Capital Area Youth Football League does not discriminate based on religion, race, sex, creed, color, disability, citizenship, and national origin. Membership in this club is by invitation only.

## **INSURANCE**

On an annual basis the Board of Directors will approve the level of insurance required for the preservation of the League. All Communities will provide their own insurance. This insurance is required to participate in the league without exception. Any community who refuses to participate, will be deemed not eligible for participation.

## **COACHES & SIDELINE VOLUNTEERS (excluding yardage marker crews)**

All persons who wish to coach in the Capital Area Youth Football League must be dedicated to our mission and philosophy and must abide by all rules and regulations set forth by the Board of Directors. Annually, Capital Area Youth Football League requires all coaches to have a criminal history check through the Michigan State Police. The Community Representatives to the board are responsible for ensuring that this screening takes place for all coaches leading their teams. Coaches with a criminal record, depending on the violation, could be ineligible to coach, subject to board review.

Capital Area Youth Football League reserves the right to discipline, suspend, or ban a coach from coaching for any violation of un-sportsmanlike conduct, misbehavior, or any violation of the rules.

Each Community will be responsible for executing criminal history checks for their coaches and volunteer staff. All Risk Management programs and training will be the responsibility of each Community to provide for their coaches and volunteer staff. Capital Area Youth Football League assumes no responsibility, or liability for these programs, participation, or completion. Coaches are required to wear hats, shirts, or other garments that easily identify them with their teams. Negative coaching (swearing, striking, grabbing facemasks) is not acceptable behavior for practice or games. At practice, coaches will not make contact with players during drills except to hold arm shields or dummies.

## **GRIEVANCE PROCEDURE**

Capital Area Youth Football League desires the officials to feel that they are an integral part of our instructional staff, both in technical and sportsmanship aspects of the game. Grievances, comments, and suggestions put forward by officials should be directed to the Director of Officials. Capital Area Youth Football League also wants the parents of players to feel comfortable that its' board members will listen to any ideas or concerns that they may have as well as any suggestions for improvement in the operation of the league. Parents may direct their concerns to any member of the Board, their Community Rep, or the Director of the league.

## **COMMITTEES**

The Board of the Capital Area Youth Football League will establish three standing committees, who will assist in the administration of the league rules, and policies. Each of these committees will consist of three members of the board, excluding the director. One person on each of these committees will serve as the chairperson. These committees are as follows:

Rules Committee – St. Johns (chair), Grand Ledge, DeWitt  
Disciplinary Committee – Holt (chair), East Lansing, Haslett  
Officials Committee – LCC (chair), Waverly, Eastern  
Secretary - Okemos

### **Every year starting with the February meeting**

Communities will rotate from Secretary to Officials Committee, Officials Committee chair will rotate into Disciplinary Committee, Disciplinary Committee chair will rotate into Rules Committee, Rules Committee chair will rotate into Secretary.

**The Rules Committee** will review all infractions of the Rules, and administer the initial disciplinary action.

**The Disciplinary Committee** will review all contested actions of the Rules Committee that have resulted in the suspension of a coach or player for one or more games or indefinitely.

**The Officials Committee** will handle all issues related to league officials.

**The Secretary** will take meeting minutes.

## GENERAL RULES

- 1A.** Game will begin the first Saturday before Labor Day weekend for 7<sup>th</sup> and 8<sup>th</sup> grade, all other grades will start the first Saturday after Labor Day weekend.
- 2A.** Each community must submit their final number of teams, by division, in writing for scheduling before Thursday of the week practice starts. The cut off date for adding new players is up to each community keeping in mind conditioning requirements. No players may be added after the first game for any age group.
- 3A.** Requests to add teams after the cut off date are not permitted. Any requests for changes after the deadline must be brought to the attention of the director immediately. Scheduling issues will be resolved by the director of the league. **Once the completed schedule is distributed, the Community Rep must submit any requests for changes to the Director.**
- 4A. Registration** - Every community must have language in their registration form that parents acknowledge and agree to that reads: "If you knowingly register your child in this youth program and he/she does not attend a school in this district, he/she will be expelled from our program and your registration fee will NOT be refunded!" Consult your community rep. for a list of schools in your district.
- 5A. Rosters** – The Community Board Representative, will be responsible for gathering and maintaining completed roster information for all teams registered to participate in the Capital Area Youth Football League. Each roster must list the players', name, address, grade, date of birth, school and a statement verifying that the players, to the best of your knowledge, attend that school and are in the grades listed, and that all other information is accurate. All the information on the roster must be written in ink or typed, and cannot be changed in any manner. New roster submission is required if mistakes are made. The community representative is to retain the completed rosters. The Disciplinary Committee will review accusations of roster violations.
- 6A. Coaches** - All head and assistant coaches MUST: 1) Complete concussion certification testing. 2) Attend Mandatory coaches meeting that will be held prior to the start of the season. 3) Confirm that roster includes only kids who attend schools in your community (if found in violation coach is subject to suspension). 4) Follow all MHSAA rules and regulations other than those specifically designated for your specific playing age as listed under **Section E** Individual Division Game Rules.
- 7A. Waiver & Emergency Forms**– All coaches must have a signed Emergency Form for each of their players. A copy of each players Waiver form must be returned to the Community Rep to ensure that they have their parents consent to participate in the league.
- 8A. Mandatory Coaches Meeting** – Each community is required to conduct a mandatory meeting for all coaches (head and assistant, new and returning), to go over rule changes for the year. **Each Community Rep is required to submit a list of all coaches who attended the meeting to the Rules Committee Chairperson before the first game.**
- 9A.** No children are permitted to attend a Board of Directors meeting unless invited.
- 10A.** Changes to these Rules requires the review of a minimum of seven (7) Board members. If seven members are present, the majority votes rules. A Board member may assign his vote to a representative of his choice who will attend on his/her behalf or he may vote via proxy vote. If seven members are in attendance during the meeting his/her vote is to be counted.

**11A.** No team or individual players' trophies, awards or statistics bearing the name or likeness of the Capital Area Youth Football League, shall be given out at the end of the year, nor will any statistics or individual player recognition be posted in the newspaper or in any other publication by individuals associated with the player.

**12A.** **No admission and/or Parking fees may be charged to Capital Area Youth Football League games.**

**13A.** Capital Area Youth Football League prohibits the use of all type of communications devices on the field of play, and the use of headsets on the sidelines, by all coaching staff and sideline personnel during their game. Violation of this will be forward to the Rules Committee for farther actions. Violation will be a Major Infraction against the head coach. Drones may be used to record play if it does not enter the field of play and does not interfere with game play. Game film may only be reviewed after the contest.

**14A.** No Capital Area Youth Football League team can participate in another league during the season. No registered coach of the Capital Area Youth Football League can coach a team outside of the Capital Area Youth Football League during the season that contains players from their Capital Area Youth Football League team.

### **GENERAL TEAM RULES**

**1B.** **PLAYER ELIGIBILITY** - The program is open to all students in the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades. Divisions will consist of 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades.

Players must attend a school in the district for which they play. The only **EXCEPTION** is students at Lansing Christian will have the option to play for LCC or for the team they reside. If no team exists in a district, students must play on a team in the school district in which they reside. Players must play in the division for the grade they are in unless the community or League determines, for safety reasons; the player should be moved up one division. Players may not be moved down a division.

Players who are 9 years old on or before September 1<sup>st</sup> or in 4<sup>th</sup> grade of the current year will play in the 4<sup>th</sup> grade division. Players who are 10 years old before September 1<sup>st</sup> must play in at least the 5<sup>th</sup> grade division. Players who are 12 years old before September 1<sup>st</sup> must play in at least the 6<sup>th</sup> grade division. Players who are 13 years old must play in at least the 7<sup>th</sup> grade division. Players who are 14 must play in the 8<sup>th</sup> grade division. No player who reaches the age of 15 before September 1<sup>st</sup> shall play.

**2B.** There shall be no conditioning or player participation in any program, until said player/s (individually and separately) has completed a recent physical examination by a licensed physician, who will certify said player is physically fit to participate. All physical cards must be on file with each city's Board of Directors **and be dated no earlier than April 15<sup>th</sup> of the current year.**

**3B.** **Conditioning** – The first full week of practice will be conditioning only. Helmets and footballs may be utilized during the first week of conditioning. Players in the **4<sup>th</sup>, 5<sup>th</sup> and the 6<sup>th</sup> grades** must have a minimum of **8 hours** before they can start progressive live contact. **7<sup>th</sup> and 8<sup>th</sup> grade** must have **6 hours** of conditioning. The **maximum** conditioning/and or practice time any player can participate in a 24-hour period is 2 hours with a **total** of 8 hours in any calendar week. **When adding players late, they must complete their conditioning hours plus an equal number of hours of progressive contact prior to participating in games.**

**4B.** **Player/Coach Contacts** - The starting date shall be the date set by the MHSAA for High School football. No practice or clinics of any kind may take place one week before the set start date.

**5B. Clinics** - Clinics being conducted by Capital Area Youth Football League member organizations must be offered to all other participating communities. Violation of the above regulations may result in the suspension or banning coaches, and/or other parties in violation.

**6B. After Labor Day, no more than 2 hours** of practice in a 24-hour period with a **total of 6 hours** per calendar week. For **8<sup>th</sup> grade**, this rule **does not** apply. The Board mandates that 8<sup>th</sup> grade practices CAN NOT exceed that of the High School schedule (game and practice).

**7B. Player Injury** – Players returning to practice from an injury must have be evaluation before they can continue to practice.

**8B. Practice Adverse Weather Conditions:** Practice should be postponed or cancelled in the face of adverse weather conditions. Adverse weather conditions include, but are limited to, weather initiating a weather warning by the local or national weather service, heavy rain, or any time when lightening or thunder is present, or when the weather conditions are considered a danger to the participants.

### GENERAL RULES

**1C. Weigh-In/Rosters** –Weigh-In Roster must be turn in on the League approved form (typed), to the League Director no later then the Saturday before their first game. The roster must include players’ names, weight, position (either ball handler or non ball handler), and **will be in jersey numerical order**. Communities Reps will make arrangement to over see each other weigh-ins, as follows:

St. Johns - Dewitt    East Lansing - Haslett    Holt - Okemos    Eastern - LCC    Grand Ledge - Waverly

Communities may challenge ball carrier status (weight) or the League President may do sua sponte for an allowed 5% variance on the grade level’s Max Weight for ball carriers. Only the League President may weigh a player for violation of the ball carrier status “at any time” (sua sponte).

A player added after the first full day of games (second games for 7<sup>th</sup>/8<sup>th</sup> grades) typically the weekend following the holiday weekend, will no longer be eligible to be weighed and must therefore be designated as a non-ball carrier and be designated as such with a helmet sticker.

**2C. Scales** - All communities are required to have on hand a 50-pound weight or 2 - 25-pound weight to verify their scales prior to weighing any player.

**3C. First Aid** - All teams must provide and bring to each game a minor 1<sup>st</sup> aid kit (supplies to include ice packet, bandages, smelling salts, latex gloves, and any other necessary minor 1<sup>st</sup> aid products).

**4C. Playing Shoes** – 1/2” screw in plastic or rubber cleats are acceptable. No metal tip cleats are to be used in the 4<sup>th</sup>-7<sup>th</sup> grade divisions.

**5C. Football Size** - The 4<sup>th</sup> & 5th grade use a "Junior"-(ages 9 to 11) football. The 6th and 7th grade use a "Youth"-(ages 11-14) football. The 8th grade may use a "Youth" football or "Regulation". Each home team is required to have a designated game ball. On change of possession, each team may use their own game ball.

**6C. Game Officials** – Four MHSAA registered officials are required for each game. The officials are responsible for enforcing the playing rules of the MHSAA and Capital Area Youth Football League. **No games will be played with less than 3 MHSAA registered officials.** If only 2 registered officials are present at the game start time, there will be a 15-minute delay. If during that 15-minute delay the official fails to show, result is the game(s) postponement and the Board of Directors will re-schedule. The Capital Area Youth Football

League contracts all officials. Officials are paid by each member city. The standard Officiating crew is four persons. If games are played with only 3 officials, the three officials are paid the same rate as four. Officials are paid for any games as defined under the MSHAA Rules.

**7C. Game Adverse weather** – When adverse weather conditions prevail, the game officials make the decision to continue or suspend play. MHSAA Rules will apply, without exception. The game official's decision will be final. The site director will make an announcement over the PA to all spectators. Under no circumstances will play continue if a weather warning has been issued and/or lightning or thunder is present. **Game Suspension** – First quarter suspension cannot exceed 40 minutes. After a delay, the game clock is continuous and half time is shortened to the 3-minute minimum. Second quarter and later, the game is suspended and will be rescheduled if possible. The last game of the day will have no more than two thirty minute delays, daylight permitting. If any team has more than one game to make up at the end of the season, only the first cancelled game of the scheduled season is available for make up. The Board will schedule any make up games.

**8C. Injury delays** – Injury delays of more than **20 minutes may suspend** the game unless it is the last game of the day. The shortening of half times, running of clocks, etc. to make up time can occur. The shortening of games can occur so they do not interfere with the scheduled start time for the next game. The intent of this rule is to stay on schedule and prevent game suspensions/cancellations. The Board will schedule any make up games.

**9C. Spectators** – Each city is requested to provide a designated spectator area. When this is not possible, spectators are to remain 30 feet or as far back as possible from the designated team area. It is the coaches' responsibility to ensure spectators remain in the designated area.

**10C. Team Introductions** – Team introductions must be started at least 5 minutes prior to the scheduled game and 10 minutes if the national anthem is played. If games are 10 or more minutes behind schedule, team introduction and national anthem will not be done.

**11C. Earlier Start in Bad Weather** – The last game of the day could start 15 minutes prior to the scheduled start time if agreed to by both head coaches. This would allow for an earlier start in bad weather conditions out of consideration for the participants and spectators.

## GAME RULES

**1D.** All playing rules will be the current year MHSAA approved rules and the rules listed here within. Also, see individual divisions for exceptions.

**2D. Clock Management** - Games will consist of four quarters using a stop clock. Teams shall be allowed three one minute time outs per half. Half time is 10 minutes unless shortened due to injury, weather delays, or to get the days schedule back on time. Communities can choose whether to place all 10 minutes on the clock, or split it 7 minutes and 3 minutes. Half time must be at least 3 minutes regardless of the above.

### CLOCK WILL START:

ANY KICK OFF - When the ball is touched by the receiving team.

PUNTS – 4<sup>TH</sup>/5<sup>TH</sup> AND 6<sup>TH</sup> – When the ball is kicked.

AT THE BEGINNING OF THE 2<sup>ND</sup> AND 4<sup>TH</sup> QUARTER - On the snap of the ball.

AFTER A TIME OUT – On snap of the ball.

AFTER INCOMPLETE PASS – On snap of the ball.

ANY PLAY RESULTING IN A FIRST DOWN – On the set of the Chains, unless the ball handler went out of bounds. If out of bounds, the clock would start on the snap.

ANY PLAY ENDING OUT OF BOUNDS – On the snap of the ball.

ANY CHANGE OF POSSESSION – On the snap of the ball.

AFTER ANY PENALTY – If a dead ball penalty – on the snap of the ball. If a live ball penalty – on the spot of the ball.

**3D. Tackle Eligible Plays are legal:** To help easily identify those players who are eligible to handle the ball. The League has agreed that all NON-ELIGIBLE players will have a one inch (1”) Contrasting Color Dot, placed on the front and back of their helmets. These players will not be eligible to assume ball handling positions. It will be up to the head coach to ensure that all players are properly identified, and remain so for the entire game. Coach in violation of this rule will receive the following penalty.

1<sup>st</sup> Offense – Unsportsmanlike Conduct Penalty against the Head Coach

2<sup>nd</sup> Offense - Unsportsmanlike Conduct Penalty against the Head Coach – and Head Coach is ejected from the game, and will be prohibited from participating in the next game.

## PLAYER ELIGIBLE IDENTIFICATION:

**4D. Punt and kick off receiving teams will use conventional kicking and receiving formations, i.e. punt receiving - two deepest players will not exceed the weight limit for kick receiving - 4 deepest players will not exceed the weight limit.** Violation will be a Major Infraction.

**5D. Playing time** – All players (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade) must receive a **minimum of 10 plays per game, with participation in each half** unless being disciplined or injured. **Live kicking plays count as plays in all divisions.** Violation will be a Minor Infraction. Dead ball plays do not count towards the minimum.

**6D. Mercy rule** - FOR ALL GRADES, IF A TEAM IS 35 OR MORE POINTS BEHIND, THERE WILL BE A RUNNING CLOCK. – See individual grade level for more Mercy Rule Information.

**7D. Safeties** – **When a safety occurs, 2 points are scored and a free kick is given.** The kick is from the **20-yard line.**

**8D. Extra Points** – successful kicks are worth 2 points and successful running/passing plays are worth 1 point. 4 & 5<sup>th</sup> grade snaps the ball from the **goal line when kicking and from the 3 yard line when running/passing.** All other grades snap the ball from the 3-yard line. **If a dead ball kick, the defense may move. If they cross the line of scrimmage, a penalty is called and the kicking team is awarded 2 points.**

**9D. Facemask penalty** – **Incidental facemask is a 5-yard penalty. If determined by officials to be a flagrant facemask, there will be a 15-yard penalty. If determined by officials to be a flagrant facemask with intent to injure, there will be a 15-yard penalty and ejection of the player from the game.**

**10D. Unsportsmanlike conduct** – If a player or coach is ejected from a game, they may not participate in the following game, and this ban carries over to the following year if the infraction occurs in the final game of a season. If two unsportsmanlike flags occur on the same player or coach in the same game, that player or coach is ejected/suspended for the next game and this carries over to the following year if the infraction occurs in the final game of a season.

**11D. Tie Game** – Tie games at the end of regulation time remain a tie. There is no overtime.

**12D.** Defensive formations should be teaching conventional alignments. (Not 11 man blitzes).

**13D.** When a team clearly indicates an intention to run out the clock by taking a knee, the opposing defense shall not rush the offensive team.

**14D. BLOCKING** – All blocking rules shall be pursuant to MHSAA rules.



**INDIVIDUAL DIVISION GAME RULES**  
**4<sup>TH</sup> GRADE DIVISION**

**1E. Games** – This division will play 6 games. Games consist of four 8-minute quarters. 30 seconds between plays is given. There are no playoff games.

**2E. Illegal Participation** – Players that are ball handlers cannot exceed **110 lbs.** **Violation(s) will result the following actions:**

**1. 15 yard penalty.**

**3E. Player Eligible Identification:** To help easily identify those players who are eligible to handle the ball. The League has agreed that all NON-ELIGIBLE players will have a one inch (1”) Contrasting Color Dot, placed on the front and back of their helmets. These players will not be eligible to assume ball handling positions. It will be up to the head coach to ensure that all players are properly identified, and remain so for the entire game. **Violation(s) will result the following actions:**

**1. 15 yard penalty.**

**4E. Coaches on the field – One coach** is allowed on the field except during time outs. Coaches are only at the team huddle and not at the line of scrimmage or at the site of the tackle. At the time of the snap, the coach must be at least 10 yards behind the deepest player on his team. During the play, the coach must make an honest attempt to stay out of the action. Violations of this rule are at the referees’ discretion and considered unsportsmanlike conduct.

**5E. Field Goals and Extra Points** - Field Goals and Extra Points are dead ball kicks with no contact allowed. **THERE SHALL BE NO FAKE KICKS.** Defensive players may jump up and down and make non-offensive noise.

**6E. Punts** - On fourth down, the offensive team may elect to punt the ball, or elect to move the ball 20 yards down the field (not inside the opponent’s 20 yard line). If electing to punt, the officials must be notified that you are going to punt the ball. The clock will stop and the defensive team must be allowed time to set up to receive the kick. Punts shall not be live plays. They will strictly adhering to conventional punt formations with return formations only allowing 2 defenders to drop back to “field” the punt. There shall be **NO** rush allowed and no crossing the line of scrimmage. The receiving team will take possession of the ball where the ball is first touched **by either team**, or, when not touched, **where it comes to rest**. There shall be no live returns of the kick. **THERE SHALL BE NO FAKE PUNTS.** The two deep returners shall be subject to weight restrictions as they are considered ball handlers. Violation will be a Major Infraction.

**7E. Kick off and return**– At the start of each half, the appropriate team shall kick off from their 45 yard line, unless a mercy rule is in effect. Kick off and receive teams shall use conventional formations. The ball is a live ball and can be recovered. The receiving team must line up with at least 5 players on the line of scrimmage. If an “on-side” kick occurs, the ball handler is considered a defensive player and **weight restrictions do not apply.**

**Weight restrictions do not apply to the kickoff kicker, punter, holder, field goal/extra point kicker in the 4th grade.**

**8E. Mercy Rule** – When a team scores and is still 21 or more points behind, the head coach will have the option to receive the ball on the kick off. The ball will be kicked from the 30-yard line. When 21 or more points behind, there may be a running clock in the 2<sup>nd</sup> half. The decision is made by the coach of the trailing team at any time during the 2<sup>nd</sup> half.

**INDIVIDUAL DIVISION GAME RULES**  
**5<sup>TH</sup> GRADE DIVISION**

**1F. Games** – This division will play 6 games. Games consist of four 8-minute quarters. 30 seconds between plays. There are no playoff games.

**2F. Illegal Participation** – Players that are ball handlers cannot exceed **120 lbs.** **Violation(s) will result the following actions:**

**2. 15 yard penalty.**

**3F. Player Eligible Identification:** To help easily identify those players who are eligible to handle the ball. The League has agreed that all NON-ELIGIBLE players will have a one inch (1”) Contrasting Color Dot, placed on the front and back of their helmets. These players will not be eligible to assume ball handling positions. It will be up to the head coach to ensure that all players are properly identified, and remain so for the entire game. Violation will be a Minor Infraction.

**4F. Coaches on the field – One coach** is allowed on the field except during time outs. Coaches are only at the team huddle and not at the line of scrimmage or at the site of the tackle. At the time of the snap, the coach must be at least 10 yards behind the deepest player on his team. During the play, the coach must make an honest attempt to stay out of the action. Violations of this rule are at the referees’ discretion and considered unsportsmanlike conduct.

**5F. Field Goals and Extra Points** - Field Goals and Extra Points are dead ball kicks with no contact allowed. **THERE SHALL BE NO FAKE KICKS.** Defensive players may jump up and down and make non-offensive noise.

**6F. Punts** - On fourth down, the offensive team may elect to punt the ball, or elect to move the ball 20 yards down the field (not inside the opponent’s 20 yard line). If electing to punt, the officials must be notified that you are going to punt the ball. The clock will stop and the defensive team must be allowed time to set up to receive the kick. Punts shall not be live plays. They will strictly adhering to conventional punt formations with return formations only allowing 2 defenders to drop back to “field” the punt. There shall be **NO** rush allowed and no crossing the line of scrimmage. The receiving team will take possession of the ball where the ball is first touched **by either team**, or, when not touched, **where it comes to rest**. There shall be no live returns of the kick. **THERE SHALL BE NO FAKE PUNTS.** The two deep returners shall be subject to weight restrictions as they are considered ball handlers. Violation will be a Major Infraction.

**7F. Kick off and return**– At the start of each half, the appropriate team shall kick off from their 45 yard line, unless a mercy rule is in effect. Kick off and receive teams shall use conventional formations. The ball is a live ball and can be recovered. The receiving team must line up with at least **5** players on the line of scrimmage. If an “on-side” kick occurs, the ball handler is considered a defensive player and **weight restrictions do not apply**.

**Weight restrictions do not apply to the kickoff kicker, punter, holder, field goal/extra point kicker in the 5<sup>th</sup> grade.**

**8F. Mercy Rule** – When a team scores and is still 21 or more points behind, the head coach will have the option to receive the ball on the kick off. The ball will be kicked from the 30-yard line. When 21 or more points behind, there may be a running clock in the 2<sup>nd</sup> half. The decision is made by the coach of the trailing team at any time during the 2<sup>nd</sup> half.

**INDIVIDUAL DIVISION GAME RULES**  
**6<sup>TH</sup> GRADE DIVISION**

**1G. Games** - This division will play 6 games. Games consist of four 8-minute quarters. 30 seconds between plays. There are no playoff games.

**2G. Illegal Participation** – Players that are ball handlers cannot exceed **140 lbs.** **Violation(s) will result the following actions:**

**1. 15 yard penalty.**

**3G. Player Eligible Identification:** To help easily identify those players who are eligible to handle the ball. The League has agreed that all NON-ELIGIBLE players will have a one inch (1”) Contrasting Color Dot, placed on the front and back of their helmets. These players will not be eligible to assume ball handling positions. It will be up to the head coach to ensure that all players are properly identified, and remain so for the entire game. Violation will be a Minor Infraction

**4G. Coaches on the field - One coach** is allowed on the field except during time outs. Coaches are only at the team huddle and not at the line of scrimmage or at the site of the tackle. At the time of the snap, the coach must be at least 10 yards behind the deepest player on his team. During the play, the coach must make an honest attempt to stay out of the action. Violations of this rule are at the referees’ discretion and considered unsportsmanlike conduct.

**5G. Field Goals and Extra Points** - Field Goals and Extra Points are dead ball kicks, with no contact allowed. **THERE SHALL BE NO FAKE KICKS.** Defensive players may jump up and down, and make non-offensive noise.

**6G. Punts** - On fourth down, the offensive team may elect to punt the ball, or elect to move the ball 20 yards down the field (not inside the opponent’s 20 yard line). If electing to punt, the officials must be notified that you are going to punt the ball. The clock will stop and the defensive team must be allowed time to set up to receive the kick. Punts shall not be live plays. They will strictly adhering to conventional punt formations with return formations only allowing 2 defenders to drop back to “field” the punt. There shall be **NO** rush allowed and no crossing the line of scrimmage. The receiving team will take possession of the ball where the ball is first touched **by either team**, or, when not touched, **where it comes to rest.** There shall be no live returns of the kick. **THERE SHALL BE NO FAKE PUNTS.** The two deep returners shall be subject to weight restrictions as they are considered ball handlers. Violation will be a Major Infraction.

**7G. Kick off and return** – At the start of each half, the appropriate team shall kick off from their 45 yard line, unless a mercy rule is in effect. Kick off and receive teams shall use conventional formations. The ball is a live ball and can be recovered. The receiving team must line up with at least **5** players on the line of scrimmage. If an “on-side” kick occurs, the ball handler is considered a defensive player and weight restrictions do not apply.

**Weight restrictions do not apply to the kickoff kicker, punter, holder, field goal/extra point kicker in the 6<sup>th</sup> grade.**

**8G. Mercy Rule** – When a team scores and is still 21 or more points behind, the head coach will have the option to receive the ball on the kick off. The ball will be kicked from the 30-yard line. When 21 or more points behind, there may be a running clock in the 2<sup>nd</sup> half. The decision is made by the coach of the trailing team at any time during the 2<sup>nd</sup> half.

**INDIVIDUAL DIVISION GAME RULES**  
**7<sup>TH</sup> GRADE DIVISION**

**1H. Games** - This division will play 7 games. Games consist of four 8-minute quarters. 30 seconds between plays. There are no playoff games.

**2H. Illegal Participation** – Players that are ball handlers cannot exceed 170 lbs. **The punter, the holder, and the field goal/extra point kicker weight restriction is 170 lbs. Violation(s) will result the following actions:**

- 1. 15 yard penalty.**

**3H. Player Eligible Identification:** To help easily identify those players who are eligible to handle the ball. The League has agreed that all NON-ELIGIBLE players will have a one inch (1”) Contrasting Color Dot, placed on the front and back of their helmets. These players will not be eligible to assume ball handling positions. It will be up to the head coach to ensure that all players are properly identified, and remain so for the entire game. Violation will be a Minor Infraction

**4H. Coaches are not permitted on the field.**

**INDIVIDUAL DIVISION GAME RULES**  
**8<sup>TH</sup> GRADE DIVISION**

**1I. Games** – This division will play 8 games. Games consist of four 10-minute quarters. 30 seconds between plays. There are no playoff games.

**2I. Weight restriction** – Players that are ball handlers cannot exceed 200 lbs. **The punter, the holder, and the field goal/extra point kicker weight restriction is 200 lbs. Confirmation of a violation will result the following actions:**

**1. 15 yard penalty.**

**3I. Player Eligible Identification:** To help easily identify those players who are eligible to handle the ball. The League has agreed that all NON-ELIGIBLE players will have a one inch (1”) Contrasting Color Dot, placed on the front and back of their helmets. These players will not be eligible to assume ball handling positions. It will be up to the head coach to ensure that all players are properly identified, and remain so for the entire game. Violation will be a Minor Infraction

**4I. Coaches are not permitted on the field.**

## PENALTIES FOR VIOLATIONS

**1J. Major infractions** – Major infractions will proceed under the following disciplinary path. (Coaches may only be assessed one Major infraction per game. Major infractions require suspension from game, but not practice.)

- 1<sup>st</sup> Violation – One-week suspension
- 2<sup>nd</sup> Violation – Two-week suspension
- 3<sup>rd</sup> Violation - Season suspension
- 4<sup>th</sup> Violation – Life suspension

**2J. Minor infraction** – Minor infractions will proceed under the following disciplinary path. (Minor infractions require suspension from game, but not practice.)

- 1<sup>st</sup> Violation – Written warning
- 2<sup>nd</sup> Violation – One-week suspension
- 3<sup>rd</sup> Violation - Two-week suspension
- 4<sup>th</sup> Violation – Season suspension
- 5<sup>th</sup> Violation – Life suspension

**3J.** Penalties may differ from above at the discretion of the Board of Directors.

**4J.** Any coach and/or player who is ejected from a game will be suspended the next following **one (1) game**. The suspension will carry over into the next season if the infraction occurs in the final game of the season.

**5J. Appeal Process** - The Rules Committee will review all infractions of the Rules, and administer the initial disciplinary action. Rules violations must be reported by the Community Representative, no later than the following Wednesday by 5:00 pm, after the completion of the weekend games. In the event of a confirmed rule(s) violation, the Rules Committee will make its findings known to the Community Representative of the effected community, Executive Director, and Chair of Disciplinary Committee. The Rules Committee will have up to 7 days after receiving the report, to complete their deliberations. Any infraction and/or resulting penalties are to be communicated in writing, and will identify the specific rule(s) violated. Forms of communication include written letter or memo, fax or text, or e-mail, whichever is deemed to be the quickest.

League Members shall have the right to contest decisions made by the Rules Committee. Appeals shall be in writing and shall be delivered to the Disciplinary Committee and the Director, within 48 hours of the communication of the Rules Committee. Appropriate forms of communication, shall be as defined above. By unanimous agreement only, the Disciplinary Committee shall have the right to postpone enforcement of the penalty imposed by the Rules Committee, prior to the appeal process is completed. Once the Appeal process has been completed the Disciplinary Committee shall report its decision to the Community Representative of the effected community, and the Director. The Disciplinary Committee shall have 48 hours from the time they receive the appeal, to complete their deliberations. The Disciplinary Committee shall have the power to reduce, dismiss, or affirm the original decision. The determination of the Disciplinary Committee shall be deemed as final and any penalties assessed, are to be enforced immediately thereafter.

**6J.** The Board reserves the right to identify a violation, and determine the penalty, for any and all infractions, not previously defined in this document.