SAN LUIS VALLEY
2012 TACKLE FOOTBALL LEAGUE RULES

REGULAR FOOTBALL RULES WILL BE ADHERED TO WITH THE EXCEPTIONS NOTED BELOW IN THESE RULES AND REGULATIONS AND WILL BE ENFORCED BY REGISTERED OFFICIALS.

1) The following rules are for grades 3-4 and 5-6. This league will follow NFHS/CHSAA rules with noted exceptions.

2) Preseason & Registration
   a) All League Teams must hold an Open Registration to participants in their district.

   b) Weigh-ins are to be administered. Each registration must be initialed by the league director. A school nurse would be acceptable.

   c) Verification of Grade/age must be provided for all participants, and a copy submitted to the league.

      *Kept in a 3 ring binder, you keep a medical consent form with it, and an emergency contact form.*

   d) *Pee-wee age division* = grades 3-4, or has not turned 11 prior to 12/31

   e) Youth division = grades 5-6 or has not turned 12 as of 12/31.

   f) A child who may not meet the weight requirements for the younger division will be allowed to play up a division as long as his parents agree.

   g) A child meeting the age requirements of an average 4th grade student will be allowed to play in the lower division, regardless of academic placement.

3) Field Dimensions and Playable Modifications
   a) All fields will be 50 yards by 40 yards, with 10 yard end-zones (3-4 grade).

   b) Standard NFHS rules 160’ wide by 360’ long. 120 yards, 2-10 yard end zones with 100 field, 54 yards wide, (rounded up)

   c) The field will be divided into 4 sections. First downs can be obtained by crossing any of the 3 dividing lines located at the 25 yard line (midfield) and both 12.5 yard lines.

   d) Any punt or kick-off entering the end-zone untouched is dead and the ball is brought out for play to the offensive team’s 12.5 yard line.

   e) Penalties will be one-half of normal penalties. Ex: A Five yard penalty will equal 2.5 yards marked off.

   f) *Kickoffs and punts.* Kick off and punted balls will be dead where they lie for the 3-4 grade division only. All kicks/punts for the 5-6 division are playable. Play will begin where the ball lands or last touched. Punts or Kicks landing inside the end zone or within the 5 yard line will be spotted at the 12.5 yard line. All kicks will be free kicks (3-4 grade only).

4) Game Protocol

   a) A one hour time limit will be observed for all games.

   b) Games will consist of 4-10 minute quarters with a running clock, a 4 minute half-time and 2-1 min timeouts per game per coach. Clock will stop during timeouts and half-time only.

   c) 3-4 grade coaches will fill out a line-up card. The card will include his starting 8 players (1st quarter) and substitution players for the 2nd quarter, 3rd quarter, 4th quarter. At least 4 substitutions will be made per
quarter. A player will not be substituted and replaced the very next play, unless and injury occurs, or the coach rotates players to bring in plays.

d) The receiving team will be decided by coin toss.

e) Each game will start with a kick-off from the kicking team’s 20 yard line. On all kick-offs the ball must travel 10 yards or past the receiving team’s 20 yard line.

f) Each player must play at least one half of each game. A player must play on either offense or defense the first half of each game, unless being benched for missing practices.

g) Kids should play offense and defense, and switched at the quarter. There are so many variables that this is hard to address, the purpose of such a rule is to prevent the coach/kid all-star connection. Some kids almost need to be pushed to get on the field the first couple of times.

h) Only 8 players per team will play at one time. A team must have at least 7 players to start a game or the game will be considered a forfeit (3-4 grades only). 5-6 grades must have at least 10 to play unless agreeing to accommodate 8-man division team.

i) No trick plays such as the center sneak, statue of liberty etc. Trips receiver formations and the double wing are not considered tricks, motion is acceptable.

j) There is no blitzing over the A-Gap center/guard.

k) Coaches must substitute between plays, not during a live ball. Coaches are responsible for their team’s actions and referees will send any players to the sidelines for unsportsmanlike like conduct.

l) All players are eligible for a pass, any player with a yellow strip or yellow may not advance the ball; he will be down wherever he recovers or recovers the ball.

m) Touchdowns count six points. The point after touchdowns may be run in for one (1) point or passed in for two (2) points. A safety, which is when a player is downed behind his goal line or in his end-zone, counts two (2) points.

n) **OVERTIME**-If the game is tied at the end of regulation play, each team will have 4 downs starting at the 10 yard line. If the team with the first possession scores a touchdown, they will have the option of attempting 1 or 2 extra points. The other team will then receive the same opportunity. If the second team fails to score the game is over. If both teams score the same amount of points/plays after the first round in overtime, the game will continue until won. Fumbles and interceptions end your series of downs.

o) Coaches names must be on the roster prior to the game, it will be the responsibility of the coaches to keep parents and non-playing people behind the fans 3 yards back from the players a yellow rope may be used or a line painted on the field. One head coach or coordinator should give instructions to players, instead of 3 guys yelling and confusing kids. The coaching box will be in the center of the field, 10 yards directly behind the quarterback on offense and middle linebacker on defense (Not needed for 5-6 grade).

p) For the Pee-wee division, one coach will remain stationary on the field 10 yards directly behind the center and not interfere with active play. He or she can align players but must return to the coaching box prior to the cadence and snap beginning.

5) **Forming teams**

a) Teams will consist of an equal amount of children per grade level and ability. It is understood that a coach will have his own child. Stacking a team is not allowed during the regular season, and is not allowed for tournament play unless noted specifically in the rules of said tournament.

b) if a quarterback does not meet the weight restrictions he cannot advance the ball, and must stay inside the pocket between tackles, pitches or tosses are not allowed of a larger qb. If the player crosses the line...
of scrimmage or goes outside the tackle the play is dead and the offensive team is assessed a personal foul penalty (15 yards for older division and 7.5 for younger) the second offense results in the player being removed from any offensive position. If the defense is not able to bring down a larger quarterback in the grasp will occur as of a 5 count administered by the referee

c) 11 man football vs 8. One way is to play 8-11, we play 8 on offense and they play us 8 man, when they go on offense they play 11 man and we put 3 more kids on the field. It is a huge advantage to the 8 man team, as you would put 3 more linebacker types in the game.

6) PRACTICE PROTOCOLS
a) Unsafe techniques will not be allowed. Players will not be allowed to do Oklahoma type drills where players have a running start of more than 4 yards. Oklahoma drills are safe when conducted under supervised adults.
b) Form tackling should be taught, keeping your head up.
c) Proper form and not leading with your head must be taught during every practice.
   1) PRACTICES SHOULD CONSIST OF THE FOLLOWING
      ii) Stretching/Agility 5-10 minutes
      iii) Running no more than 5 minutes
      iv) Individual positions
      v) Team scrimmage

7) Weight Classifications
a) Junior Division Ages 6-9 (3rd/4th Grade)
   i) <90lbs. May Advance the Ball
   ii) >90lbs. May Not Advance the Ball
   iii) a child can play up with parents consent.
   iv) A quarterback exceeding 90 lbs, will not be allowed to go outside the tackles, or cross the line of scrimmage. His weight must also be listed on the line-up card.
   v) a blocking back will not weigh more than 95 lbs.
   vi) Weight gain allowance for advancing the ball is 1 lb. per week.

b) Youth Division Ages 10-12 (5th/6th Grade)
   i) <115lbs. May Advance the Ball
   ii) >115lbs. May Not Advance the Ball
   iii) A quarterback exceeding 115 lbs, will not be allowed to go outside the tackles, or cross the line of scrimmage. His weight must also be listed on the line-up card.
   iv) a blocking back will not weigh more than 120 lbs.
   v) Weight gain allowance for advancing the ball is 1 lb. per week.
   vi) A non advancing quarterback will be considered down by contact when held for a 5 second period.

8) Football sizes
a) Pee-wee division will use the TDJ size or the Pee-wee size
b) Youth division will use the TDJ OR TDY size

9) Participant Eligibility including grades and conduct:

a) If a player has two unexcused absences from practice and/or games, he will be requested to sit out the first half of the next game. If a player has three unexcused absences from practice and/or games, he will be discharged from the team and asked to turn in his equipment. An unexcused absence constitutes not letting one of the coaches know before hand about missing a practice or games. The league director will decide if the consequences. Equal playing time is not guaranteed for players who miss two practices of more.

b) Grade and Conduct Reports are encouraged.
i) Participants are encouraged to achieve academically, a student received two F’s should voluntarily sit out one game.

ii) Reports of poor conduct will also be reported and will be addressed by a league director.

10) Code of Conduct

a) We will observe a no tolerance policy. Threats, harassment and/or physical or verbal abuse will be not be accepted. Failure to act in a sportsmanlike manner will result in expulsion from the game, possibly for the entire season. Any person(s) found violating this policy by harassing a player, coach, official, or spectator will be asked to leave the premises immediately. If the violation is deemed severe enough, the offending party will be banned from all games and sponsored events. Attending any events will constitute trespassing, and becomes a Law enforcement matter.

b) VERBAL altercations on the field or within ear shot of players will not be tolerated.

c) Parents and Other Non-participants are not allowed on the field, THIS INCLUDES COACHES.

d) Parents are not allowed to interfere with the flow of the game, either by entering the huddle, or impeding the game by entering the sideline in order to confront coaches or players during the game. If a parent has a problem with a coach, they should first notify the town league director, and then the Valley league director. An exception is if your child is in immediate danger.

e) Players acting in an unsportsmanlike manner will be sent to the sideline by the official and will sit out for the remainder of the game.

This league is based on providing children a safe and positive experience through youth sports. Developing an understanding of football, winning is important but during the season, should never overshadow participation and development. Participation in tournaments varies and often includes the creation of All-Star teams and play to win strategies based upon their individual rules. Participants emphasize the importance of sportsmanship in youth sports. The purpose of this league is to introduce the fundamentals of football, provide a sense of teamwork and most importantly have fun!! All parents are encouraged to follow this philosophy.