

Appendix D: Football Rules – SR, JR, SO, FR

Divisions

All rules are in accordance with the **NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS FOOTBALL RULES BOOK** of the current year, with the following exceptions and addendum:

EXCEPTIONS

1. Home teams must provide AED at home game sites.
2. Freshman Level shall use USA Football Rookie Tackle Rules 8 Player.
3. All levels shall be limited to six (6) properly credentialed coaches per team on the field/sidelines during games.
4. Head coaches are the only people allowed to communicate with any of the officials.
5. Coaches receiving an Unsportsmanlike penalty will be penalized as follows:
 - a. The 1st unsportsmanlike penalty on a coach will result in that coach being removed from the game and the game the following week. If a coach is removed another may not take his place on the sideline until the suspension is served in full.
 - b. A 2nd unsportsmanlike penalty on a coach during the game or any point in the season will result in the coach being suspended for the rest of the season.
 - c. Any appeals can be brought to the League Board by the club president or football AD and will be addressed during the weekly call.
6. Each team may supply the ball they wish to use to snap or free kick. The referee must approve all game balls. The ball to be used is:
 - Senior Level: Youth sized inflatable football made of leather, composite, or rubber.
 - Junior Level: Junior sized inflatable football made of leather, composite, or rubber.
 - Sophomore & Freshman Level: Pee Wee sized inflatable football made of leather, composite, or rubber.
 - Flag Level: Mini or Pee Wee sized inflatable football made of leather, composite, or rubber.
7. Use of exterior arm covers/pads manufactured to enhance contact with the football or opponent shall be legal.

8. Cleats – Refer to current NFHS rule.
9. Game Timing:
 - a. All tackle level game timing shall be a 15 minute running clock per quarter. The clock shall stop for timeouts and injuries. The final 2 minutes of the 4th quarter shall be timed per standard NFHS timing.
 - b. Ready-For-Play (Sophomore & Freshman Levels Only), 25 seconds will be allowed to put the ball in play.
 - c. Clock Operation
 - i. When present, league provided officials shall be in charge of the clock.
 - ii. When league provided officials are not available, the home team will provide a person on the sidelines to run the clock. It is suggested that the visiting team provide a monitor to observe proper clock operation.
10. Rules for handling player(s) with possible concussion.
 - a. The referee, official, or coach of player in question, who determined the player exhibited the concussion symptom(s) will tell the head coach the player is removed from the game for exhibiting symptoms of a concussion.
 - b. The player may only return to the game (same game, that day) with written authorization (letterhead is required, if the health care provider's letterhead is not on the note/letter it is not acceptable) from the following health care providers:
 - i. Medical Doctor (MD).
 - ii. Doctor of Osteopathy (DO).
 - iii. Advanced Registered Nurse Practitioner (ARNP).
 - iv. Physician's Assistant (PA).
 - v. Licensed Certified Athletic Trainer (AT/L).
 - c. The referee will retain the written authorization. No other person may authorize the player's return. This includes the player's parents, guardians, family members or coaching staff.
11. Successful try for points:
 - A. Kick: 2 points.
 - B. Run or Pass: 1 point.
12. Roster Check: 10 Minutes prior to game start time teams shall line up and perform the roster check required. Helmet certification/recertification

dates on the NOCSAE label will be checked and any helmet found out of 2 year certification will result in that player being ineligible to play until another helmet within certification is found and worn.

13. Sophomore level coaches: One coach from each team may enter the field and huddle with their team when the whistle has been blown to end the down or to stop play. When the offensive team leaves the huddle, both coaches must immediately leave the field and be in their team box by the time the offensive line is set. Penalty - Delay of game – 5 yards.
14. Freshman level coaches: One coach from each team may be on the field. Once the players leave the huddle the coaches may remain on the field but must remain behind their respective formations. Coaching after the ball is snapped is not permitted. D Level shall use C Level coaching rules from week 5 until the end of the season including playoffs.
15. Sophomore level only:
 - a. When a team intends to kick from scrimmage, the offensive team, coach or player, must inform the referee of this intention before the ready-for-play whistle is sounded, who shall then inform the opposing team. If a time out is taken either after notifying the referee of its intention to kick or if no notification has been given, the team must announce its intention to kick after the time out and prior to the ready-for-play whistle. Penalty – Delay of game – 5 yards.
 - b. Receiving team shall have 7 and only 7 players within 5 yards of the neutral zone. Penalty–Illegal Formation – 5 yards.
 - c. After the ball is snapped neither team shall cross the line of scrimmage until the ball is kicked. Penalty – Encroachment – 5 yards.
 - d. Failure to kick the ball within 5 seconds will result in a Delay of Game penalty – 5 yards. The kicking team will be given a second chance to kick the ball, regardless of the down. Failure to kick the ball within 5 seconds will result in turning the ball over on downs to the opponent at the previous spot to be put in play by a snap. There will be no second try to kick on an extra point try if the kicking team fails to kick the ball within 5 seconds.
 - e. No field goal tries are allowed in the Sophomore level.
16. The Chain Crew will preferably be manned by an ADULT crew. The Chain Crew will be advised that instructing the teams and/or coaching while a member of the Chain Crew will not be permitted.

17. Clubs may have one (1) photographer on the sidelines. The photographer must have submitted and passed a required background check and been issued a badge from their organization before they will be allowed on the sidelines. Photographers should stay out of the coaching box if possible. If photographers attempt to coach or speak to the refs, they will be removed from the sidelines and placed in the general seated area with fans.