

EASTSIDE LITTLE LEAGUE FOOTBALL RULES

"A" Division = 4th/5th Grade Only "B" Division = 2nd/3rd Grade Only "C" Division = K/1st Grade Only

EACH DIVISION MUST BE A COMBINATION OF THE 2 GRADES LISTED FOR ITS DIVISION, IF A TEAM IS MADE UP OF ONLY 1 GRADE LEVEL IT WILL NOT BE ABLE TO PARTICIPATE IN THE LEAGUE. AN ALTERNATING DRAFT MUST BE USED FOR PICKING TEAMS WITHIN A DIVISION.

- 1) All games will be played following IHSA rules and regulations, unless spelled out otherwise in this document
- 2) "A" and "B" division games shall consist of four 15-minute quarters with 1-minute between quarters 1-2 and 3-4, with the clock running continuously with the following exceptions. "C" division games shall consist of four 12-minute quarters with 1-minute between quarters 1-2 and 3-4, with the clock running continuously with the following exceptions.
 - A) The clock should stop for injuries and time outs ONLY. No other instance shall the clock be stopped. Injury time outs will be called by the head official.
 - B) There will be a ten (10) minute half time period.
 - C) If, at the end of the fourth 15-minute quarter there is a tie, an overtime will take place. The ball will be placed on the ten yard line, with each team receiving 4 downs to try and score. The first possession will be decided by coin toss. If, after each team has finished their possession, the game is still tied, the game will end in a tie
- 3) Each team will be allowed (3) 1 minute time outs per half
 - A) Each team will have (1) 1 minute time out in overtime
- 4) Acceptable Football Size
 - A) "B" and "C" Divisions - Pee wee
 - B) "A" Division - Pee wee or Junior
- 5) Each player should receive significant playing time in each half. (6-8 plays) Exceptions to this rule is
 - A) Players who are injured or get injured during game
 - B) Players who are under disciplinary action by the coach or league. Examples below
 - 1) Being late to practice could result in reduction of playing time in game by 4-5 plays
 - 2) 1 missed practice a week could result in reduction of playing time in game by 8-10 plays
 - 3) Suspension from school
 - 4) Poor attitude or repeatedly getting in trouble at practice or at/before games
 - 5) 2-Unsportsmanlike penalties in 1 game (this results in ejection from game and suspension from the next game
- 6) No fake kicks, fake punts or quick kicks will be allowed
- 7) Scoring will be as follows current middle school rules for our conference and is intended to encourage the development of kickers
 - Touchdown - 6 points
 - Extra Point Kick - 2 points
 - Run or Pass after Touchdown - 1 point
 - Field Goal - 3 points
- 8) The ball may be snapped on any sound or no sound
- 9) Number of coaches on the field are limited to the following but must align themselves as to not interfere with the game action
 - A) "A" Division - 1 coach
 - B) "B" and "C" Divisions - 2 coaches
- 10) Play Clock will start after the ball is set, before a delay of game penalty is called 2 warnings will be given.
 - A) "A" Division - 35 second clock
 - B) "B" and "C" Divisions - 45 second 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 is inside the defensive 10yd line, 8 players may line up inside the box as this is considered goal line situation. NO Player may line up Head Up on the center
- 12) Crack Blocking - Legal play providing offensive player initiates contact with the hands to the front or side of the player
- 13) Pulling of the Guard - Legal Play
- 14) Age limits for Chains or Refs
 - A) To run chains, must be at minimum freshmen in high school
 - B) To be a ref, must be at minimum a freshmen and play high school football
- 15) Weight Restrictions
 - A) "A" Division - players weighing over 125lbs. must be identified with a 1" red stripe on their helmet

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	A) A simulated punt will be used. After the offense has indicated its intention to punt, the officials will walk off 20yds from the line of 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) PAT/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 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) Arguing with Referee		
	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) Complaints from spectators, ref or parents		
	A) Will result in an investigation by the board with discipline action resulting from verbal warning up to banned from the league depending on severity of findings	
	B) Parents need to talk to head coach before contacting board about issues	
3) Board 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 said 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) Concussion 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 present 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) Broken 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	
	C) A player must have a Dr. note after cast are removed stating ok to return to tackle football	