

# SCYFootball Tackle Guidelines/Rules

## Junior & Senior Tackle Divisions – July 2019

### Game Guidelines/Rules

#### **Rules Common to Both Divisions**

1. KHSAA football rules are in effect except as noted below.
2. During kicks (extra points and field goal attempts) there shall be no defensive rush that crosses the line of scrimmage.
3. Each team will have 2 time outs per half.
4. Half time will be 8 minutes in length.
5. There will be no restrictions on substitutions
6. A running clock posture has been adopted by the league to ensure that game scores do not get out of line.
  - \* Any time the score difference between teams reaches 22 points, the clock will run continuously.
  - \* The clock will revert back to standard play if the score deficit drops to less than 22 points.
  - \* Only an injury, team time out or an official's time out will stop the clock.
  - \* Blitzing by the team that is ahead by 22 points is not allowed. If the deficit drops below 22 it is allowed.
7. Tie games will result in overtime play as follows
  - \* OT period 1
    - i. Ball will be set on the 10yd line
    - ii. Each team will have four downs to score
    - iii. If the score remains tied, OT2 period 2 will begin
  - \* OT period 2
    - i. Play to continue same as OT1
    - ii. Starting in OT period 2, teams must try for an extra point conversion after scoring a touchdown
    - iii. If the score remains tied, OT3 period will begin
  - \* OT period 3
    - i. Play to continue same as OT2
    - ii. This will be the last OT period. Tie games at the end of this period will remain as tied.
8. Punting
  - \* These Divisions will not use an active punt
  - \* The Head Coach will alert the referee of their intent to punt.

- \* A change of possession will occur and the LOS will be relocated 35 yards from last played down with no change in alignment relative to the sideline. Not to be placed inside the 10 yard line.
- \* A 30 second clock run off will occur for the punt.
- \* Once the ball is positioned, the referee will start the 30 second clock.
- \* The game clock will start once the ball is snapped. (*exception: running clock- see above*)

#### 8. Kickoff

- \* These Divisions will not use an active kickoff
- \* The team that would normally receive ball based on the coin toss will start with the ball spotted at the center of the field on the 30 yard line.
- \* Once the ball is positioned, the referee will start the 30 second clock.

### **Scoring**

#### 1. Touchdowns @ 6 points

#### 2. Extra points

- \* Passes completed in the end zone @ 2 points
- \* A successful kick @ 2 points
- \* A successful run @ 1 point
- \* A completed pass outside of the end zone that is then run in will be considered a run and awarded @ 1 point.

#### 3. A safety @ 2 points

### **Weight Restrictions**

These weight restrictions apply to only those players who in the normal play of the game would run or receive the football on an offensive designed play.

Junior-----115 pounds

Senior----135 pounds

Each player will be weighed the same day they receive their equipment. The player will only be allowed to weigh in wearing sneakers, shorts and a T-shirt.

A list of ineligible players and their jersey numbers will be compiled for each team. The master list will be kept at the press box, and each coach will be given a list for each team. The players' weights will not be on this list. Only board members will have access to the player weight.

Each player will be allowed one reevaluation during the season.

Any challenges or questions during a game must come from the head coach and be directed to the head official.

First offense of an ineligible player advancing the ball will result in 15 yard unsportsmanlike penalty.

Second offense will also result in a 15 yard unsportsmanlike penalty, and the coach will have to meet with the board before their next game.

A third offense will result in an automatic **THREE** game suspension of the head coach.

\*It should be noted that an ineligible player can advance the ball if it is not a designed play. (IE a turnover, fumble or interception).

### **Senior Tackle Division Rules**

1. All players must participate in at least 5 plays per half to include special teams (excluding extra point attempts), offense and defense. Any athlete who has not regularly participated in practice can be exempt from this rule based on appeal to the SCYF BOD. Such an appeal would involve discussions with the parents as to why that athlete will not fully participate.

2. Sr. Division Games will consist of four 8 minute quarters.

3. Footballs for the Sr. Division

\* The ball size to be TDJ or equivalent.

\* The League will provide all game balls (no substitutes allowed). Home team on schedule should have a TDJ ready to be utilized as game ball.

### **Junior Tackle Rules**

1. All players must participate in at least 4 plays per half to include special teams (excluding extra point attempts), offense and defense. Any athlete who has not regularly participated in practice can be exempt from this rule based on appeal to the SCYF BOD. Such an appeal would involve discussions with the parents as to why that athlete will not fully participate.

2. Jr. Division Games will consist of four 7 minute quarters.

3. Jr. Division games do not allow A gap blitzing. Only down lineman on the line of scrimmage will be allowed to pass thru the A gap. The intent of this rule is to prevent the defense from overloading the center and the A gap.

4. Footballs for the Jr. Division

\* The ball size to be K2 or equivalent.

\* The League will provide all game balls (no substitutes allowed). Home team on schedule should have a K2 ready to be utilized as game ball.

### **Practice Guidelines/Rules All Divisions**

1. Teams will practice on designated times and locations as established by the SCYF board. All changes must be approved by the board.

2. The number of practices before school starts is unlimited.

3. Once school begins teams are limited to no more than 3 times a week and no more than 2 hours in length.

4. Only players listed on the official roster are allowed to practice with the team.
5. All coaches having contact with the players must be Board approved and have an approved back ground check on file through Georgetown Parks and Recreation before first scrimmage/game.
6. All Head Coaches in addition to the above requirements will have completed a coaches' certification through USA Football.
7. Full contact for each individual player on a team will not begin until after teams have completed 5 scheduled practices (two practices in helmets only and 3 practices in helmets and shoulder pads).
8. SCYF league has no oversight regarding teams and returning players that choose to organize conditioning or practice efforts out of season. This voluntary effort is an *at will* effort that in no imputes liability or responsibility upon SCYF.
9. Coaches are expected to incorporate the NFL Heads Up tackle drills into practice. The drills that are expected to be included in practice (more details will be given out at the coaches meeting) are as follows:
  - a. Breakdown position
  - b. Feet buzz
  - c. Hit position
  - d. Rip
  - e. Shoot

## General Guidelines/Rules- All Divisions

### **Conduct of Those Involved**

*All (coaches, athletes, parents, sponsors) are reminded that we represent SCYF not only with our words, but our actions. How we participate is as important as what we say in regard to the youth athletes involved.*

1. The Head Coach is responsible for the players, coaching staff, parents and all associated with the team he directs.
2. The conduct of all coaches and parents is expected to be suitable for the youth environment we participate in. Disputes should be handled on a respectful manner. Foul language in any form is not allowed during games or practice. Coaches are a representative of SCYF and expected to conduct themselves in a manner that represents the League well.
3. In any game setting, the assigned Referees are responsible for monitoring the conduct of both coaches, players and parents during play and have the authority as extended by SCYF Board of Directors to dismiss any individual whose conduct is out of order.
4. Each Head Coach is allowed up to 5 individuals on the sidelines during a game consisting of Coaches, Statistician and team photographer.
5. Coaches, players and parents will abide by the Code of Conduct administered by the SCYF Board.
6. All individuals involved with the League are subject to the direction of the SCYF Board of Directors.
7. Player athletes, coaches and parents will not use any profanity, cursing mouthing or any unsportsmanlike conduct during practice or games.

8. Fighting will constitute an immediate ejection from the game. Anyone ejected from a game be it player, coach, parent or a fan will also serve a one game suspension and will be required to meet with a BOD committee regarding conduct before resuming participation. Two ejections in one season will result in an expulsion for the remainder of the year. Suspensions and probation will be carried over from year to year.

### **Draft**

1. If a head coach has a son or daughter that will be new to that team that player will be shown as a returning player on his team and will not be counted as a draft pick.
2. If a head coach picks a child that has a sibling the sibling will be counted as a returning player on the team.
3. A head coach can use a coach pick in the first round to take a player whose parent will help them coach as long as the other coaches in the league are in agreement.
4. SCY Football board will make every attempt to balance the teams based on league age. Prior to the draft a maximum number of each age group will be determined based signups. This number will be determined based on new players and returning players so that the age balance in the league can be as close to equal on each team. Once the draft is complete late player signups will be placed on team with the fewest players and then the draft order will be followed. The age of the player will not determine team placement.
5. Regular season order of finish is used to determine draft position for the following year.
6. If a team is added the new team will have the first overall pick and will be given two second round picks at the beginning of the second round. After that the team will have the first pick in each of the following rounds.

### **Equipment Issue and Maintenance**

Athletes will be issued equipment after registration for use during League play. This equipment is only authorized for use in League sanctioned events. All equipment should be kept in good standing during the season and must be turned back in once the season ends. Any individual failing to properly maintain equipment or failing to turn in equipment will be charged for full value repair/replacement. Visors will follow rules outlined in National Federation of State High Schools (NFHS) rules. Which states no clear visors are allowed.

### **General**

1. Away Team as listed first in the schedules will play from the bleacher sideline and will utilize the open area beyond the far end zone for pre-game warm up's. Away team will have responsibility to provide personnel to manage down markers, chains and any other board specifically requested requirements.

Home team as listed {following the @} in the schedule will play from the press box sideline and will use the open area adjacent to the score board or directly behind the concession stand on extremely hot days. Home team will provide game ball to officials, in event press box officials do not provide game ball, and have responsibility for any other board specifically requested requirements.

2. Regular league play will be followed by a championship series in which division teams are seeded based on the standings of the regular season. The schedule for this championship series will be posted after the regular season ends.

3. In the event of a tie in the regular season standings, head to head victory followed by points allowed followed by a coin flip will decide seeding for the tournament.

4. Athletes who participate in Middle School football are not eligible to play in the SCYF League during the regular season and the end of the season tournament.

5. There will be no smoking of any kind at the football field at any time.

