

Foothills Youth Football League



Football * Alliance * Safety * Training

Making A Better Tomorrow for All Youth in the Carolinas!

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Mission Statement

FYFL exists to offer a safe experience for youth with an emphasis on Football, Alliance, Safety and Training to insure an equal playing field for all communities, organizations and youth involved from a Physical, Mental, Emotional, and Social Maturity level.

FYFL Core Values:

1. **High School Supported Program** – To be part of the FYFL the youth league has to be a supported program partnered with their local high school(s).
2. **Grade Based Divisions** – Through research FYFL has identified that children want to play with children they are in class with; they have also identified that children need to play with children that are on the same physical, mental, emotional, and social maturity as other athletes. The best way to identify the majority of children is through the grade system endorsed by our high schools.
3. **Sportsmanship** – Sportsmanship is a key value in the success of children and organizations. Children develop the traits of their coaches, so FYFL requires that coaches and leagues lead by example.
4. **Make it about the Children** – Too many times children suffer because of adult issues; this alliance is here to support the development of our children, and to encourage adults to set aside their differences for the better of the overall goals of the alliance.
5. **Organization Growth** – FYFL is here to help youth organizations grow, develop rich relationships with their middle schools, high schools, and local colleges.
6. **Neighborly Love** – It is said to love thy neighbor, yet a lot of times neighbor organizations have unhealthy relationships. FYFL will support organizations ongoing working relationships so we all can ban together and help each other's organizations for the better of the youth! We will encourage children to play in leagues that are in their area.
7. **NFL Heads up program** – Make sure all coaches are trained properly in the NFL heads up program which include concussion awareness, safety, how to properly fit equipment and the proper heads-up technique provide by the NFL.

FYFL

FYFL was founded by Landrum, Broome, Chesnee & Inman Youth Organizations.

Our League Members: Landrum, Broome, Chesnee, Inman, Boiling Springs, Blue Ridge, Spartanburg, Gaffney, Blacksburg, Travelers Rest

1. FYFL

FYFL is for leagues that play in house, but have agreed to adopt the FYFL Core Values, Rules and Regulations. All teams playing in the league are affiliated with their High School. To play for any organization within FYFL you must live in District & play for the organization from which your Elementary School feeds into your High School. Kids who are home schooled or attend private schools may play within their district based on which Elementary School they are zoned to go to. This rule is protest-able.

FYFL Recommended Rules & Regulations:

I. Code of Conduct

All players, coaches, cheerleaders, parents, and spectators are expected to show good sportsmanship and conduct at all times. Each head coach is responsible for the actions of his/her players, coaches, fans, as well as himself/herself. No Profanity! Coaches, parents, or players using foul language will be asked to leave the premises! Referees have full authority to remove any person (or groups) who fail to comply with this code of conduct from the game and/or premises. School District policy applies based on the Home team or practice venue, including the use of tobacco products and alcohol, at all practices, games and inter-league scrimmages.

At NO time is it appropriate for coaches, players, parents, or spectators to verbally or physically assault any referee! They deserve our respect regardless of any call made. There is no tolerance for this type of behavior and anyone who violates this is subject to immediate removal and possible permanent dismissal.

II. Coaches Conduct Violations

Coaches and Assistant Coaches **(Only Head Coaches should be speaking with officials about the game & calls)**

Being disrespectful to officials will not be accepted. We have to remember we are in the presence of children. Coaches will be allowed to protest in the presence of the FYFL Committee and the official that ejected them from the game. If they are found to be at fault by the committee, they will have to pay the fine before returning to practices and coaching games. All Appeals will be submitted to and decided by the FYFL Compliance Board.

1st offense: Coach will be asked to leave the sideline for the rest of the game.

2nd offense: Removal as coach for remainder of season.

III. Compliance Committee (High School Coaches)

- Certifies Coaches on rules of the game, safety and proper tackling techniques, defined by the NFL Heads up program.
- Approves fields and equipment for safety purposes.

- Upholds the rules of the association and conducts rulings for official protests submitted by league member organizations or their commissioners.
- High School Coaches Committee will only review officially submitted protests from league commissioners. High School Coaches from the areas that the issues occur will make the decision together. Coaches will not be allowed to submit a protest or request for rules review.
- All protest will have to be made by the day after the game played by 5:00PM in order to be considered otherwise it will be considered invalid.
- There will be no Weight Restricted player protests only roster protests if valid.
- The Community Compliance Committee along with the High School Coaches will review the association's rules and bylaws prior to each season. Officially submitted proposals for rules updates will be taken into consideration and voted upon at the official rules meeting for the association during the summer prior to each season.

IV. Rules Compliance

- All community leagues agree to abide by the rules agreed upon by the FYFL Rules/Competition Committee Board.
- Any league found to be non-compliant will be subject to forfeiture of all games and/or one-year probation from playing in the FYFL organization.
- All leagues are required to conduct background checks on all coaches having direct or indirect contact with their student-athletes.
- All communities are required to have a minimum of three referees at each official game in order to play a game.
- Referee fees: All referee fees are too paid by Home Team.
- All leagues are required to follow all of the Core Values of the FYFL.
- All rule issues that are in question will be turned into your respective High School Coach and the High School Coaches will make final decisions.

V. Rosters & Eligibility

- Official rosters will be submitted following the official weigh-in did by our Officiating Group at each organizations practice field. There will be one make up day weigh in at the Jamboree at Broome on Sept. 10th and the player has to be weighed in before his team plays that day. There will be a mid-season weigh in, the week of this weigh in will be determined once the schedule is finalized. This mid-season weigh in will be during the week at your organizations practices by our officials, players will be allowed a 3 pound growth allowance for mid-season weigh ins. Example: 6G weight limit is 135, at mid-season weigh in it will be 138. If you have a player who misses your weigh in and the jamboree due to Covid quarantine you will be allowed to weigh them in once they are safe to return. We ask for the weigh in to be official you video it and send the video to Brent Bridges and Mike Scruggs with the players name, team, age group and jersey number so it can be added to the official weigh in sheet.
- Minimum of 8 players to start the game and to finish. All teams have to match number of players on the field with a minimum of five linemen on offense.
- All team jerseys are required to match with numbers that are not duplicated. All jerseys are required to be tucked in.
- Mandatory use of mouthpieces. Cannot play without it.
- Roster must contain each player's full name, uniform number, school, grade, age, and weight. • Roster must also include Head Coach and Assistant Coaches Name, phone number, and email address. • Any player whose name does not appear on a school roster will not be eligible to play under FYFL.

- Each league must submit a master copy of all team rosters to our head official by September 10th. At this time their roster is frozen and will remain that way throughout the year. At any time, anyone on the compliance committee can request a review of your roster and compare to the original frozen roster.
- All head coaches, all assistant coaches, team moms, and anyone on the sidelines in direct contact with the kids MUST have a background check and must be identified by a lanyard and name tag that communicates the name of the organization, First/Last name, and age group the respective person is associated with.

VI. Age Cut-off Date (Only applies if child has a history of retention or transferring from areas that don't operate on the standard child placement local rules) (WE USE GRADE AS A DETERMINER OF WHAT GROUP THEY ARE PLACED IN AND IF THEY HAVE AN AGE THAT DOESN'T FIT OUR PROTECTED AGE THEY WILL BE PLACED IN THE GRADE GROUP ABOVE.)

- For the purposes of FYFL, the age of each player will be the same for the entire season.
- The age of a player on July 1st- of the current season's year -- is that player's age for the entire season.

VII. Divisions

FYFL will have grade based divisions. Through research we have identified that going by the High School leagues athletic recommendations we will be in line with a child's social, mental, physical, and emotional maturity. There will be a Protected Age. Meaning if a child is over the protected age on July 1 of the current year they will be required to move up regardless of grade. **If this rule is broken it will result in forfeit of games.** Below is a list of the FYFL group divisions. *(Grade is the first determining factor followed by age.)*

Division	Protected Age by 7/1
KG (K4 – 1 st Grade) (Tag)	7
2G (1 st & 2 nd Grades)	8
4G (3 rd & 4 th Grades)	10
6G (5 th & 6 th Grades)	12

VIII. Sign-up Dates

- All FYFL member leagues will have the same sign-up cut-off date in order to make the process fair to all members. Official rosters must be submitted to the FYFL Board or Head Official by Sept. 15, 2023. • In 2023, all FYFL youth associations must turn in the number of teams their youth association will have for the season on August 18, 2023. No exceptions. The number of teams you have on August 18 is the official number for the 2023 season so that a schedule can be made in a timely manner.

IX. Gate Fees, Special Events & Referee Fee Policy

Gate Fee's will not exceed \$5.00 during regular season, and \$5.00 during county playoffs, any tournament outside that will be negotiated at that time. Free Gate Fee for all children 12 & under. 65 & older during the regular season only. All uniformed Military, Police & Rescue Personnel, FYFL officials and up to 5 Football/ 2 Cheer

Coaches per Football team. Recommended to have all coaches to sign in at gate and present Lanyards for identification. **All 2023 Referee fees will be paid by the home team.**

X. Coaching Certification

All coaches must undergo a yearly coaching certification through the USA Football NFL heads up program online or be present at their clinic put on by their high school coaches. The purpose of the certification is to ensure the quality of the level of coaching within the association and its member leagues. To make sure all coaches are properly trained on Proper Tackling, Equipment Fitting, and Concussion Awareness.

XI. Fields and Equipment Safety

- Home fields must be reviewed and approved by the Compliance Committee prior to a league being accepted into FYFL.
 - At all locations ALL visiting teams MUST be on the visitor's sidelines.
 - At all locations ALL facilities MUST have a working scoreboard and working clock.
 - If an organization's home field is not up to standard, they must make arrangements to play all home games at an alternative location which must also be approved by the Compliance Committee.
 - Field Size (All age groups 100 yards) with both field widths set at 53 yards.
 - Fields must be properly marked (Yard lines in 5 yard intervals, hash marks, end zones, sidelines).
- Official game time will be kept on the field by the head official.
- All fields must have a clock operator -- the clock operator MUST be qualified of operating a football game time clock.

• A Uniform Police Officer must be present, this is the responsibility of the host organization. The officer must remain on site until the last game is done and all the fans have left.

• **No outside food or drinks will be allowed into the stadiums/playing sites by spectators. Teams are allowed one team cooler for drinks at halftime or for after the game. Water will be provided on the sidelines by the host site. Please make sure your teams have their own water bottles.**

XII. Jamboree & Official Weigh-in

Players must make weight at their official weigh-in date, Referees from our league will be paid to come out and do the weigh ins at each organizations practice site, these referees will be paid out of the Jamboree gate. This will be the official weight that the player will be listed at all season. Official weigh-in will take place at your practice within the two weeks before the FYFL Jamboree. There will be 1 FYFL Jamboree and each team MUST play in the Jamboree so that any player that did not weight in during the two WEIGHT Weeks can have the opportunity to weight before they play in the Jamboree. The Jamboree is considered the makeup weigh in and is not going to be where the majority of the Weigh INS take place. **The weight at the Jamboree is the final weight time for the year, other than a player being quarantined due to Covid which we have explained how to handle under Rosters and Eligibility.**

- Official weigh-in for team rosters will be administered during WEIGHT WEEK which is the week before the FYFL JAMBOREE on an annual basis.
- All coaches MUST bring with them to WEIGHT WEEK a typed neat roster with player names and player numbers with a blank line spot beside the player's name so their weight can be added and the weigh INS can operate in a timelier manner.
- All weigh in rosters will be turned in after the jamboree Brent Bridges by the Head Referee of FYFL. Coaches will NOT be allowed to leave with the main hard copy of their teams weigh in. Under no

circumstances may a coach or anyone else be allowed to take home the original weigh in sheets for their association's teams. Copies will be kept by the head official and Brent Bridges.

XIII. Weight Limits

The weight limits are listed as:

- KG No Weight Restrictions
- 2G 85 – Mid-Season 88
- 4G 115 – Mid-Season 118
- 6G 135 – Mid-Season 138

**All player will weigh with short, shirt & socks only! (NO PLAYER WILL BE ALLOWED TO STRIP DOWN TO WEIGH.)*

Offensive Weight Restricted Positions: WR, FB, RB, QB, & TE (No Weight Restricted players in these positions or in the Backfield at all) (Weight Restricted Players can only play Offensive Tackle, Guard, Center or TE (Cannot play off the line of scrimmage and cannot receive the ball.)

Defensive Weight Restricted Positions: CB, FS, SS & LB (No Weight Restricted players in these positions) (Weight Restricted Players can only play Defensive Tackle, Guard & Defensive End)

Ball Advancement with a Weight Restricted Player: If recover a fumble or catches an interception they cannot advance the ball. Cannot advance the ball if they are handoff to, thrown to by the QB or Trick Play from the original play on Offense.

XIV. Chain Crew and Duties

- Home teams are responsible for providing a volunteer chain crew.
- Home team is responsible for finding a qualified volunteer to run scoreboard and clock.
- Chain crew members must remain silent with regard to game play, officials, and calls on the field or marking of the ball by referees.
- If a crew member is deemed to be in violation of these rules, he or she, must be removed and replaced for the remainder of the contest.

XV. Mercy Rule

When a team scores and is leading by 18 points or more, following the extra point (all players are eligible for the extra point) the Head Coach of the trailing team will select 2 players from leading team that can no longer advance the ball on offense. These players become restricted players. Restricted player numbers will be provided by trailing team to referees before ensuing kickoff. If QB is selected, he will be allowed to stay in game at QB but they cannot advance the ball past the line of scrimmage or attempt a forward pass. The new QB will have no restriction on their play, if he was not also selected. If a player who has been identified as restricted advances the ball on offense the play will be blown dead immediately. The down will be lost and the ball will be spotted at previous line of scrimmage. If a restricted player fields a kick or punt, or recovers an offensive fumble, or interception ball will be blown dead immediately and spotted where they took possession. If at any time later, the lead is less than 18 points, all players are again eligible. When a team is leading by 18 points, it is the opposing head coach's choice to have a running clock or not. If the head coach elects to have a running clock at any time later, the lead is less than 18 points, clock will return to normal operation. When a team is leading by 18 points the

leading team can NOT call a time out if the head coach of the opposing team calls for a running clock.... however, the trailing team MAY still use any remaining timeouts to stop the clock.

XVI. League / Coaching Violations (rules will be strictly enforced)

18 Point rule, Defensive Alignment Violation, or Weight-limit Violation (covers the entire season, not just as a “per game” rule.

1st Offense: 15-yard unsportsmanlike conduct penalty and loss of down.

2nd Offense: Forfeiture of the game

3rd Offense: Suspension for the remainder of the season

FYFL HELMET Sticker Helmet Rule Violation -- any team not having all their over the weight limit kids or no weight kids with a stripe on their helmets:

1st Offense: 1 game suspension for the head coach

2nd Offense: head coach must go before the Compliance Committee to face possible suspension for the remainder of the season

Minimum Number of Plays a Player Must Play Rule Violation -- each player must play at least 6 plays per game in the 6G, 4G, 2G divisions (which have to include playing in both halves of the game)

1st Offense: team will forfeit the game and 1 game suspension for the head coach

2nd Offense: team will forfeit the game and the head coach must go before the Compliance Committee to face possible suspension for the remainder of the season

XVII. Spectators

Spectators and parents are to watch the game from the normal viewing area and not within 5 yards of the sidelines or within the 30 yard lines. Spectators are governed by the same conduct as coaches. Any fans that are deemed to be a disruption to the game, intoxicated, verbally abusive to the officials, a coach or player, can be removed from the stands or property. If a fan or coach is asked to leave but unwilling to do so, law enforcement will be notified immediately for the safety of the fans, players and coaches.

XVIII. Coaches Protests

- Game time protests can be made only by the Head Coach of each team. Head coach must request a conference with the head official to discuss his complaint. The Head Coach is the only coach allowed on the field at this time. All assistant coaches are required to stay on the sidelines. Additional coaches that come on-to the field of play during an official coach’s conference will result in a 15-yard unsportsmanlike conduct penalty.
- Coaches are allowed 1 official protest per game and can only protest a rules issue.
- The protest or rules must be submitted to that coach’s league commissioner, who will then

forward that protest to the FYFL Compliance Office for review. (Weight or Age cannot be protested. Rosters can be! Only Players on the original rosters turned in to FYFL can play unless approved by FYFL before the game takes place!)

XIX. Game Play Rules

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Kickoff

(Placed at 35-yard Line)

Extra Points

Conversion run, pass, or kick from the 3-yard line will be 1 point. Conversion run or pass from the 5-yard line will be 2 points.

Field Goals and Kicked Extra Points (5 seconds from the snap to kick the extra point or FG) on all FG or extra-point kicks the defense cannot cross the line of scrimmage. The defense may stand-up, move around, jump up and down, make noise and extend their arms in an attempt to prevent successful kick. Holder will be required to receive the snap five yards from the official line of scrimmage and there is a 5 second rule from the snap to time kicker kicks the ball.

Covering of Center and Free Blocking Zone

Free Blocking Zone: This is the zone between the tackles. **In this Zone interior defensive players must be in a three point or four-point stance, defensive ends can play from a 2pt stance. Offensive lineman can play from a two point stance.** No player can stunt into this area before the snap of the ball, trying to time the snap of the ball. All players in the “Free Blocking Zone” must be down and set. **If a defender is not covering up an offensive lineman/tight end they must be 3 yards off the line of scrimmage.** If either occurs a flag will be thrown, and a penalty for “Unabated to the QB”, play will be blown dead before it occurs. This is to protect QBs.

Player Personal Fouls

Personal fouls are not acceptable and are not encouraged in this league. If a player is determined to purposely and maliciously performing personal fouls. Personal fouls can happen on accident, but if an official determines that it was intentional the officials will operate under the following guidance.

1st Offense: Referee will throw a 15-yard penalty and warn the coach and athlete that behavior will not be tolerated.

2nd Offense: Referee will throw a 15-yard penalty and warn the coach and athlete that behavior will not be tolerated.

3rd Offense: Referee will throw a 15-yard penalty and the athlete will have to leave for remainder of the current game and be suspended for the following game.

***If a player is ejected from a game they must sit the next game out.**

**3 personal fouls in a game period will result in the player being disqualified for the rest of the game and the player will be suspended for the next game (the head official of the game must notify the FYFL officials if this occurs).*

***** Not all rules will be able to be monitored or enforced by the officials. As football coaches and protecting the**

best interest of the children we have to use common sense. If a coach is believed to be breaking the rules set in these guidelines it will be brought to the attention to their community league, and the FYFL Committee. Both committees will determine which rules were broken and if so the appropriate measures will be taken for League Violations, and/or code of conduct.

XX. Overtime

In case of tie, the ball is placed on the 10-yard line, after a coin toss, and each team is given 4 downs to score a Touchdown. Extra points will be attempted following all touchdowns. Regulation time extra point rules apply. This is repeated until a winner is determined (alternating the team who is on offense first after the first coin toss).

XXI. Tie-breaker determining Division Winners

In the event for determining division winners, and seeding for Chapter tournaments, and seeding for all tournaments we will use the following for seed purposes:

In Same Division: Conference Champions, Overall Record, Division Record, Head-2-Head, Points Against, Coin Toss

In Different Divisions: Overall Record, Head-2-Head, Points Against, Coin Toss

XXII.Safety, First Aid, and Concussions

FYFL highly recommends that all organizations provide first-aid and concussion awareness to all coaches in their organizations. FYFL will provide coaches clinics and coaches conferences to provide First Aid Training, Safety, and Concussion Awareness.

- If a player is identified as having a concussion he will sit the rest of that game, and FYFL recommends that he will be evaluated by a doctor before returning back to games and practices. FYFL takes Concussions very serious. • Any serious injury involving a child should be reported to their organization, and the organization should report it to FYFL so that we can monitor the child's safety issues for future season. We would like to identify who was injured, from which league, head coach, what caused the injury, and how could it have been prevented. • FYFL takes Head, Knee and Neck injuries very serious. If a player is tackling with the crown of his helmet, helmet to helmet tackling, horse-collars, or clipping a player is illegal. Also if an offensive player is leading with the crown of his helmet carrying the ball. This will be a 15-yard penalty.
- FYFL wants to limit the chances of injury by adopting the NFL heads up program, and requiring all coaches and associations to go through the NFL heads up training or making available a certified train instructor to teach their coach or their league: The Following Requirements:
 - Make sure all coaches are properly trained in concussion awareness, and make sure that they are putting the well-being of the child above the team. If a child is believed to have suffered a concussion, have him sit the rest of the game. Have him evaluated by a doctor before returning!
 - Make sure coaches are trained in proper tackling, and also proper running of the ball. That they are keeping their head up. If a coach notices a player is doing it, even if the officials don't see it pull the child out of the game, and have the coaches on the sideline work with him.
 - Players see a lot more contact in practices than they usually do in games, So FYFL recommends that organizations implement the following practices requirements.
 - No more than three days in a week of football contact practices/ games. With a maximum of 1.5 hours, and no more than 20 minutes per practice of full contact drills.
 - If you elect to have an extra day of practice during that week, make it a non-contact day.

Defining a Blitz – FYFL defines a blitz by any player moving towards the line of scrimmage before the snap of the ball.¹¹

KG) 7 on 7 Instructional Level / K4 – 1st Grade level kids (Tag only)

1. Field Length: The field will be divided in Half (so two games can be played at a time if applicable). Each field will be a 40-yard field in length, hash to sideline in width which must be lined with cones on the hash side.
2. Time: There will be two 20 minute halves, with a running clock. There will be no over time. Five-minute half time. Clock does not stop.
3. Referee: All tag games are required to have at least 1 official referee.
4. Playing Time: All Players are expected to play equal amount of time (Min 3 Plays in the first half and 3 plays in the second half which will equal a total min plays for a player being 6 total Plays.
5. Two coaches per team will be allowed on the field at all times, this is meant to be an instructional level only. The idea is for the child is to get a chance to play multiple positions each game.
6. Ball Spotting: The Ball will be spotted on the 40-yard line on every new possession going toward the touchdown.
7. Scoring: There will be no extra points; team will automatically receive 6 Points for touchdowns. 8. Offense: There will be 7 players on the field. They will consist of Center, QB, RB, TE, and WRs.
9. Defense:
 - This will be tag football only, one hand tag means the ball carrier is down. No tackling will be allowed. This is just to introduce the child to football, with minimum contact.
 - Defenders must line up 5 yards off the line of scrimmage regardless of what yard line the ball is on. The defense cannot break the 5 yard barrier unless the QB hands the ball off or runs out of the pocket.
 - There will be 7 players on the field. No Defensive Lineman, they will not be able to cross the line of scrimmage, and rush the QB unless the ball is handed off.
10. 4th down options - go for it or allow the other team to take over on their 40-yard line on every new possession going toward the touchdown.
11. Mercy Rule: This is an instructional league and not about winning and losing. If a team gets up by 18 points they will not go on offense until the other team is within the 18-point limit. If the trailing team does not convert a first down, they will be backed to the original line of scrimmage and keep possession. If at any time the lead is less than 18 points, game will return to normal operation.
12. Football size is Pee wee Size 6 (Any Official Brands).

2G Tackle Division

Rule Change: The playing field will be 40 yards in length. This will allow more possessions and reps for the players. This does mean that 2 games can be going on at once and if they are Officials will keep the time and score on the field

Will play sub-varsity High School rules with the following exceptions:

1. Time: Four 8-minute quarters with a 5-minute halftime. Game clock will run continuously. Each team will have three (3) timeouts per half. Clock will stop on the Touchdowns, Equipment issues, Timeouts, and Injuries. Clock will not run on extra point attempt; the clock will start at the snap of the ball. Clock will stop for two-minute warning in Quarter 2 & 4. In the final 2 minutes of each half, time stops on all out of bounds, incomplete passes and change of possession.
2. Each team will have 45 seconds from when official spots the ball to be on the line of scrimmage ready to snap the ball. Penalty – 5 yards and repeats the down.
3. Each player must play at least 6 plays per game which is to be interrupted by playing each player a minimum of 3 plays in the 1st half and 3 plays in the 2nd half of each game played which is a total of 6 minimum plays for each player on the team.
4. Two Coaches will be allowed on the field at all times. The coaches must remain 10 yards behind the deepest player once the huddle breaks. This coach cannot interfere physically or vocally in any way with the playing of the down. A penalty of 5 yards will be assessed for this infraction.
5. Defense:
 - Players will be allowed to be in the gap on the left or right of the Center but not in both gaps at the same time, player can't be heads up over center. All players on the defensive line in the "Free Blocking Zone" must be in a three or four-point stance.
 - No Blitzing allowed, all players must be set before the snap of the ball.
 - Teams can play Goal Line Defense inside their own 10 and line up in the Gaps just can't be head up on the Center. You can have an UNCOVERED OLB on the line of scrimmage during your Goal Line Defense but they will not be able to stunt or rush unless the QB hands the ball off or rolls outside of the tackles.
 - All defensive players other than the down lineman will be required to be 3 yards off the ball. SAFTIES will be required to be 5 yards off the line of scrimmage.
6. Offense: Lineman are not allowed more than two yard gaps.
7. Punting: 4th down options - go for it or take automatic 30-yard advance (mock punt) anywhere on the field (half the distance does NOT apply for punting only). Ball will be spotted no further than receiving team's 20-yard line.
8. Kick-offs: The offense will get the ball on the 50-yard line, no kick-offs or onside kicks.
9. Scoring Points:
 - Touch Down = 6 Points
 - Extra Point (From 3 Yard Line) (Run, Pass or Kick) = 1 Point
 - Extra Point (From 5 Yard Line) (Run or Pass) = 2 Points
10. Football size is Pee wee Size 6 (Any Official Brands).

(4G) Tackle Division

Will play sub-varsity High School rules with the following exceptions:

1. Time:

Four 8-minute quarters with a 5-minute halftime. Each team will have three (3) timeouts per half. Clock will be run by sub-varsity rules Definition: The clock will stop for Timeouts, Penalties, Incomplete Passes, Player runs out of Bounds, Player Injuries or Anytime the Referee signals to stop the clock. (This is at official's discretion)

2. Each team will have 35 seconds from when official spots the ball to be on the line of scrimmage ready to snap the ball.
Penalty – 5 yards and repeats the down.

3. Each player must play at least 6 plays per game which is to be interrupted by playing each player a minimum of 3 plays in the 1st halve and 3 plays in the 2nd halve of each game played which is a total of 6 minimum plays for each player on the team.

2. One Coach will be allowed on the field at all times. The coaches must remain 10 yards behind the deepest player once the huddle breaks. This coach cannot interfere physically or vocally in any way with the playing of the down. A penalty of 5 yards will be assessed for this infraction

3. Defense:

- Players can be shaded to the left or the right, they will be allowed to be in the gap on the left or right of the Center but not in both gaps at the same time, can't be heads up over center. All players on the defensive line in the "Free Blocking Zone" must be in a three or four-point stance.
- No Blitzing allowed, all players must be set before the snap of the ball.
- Teams can play Goal Line Defense inside their own 10 and line up in the Gaps just can't be head up on the Center. You can have an UNCOVERED OLB on the line of scrimmage during your Goal Line Defense but they will not be able to stunt or rush unless the QB hands the ball off or rolls outside of the tackles.
- All defensive players other than the down lineman will be required to be 3 yards off the ball. SAFTIES will be required to be 5 yards off the line of scrimmage.

5. Offense: Lineman are not allowed more than two yard gaps.

6. Punting: 4th down options - go for it or take automatic 30-yard advance (mock punt) anywhere on the field (half the distance does NOT apply for punting only). Ball will be spotted no further than receiving team's 20-yard line.

7. Kick-offs: The offense will get the ball on their 35-yard line, no kick-offs or onside kicks.

8. On all FG or extra-point kicks the defense cannot cross the line of scrimmage. The defense may stand-up, move around, jump up and down, make noise and extend their arms in an attempt to prevent successful kick. *5 seconds from the snap to kick the extra point or FG. Holder will be required to receive the snap five yards from the official line of scrimmage and there is a 5 second rule from the snap to time kicker kicks the ball.

9. Scoring Points:

- Touch Down = 6 Points
- Extra Point (From 3 Yard Line) (Run, Pass or Kick) = 1 Point
- Extra Point (From 5 Yard Line) (Run or Pass) = 2 Points

10. Football size is Pee wee Size 6 (Any Official Brands).

(6G) Tackle Division

Will play sub-varsity High School rules with the following exceptions:

1. Time:

Four 8-minute quarters with a 5-minute halftime. Each team will have three (3) timeouts per half. Clock will be run by sub-varsity rules Definition: The clock will stop for Timeouts, Penalties, Incomplete Passes, Player runs out of Bounds, Player Injuries or Anytime the Referee signals to stop the clock. (This is at official's discretion)

2. Each team will have 35 seconds from when official spots the ball to be on the line of scrimmage ready to snap the ball. Penalty – 5 yards and repeats the down.

3. Each player must play at least 6 plays per game which is to be interrupted by playing each player a minimum of 3 plays in the 1st half and 3 plays in the 2nd half of each game played which is a total of 6 minimum plays for each player on the team.

3. No Coaches on the field!

4. Defense:

- Players can be shaded to the left or the right, they will be allowed to be in the gap on the left or right of the Center but not in both gaps at the same time, can't be heads up over center. All players on the defensive line in the "Free Blocking Zone" must be in a three or four-point stance.
- No Blitzing allowed, all players must be set before the snap of the ball.
- Teams can play Goal Line Defense inside their own 10 and line up in the Gaps just can't be head up on the Center. You can have an UNCOVERED OLB on the line of scrimmage during your Goal Line Defense but they will not be able to stunt or rush unless the QB hands the ball off or rolls outside of the tackles.
- All defensive players other than the down lineman will be required to be 3 yards off the ball. SAFTIES will be required to be 5 yards off the line of scrimmage.

11. Offense: Lineman are not allowed more than two yard gaps.

12. Punting: 4th down options - go for it or take automatic 30-yard advance (mock punt) anywhere on the field (half the distance does NOT apply for punting only). Ball will be spotted no further than receiving team's 20-yard line.

13. Kick-offs: The offense will get the ball on their 35-yard line, no kick-offs or onside kicks.

14. On all FG or extra-point kicks the defense cannot cross the line of scrimmage. The defense may stand-up, move around, jump up and down, make noise and extend their arms in an attempt to prevent successful kick. *5 seconds from the snap to kick the extra point or FG. Holder will be required to receive the snap five yards from the official line of scrimmage and there is a 5 second rule from the snap to time kicker kicks the ball.

15. Scoring Points:

- Touch Down = 6 Points
- Extra Point (From 3 Yard Line) (Run, Pass or Kick) = 1 Point
- Extra Point (From 5 Yard Line) (Run or Pass) = 2 Points

16. Football size is Junior Size 7 (Any Official Brands)