

Area 728 Youth Football League Rules

4th, 5th Grade

Date: 7-29-2010

1. EQUIPMENT

Each player must wear shoulder pads, helmet, mouth piece, football pants which have knee, thigh and hip protective padding to all practices and games. A player must always wear his mouth piece attached to his helmet.

2. PRACTICES

As many practices as coach's desire may be held until first game. Thereafter, a maximum of two practices with two games or three practices with one game per week. No practice should last for more than two hours. No practices should be conducted in bad weather, weekends or on holidays or held in darkness.

3. GAMES

Except as modified by the League, the National Federation of High School Association rules for the current year shall be the official game rules for all interscholastic contests in which League members participate.

Rules shall apply except for the following:

The game shall begin with a coin toss with team captains and the game officials. The winner of the coin toss will have the choice of kicking, receiving or deferring to the second half. A touchdown is scored as 6 points. Extra points are awarded as follows: If scored by pass, 2 points are awarded. If scored by run, 1 point is awarded.

A. TIME

All games will consist of 4 – 12 minute modified stop time quarters. Each team receives two (2) timeouts per half. No carry over of time outs. Modified stop time means clock should stop for: change of possession, extra point attempts, penalties, injuries, or measurements. In the last two minutes, time will be stopped for: incomplete pass, running out of bounds, after a touchdown is scored or for the moving of down markers.

B. KICKOFF

The kicking team will set up on the 35 yard line (on 100 yard fields the kick off is on the 40 yard line), they cannot go past the 35 yard line until the ball has been kicked (if they cross the 35 yard line prior, they are off-sides). KICKOFF will be from the 30 yard line in Rogers. The receiving team must have 5 members on the opposite 35 yard line. IF THE BALL IS KICKED OUT OF BOUNDS, it is considered a penalty and the receiving team shall have the option to take the ball where it was kicked out of bounds, have the kicking team re-kick with a 5 yard penalty or have the ball spotted at the receiving team's 30 yard line.

C. FREE KICK

Will occur after a safety, the ball will be placed at the 20 yard line and can be punted or kicked. This setup shall be the same as a kickoff.

D. PUNTING

The team punting must notify the defensive team. The punting team must have 7 players on the line of scrimmage. The punter must be 3-5 yards behind the line of scrimmage. The punting (offensive) team cannot go beyond the line of scrimmage until the ball is punted. The defensive team must have 5 people on the line of scrimmage. No player can move or shift until the ball is punted.

E. TIE

- NO OVERTIME. Tie is a tie.

F. PLAYOFFS

Will be set by the League Director. The director will notify all coaches of their placement after the last game. If teams are tied at the end of the season, point total of head to head competition decides place. If more than two teams are tied, least amount of points given up for the year decides place, if teams are still tied then coin flip shall determine seeding.

G. WEIGHT

No player in a ball carrying position (quarterback, running backs, receivers, tight ends, punt returner, kick-off returner, etc.) can weigh more than:

4th Grade: 95 pounds without equipment

5th Grade: 105 pounds without equipment

No player weighing more than above can carry the ball (or be in a ball carrying position) at any time, EXCEPT: If the ball is turned over, fumbled, intercepted, or if there is an onside kick or a bad punt that goes less than 5 yards.

Players that are too heavy to carry the ball under the guidelines for each league will be identified with a black X taped to the back of their helmet. This is to eliminate confusion over which players are eligible to carry the ball and which players are not.

H. OFFENSE

Coaches may run any type of offense as long as it is legal, i.e. enough players (7) on the line of scrimmage.

I. DEFENSE

6 Players on the line of scrimmage and all other players will be required to 3 yards off the line of scrimmage at a minimum. Absolutely no nose tackle can play head up to the center. You are allowed to play a defensive lineman in the gaps between the center and the guard. At any time a referee sees a defensive lineman "crash" the center, a personal foul penalty will be called. The intent is for the safety of the center with his head potentially down.

GOAL LINE DEFENSE-effect only linebackers, they can come up inside the gap to one yard from the line of scrimmage. The intent is that the linebacker fill the hole and not blitz the backfield. This can only take place when the offensive team has less than two yards to go, or when they are inside the 5 yard line.

J. BLITZING

NO BLITZING OR STUNTING of linebackers, safeties or cornerbacks at any time unless the BALL moves outside the tackles. NO SHOWING OF BLITZ AT ANY TIME.

K. COACHES

For 4th grade, a coach will be allowed on the field for the first 2 weeks. No coaches will be allowed on the field for 5th grade games. A 'Coaches Box' will be chalked or coned off on each sideline of all fields. This box will 5 yards deep and will be between the 20 yard lines. ONLY players and coaches will be allowed in this area.

L. SUSPENSIONS

Any coach or player who is suspended from a game will be suspended not only for the remainder of that game, but from the team's next game as well

4. COACHES RESPONSIBILITIES

A. Coaches are to make sure all players are equipped properly.

B. Coaches are to make sure all equipment given out to each player makes it back to the equipment director in a timely fashion.

C. Ensure each player either starts the game on offense or defense and that each player plays half the game.

D. Each coach is to make sure all paper work is collected and complete and turned in to the league president or registration director, depending on paper work being turned in.

E. Each coach is responsible for having their team ready and prepared on picture day.

F. Each coach shall keep their players parents under control during each game and will assist the referees with that control. Each coach shall meet with the parents of his players to explain the upcoming season and the rules. Rogers Youth Football has implemented a zero tolerance/gag order for yelling at or intimidating any official, coach or player. The first offense is an automatic 15 yard penalty. The second offense is ejection from the fields. Failure of the parent to leave will cause the coach to be ejected and/or the game to be forfeited.

5. Game Cancellation/Rescheduling Policy

To eliminate confusion between communities, a league-wide policy on game cancellation/rescheduling has been adopted. The guidelines are as follows:

Lightning:

Play must be suspended immediately upon seeing lightning. Players should go to their cars and wait for 15 minutes to see if the storm passes. If the lightning persists, the community league representative will determine whether to continue waiting. While every effort will be made to get the games in, delays of 30 to 45 minutes will result in cancellation and/or rescheduling of the game.

Game Cancellations:

Cancellations due to weather, field conditions, etc will remain at the discretion of the community where the game is scheduled to be played.

Official Games: A game is official after 3 quarters. If it's stopped during the 4th quarter due to weather, it will not be made up. If three full quarters are not completed, the remainder of the game will be re-scheduled. **EXCEPTION:** If the head coaches agree that the game is official, then it will not need to be made up. An example would be if one team was way ahead of another.

Rescheduled Games: Games can only be rescheduled with the approval of the league presidents of each community. Games must be rescheduled at least 2 weeks in advance. The coach requesting a game to be rescheduled must demonstrate that the reason for the request is valid and will make it very difficult or impossible for his team to play at the scheduled day and time. A few kids missing for tryouts for a different sport or reason to this effect **WILL NOT** be considered a valid reason for rescheduling a game. We have a limited time frame in which to get our season completed, and every effort will be made to play the games as scheduled.

RULES CONTINUED

ALL RULES FOLLOW THE MINNESOTA STATE HIGH SCHOOL RULES,

HOWEVER, THE FOLLOWING RULES HAVE BEEN RESTATED.

A. TEN (10) YARD PENALTIES

1. Offensive or Defensive holding

2. Clipping (block from behind). Be sure you see the whole play when/ or before this is called. If a block starts legal and the defensive players turns his back to the block, this is not considered a clip. Spot of foul

3. Blocking below the waist permitted in the neutral zone (tackle to tackle and within 3 yards of line of scrimmage) Not permitted outside neutral zone.

4. Spearing or Butt blocking Using helmet to tackle or helmet to block. Spot of foul

5. Illegal Defense Being in any other defense but what is allowed or blitzing before ball is outside the tackles. Linebackers less than 3 yards from the line of scrimmage at the snap. Except during short yardage or goalline. Cornerbacks and Safeties being closer than 3 yards.

6. Unsportsmanlike Conduct Penalty by referee's discretion can disqualify player or coach. Dead ball line of scrimmage.

THESE ARE: Punching, hitting or kicking another player (disqualify)

Swearing at another player, official or coach (disqualify)

Taunting, talking trash, pointing finger, spiking the ball, etc

7. Pass interference Defense or offense must clearly interfere. Contact can be made until the ball is in the air. Automatic first down and is marked from line of scrimmage.

8. Face mask any hands to the helmet/face mask. Spot of foul

B. FIVE (5) YARD PENALTIES

1. Illegal motion player must take illegal step or steps toward line of scrimmage. Dead ball.

2. Offsides Defensive player must move into neutral zone. Dead ball

3. False start Offense has movement towards line of scrimmage before ball is snapped. Offense must be set for 1 second before ball is snapped. Dead ball

4. Head tackle team gets warning first, second time is penalty from spot of foul

5. Too many players on the field. This is not a dead ball penalty, the opposing team has the option to accept or decline

6. Illegal formation offense has too many players or not enough players on the line of scrimmage. Not a dead ball penalty, defense has option to decline or accept.