EASTSIDE LITTLE LEAGUE FOOTBALL RULES

| | | | | | | | Division = K/1st | | | | | |
|-----|---|--|----------------------|----------------------|--------------------|---------------------|-------------------|------------------|--------------------|---------|--|--|
| | | | | | | | DIVISION, IF A | | | | | |
| | ONLY 1 GI | RADE LEVEL I | I WILL NOT BE | | | | N ALTERNATIN | G DRAFT MU | ST BE USED | | | |
| | | | | FOR PICKING | TEAMS WITH | IN A DIVISION. | | | | | | |
| 1) | All games will | be played follo | wing IHSAA ru | les and regulat | tions, unless sp | elled out other | wise in this doc | cument | | | | |
| / | J | | , g | | | | | | | | | |
| 2) | "A" and "B" d | ivision games | shall consist of | f four 15-minute | e quarters with | 1-minute betwe | en quarters 1-2 | 2 and 3-4, with | the clock runni | ng | | |
| | | | - | _ | | | minute quarters | with 1-minute | e between quart | ers 1-2 | | |
| | and 3-4, with t | he clock runnir | ng continuousl | y with the follo | wing exception | s. | | | | | | |
| | A) | | | es and time outs | ONLY. No other | r instance shall t | the clock bestopp | ped. Injury time | outs will be calle | d by | | |
| | D) | the head officia | | 164: | | | | | | | | |
| | | There will be a to | | | are is a tie, an o | vertime will take | place. The ball v | vill be placed o | n the ten yard lin | o with | | |
| | C) | | | | | | • | • | team has finishe | | | |
| | | | - | ed, the game wi | | | | , | | | | |
| | | | | | | | | | | | | |
| 3) | | be allowed (3) 1 | | Ē. | | | | | | | | |
| | A) | Each team will h | ave (1) 1 minute | time out in overting | me | | | | | | | |
| 4) | Assentable Foo | thall Siza | | | | | | | | | | |
| ٠, | Acceptable Foo | "B" and "C" Div | isions - Poorros | | | | | | | | | |
| | | | | | | | | | | | | |
| | В) | "A" Division - P | CONCE OF JUHIOF | | | | | | | | | |
| 5) | Each player sl | hould receive s | ignificant playi | ng time in each | n half. (6-8 plays | s) Exceptions to | o this rule is | | | | | |
| | | Players who are | | | | | | | | | | |
| | B) | Players who are | under disciplinar | v action by the coa | ach or league. Exa | mples below | | | | | | |
| | , | | | | | - | game by 4-5 pla | ays | | | | |
| | | 2) | 1 missed pract | ice a week could | d result in reduct | ion of playing tin | ne in game by 8- | -10 plays | | | | |
| | | 3) | Suspension from | school | | | | | | | | |
| | | 4) | Poor attitude or | repeatedly getting | in trouble at prac | tice or at/before g | ames | | | | | |
| | | 5) | 2-Unsportsmanl | ike penalties in 1 | game (this results | in ejection from g | game and | | | | | |
| | | | suspension from | the next game | | | | | | | | |
| - | No folso biolso f | alsa munta an ani | als Isialsa ssill ha | llawad | | | | | | | | |
| 0) | No lake kicks, i | ake punts or qui | CK KICKS WIII DE 2 | moweu | | | | | | | | |
| 7) | Scoring will be | e as follows cu | rrent middle so | hool rules for d | our conference | and is intended | d to encourage | the developm | ent of kickers | | | |
| | | Touchdown - 6 p | ooints | | | | | | | | | |
| | | Extra Point Kick | - | | | | | | | | | |
| | | | r Touchdown - 1 j | point | | | | | | | | |
| | | Field Goal - 3 po | JIIIUS | | | | | | | | | |
| | | | | | | | | | | | | |
| 8) | The ball may be | e snapped on any | sound or no sou | ınd | | | | | | | | |
| | | | | | | | | | | | | |
| 9) | | | are limited to the | following but m | ust align themsel | ves as to not | | | | | | |
| | | nterfere with the game action A) "A" Division - 1 coach | | | | | | | | | | |
| | | | | | | | | | | | | |
| | В) | "B" and "C" Div | 1510115 - 2 COACILES | , | | | | | | | | |
| 10) | Play Clock will | start after the ba | ıll is set, before a | delay of game p | enalty is called 2 | warnings will be | given. | | | | | |
| | A) | "A" Division - 3 | 5 second clock | | | | | | | | | |
| | B) | "B" and "C" Div | isions - 45 second | d clock | | | | | | | | |
| | | | | | | | | | | | | |
| 11) | NO BLITZING! Players not on the defensive line of scrimmage must stay at least 4yds back from the line of scrimmage and cant advance forward until the snap of the ball. The referee will give 1 warning, and then each additional occurrence will result in a 5yd penalty. No more | | | | | | | | | | | |
| | than 6 defensive players may line up inside the box (from tightend to tightend) 1 player may line up from "A" gap to "A" gap. If the ball | | | | | | | | | | | |
| | | | | | | | - | | yer may line up | | | |
| | Up on the cen | ter | | | | | | | | | | |
| | 0 | | | -1 | | 46.46-1 | Ales Sus 1 | 1 | | | | |
| 12) | Crack Blockin | g - Legal play p | providing offen | sıve player initi | ates contact wi | tn the hands to | the front or sid | de of the playe | er | | | |
| 13) | Pulling of the G | Juard - Legal Pla | v | | | | | | | | | |
| , | 0 0 | | · | | | | | | | | | |
| 14) | Age limits for C | Chains or Refs | | | | | | | | | | |
| | A) | To run chains, m | ust be at minimus | m freshmen in hig | h school | | | | | | | |
| | B) | To be a ref, must | be at minimum a | freshmen and pla | ay high school foo | tball | | | | | | |
| 15 | Weight Restrict | ione | | | | | | | | | | |
| 13) | TOURNE INCITED | 10113 | | | | | | | | | | |

A) "A" Division - players weighing over 125lbs. must be identified with a 1" red stripe on their

helmet

| | B) | "B" Division - p | layers weighing o | ver 95lbs. must b | e identified with a | 1" red stripe on t | heir | | | | |
|-----|--|--------------------------------------|----------------------|----------------------|----------------------|----------------------|------------------|--------------------|------------------|----------|---|
| | | helmet | | | | | | | | | |
| | | | lavere weighing a | ver 75lbe must b | e identified with a | 1" red etrino on f | heir | | | | |
| | | | iayera wergiiilig 0 | voi 75108. Hiust D | ~ ruentified with a | i i ica suipe on t | 11011 | | | | |
| | | helmet | | | | | | | | | |
| | | | | | | | | | | | |
| 6) | Offensive Restri | ctions for (Red ! | Stripers) | | | | | | | | |
| , | | | | 1 . 0 | | | | | | | |
| | A) | Player may not i | ine up as anything | g but O-Line | | | | | | | |
| | B) | Player may line | up as TE but may | only block and c | ant go out for a pa | ss or advance the | ball | | | | |
| | | | | | | | | | | | |
| 7) | Defensive Restri | ctions for (Rad | Stringre) | | | | | | | | |
| ') | | | | | | | | | | | |
| | A) | Player may not l | ine up as anything | g but D-Line or M | Aiddle Linebacker | | | | | | |
| | | 1) | As defensive li | nemen the play | ers inside should | der must not be I | ined up past the | e offensive tackle | or TE outside s | houlder | |
| | | otherwise they | will be consider | ed lined up illea | ally and a 5vd p | enalty will be giv | en after 2 warni | ings have been g | iven | | |
| | | | er advance the ball | | , , , | | | , | , | | |
| | Б) | riayei may neve | advance the ban | | | | | | | | |
| | | | | | | | | | | | |
| 18) | Special Teams R | estrictions for (| Red Stripers) | | | | | | | | |
| | A) | Kickoff - Plave | r cant advance th | e ball at anytim | e | | | | | | |
| | A) Kickoff - Player cant advance the ball at anytime B) Punt - Player cant advance the ball at anytime | | | | | | | | | | |
| | ы) | Tunt - Tiayer Ca | ant auvance the i | an at anythine | | | | | | | |
| | | | | | | | | | | | |
| | | | | SPECIAL GAI | ME RULES FOR | "A" DIVISION | | | | | |
| | | | | | | | | | | | |
| 1) | Any legal offers | ive or defensiv | e formation may | he used This | would include up | halanced lines o | nd multiple reco | eiver sets on offe | nse The offers | e must | |
| | | | | | | | | | | | |
| | | | | | | - | | e defense must | maintain not mo | re the 6 | |
| | men the last ma | an on each end | of the line an eli | gible receiver. 7 | The defense mus | st maintain not m | ore the 6 men i | n the box rule | | | |
| | | | | | | | | | | | |
| 2) | Kickoff Situatio | ns | | | | | | | | | |
| -, | | | | | 1 0 1 12: | | | | | | |
| | A) | Kick-offs will or | nly occur at the sta | art of the game ar | nd after halftime. | | | | | | |
| | B) | The ball will be | placed at the 30yo | l line for all other | r normal kickoff si | tuations | | | | | |
| | | | s, the ball will be | | | | | | | | |
| | | • | | | | | | | | | |
| | | - | kick-off will be th | | | | | | | | |
| | E) | The ball will be | live following 10 | yds and can be re | covered by either | team | | | | | |
| | F) | If the kick-off go | oes into the end zo | ne, a touchback | will be called auto | matically and the | ball will | | | | |
| | | be placed at the | 20vd line | | | | | | | | |
| | | | | 1 4 11.11 | 211 1 | 1 1, 111.1 | 11 1 | | | | |
| | G) | | | - | e, an illegal proce | iure penaity will b | e canea | | | | |
| | | The receiving te | am will have the f | ollowing options | | | | | | | |
| | | 1) | Take possession | at the point the b | all went out of bo | unds | | | | | |
| | | | | | line or 15 yards fro | | kick-off, | | | | |
| | | | - | | | - | , | | | | |
| | | | | | sult of a prior pena | | | | | | |
| | H) | Penalties on the | Return Team will | be enforced from | n the spot of the fo | ul. | | | | | |
| | I) | Kick-Off Team 1 | penalties will be e | nforced from the | end of the return | | | | | | |
| | <u> </u> | | | | | | | | | | |
| 3) | Punt Situations | | | | | | | | | | |
| ارد | | man an : | | | | D. | | | | | |
| | A) | The offensive te | am must inform th | ne official of their | r intention to punt | Fakes are not allo | owed | | | | |
| | B) | The offensive te | am must line up is | n a double wing f | ormation - no out | side gunners. | | | | | |
| | | | | | e formation follow | | the hov | | | | 1 |
| | | | | | | ing the O man III | | | | | |
| | | | double safety for | | | | | | | | |
| | D) | There will be no | rush of the punte | r or return of the | kick. The deep sa | fety is encouraged | to make | | | | |
| | The state of the s | all attempts to ca | atch the punt on th | ne fly. The play w | vill be whistled dea | d immediately if | the punt | | | | |
| | | | - | | | | - | | | | |
| | | | - | - | t. The ball will be | piaceu at me point | . 01 | | | | |
| | | - | he end of its unim | | | | | | | | |
| | E) | If the snap is mu | iffed by the punter | , he will be giver | n an 8 second oppo | ortunity to recover | the ball | | | | |
| | | and kick; otherw | ise the play will h | e ruled dead by t | the official and po | ssession will be gi | ven at | | | | |
| | | | | | ense. The 8 second | _ | | | | | |
| | | | e or serminage | - Form to the dele | | | 0, | | | | |
| | | the referee. | | | | | | | | | |
| | | | | | | | | | | | |
| 4) | PAT/Field Goal | Situations | | | | | | | | | |
| | A) | A team scoring | a touchdown will | have the option o | f running a play fi | om the 3 vard line | e for a | | | | |
| | | | | | will count as two | | | | | | |
| | | | - | | | - | | | | | |
| | | | | | pped, held and kic | | | | | | |
| | | for a successful | attempt If the sn | ap is muffed, the | Place Hold and K | icker will be give | n an 8sec. | | | | |
| | | opportunity to re | ecover the ball and | l kick. A team ma | ay also attempt a f | ield goal at any tir | ne. Again, | | | | |
| | | the same rules w | ill be applied, but | a successful kick | k will count as thre | ee points | | | | | |
| | | | 12, | | | | | | | | |
| | | | | CIAL CASS | HILDE BOD "T" | | IONE | | | | |
| | | | SPE | CIAL GAME R | RULES FOR "B" | and "C" DIVIS | IUNS | | | | |
| | | | | | | | | | | | |
| 1) | Only players en | tering 2nd or 3r | rd grade will be a | allowed to play i | in the "B" division | n, regardless of t | heir age, size o | r experience | | | |
| | • • | - | | . , | | | <u> </u> | | | | |
| 2) | Only players on | tering K or 1st | grade will be allo | wed to play in t | the "C" division, | regardless of the | ir age size or o | xnerience | | | |
| -) | Ciny players eff | coming it UI 181 (| grade wiii DE dill | med to play III t | uio o uivisiuii, i | Samuess Of the | agc, size oi e | APONGING | | | |
| _ | | | | | | | | | | | |
| 3) | Kickoff Situatio | ns | | | | | | | | | |
| | | | | | | m 1 10 1 | 00 1 5 11 | and the Theory | foncivo noccoco | ion | |
| | A) | A simulated kid | ck-off will be use | d. The ball will b | be piaced on the | offense's 40ya. | 60yas from the | goai line. The of | iciisive pussess | 1011 | |
| | | | | d. The ball will b | be placed on the | offense's 40yd, | 60yas from the | goal line. The of | lensive possess | IOH | |
| | | A simulated kid will begin at the | | d. The ball will b | be placed on the | offense's 40yd, | 60yas from the | goal line. The of | lensive possess | IOII | |
| • | | | | d. The ball will t | be placed on the | oπense's 40yd, | buyas from the | goal line. The or | lensive possess | IOII | |
| 4) | | | | d. The ball will b | be placed on the | offense's 40yd, | 60yas from the | goal line. The of | letisive possess | IOII | |

| | scrimmage, or to the defense's 25yd line, whichever comes first, and place the ball. The defensive team will take over the ball at that | point. | | | | | | | |
|-------|--|--------|--|--|--|--|--|--|--|
| | | | | | | | | | |
| 5) PA | T/Field Goal Situations | | | | | | | | |
| | A) A team scoring a touchdown will have the option of running a play from the 3yd line for a single extra point or to "go for two". A kicked | | | | | | | | |
| | PAT will count as two points. The defense will not be allowed to rush the kicker. The ball must be snapped, held and kicked through the | ne | | | | | | | |
| | uprights for a successful attempt. A bad snap or fumbled hold will be blown dead immediately. A team may also attempt a field goal at | | | | | | | | |
| | any time. Again, the same rules will be applied, but a successful kick will count as three points. | | | | | | | | |
| | | | | | | | | | |
| | COACHING EXTRA RULES | | | | | | | | |
| 1) A. | gueing with Referee | | | | | | | | |
| 1) AI | A) 1 offense - verbal warning | | | | | | | | |
| | B) 2 offense - 15yd unsportsmanlike penalty | | | | | | | | |
| | | | | | | | | | |
| | C) 3 offense - 15yd unsportsmanlike penalty, ejection from grounds for remainder of game and will be suspended for the next game | | | | | | | | |
| 2) Co | mplaints from spectators, ref or parents | | | | | | | | |
| -, | A) Will result in an investigation by the board with disipline action resulting from verbal warning up to banned from the league depending | ı on | | | | | | | |
| | severity of findings | | | | | | | | |
| | B) Parents need to talk to head coach before contacting board about issues | | | | | | | | |
| | | | | | | | | | |
| 3) Bo | ard Members as Coaches | | | | | | | | |
| | A) If a current board member is a coach, they will lose the title of board member once they step onto the field at practice or game until sa | aid | | | | | | | |
| | practice or game is over. | | | | | | | | |
| | B) If disciplinary action is needed for coaches or players on board members team, board member will not be allowed to be apart of the | | | | | | | | |
| | board disciplinary decision | | | | | | | | |
| | | | | | | | | | |
| 4) Co | ncussion Protocol | | | | | | | | |
| | A) If a player get hit and has headache or signs of concussion the player must set out rest of the game or practice, if symptoms still pres | ent | | | | | | | |
| | after game/practice, player will need to be seen by Dr and get a not signed by stating date seen and date released to play again | | | | | | | | |
| | B) The Dr note must be signed by an actual Dr not a nurse practitioner | | | | | | | | |
| 5) Br | oken Bones | | | | | | | | |
| | A) A player isnt allowed to play with a cast on their legs | | | | | | | | |
| | B) A player can play with a cast on their wrist as long as they have a Dr note stating that they can and it is wrapped with an ace wrap | | | | | | | | |