

LEAGUE RULES:

1. [Game Rules and Format](#)
2. [Rosters](#)
3. [Offensive and Defensive Guidelines](#)
4. [Equipment](#)
5. [Practices](#)
6. [Weigh Ins](#)
7. [Competitive Adjustment](#)
8. [Team Sign Up Deadline](#)
9. [Coaches, Parents, and Spectator Conduct](#)

1. Game Rules and Format

- A. I.H.S.A.A. rules will be used. (Special Rules will be used and are listed below.)
- B. The gate fee will be \$3.00 for adults and students are free.
- C. Game Ball - TDJ football.
- D. Four coaches are allowed in the coach's box during the game. Equipment managers, medical staff, and photographers must remain outside of the coach's box during the game. The head coach will be responsible for these people.
- E. Each game will have 4 quarters with a 15 minute continuous clock per quarter. The clock will stop for coach's timeouts, official's timeouts, and injury timeouts.
- F. Each team will have 3 timeouts per half.
- G. There will be a 5 minute half time.
- H. There will be no kickoff. The ball will be spotted at the offense's own 35 yard line to begin each half and after each score. The clock does not stop after the touchdown or for punts. Penalties will be assessed on kickoffs.
- I. There will be no punting. When a team elects to punt the official will walk off 35 yards. The ball cannot be marked any deeper than the 20 yard line of receiving team. The clock does not stop for a punt.
- J. PAT - two points will be awarded for a passing score. One point will be awarded for a running score. Two points will be awarded for a kick. The defense can rush as soon as the ball is snapped. You can fake extra points and field goals. The holder and/or kicker may not advance the ball if they are over the skilled player weight limit. The clock does not stop for the PAT.
- K. Safety - The Team who scored the safety will get the ball at their own 35 yard line.
- L. Overtime - I.H.S.A.A. rules will apply with these exceptions. The team who lost the opening coin toss will have choice of ball possession or end zone in the 1st overtime. High School rules will apply in the first overtime. IF a second overtime is needed, the team who won the opening coin toss will have choice of ball possession or end zone in the 2nd overtime. The ball will be spotted at the 20 yard line and each team will have one play. If there is no score or a tie still exists, the team who advanced the ball the furthest will be declared the winner. For championship weekend seeding, the winning team will be awarded one point and the team losing will lose one point in the tie breaker system. (13 point rule)
- M. Penalties - The official will verify the captain's decision with the head coach.
- N. Game Sites - All game sites will provide a scoreboard with operator, concession stand, PA system with announcer and spotter, four certified officials, and an EMT unit. The team opposite the press box will supply three adults to run the chains. The hosting team will pay four certified officials a minimum of \$30.00 each per game.
- O. Championship Weekend - Seedings will be decided by the I.H.S.A.A. rules. (13 point rule) (alphabetical order) Check out www.iahhsaa.org for more details. Mascot name, then team color, then town name will be used for the first letter of the alphabet. Only district games will be counted for seedings.

2. Rosters

- A. Each team roster (JR's and SR's) will consist of up to a maximum of 44 players. If you have more than 35 players (JR's and SR's), you will pay for two teams. The junior squad will play first followed by the senior squad, each squad playing a full game. Teams will be split with a minimum of 45 percent of the roster on one of the squads. It is advised that you field a roster of 30 total kids to maximize playing time.
- B. The junior squad will be made up of all 4th graders and smaller, less skillful 5th graders. The senior squad will be made up of larger, more skillful 5th graders and all 6th graders. It's up to the head coach to make the final decision as to which squad a 5th grader will play on. 5th graders may be forced up to the

- SR squad by numbers, not ability. NO player may be over 12 years of age.
- C. Your roster must first be filled by students from your own school district. If you do not have enough students, you may then go outside of your district to fill your roster, providing that the player's school district's team is full, is not in our league, or does not have a team. Smaller school districts (Class A or eight man teams) may share a program.
 - D. No 6th grader will play on the junior squad. No 4th grader will play on the senior squad without the League Commissioner's permission. The 5th graders playing on the Junior or Senior squads will be decided before the game. Once the 5th grader has been assigned to the squad on game day, said player will remain on that squad for that day. It may be necessary to move a 5th grader from one squad to the other from week to week because of increasing or decreasing skills throughout the session or injuries, illness, discipline issues.
 - E. A minimum of 20 percent of the roster (JR's and SR's) must be 4th graders. You cannot have all 5th graders on your junior squad and all 6th graders on your Senior squad. If a team has two or less 5th graders on their SR squad, they must consult with the League Commissioner. Any team found to be doing so may face penalties or expulsion from the league.
 - F. If you are forced to move players from one squad to the other because you are short players, you must use 5th graders first, then 4th graders, do not use 6th graders. Do not play replacement players until you fall below your original 11 players. A player may only play in one quarter in the second game. One play equals one quarter, this only applies to players who are playing in their 5th quarter in one day or weekend. You must bring up four players to replace one missing player.
 - G. You must be able to fill a roster of 24 to be eligible to field a team. Exceptions may be made on game day in order to insure that a game will be played.
 - H. All players will play at least half of the game. If you fail to play all players a minimum of half of the game without good reason, you will forfeit the game. The coach will decide which players will play the entire game. Then the coach will decide which players will play half of the game. You will designate the half time players by offense or defense, or you may designate them by quarter. You must designate all players by one of the options, not both. Choose O and D or by quarter. You will give the opposing coach a roster before the game stating which kids are playing all of the game and which ones are playing half of the game. You will also state on the roster, how the half time players will be played in the game. If you do not exchange rosters with the other coach, you will receive one warning and then forfeit the next game you fail to provide a roster. You will use the roster provided by the League and follow it, or forfeit the game without question. If players are injured during the game, you will have to alter your plans. You must still play everyone half of the game. If a player is done participating in the game, have the player take off their shoulder pads. The formula for half time player distribution will be followed.

Formula for Half Time Distribution:

11 players=11 play full time & play 0 half time
 12 players=10 play full time & play 2 halftime
 13 players= 9 play full time & play 4 halftime
 14 players= 8 play full time & play 6 halftime
 15 players= 7 play full time & play 8 halftime
 16 players= 6 play full time & play 10 halftime
 17 players= 5 play full time & play 12 halftime
 18 players= 4 play full time & play 14 halftime
 19 players= 3 play full time & play 16 halftime
 20 players= 2 play full time & play 18 halftime
 21 players= 1 play full time & play 20 halftime
 22 players= 0 play full time & play 22 halftime

- I. Weight Limits - Junior squad players may be no more than 150 pounds. The junior squad skilled players may be no more than 90 pounds. Senior squad players may be no more than 200 pounds. The senior squad skilled players may be no more than 120 pounds.
- J. Skilled vs Unskilled positions - The skilled positions are all of the defensive positions and the offensive line positions including the tight end. Skilled positions include, QB, HB, FB, WB, SE, or Flanker. The TE's may only block or pass receive beyond the line of scrimmage, they may not take hand-offs or shuffle pass.
- K. A finalized roster must be submitted to the league officials two weeks before the first game. Before each game the coaches will exchange rosters, and discuss any players on the roster that will not be playing or who has forfeited playing time. Required information on rosters...players' name, jersey number, grade, and weight. Coaches must also provide the game announcer with a team roster in numerical order.

3. Offensive and Defensive Guidelines

- A. Offense - All offenses will consist of a standard set. TE LT LG C RG RT TE all on the line of scrimmage max splits of one yard. You must have two TEs on the line of scrimmage, they must each be next to a QT. They may stand up or be in a 3 point stance. The QB under center or in shotgun formation. You must have one RB 5 yards deep and between the outside shoulders of the offensive guards. One exception to this would be a pro set (a back behind each OT). The remaining two backs positions (non-standard set) may line up anywhere in the offensive formation providing they are not lined up on the line of scrimmage to the same side. If the remaining two backs are both line up outside of the TE on the same side (Wing Formation), the inside receiver must be five yards outside of the last man on the formation (WB). If there is not a WB, the inside receiver is five yards outside of the TE, the outside receiver is five yards outside of the inside receiver. No unbalanced lines. TE's are eligible pass receivers beyond the line of scrimmage and cannot take a hand off or shuffle the pass. Click here for examples of formations.
- B. Defense - All defenses will consist of a standard set. DE LT N RT, all playing straight up. The DE must line up straight up or a max of three yards outside of the TE. Two LB's playing at least three yards back from the line of scrimmage across from the OG's. The remaining four players will consist of strong/wide side LB playing at least three yards back from the line of scrimmage on the strong side/wide side (straight up from the wingback or outside of the TE) of the formation. The strong side/wide side linebacker must be five yards deep if inside of the TE's. Two CB's playing outside of the TE's and at least four yards back from the line of scrimmage. One safety playing minimum of five yards deep anywhere on the defensive formation. You may play two safeties by replacing the strong side linebacker with a safety. When an offense splits out more than one receiver to the same of the formation, the strong/wide side linebacker may line up straight up and a minimum of one yard back from the inside receiver and the CB lines up straight up and a minimum of one yard back from the outside receiver. If only one receiver splits out, the CB may line up straight up and a minimum of one yard back.. A 6-2 defense will be allowed inside of your own 20 yard line. DE DT DG DG DT DE, two LB's behind the OG's three yards back, two CB's four yards back, one safety five yards back.
- C. No bizarre or unconventional plays to exploit the weaknesses of the offensive and defensive guidelines. Reverses and half back pass are legal. If you have a play in mind and are not sure if it is legal, contact the League Commissioner.
- D. No blitzing before the snap. No forward movement toward the line of scrimmage before the snap except for player adjustments.
- E. The offensive and defensive standard sets are in place to simply blocking schemes and help players recognize offensive and defensive formations .

4. Equipment

- A. The players will wear all protective equipment required by the I.H.S.A.A. Helmets must have the NOCSAE seal and must be up to date on their certifications. This will be the responsibility of the head coach. Any equipment not in good condition should be thrown away. No metal or screw in cleats. No hard casts will be allowed. Player's safety is your most important concern.

5. Practices

- A. Practices may begin three weeks prior to your first game. The first week you may practice four times for one and a half hours, the first two practices without helmets and the second two practices with helmets. The second and third weeks you are allowed four practices of one and a half hours each with full equipment. All following weeks of practices you are allowed three practices of one and a half hours each. You may use game films to teach but not to scout an upcoming opponent; this time does count against your practice time. You may scrimmage once a week, but this does count as a practice. You may offer football camps as long as you are not teaching anything specific to your program. Any team found violating these guidelines may face expulsion from the league.

6. Weigh Ins

- A. These will be done on the first day of practice. These weights will be used for the whole season. Kids grow over a two month period so there will be no future weigh-ins during the season. Any coach found falsifying weights will be dismissed from the league. A coach from an opposing town must be present during weigh ins to verify weights and initial the roster weights. Record the weights and list them on the roster. The original roster with the initialed roster weights will be sent into the League office before first game.

7. Competitive Adjustment

- A. When a team is leading by more than 24 points, there is a gentlemen's agreement that said team will make adjustments. (Move players around or let players try positions they might not normally play.) When one team is far superior, the coaches should work together to keep the score of the game respectable.

8. Team Sign Up Deadline

- A. All teams will have their sign ups completed by May 1st. They will then inform the League office how many teams they will be fielding in the League for the next season. Small additions and subtractions will be allowed.

9. Coaches, Parents, and Spectator Conduct

- A. We are all role models for the children at the games and practices. No adults will argue or criticize any referee's decisions or calls. The players must learn that they must accept the referee's decision. Show good sportsmanship at all times.
- B. No alcohol, smoking swearing, or gambling are permitted at practices or games. This pertains to coaches, players, parents, and observers.
- C. Coaches and parents should treat the players kindly and respectfully, remember they are children.
- D. The head coach is responsible for the actions of his coaches, players, and fans. If the head coach feels it's peccary to gain control of the situation, or remove someone from the premises, he may confer with the official and stop the game until the problem is resolved. The coach should resolve any problems discretely to save any embarrassment to players.
- E. Post the conduct code around the game field to remind everyone of what is acceptable behavior.