**JACK PINE YOUTH FOOTBALL LEAGUE**

Rules, Regulations and

Information for Coaches

2018

Game Rules – All Divisions

A. Duration of Quarters: 10 minutes (Clock starts on “ready to play” between offensive plays.)

B. **Game Clock:** The game clock will be kept by the home team. The clock will be

Stopped and started as dictated by the *National Federation of High School Associations* (NFHS)*.* After a 35 point lead has been obtained, there will be an automatic running clock, stopping only for time-outs and intermissions.

C. Intermission at half time – 10 minutes

D. Field Length: 100 yards.

E. Time Outs: three time outs per half.

F. An official’s time-out must be taken during all penalty situations. Penalties shall be enforced as per the current year NFHS football rule book.

G. A player is considered eligible to play in a game as long as that player is healthy and has fulfilled their practice requirements and meets eligibility requirements outlined in the By-Laws. Coaches must be consistent for all players with regards to practice and playing time requirements. Coaches

should explain to the parents and officials any deviations from this policy.

H. 3rd and 4th grade participants must be under 125lbs, and 5th and 6th grade players must be under 145lbs in order to touch the football, including all pads except their helmet. If a player over the weight limit touches the ball, he must immediately down the ball.

I. No player is allowed to participate in practices or games if he/she has a severe injury including stitches, broken bones, etc. or is wearing any type of splint or cast. *If any type of known medical condition could impact a player’s eligibility or safety, written permission from a doctor must be provided for the*

*child to play.*

J. 2 coaches per team are allowed to coach on the field behind their team. All other coaches and players on the sidelines shall remain within *30 yards* of mid-field at all times. Additionally, coaches and players must not step onto the playing field at any time once play has started or if the game clock is running. A *verbal warning* or penalty can be issued by the game officials if either rule is not followed. Coaches on the field must not touch or assist players before the huddle or after the team is set on the LOS. Coaches must remain a minimum of 10 yds behind the furthest back player & must not address their team after the snap of the ball.

K. In case of inclement weather (lightning, etc.) the officials will decide whether games should be continued or played. Games which have been cancelled will be rescheduled.

L. A team may play with whatever number of players that they can field if 11 players are not available.

M. Chains and down markers will be handled by individuals selected by the home team prior to the game.

N. Shoes

1. Molded rubber cleat style shoes are permitted
2. Removable cleats are permitted. Turf-type shoes are also acceptable per this rule.
3. No metal can be visible on the cleats. This rule will be enforced by the officials. Any questions regarding equipment (shoes) should be directed to the officials before the game.

O. Punts: There will be no punt rush and no returns for 3rd and 4th grade.

P. Point After Touchdowns: There will be no rush for 3rd and 4th grades.

1 point per PAT conversion, 2 points for kicking for both levels.

Q. Field Goals: There will be no rush for 3rd and 4th grades

3 points per successful kick

**R. Playing Time Guidelines**

**Each player must play a minimum of 5 plays per game**

S. Any member of a coaching staff who knowingly disobeys a JPYFL or MHSAA rule will be suspended from the league for one week (practices and the following game). A second violation will result in the removal of

the coach from the JPYFL for a minimum of one year. Any ejection from a game shall be reviewed by the JPYFL Board per Section VII of the By-laws. The home team where a player or coach is ejected will submit an ejection report to the JPYFL Board after the incident.

T. Players and coaches must shake hands following the contest.

U. Teams may agree to use one football or each team may use their own football. Al footballs will be Wilson GTX in leather or composite. 3rd and 4th graders will use Pee Wee, and 5th and 6th grade will use junior size footballs. Teams may elect to use larger, but not smaller, footballs than what is directed.

V. The maximum huddle time allowed is as follows:

3rd/4th Grade - Maximum huddle time is 40 seconds

5th/6th Grade - Maximum huddle time is 30 seconds

W. There will be NO BLITZING at the 3rd/4th grade level. This includes lineman in a 2pt stance shooting the gap. All lineman must be in a 3 or 4 pt stance.

Y. 3rd / 4th grade only. Defensive Lineman MAY NOT line up over the center or in the center/guard gap. They must be Lined up over the offensive guard or outside the offensive guard.

INCLEMENT WEATHER: NEW FOR 2018

The Jackpine Youth Football League President has the authority to cancel all JPYFL activities due to extreme weather conditions. If a cancellation is issued, all games, practices, and or scrimmages will not be allowed on that day.

2018 JPYFL PRACTICE RULES

***Overview***

Jack Pine Youth Football is an instructional league. These guidelines not only represent league policy, but are intended as reminders to keep the spirit of safe and fair play top of mind not only in games, but at practices as well. The goals of our program are to promote sportsmanship, teamwork, self-esteem and confidence while teaching the fundamentals of football.

***Practice Schedules***

Practices begin on August 6th 2016. The following structure must be followed for practices.

***Guidelines***

• Except as noted, all game rules apply at practice.

• "Conditioning" sessions are considered practices. "Preseason" conditioning sessions are prohibited under league rules. Players must have a minimum of 5 days of conditioning prior to playing in pads.

1st week of Practice only Helmets for the first 2 days, shoulder pads can be added on the 3rd and 4th days, and full pads may not be worn until the 5th day.

You may not have more than one collision practice in a day.

No single practice can be longer than 3 hours.

During the season you may conduct “NO” more than 2 collision practices in any one week.

• Keep players well hydrated. Plan plenty of breaks in hot weather.

• Keep player safety in mind at practices, just like at games. Use good judgement at practices – in case of serious injury, call an ambulance. Don't take any chances. The league requires medical insurance of each player for

These situations.

• Only one practice is allowed during any 24 hour period (no 2-a-days).

• Games and pre-game warm ups do not count as a practice session. However, pre-game warm-ups cannot start more than 60 minutes before game time.

• No physical contact is allowed in practices without the appropriate protective equipment (as described in the By-laws).

* Scrimmages are considered part of allotted practice time.
* Keep the spirit of playing time rules in mind. Try to allow players to try different positions.
* Focus on developing all players to the best of their abilities.
* Keep it fun! ***Players should be more excited about football after the season than they***

***were when it began.***

***3rd and 4th grade must have a minimum of 2 “qualified” referees***

***5th and 6th grade must have a minimum of 3 “certified” referees.***

***JPYFL gate charges have been set by the league at not more than $5.00 per person, or $15.00 per family with a maximum of 5 family members.***

***TEAM DIVISION:***

All areas with enough players at a single division to have more than one team, must abide by the following rules and guidelines.

1. All teams must be evenly comprised of both grade levels. There will be no 3rd grade team / 4th grade team, or 5th grade team and 6th grade team.
2. Team selection should be completed using some type of draft to allow both teams to be evenly matched as much as possible.