

## OFFICIAL RULES OF THE

# PRESTONWOOD SPORTS ORGANIZATION FOOTBALL LEAGUE 2016 SEASON 

Any rule that does not receive modification in this book will be interpreted as written in the NCAA Rule Book with Texas High School Exceptions

## SECTION I

## MISSION and PURPOSE

## 1-1 THE PSO MISSION

To glorify God by introducing Jesus Christ as Lord to as many people as possible and developing children in their PSO sport, through a quality youth sports program. Further, we will build them up emotionally by teaching positive life values.

## 1-2 PSO PURPOSES

a) Spiritual - We believe that Jesus Christ, God's only son, came to earth to pay our sin debt by dying on the cross so that we could have eternal life (heaven). Our sports programs are designed to share our faith in Christ.
b) Emotional/Physical - We want to provide a positive, fun, learning environment that will be a positive physical and emotional experience for children. This positive experience will cause them to want to continue to be involved in this and other team sports.
c) Intellectual - We want to give children a great opportunity to learn the skills necessary to be successful in a given sport.
d) Social - We want children to experience the beneficial aspects of competing with others, and grow in their understanding of teamwork.

## 1-3 PSO SPORTSMANSHIP

The Prestonwood Football League regards unsportsmanlike conduct as unnecessary and completely intolerable.

## 1-3-1 COACHES

All PSO coaches are required to demonstrate positive sportsmanship in respect to their players, team parents, opposing team's players, parents, coaches, and game officials. Coaches who are unable to demonstrate proper sportsmanship will be suspended from further coaching in PSO.

Any coach ejected from a game for unsportsmanlike conduct will be required to leave the field of play and will be unable to coach in the next scheduled game. He/she will also be required to submit a "coach's explanation sheet". This includes post-season play. Any further demonstration of improper sportsmanship may constitute suspension from any number of games, which the PSO Board of Directors deems necessary, and/or dismissal from the league.

Coaches are responsible in assisting referees with the sportsmanship of all playing and non-playing team members, as well as spectators, and assistant coaches.

## 1-3-2 CERTIFICATION OF COACHES

All Football coaches, head coaches and assistants, must register with PSO as a coach, have a background check on file with PSO, and must register and complete the USA Football coaches certification process in order to be certified as a PSO Football Coach for the 2016 season. Use the code Prestonwood16 at checkout for USA football. The USA Football certification must be turned in to your league director by the PSO coaches meeting, See key dates for scheduled time and date. Coaches are not eligible to coach in PSO unless all steps have been completed prior to the coaches meeting.

## 1-3-3 PLAYERS

All players must demonstrate positive sportsmanship at all times. Sportsmanship is a priority in the development of PSO athletes. Players who cannot demonstrate proper sportsmanship may be dismissed from play during the game, and may be suspended for additional games in the future at the discretion and review of the Board. The continued demonstration of improper sportsmanship will constitute grounds for suspension from any number of games which the PSO Board of Directors or game officials deem necessary and could lead to dismissal from the league.

## 1-3-4 SPECTATORS

PSO Football expects all spectators to demonstrate positive sportsmanship. Young athletes form attitudes concerning games and officials directly from what is demonstrated by their parents and coaches. Spectators who cannot demonstrate proper sportsmanship will be required to leave the game site. PSO reserves the right to ban any spectator from any PSO sport. The role of parents, friends, and family in the stands during games is to cheer on their children, and to provide a positive influence on their participation. Loud abusive language, direct addressing of the referees, other coaches, or opposing players constitutes "unsportsmanlike conduct" with a penalty of 15 yards against the associated team, and/or ejection from the field of play, and/or forfeiture of the game.

## SECTION 2 ADMINISTRATION

## 2-1 THE PRESTONWOOD FOOTBALL LEAGUE STRUCTURE

2-1-1 The PSO consists of 3 leagues and 7 individual football divisions

|  |  | 8v8 Flag |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| TACKLE |  |  | Division | 0 | Pre-K \& K Flag |
| DIVISION | 3 | 2nd \& 3rd Grade Tackle | Division | 1 | 1st Grade Flag |
| DIVISION | 4 | 4th Grade Tackle |  |  |  |
| DIVISION | 5 | 5th Grade Tackle | $\underline{\text { 7v7 Flag }}$ |  |  |
| DIVISION | 6 | 6th Grade Tackle | Division | 2 | 2nd \& 3rd Grade Flag |

In addition, each of the leagues may be further divided into Blue and Silver Divisions. Our intent, in regard to the Blue and Silver divisions, is that all teams are able to compete with teams of like ability.

## 2-1-2 PLAYER ELIGIBILITY

a) Division Eligibility is determined by the player's grade level for the current school year. A player's age is defined as his actual age on September 1, of that year. A player must not turn the next age before September 1 of the current calendar year. (I.e. a $6^{\text {th }}$ grader may not turn 13 before Sept. 1)
b) A player may request to participate in a higher age group but may not play in a lower age group. In order to play up, approval must first be obtained from PSO.
c) It is strongly suggested, but not required, that players not participate in another sport league, while participating in PSO.
d) Players are not permitted to play on more than one (1) tackle \& one (1) flag football team during the same season.

## 2-1-3 PLAYER REGISTRATION

In order for a child to be considered registered, his completed registration form/card must be completed online and all his fees paid. Parents must turn a copy of the player's birth certificate and report card in to the head coach 1 week prior to first scheduled league game. See key dates for date and time. Found on PSO website Sports - Football - select your division - Keydates (on right of screen)

Any player who has not turned in a birth certificate will not be eligible to play.
No team can have in excess of 22 players.
If registration deadlines are extended, no new players can be added after the second game, without league review.

## 2-1-4 HOW NEW TEAMS ARE FORMED

Teams are formed by groups of friends who play together or by draft, New regular teams can join PSO at any league level.

There is no restriction as to where players live as long as no individual player on the new team participated in the PSO the previous year.

Players that played in PSO Football the previous year and do not wish to return to their team must re-enter the draft.

To qualify as a regular NEW team there must not be less than 8 or more than 15 players submitted as a "New" team. The balance of the team will be made up in the draft. There can be an exception made to this rule in special situations. Contact PSO for details. The intent of this rule is to prevent teams from "loading up" or bringing in a select team.

Any new team wishing to enter the PSO Football league must contact the PSO Football Director about our new team application.

New Teams must be willing to take players from the unassigned players pool as assigned by the league when necessary.

## EXEMPTIONS:

HEAD COACH'S \& SON EXEMPTION: The only exemption to this rule would apply if a father, who has son(s) playing on a PSO team, becomes the head coach of another PSO team. If this were to happen, we would allow his son(s) to move off the existing team and become a member of the new team without going through the draft.

ASISSTANT COACH"S EXEMPTION: A player may leave an existing team if his father will be an assistant coach on a newly forming team. No more than two players may move to a new team using this exemption. The assistant coach's exemption may not be used to move a player to an existing team.

## 2-1-5 THE ADDITION OF PLAYERS TO EXISTING TEAMS

## RECRUIT OPTION

Returning $1^{\text {st }}$ place tackle teams can add up to two (2) new players to their returning roster:
All other teams may add as many new players as they would like up to 18 total team players
Including the addition of new players, they can have no more than 18 players returning and the team is still required to draft where needed.

Does not apply to Flag / 7 on 7 teams.
Flag teams should have no more than 12 players.

The added players must be included when the roster is turned in by player certification and weigh in see key dates .
The new players must meet all the regular requirements for playing in PSO.
Also, if a team qualifies for the recruit option, but for whatever reason, does not recruit any players, they will fill vacant slots through the PSO League pool/draft if players are available.

Returning teams must be willing to accept players from the unassigned player's pool when necessary, provided that all teams with fewer players are filled first.
DRAFT OPTION
All additional players (other than the Recruit Option described above) can be added ONLY through the preseason draft, as explained in the next section.

## 2-1-6 HOW AN INDIVIDUAL PLAYER JOINS THE PSO FOOTBALL LEAGUE

A child who did not play in PSO last year can join in one of two ways:
He can be recruited to play on a team.
He can come in, sign up for PSO, and then be drafted or assigned by PSO onto an existing team.
Any child who played in the PSO last year and (1) doesn't want to play on the same team, or (2) cannot play (because of age or some other reason), must notify the league and register for this year's draft. He cannot be recruited by an existing team; he must be reassigned through the draft or assigned by PSO league administrator.

PLAYER DRAFT EXEMPTION: A player has no choice over which team drafts him except that he may identify one team and one team only for which he does not want to play. That team cannot draft that player. Of course, the player must identify the team BEFORE the draft. No player has the right to request that he be allowed to move off a team once the draft has been conducted. If a player decides he doesn't wish to play in PSO because a particular team drafted him, he will sit out the year and forfeit his registration fee.

If a player participated in PSO last year, and wishes to enter the draft, even though this team is still in the league, the team he played on last year automatically becomes his draft exemption. He does not get to select an additional team.

## 2-1-7 HOW THE DRAFT WORKS

PSO Staff and volunteers conduct PSO's clinic. Regular PSO coaches are asked to observe the clinic to be better prepared to draft players, and to learn from the clinic coaches.

Coaches receive a list of draftable players in their division. Following the clinic, draft players are chosen by the coaches in a private draft meeting conducted by the league.

The coach with the least number of players on their roster will select first and will choose as many players as necessary to bring him up to the level of the team with second least number of players. They will then alternate selection turns up to the coach with the third least number of players on their roster until every player is chosen through the draft. When team sizes are equal coaches will draft in reverse order of their previous season's record.

Player selection continues until every player is placed on a team.
PSO Football reserves the right to modify the draft or the order of team selection to balance the competitiveness of each team.

When team rosters are submitted they are complete until the draft. Coaches cannot "notice" a draftable player and indicate that he belongs to their team. Coaches should submit a complete roster of team
players (minus draft players) prior to the clinic. Players in the draft will absolutely not be moved to a team during the clinic, they must be drafted.

## 2-1-8 NUMBER OF PLAYERS PER TEAM

It is our intent that each tackle team has at least 15 players, and recommends 18 players per tackle team although these numbers can be adjusted based on open sign-ups and the number of teams in a given grade division. It is our intent that each Flag or $7 \times 7$ Team has 8 to 12 players. Our playing rules do not allow for more than 22 players per team tackle team or 12 players per Flag / $7 \times 7$ teams.

## 2-1-9 UNIFORMS

In all tackle divisions, players are not provided their game jerseys. A designated distributor approved by PSO will be available. PSO Football must approve any alternative uniform arrangements. A PSO Logo is required on any existing team uniforms.
Each week the team listed first on the schedule will be designated Home Team and they will wear Dark (Colored) jerseys and use the East or South sideline depending on direction of the field

The opposing team will be Visitor and they will wear White (Light) jerseys and use the West or North sideline

## 2-1-10 PRACTICES

a) PSO sanctioned practice can only begin after all participants have current year signed liability waivers on file.
b) Organized football camps such as PSO's summer football camp are encouraged.
c) Only registered players can participate in a practice.
d) Practices are limited before the first scheduled game to 8 hours a week and no more than 2 hours in duration with no more than 4 practices per week with no more than 30 minutes full contact per day and no more than 90 min total per week.
After scheduled games begin, all practices will be limited to a total of 6 hours per week with no more than 2 hours in duration with no more than 30 minutes full contact per day and no more than 3 practices per week.
e) All players must attend scheduled team practices. Coaches may limit playing time of players who do not attend practices. Coaches must inform game officials and the opposing coach prior to game time if a player is being disciplined. In addition, it is required that this be discussed with the player's parents prior to the game.
f) PSO teams are not allowed to practice on Wednesday evenings or Sundays before 2 p.m.
g) Heat Acclimation

PSO uses a "real feel" temperature which can be found on the PSO website at Home $\rightarrow$ Field Status
If "real feel" Temp is $87^{\circ} \mathrm{F}$ or over then the first 3 practices must be in shorts and T shirts only, and the $4^{\text {th }}$ practice shorts, T shirts, and helmet only.
No practices may be held outdoors if the "real feel" temp is over $105^{\circ} \mathrm{F}$ or under $33^{\circ} \mathrm{F}$

## 2-1-11 LIABILITY

The PSO, the Prestonwood Baptist Church, volunteer league administrators, other volunteers and game officials are not liable for any injury to players, coaches, or spectators which occur during practices or games.

## 2-2 PSO FOOTBALL GENERAL INFORMATION

## 2-2-1 Field Conditions/Closures

Refer to the PSO website at Home $\rightarrow$ Field Status in inclement weather conditions for field availability/closures for either practices or games. This site is for use by anyone. However, it is the coaches responsibility to inform all players/parents of cancellations or changes.

## 2-2-2 PSO PHONE LINE: (972) 820-5227

We will also use this number as our INCLEMENT WEATHER NUMBER and therefore coaches should call and check on games, which have a chance of cancellation due to dangerous weather or unplayable game field conditions. This number is reserved for coaches only. Coaches should then inform team members of inclement weather decisions made by the PSO.
Inclement weather decisions are usually made after 3:30 PM on weekdays and by 7:30 AM on Saturdays.

## 2-2-3 RESCHEDULING GAMES

Once the season schedule is printed, no changes will be made.
Games will be considered for rescheduling for rainouts only and only if schedule permits.

## 2-2-4 HOME TEAM

The team, which is listed first on the regular season game schedule, will be considered the Home Team. The Home team will occupy either the South sideline or the East sideline, depending on the direction of the field and will wear dark (colored) jerseys. The Opponent will be Visitors and wear white (see uniform rule above).

## 2-2-5 PRE-SEASON PLAY

Before the regular season begins, a Pre-Season Tournament may be held. Teams from outside the league may be invited to participate. Every effort will be made to include every PSO team, but participation in the Pre-Season Tournament is not guaranteed.
Refer to the PSO website at Home $\rightarrow$ Field Status for field closures. This site is for use by anyone.

## 2-2-6 FORFEITURES

Teams that forfeit 2 or more games during the season will be disqualified from the playoffs.
Teams that forfeit 1 game will default to lower seed for playoffs in case of a tie.

## 2-3

## APPLICABLE FOR ALL LEAGUES

## 2-3-1 MINIMUM REQUIRED NUMBER OF PLAYERS TO START GAME

a) All Tackle Leagues - 8 players.
b) All $7 \times 7$ / Flag League -5 players.

## 2-3-2 FORFEITS

If a team has less than 8 players, there will be a 15 minute time period from the scheduled start of the game to get extra players to the field, before play must begin.
Games may be forfeited for, but not limited to:
Insufficient number of players
Inappropriate team behavior
Participation of illegal player(s)
Any player who participates after being ejected or suspended from a game.
Any player who is not registered.
Any player who was over the weight restriction limit at the time of weigh in and equipment fitting, playing in a ball carrying position or over the age guidelines.
If a team forfeits a game, that team is responsible for paying the referees.

## 2-3-3 FIELD RULES AND BOUNDARIES

a) All coaches and players must remain in the area between the two twenty-five (25) yard lines. On a 70 or 80 yd field coaches and players can go to the 20 yd line.
b) Coaches must be no closer than one yard (3 feet) from the out of bounds line: players must be no closer than two yards ( 6 feet) from the out of bounds line.
c) All spectators must remain behind the dotted line extending the length of the field and out of the coaches box. Spectators are not allowed in the end zone at any time. .
d) Coaches are responsible for cleaning up his/her sideline after their game.
e) Spectators may not coach or instruct players in any manner during games. They can encourage from the spectator area, but not instruct players.
f) Spectators desiring to take pictures or video tape games must remain at least five yards ( 15 ft .) from the boundary lines and they are NOT PERMITTED IN THE END ZONE AREA!!! .
g) The Home Team shall be responsible for providing three adults to handle the Yardage and Down markers for the entire game. Yardage and down markers remain on the Home side of the field.
h) Electronic sideline communication devices are not allowed under any circumstances.
i) Teams may go to the sideline for coaching during injury time-outs so long as they are ready for play when the referee makes the ball "ready for play". (Coaches on the field are restricted to assisting the injured player... NO COACHING)

## 2-3-4 USE OF VIDEO

a) Teams, including coaches, parents, or other interested parties may not videotape other teams practices or games.
b) Teams may video any regularly scheduled PSO game in which your team is a participant. You are allowed to attend any game and take notes only. There shall be no video recording equipment within the team area or coaching box. Viewing video tapes during a game is prohibited. In the case of a scrimmage game, both coaches should reach an agreement as to videotaping.
c) We will not review any tape for a replay during a game
d) Each participating team will be allowed 1 designated person to video from the endzone area outside the playing field in games they are a participant only and must follow any officials instructions regarding positioning.
e) No Drones are allowed whatsoever at any PSO sanctioned events without written permission from PSO

## 2-3-5 MINIMUM PLAYING RULE ALL TACKLE AND FLAG LEAGUES

a) Except for injuries, all players must play throughout the first 3 quarters of the game, either on offense or defense or a combination of both as described in the following regulations. If a player's playing time is limited for any reason, it is the Head Coach's Responsibility to notify head official, and opposing coach, as well as written on game roster card turned into Division Director BEFORE the game begins. The player cannot be in shoulder pads nor helmet at any time during limited periods. Periods of limitation must be entire half or entire game only, and length of period of limitation must be indicated on game card and disclosed to referee and opposing coach prior to start of game. The reason for playing time limitation must be written on the game card.
b) At any time during a game, each player must be playing on either offense or defense. (This means if a player is not playing on an offensive series, then he must take the field and play when the defense goes out, and vice versa for players not on defense when the offense takes the ball. It is the intent that players play the entire series, unless hurt, instruction needs to be given, etc. He is not to be played for two or three plays and then removed and someone else put in his spot.)
c) On either offense or defense, two players may fulfill their minimum playing time as shuttle players to bring in plays, etc. However, if this is their only starting position, ONLY these two shuttle players may be alternated throughout the entire offensive or defensive series. You cannot use them for the first few plays, and then change to someone else while they sit out. Also, players used to shuttle in plays must remain in the game for that play.
d) Kickoff and receiving teams do not count as a down in fulfilling minimum playing time.
e) In all divisions except Mighty Mite Flag, an open substitution policy exists during the $4^{\text {th }}$ quarter of a game. This means coaches must abide by the substitution rules for the first three quarters a game but are allowed to play whomever they want during the $4^{\text {th }}$ quarter.
f) Penalty: A coach found in violation of these rules may forfeit the game. Coaches are encouraged to police each other.

## GAME DAY ROSTER LINE-UP CARDS

Game Cards can be found on the PSO website at Sports- Football- Coaches Information-scroll down to Team Roster (Game Card) download and print. It is the responsibility of the HEAD COACH of each team to turn in the lineup card for his team to their division director / field coordinator 15 minutes prior to the game. If the field director is not available, then turn in your card to the concession stand.

## REASONS FOR LIMITING A PLAYERS PLAYING TIME

a) Missing Practices - If a player repeatedly misses practice, his playing time can be reduced.
b) Not Prepared - Once in a while a player will be assigned to a team and he only has one or two practices before the game. In this case, his playing time can be reduced in order that he becomes more prepared to play football.
c) Disciplinary Reasons - Sometimes the only way to make a point with a disciplinary problem is to reduce a player's playing time. Again, this should be handled on a half by half basis and the parents should be informed before this is done (prior to the game in most cases).
d) Illness/Injury - Sometimes a player will show up for a game when he's not feeling well or play in a game and get hurt. In those cases, a player may want to sit out until he is able to play.
e) *Coaches must notify the league of player restrictions on the sign in sheet and game card. The coach must have 3 copies of his game card for each game, 1. His own use 2.Division Director 3. Opposing Coach.

## PSO GAME DAY HEADQUARTERS

Coaches may visit the general concession stands located at the North End of the campus, near the Northwest corner of the campus Here they may receive any instructions that apply to that game or the league. There is an automatic defibrillator located in the concession stands/headquarters as well as on the wall to the left just as you enter the Sports and Fitness Center doors

## 2-3-6 GAME ABANDONMENT

Football Officials may stop the games for any of the following reasons:

1) Unsafe weather conditions
2) Unplayable or unsafe game site conditions
3) Unsportsmanlike Conduct

Games results will be determined by PSO League Officials depending upon the amount of time played and the reason for abandonment.

## 2-3-7 GAME FORFEITURE RULE

## Note: every attempt should be made to play a scheduled game

Permission to forfeit a game can be given by League Officials only because of a team not having enough players to field a team. It is up to the coach to make sure he has enough players to field a team. If he cannot, it is best to call the League Director and let him know they will not be able to play at least 24 hours before game time. This allows time to notify the other team and officials.

Any team who forfeits a game will be required to reimburse PSO for game expenses.
Coaches should prepare players to compete in every game. Scheduled games must be played and teams should complete games.

## 2-3-8 PROTESTS OR APPEALS

1) There are no protests for judgment calls by officials, or appeals against a particular PSO policy or rule.
2) All protests must be filed in writing to the PSO League Director no later than 48 hours after the game being protested and must include a fee of $\$ 50.00$. This fee is refundable only if the protest is upheld.
3) All protests must be made known to the head official at the time of the protested incident.
4) If available, please provide video

The PSO staff or League Commissioner will decide if there are grounds for a protest or an appeal. If there are grounds, the Grievance Committee will be convened to review and rule on the appeal.

## 2-4 SPECIAL PSO FOOTBALL LEAGUE RULES

## 2-4-1 RULE ADMINISTRATION \& RULEBOOK

PSO reserves the right to modify, change or create any rule that is in the best interest of the children involved in the program.
2-4-2 The official rules for PSO are NCAA Football Rules with Texas High School exceptions and additional exceptions covered in this PSO rulebook.

## 2-4-3 UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct penalties are 15 yards ( 10 yards on 70 or 80 yard fields). Repeated offenses can result in a game forfeiture. A player, parent or coach can be ejected for unsportsmanlike conduct and the team will be penalized for their actions.

## 2-4-4 PLAYER EJECTION FROM A GAME

Temporary Ejection - Officials may eject, temporarily, a player for conduct unbecoming or unsafe. It may be as brief as one play, but in no case longer than one quarter of play.
Permanent Ejection - Officials may eject a player from the rest of the game. In this instance, the player must remove his helmet and shoulder pads. Additionally, the player will not be allowed to participate in the next scheduled game. This includes post-season play. Ejections are serious infractions in PSO. Coaches, parents and players need to recognize this and make immediate, permanent corrections.

## 2-4-5 PSO TIE BREAKER SYSTEM

If a game ends in a tie, a coin toss with the head coaches takes place with the winning coach having the option of offense or defense. The other coach chooses which direction the winning coach's team will advance the ball.
The ball is placed at the 50 yard-line and the offensive team has four penalty free downs to advance the ball as far as possible. At the conclusion of the fourth down, the defensive team takes over at the spot where the first team finished their series and has four penalty free downs to advance the ball as far as possible.

A turnover (fumble or interception) ends a team's possession and the other team takes over. After a fumble recovery by the defense, the ball will be placed at the spot of the fumble or at the point of recovery, whichever is most advantageous to the recovering team.
After an interception the ball will be placed at the previous spot or the dead ball spot whichever is most advantageous to the intercepting team. If a team scores a touchdown, they will try an extra point play with the extra point scoring rules for their Division in place. Only 4 downs free of fouls are awarded each team. A penalty does not establish a new first down but penalty yards will be assessed, and a down may be replayed if specified by rule.
After the both teams complete their 4 down series and the score is still tied, with neither team scoring in overtime, the winning team is decided by which side of the 50 yard-line the football rests on. If both teams scored a touchdown and the score is still tied, the process is repeated with the coach who lost the first toss having the first option.

## 2-4-6 PLAYOFFS

TEAM STANDINGS
Team standings are based on win-loss record and determine seeding in the playoff tournament. In the event of a tie the online standings may not be correct.

## TIE BREAKER SYSTEM FOR PLAYOFFS

Determined in the following order until tie is broken

1) Any team that has forfeited any game will take a lower seed
2) Head to head competition
3) If no head to head competition then record against common opponents will be used
4) Record vs highest seeded team not involved in the tie (continues down seeds until tie broken
5) If tie is still not broken the random online standings will be used

## 2-4-7 MOUTH GUARDS

All players will have their mouthpieces in place when the quarterback starts his cadence, or one second prior to the snap on a silent count. Officials will stop play prior to start of play to avoid injuries. (Penalty: The team will be charged 1 time out, unless all time outs have been used. In that case, a five-yard, delay of game, penalty will be marked off.) - a colored mouth guard must be used.

## 2-4-8 SET POSITION CLARIFICATION

OFFENSE: Offensive lineman, including and between the two tackles, must be set for one full second prior to the snap of the ball. Once the center has placed his hand on the ball and a lineman places his hand on the ground, he may not pick his hand up for adjustment.
DEFENSE: Defensive linemen must be in a three or four point stance at the snap of the ball if they are lined up head up or inside the two offensive tackles. In the illustrated example shown any defender who is INSIDE THE DASHED BOX must be in a 3 or 4 point stance at the snap of the ball. Players outside the box may be in 2, 3, or 4 point stance, as desired. As you can see, Stand-Up line positioning is allowed outside the offensive tackles



Linebackers and defensive backs may not, under any circumstances, have a running or moving start toward the line of scrimmage.

Players not on the line of scrimmage must line up at least one (1) yard behind the defensive "DOWN LINEMEN".
PENALTY: This is a "live ball" foul and is called and marked as offside. Offense can accept or decline the five-yard penalty based on the result of the play.


## 2-4-9 POST GAME ACTIVITIES

All players and coaches must line up at midfield to shake hands after the game.
After the handshake line, all players and coaches then return to midfield for the post game prayer lead by the home team. The home team coach is also responsible for a brief recap ( $3-5$ mins.) of that week's value lesson.

Team players, coaches, and parents should clear all litter from the sidelines.
If it's the last game on the field for the day the visiting team coaches are responsible for compiling the down and yardage markers to the center of the football field.

## 2-4-10 EXCESSIVE SCORING (Not Applicable in FLAG / 7 on 7)

A point difference of thirty-five (35) points or more is not allowed and constitutes an excessive scoring margin. It is the responsibility of the head coach of the team that is ahead to insure that his team does not reach the 35-point differential.
The winning coach must be discreet in the methods used to keep a large point spread from occurring. Reasonable measures to prevent a large point spread include, but are not limited to, liberal substitution of $2^{\text {nd }}$ and $3^{\text {rd }}$ string players, playing players out of their normal position, calling plays which do not have the potential for being high gainers, or use of very basic plays and formations. One of the best ways to avoid excessive scoring is to put a backup players at quarterback and wide receiver and then attempt to throw frequent passes. There are players on every team that desire to play skill positions, but lack the ability to score easily. These players should be given the opportunity to play in excessive scoring situations.

Under no circumstances should coaches of the winning team make it known to spectators, the opposing team, or his own players that they are trying not to score.
The winning team should make every effort to avoid embarrassment or humiliation to the opposing team and Prestonwood Sports Organization.
Defensive scores are not included in the 35 point differential.
It is the intent that any intentionally "run up" score will result in automatic forfeiture of the game. The team will be placed on probation and could be eliminated from post-season play.
When there is a 21 point differential in the $4^{\text {th }}$ quarter the clock will stop only for time outs and injuries.
Failure to comply with the 35 point rule could result in further sanctions against the head coach up to and including suspension from game(s). Therefore, if the final score of a game has a 35 point differential or greater, at the end of the game the team with more points loses.

## SECTION 3

## DIVISION RULES

## 3-1 Mighty Mites Flag 8 v 8 Division (Div. 0-Pre K/K and Div.1)

## 3-1-1 SCORE:

The score is not kept in Flag games at this age of play.

## 3-1-2 PLAYER ELIGIBILITY

All children between the ages of 5 and 7 are eligible to participate in the PSO Flag Football League. A player's age is defined as his actual age on September 1 of that year. If their birthday falls on September 1, they can play up or down.

## 3-1-3 NUMBER OF PLAYERS PER TEAM

Flag Football is played with eight (8) players on the field. Flag football teams have a maximum of sixteen (16) players on the team. A team must have at least 10 players.

## 3-1-4 BALL CARRIER WEIGHT RESTRICTIONS

There are no weight restrictions for playing or carrying the ball in the Flag Football League.

## 3-1-5 REQUIRED EQUIPMENT

Proper equipment includes:
Mouth Guards - all players must have a mouth guard that correctly protects the front teeth. The mouth guard must be in place (1) second prior to the snap of the ball. Players without mouth pieces will not be permitted to play.

Athletic shoes - those shoes designed for grass play are recommended (NO METAL CLEATS ARE ALLOWED)
Flags - the PSO supplies the flags that are used at each game, they must be 14 inches long.
Athletic Shorts - PSO recommends dark colored shorts.
PSO approved headgear

## 3-1-6 UNIFORMS

In the Flag Division teams will be provided a jersey by PSO. PSO recommends that all teams wear non-white athletic shorts.

## 3-1-7 BALL SIZE

The PSO Flag Football league uses the PEE WEE (K2) Ball as their official football. PSO will provide the game ball.

## 3-1-8 FIELD SIZE

Flag football is played on a 70 or 80 yard field. If a 100 -yard field is used, the fifty-yard line will remain as the midfield point and the goal lines will be placed at the 15 -yard line or 10 yard line.

## 3-1-9 PRACTICES

Each coach determines a place and time for practice. Prior to the first game, practices are limited to 6 hrs a week and no more than 3 practices.

Once scheduled play begins, practices will be limited to once per week of no more than two (2) hours in length. Practicing outside these guidelines will result in disciplinary action by the league.

## 3-1-10 RESCHEDULING GAMES

Since this is a recreational league, rained out games may or may not be rescheduled.

## 3-1-11 FIELD RULES

Up to two coaches can be on the field with the team.
All spectators must remain five yards (15 feet) beyond the out of bounds line.
Coaches are responsible for cleaning up his/her sideline after their game.
Spectators desiring to take pictures or video tape games must remain at least five yards ( 15 feet) from the boundary lines and they are NOT PERMITTED IN THE END ZONE AREA!

No team gatherings for the purpose of coaching during an injury time-out are allowed.
Score is not kept in flag games.
The offensive team has 45 seconds to get a play off.

## 3-1-12 PLAYING PERIODS \& TIME

The game will consist of four (4) periods or quarters of ten (10) minutes each. The clock will run continuously except for the last 2 minutes before half-time and game end. It will also stop for time outs, injuries, and after touchdowns. An official will keep game time on the field.

## 3-1-13 TIME OUTS

Each team will be allowed two (2) one-minute time outs per half.
Time outs can be called by any of the coaches on the field at that time.

## 3-1-14 COACHES ON FIELD

Two coaches from each team will be allowed on the field during play. These coaches must not interfere with the flow of play in any manner. Once the ball is put in play, the coaches cannot gesture, motion or speak to players until the play is blown dead.
Coaches in this division are not allowed to talk to officials during this game. There will be a 5 minute clarification period at half with the head coach (only) and officials.

## 3-1-15 KICK-OFF

There will be no live kick-offs. Playing on a 70 or 80 yard field, the ball will be placed on the receiving team's 25 or 30 yard line: ten yards back from the mid-field stripe.

## 3-1-16 PUNTING

Automatic 20 yards on $4^{\text {th }}$ down and ball cannot be placed deeper than the 5-yard line.

## 3-1-17 FIRST DOWNS

First down chains are used in flag football. A team will be allowed four downs to advance the ball ten yards. If, after four consecutive downs, a team has failed to advance the ball ten yards, possession shall go to the defense at that spot.

## 3-1-18 STANCES

Any stance is permitted as long as the team maintains a "set" position for at least one second before putting the ball in play. Appropriate 2, 3, and 4, point stances are preferred.

## 3-1-19 OFFENSIVE LINE PLAY

There must be at least five (5) players or any larger number of players on the offensive line of scrimmage at the snap.

Guards may not line up more than one (1) yard from the ball.

Line Blocking - Blocking on the line should resemble pass blocking. Linemen may not move out to aggressively block a defensive lineman. They may however, proceed down field for run blocking.
Run Blocking - Run blocking is accomplished by screening for the runner.
Aggressive contact by the blocker, even if accidental, is not permitted.

## 3-1-20 DEFENSIVE LINE PLAY

Any number of players may be on the defensive line of scrimmage at the snap.
No defensive player can go passed the line of scrimmage (through or around a player) from guard to guard (with a guard in a normal position next to the center).

Aggressive contact - Aggressive contact is not allowed. Defensive players must go around the offensive linemen.

Defensive linemen must line up at least two yards from the ball. Violation of this rule will result in a 5 yard penalty.

## 3-1-21 DEFENSIVE BACKFIELD PLAY

Linebackers and defensive backs may not be moving toward the line of scrimmage (blitz) until the ball has been snapped.

## 3-1-22 HUDDLE

After the official marks the ball "ready for play" the offense will have 45 seconds to break the huddle for a play or else be penalized five (5) yards for delay of game.

## 3-1-23 FUMBLES

The ball becomes dead at the time of a fumble, or if the ball was stripped from the ball carrier. The determining factor between a muff and a fumble is possession. If the ball is muffed the play will continue, however if there is a fumble the play will be blown dead at the spot of the fumble. The offensive team will retain possession unless it was fourth down. Intentional stripping of the ball from the ball carrier is not allowed.

## 3-1-24 SAFETIES

Following a safety the scoring team will get possession of the ball at the midfield stripe.

## 3-1-25 CENTER SNAPS

A center snap that touches the ground before it gets to the quarterback or gets past the quarterback constitutes a dead ball. If the quarterback muffs the snap the play will continue as is.

## 3-1-26 PLAYING TIME \& SUBSTITUTIONS

Each player will play a minimum of two (2) full quarters unless that player is sick, injured or disciplinary action is being taken. In the case of disciplinary action, the coach must notify the referee, the opposing coach, and the player's parents. Also, the coaches sign in sheet or game card must note this.
Every player is to start the game on offense or defense and play every series on offense or defense.

## 3-1-27 BALL CARRIERS

Ball carriers (runners) can only be the quarterback, backs, and ends. Flags must be worn on the sides of the runner and all fourteen (14) inches must be visible for the defensive player to grab.

## Every player must carry the ball at least once during the course of a ballgame. Every effort should be made by the coach to balance the carries amongst the team members individually.

This rule applies to all ball carriers whether they line up in a backfield or a line position.
Pass catching does not count as carrying the ball as long as the pass is completed past the line of scrimmage and is not just a short toss to a backfield person.

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This rule does not preclude a player, the Quarterback for example, from playing the whole game in that position as long as he does not carry the ball past the line of scrimmage in both halves.

NOTE: The intent of this rule is to give more kids the opportunity to carry the ball on a regular basis. Coaches should work to develop as many kids as possible as potential ball carriers. It is understood that at this age (five year olds especially) some kids find it difficult to even take a ball and run in the right direction. Throughout the season coaches should try to give every player a ball carrying opportunity.

## 3-1-28 PASSING/PASS RECEIVERS

Any player can be a pass receiver. Also, if a pass is intercepted, the player who intercepts the pass may advance the ball.

## 3-1-29 FLAG GUARDING

Flag guarding occurs when a ball carrier, either intentionally or unintentionally, by using his hand or arm interferes with a defensive player's attempt to grab a flag. Players must wear shirts tucked in. If flag guarding occurs the ball is dead at the point of this foul. The offending player is warned and can be penalized for future infractions.

## 3-1-30 TACKLING (or "Flagging")

Tackling occurs when a defensive player pulls the flag from the belt of the ball carrier.
a) Illegal Tackles - An illegal tackle is any action of grabbing the ball carrier to impede his progress and allow time to pull the flag. Any reaching across or around a ball carrier that slows him down so that the flag can be pulled is illegal.
b) A defensive player may leave his feet in an attempt to grab the flag as long as he is not diving into the ball carrier. There is a difference in diving at someone to pull a flag, and diving or sliding in an attempt to pull a flag. If in the opinion of the official, the defensive player made aggressive contact a penalty should be called.
c) Defensive players, after grabbing the flag, should hold it up for the referees to see, and then lay it on the ground where the "tackle" was made, or hand it back to the ball carrier.
d) Illegal flagging is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become the ball carrier.

## 3-1-31 CENTER'S ADJUSTMENT OF BALL CLARIFICATION

Upon reaching the ball, the center may adjust its position so long as it is not picked up from the ground and it is stabilized one second prior to the snap.

# PSO NFL FLAG LEAGUE <br> <br> 7v7 FLAG DIVISION 2 <br> <br> 7v7 FLAG DIVISION 2 <br> $2^{N D}$ AND $3^{\text {RD }}$ GRADE FLAG 

## 3-2 DIVISION 2

## 3-2-1 PLAYER ELIGIBILITY

a) All children in the $2^{\text {nd }}$ and $3^{\text {rd }}$ grade who do not turn 10 before September 1 can play in the Prep Division.
b) A player's age is defined as his actual age on September 1, of that year.
c) There are no weight or size limitations on ball carrier eligibility.

## 3-2-EQUIPMENT

a) All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:
b) PSO approved headgear
c) Athletic shorts: PSO suggest non-white shorts.
d) Athletic shoes: those designed for grass play are recommended (no metal cleats are allowed).
e) Mouthpiece: must properly fit the upper teeth. (colored mouthpieces are preferred)
f) Flags will be provided by the league.

## g) NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS.

Visitors (wearing white) will line up on the right side of the field when facing the end zone. Home (wearing dark) will line up on the left side of the field when facing the end zone

No school football jerseys of any type shall be worn. T -shirts, Under-Armor-type personal jerseys or basketball-type sleeveless shirts are permitted. We recommend that all teams have shirts with numbers on the back.

## 3-2-2 GENERAL INFORMATION

Field Dimensions -
Field Length - 70 or 80 Yards / Width- 30 yards
End Zone - 10 yards deep
If using a regulation $100 \mathrm{~L} \times 53 \mathrm{~W}$ field, the field dimensions should be adjusted
Each site will have a designated central time keeper. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10, 5, and 2 minute marks.

Visiting team will have first possession and wear white (top team in bracket or first team listed will be the visitor).
The home team will have first possession in the $2^{\text {nd }}$ half and wear a dark color (bottom team in bracket or second team listed will be the home team).
Teams must be on opposite sides of the field)
Game Balls
Ball always placed on right hash mark when at the 30-yard line.
Each team will use a PSO official game ball during offensive possessions. 2/3 ${ }^{\text {rd }}$ grade division will Wilson Peewee size football.

Referee will announce the score before each offensive possession begin

Time - Two (2) 25 -minute halves (continuous clock for each half).
One (1) 60 -seconds time out per game. None in OT.
Two (2) Officials. Referee/field Judge and a Back Judge for all games.

## h) MOVING THE BALL

a. The QB may hand the ball off to a Running Back/Ball Carrier behind the line of scrimmage on 2 plays of the 4 downs. QB's must pass the ball on 2 plays of the 4 downs.
b. The QB (defined as the first player to touch the ball from the centers snap) may not run the ball. The only way the ball may be advanced by running is if the QB hands the ball off to another player, who then becomes the ball carrier.
c. No kicking/punting.
d. Field is marked at 10 yard intervals with cones. (3 first downs without a penalty would result in a TD).
e. Possession always begins at the 30 yard line at the right hash.
i. NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 30YD. LINE. LOSS OF DOWN WILL BE ASSESSED INSTEAD.
f. $\quad 1^{\text {st }}$ Down- incomplete pass and offensive penalty results in the next down being $2^{\text {nd }}$ down.
g. $2^{\text {nd }}$ Down incomplete pass and offensive penalty results in the next down being $3^{\text {rd }}$ down.
h. Offenses always move in the same direction
i. ALL PASSES MUST BE FORWARD. The QB or another back who has taken the ball from the QB are eligible to pass the ball, provided that player has not already passed the line of scrimmage.
j. A pass caught behind the line must be a forward pass... not a lateral.

## LEGAL PASS BEHIND THE LINE OF SCRIMMAGE



This pass is legal, even though it is behind the line of scrimmage, as the QB is throwing the ball forward towards the Wingback

## ILLEGAL PASS BEHIND THE LINE OF SCRIMMAGE



This pass is NOT legal, because the QB would have to pass the ball backwards. A pass toward "E" on the left side WOULD be legal however, as E is forward of the QB .
k. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass.

## i) SPECIAL RULES

a. If the QB hands the ball off at the 30-yard line to a Running Back/Ball Carrier, and a defensive player tags the ball carrier behind the 30 -yard line, the play is a SAFETY.
b. Also, if a forward pass does not cross the LOS and before the 7.0 second count has expired, or if a defensive player tags the ball carrier behind the 30 yard line, the play is a SAFETY
c. Defensive players may not cross the line of scrimmage, unless a hand off to a Running Back/Ball Carrier occurs or a forward pass is completed. In other words, if the QB still has the ball there can be no rush.
d. No blocking. Screen blocking with arms to the side or behind the back is OK. Arms CANT be extended forward or have palms facing forward.
e. Receiver/Ball carrier is legally down when his flag has been pulled from his belt by a defender, or falls off on it's own (Excessive force by shoving, pushing, or striking a blow will be penalized by automatic $1^{\text {st }}$ down and 5 yards. Player will be expelled if ruled unsportsmanlike \& flagrant).
f. Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is NOT a fumble/dead ball. The 5.0 second count remains in effect on snaps.
g. Each team will have 30 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5-yard penalty.
$h$. The point after attempt will be voided if you have a delay of game penalty. Defense will get the ball at the 30 yard line.
i. The offense turns the ball over if they have two delays of game penalties in one offensive series.
j. The QB is allowed 5.0 seconds to throw the ball or hand off to a running back. The referee starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball or hands off to a running back.
k. If release or hand off occurs at or under 5.0 seconds,
I. If release or hand off occurs after 5.0 seconds, the play will not be blown dead, but will be treated as an incomplete pass at the conclusion of the play.
m . All penalties will be marked off on a 5.0 second count EXCEPT for pass interference.
n. Defensive Pass Interference will be a spot foul ( $1^{\text {st }}$ down at the spot).
i. The penalty will be 10 yards if the foul occurs 10 or more yards past the original line of scrimmage (1stdown).
o. Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play ( 5 -yard penalty).
p. Offensive pass interference is a 10 yard penalty.
i. The penalty will be a loss of down if 10 yards would take a team past the 30 yard line.
q. Interceptions MAY be returned. If the intercepted pass is not returned for a touchdown possession will be at spot downed.
r. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball to the referee will result in a delay of game and will be a 5 -yard penalty from the succeeding spot.
s. The offensive center IS an eligible receiver (all teams must have a center-the center may be any player). The center is responsible for establishing the succeeding spot as designated by the Referee.
t. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage
u. NO RUN ZONE RULE - No running plays 5 yards or closer to goal line regardless of down.

Coache One coach from each team will be allowed on the field during play. The coach must not interfere with the flow of play in any manner. This includes talking to or instructing players once the ball has been snapped. Coaches must be 5 yards (at least) behind their deepest offensive or defensive player.

v. Coaches should not have to place players in their positions after the $3^{\text {rd }}$ game of the season.
w. Coaches in this division are not allowed to talk to officials during the game. There will be a 5 minute clarification period at half with the head coach (only) and officials. Other clarification can occur before the game.

## j) Ball Carriers

a. Multiple ball carriers are encouraged.

## k) Penalties

a. Coaches Interference - When play is started both offensive and defensive coaches must be at least 5 yards behind their deepest player. They must remain silent and not interfere with the play until the play is over. They cannot issue instructions or comment to their players from the time the ball is snapped until the whistle sounds to end the play. (PENALTY -5 yards from the line of scrimmage for issuing instruction.)
b. The coach must move to avoid interference with the play. If an offensive coach interferes, the defensive team can take the play and 5 yards or place the ball at the spot of the foul and assess the 5 yards.
c. Defensive Coach - A coach must move so as not to interfere with blockers or ball carriers. If he interferes, then a flag will be thrown at the spot of the foul and the play will be allowed to continue. The offensive captain will have the option of taking a five yard advancement from the spot of the foul with no loss of down, or taking the play with a loss of down.
d. Defensive Alignment - The defense may have as many players on the Line of Scrimmage as the offense (i.e. if the offense only has five players on the Line of Scrimmage in the tackle box the defense can only have 5 players. If the offense adds a TE the defense may add one more player.) In addition the defense can only have one player in the " A " gap on the LOS.

## I) Scoring

Points for scoring are:
a. Touchdown - six (6) points
b. Extra point running - one (1) point
c. Extra point passing - two (2) points
d. Runback from an extra point try - one (1) points
e. Runback of an intercepted pass on a 2 point conversion - two(2) points
f. Runback of an intercepted pass during regulation game - six (6) points
g. Kicked extra point or field goals - not permitted (even though goal posts may be present)
h. Safety - two points are awarded to the defense, and they also gain possession on the 30 .

## m) SAFETY BALL SPOT

a. After a safety the ball will be spotted in the same place as it would on a kick-off.

## Section 6

## NFL Flag Division

## 6th Grade

## 600) EQUIPMENT

a) All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:
i) PSO Approved Headgear
ii) Athletic Shorts - PSO suggest non-white shorts. Under no circumstances may a team wear shorts of any color with a "stripe" that is the same color as the team flags worn by players. Solid colors are suggested.
iii) Athletic shoes: those designed for grass play are recommended (no metal cleats are allowed).
iv) Mouthpiece: must properly fit the upper teeth. (colored mouthpieces are preferred)
601) PLAYER ELIGIBILITY
a) All children in the $6^{\text {th }}$ grade who do not turn 13 before September 1 can play in the NFL Division. A player's age is defined as his actual age on September 1, of that year.
b) There is no size or weight restrictions

## 602) GENERAL INFORMATION - STARTING THE GAME

a) Field Dimensions -
b) Field Length - 45 Yards
c) End Zone - 10 yards deep
603) STARTING THE GAME
a) Each site will have a designated central time keeper. All games will begin and end on this person's instructions. He will also announce the time remaining at the 10,5 , and 2 minute marks.
b) Visiting team will have first possession and wear white (top team in bracket or first team listed will be the visitor).
c) The home team will have first possession in the $2^{\text {nd }}$ half and wear a dark color (bottom team in bracket or second team listed will be the home team).
d) Teams must be on opposite sides of the field
e) NO TEAM WILL BE ALLOWED TO PARTICIPATE WITHOUT SHIRTS
f) No school football jerseys of any type shall be worn. T -shirts, Under-Armour ${ }^{\text {TM }}$-type personal jerseys or basketball-type sleeveless shirts are permitted. We recommend that all teams have shirts with numbers on the back.
g) Players are permitted to wear standard football cleats with plastic or rubber spikes.
i) NO METAL SPIKES ARE ALLOWED!
h) Ball always placed on right hash mark when at the 45-yard line.
i) Each team will use a PSO "TDJ" League ball during offensive possessions.
j) Referee will announce the score before each offensive possession begin.
k) Halftime 5 minutes
I) One (1) 60 -second timeout per half.
m) Two (2) 20-minute halves (continuous clock for each half).
n) Two (2) Officials. Referee/Field Judge and a Back Judge for all games.

## 604) MOVING THE BALL

a) ALL PASSES MUST BE FORWARD. A pass caught behind the line must be forward. The only laterals that will be allowed will be laterals that occur after the completion of a forward pass.
b) The QB may hand the ball off to a Running Back/Ball Carrier behind the line of scrimmage on 1 play of the 4 downs. QB's must pass the ball on 3 plays of any 4 downs.
c) The QB may not run the ball, but by handing the ball off to another player in the backfield, he may then go out to receive a pass.
d) No kicking/punting.
e) Field is marked at 15 yard intervals with cones. (3 first downs without a penalty would result in a TD).
f) Possession always begins at the 45 yard line at the right hash.
g) NO PENALTY WILL BE ASSESSED IN EXCESS OF THE 45 YD. LINE. LOSS OF DOWN WILL BE ASSESSED INSTEAD.
h) $1^{\text {st }}$ Down- incomplete pass and offensive penalty results in the next down being $2^{\text {nd }}$ down.
i) $2^{\text {nd }}$ Down incomplete pass and offensive penalty results in the next down being $3^{\text {rd }}$ down.
j) Offenses always move in the same direction.
k) the QB hands the ball off at the 45 -yard line to a Running Back/Ball Carrier, and a defensive player tags the ball carrier behind the 45 -yard line, the play is a SAFETY.
I) Also, if a forward pass does not cross the LOS and before the 5.0 second count has expired, a defensive player tags the ball carrier behind the 45 yard line, the play is a SAFETY.
605) SPECIAL RULES
a) Defensive players may not cross the line of scrimmage, unless a hand off to a Running Back/Ball Carrier occurs or a forward pass is completed.
b) Screen blocking with arms to the side is OK. Arms CANT be extended.
c) Receiver/Ball carrier is legally down when touched below the neck with one or both hands. $\$
i) Excessive force by shoving, pushing, or striking a blow will be penalized by automatic $1^{\text {st }}$ down and 5 yards. Player will be expelled if ruled unsportsmanlike \& flagrant.
d) Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is NOT a fumble/dead ball. The 5.0 second count remains in effect on snaps.
e) NO RUN ZONE RULE - No running plays when 10 yards or closer to the goal line.
f) Each team will have 30 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be a 5 -yard penalty.
g) The point after attempt will be voided if you have a delay of game penalty. Defense will get the ball at the 30 yard line.
h) The offense turns the ball over if they have two delay of game penalties in one offensive series.
i) The QB is allowed 5.0 seconds to throw the ball or hand off to a running back. The referee starts a stopwatch on the snap of the ball from center and stops the watch as soon as the QB releases the ball or hands off to a running back.
i) If release or hand off occurs at or under 5.0 seconds, the play stands as is.
ii) If release or hand off occurs after 5.0 seconds, the play will not be blown dead, but will be treated as an incomplete pass at the conclusion of the play.
iii) All penalties will be marked off on a 5.0 second count EXCEPT for pass interference.
j) Defensive Pass Interference will be a spot foul ( $1^{\text {st }}$ down at the spot).
i) The penalty will be 15 yards if the foul occurs 15 or more yards past the original line of scrimmage (1stdown).
k) Responsibility to avoid contact is with the defense. There will be NO chucking, or deliberate bumping or grabbing. These actions will result in a "tack on" penalty at the end of the play ( 5 -yard penalty).
I) Offensive pass interference is a 15 yard penalty.
i) The penalty will be a loss of down if 15 yards would take a team past the 30 yard line.
$\mathrm{m})$ Interceptions MAY be returned. The ball is returned to the offense if INT is not scored by defense. The offense will retain ball on 45 yard line.
n) Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball to the referee will result in a delay of game and will be a 5 -yard penalty from the succeeding spot.
o) The offensive center IS an eligible receiver (all teams must have a center-the center may be any player). The center is responsible for establishing the succeeding spot as designated by the Referee.
p) The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage
606) Coaches
a) One coach from each team will be allowed on the field during play.
b) The coach must not interfere with the flow of play in any manner
c) Coaches should not have to place players in their positions after the $3^{\text {rd }}$ game of the season. It is allowed, but if the time between snaps expires, a delay of game penalty will be applied.
d) Penalties - Coaches Interference - When play is started both offensive and defensive coaches must be at least 5 yards behind their deepest player. They must remain silent and not interfere with the play until the play is over. They cannot issue instructions or comment to their players from the time the ball is snapped until the whistle sounds to end the play. (PENALTY - 5 yards from the line of scrimmage for issuing instruction.)
e) The coach must move to avoid interference with the play. If an offensive coach interferes, the defensive team can take the play and 5 yards or place the ball at the spot of the foul and assess the 5 yards.
607) Ball Carriers - multiple ball carriers/receivers are encouraged. The more players that touch the ball in a game, the more interested they will remain and the more engaged they will be in the game, regardless of the score or time remaining.
608) Defensive Coach - A coach must move so as not to interfere with blockers or ball carriers. If he interferes, then a flag will be thrown at the spot of the foul and the play will be allowed to continue.
a) The offensive captain will have the option of taking a five yard advancement from the spot of the foul with no loss of down, or taking the play result with a loss of down.
b) Defensive Alignment - The defense may have as many players on the Line of Scrimmage as the offense (i.e. if the offense only has five players on the Line of Scrimmage in the tackle box the
defense can only have 5 players. If the offense adds a TE the defense may add one more player.) In addition the defense can only have one player in the "A" gap on the LOS.
c) Coaches in this division are not allowed to talk to officials during the game. There will be a 5 minute clarification period at half with the head coach (only) and officials. Other clarification can occur before the game.

## 609) Scoring

Points for scoring are:
a) Touchdown - six (6) points
b) Extra point running - one (1) point
c) Extra point passing - two (2) points
d) Runback from an extra point try - one (1) points
e) Runback of an intercepted pass on a 2 point conversion - two(2) points
f) Runback of an intercepted pass during play - six (6) points
g) Kicked extra point or field goals - not permitted
h) Safety Ball Spot - After a safety the ball will be spotted in the same place as it would on a kick-off.

## Division 3

$2^{\text {nd }} \boldsymbol{\&} 3^{\text {rd }}$ GRADE TACKLE

## 3-3-1 ELIGIBILITY

a) All children in the $2^{\text {nd }}$ or $3^{\text {rd }}$ grade who do not turn 10 before September 1 are eligible to play in Division 3.
b) There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed during the PSO player weigh-in and this will be their official weight for the season.
c) Players are weighed in Shorts, Socks, and T-shirts by league officials on designated scales at the PSO facility.
d) Whenever a player is within two pounds of the weight limit (over or under), he will step off the scales, and then immediately be weighed again on the same scale, in the presence of another league official, so that we can accurately confirm with no doubt that a player is the weight he is assigned for the remainder of the season.
e) A player exceeding the weight limit of 95 lbs must play center, guard, or tackle on offense, and/or anywhere on defense, as weight it not considered in defensive positioning.
f) 'Non-Carry' players (over 95 lbs ) must have a clearly identifiable STICKER provided by the league, which is placed on the backside of the player's helmet.
g) No player over the weight restriction can be placed in position to receive a punt or behind the front line to receive a kickoff.
h) A weight restricted player can return a ball kicked to them if they are on the front line of the return team.
i) There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.
j) No player exceeding the weight limit at the weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in. Players who GAIN weight after the weigh in are still considered to be their weigh-in weight.
k) In the event that teams from two different division age groups must play each other, the lesser of the weight limits apply.

## 3-3-2 BALL SIZE

Division II will play with the PEEWEE (K2) sized football.

## 3-3-3 FIELD SIZE

Division 3 will play on a 70 or 80 yd field.

## 3-3-4 EQUIPMENT

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

Football helmet: including facemask and chin strap. */t is the responsibility of the parent and coach to make sure the helmet is properly fitted, worn correctly and properly maintained.

Football shoulder pads: must fit properly and protect the entire shoulder girdle.

Football pants: complete with hip, tail, thigh, and knee pads.
Athletic shoes: those designed for grass play are recommended (no metal cleats are allowed).
Mouthpiece: must properly fit the upper teeth. (colored mouthpieces are preferred)

## 3-3-5 UNIFORMS

Uniform jerseys must have the PSO logo placed either on the front of either shoulder, or under the "V" of the neck. The location should be consistent for all team players.

## 3-3-6 PLAYING TIME \& PERIODS

The game will consist of two halves containing two quarters. Each Quarter will have an 8 minute standard clock. NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.
*When a team is ahead by 21 points or more, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the $4^{\text {th }}$ quarter. If a team leads by 21 or more points, the $4^{\text {th }}$ quarter clock will run.

Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field

## 3-3-7 TIME OUTS

Each team will be allowed two (2) one-minute time outs per half. Should a game go to overtime, a teams remaining timeouts will carry over; however, No additional timeouts will be given for overtime

Time outs can be called by any of the coaches on the field at that time.

## 3-3-8 PUNTING

Coaches have the option to call a punt on any fourth down. This may be done in two ways:
Automatic Punt The coach informs the referee he would like to execute an "automatic punt"; the referee will announce "AUTOMATIC PUNT" to both sidelines and then mark off 20 (Twenty) yards downfield, but no deeper than the 5 yard line,

Live Punt - There is no rush allowed but punter must punt ball even if he drops it, no fake punts and punter must remain behind line of scrimmage (punter cannot advance ball forward to kick). Ball is in play once it contacts punters foot.

## 3-3-9 KICK-OFFS

There are no kickoffs at this age level. The receiving team simply puts the ball in play on their 25 yard line (70 yard field) or their 30 yard line ( 80 yard field).

## 3-3-10 EXTRA POINT SCORING \& FIELD GOALS

No kicking for extra points or field goals in this age group.
1 point for a run ( 1 point for a fumble returned for a TD)
2 points for a pass (2 points for interception returned for a TD)

## 3-3-11 GENERAL \& MISCELLANEOUS RULES

Field Dimensions - Coach Assisted Football is played on a seventy-yard or eighty-yard football field. If a 100-yd regulation field is the only one available, then the field should be adjusted to 70 or 80 yards.
Chains/Down Marker - The home team shall provide three adults to handle the chains, and the downs marker.

Scoreboard/Clock Operator - If teams desire to use the scoreboard; the visiting team will be responsible for providing a scoreboard/ clock operator.

15 ard penalties will be enforced as 10 yard penalties on Junior sized fields..

## 3-3-12 THE GAME

a) Coaches

One coach from each team will be allowed on the field during play.
The coach must not interfere with the flow of play in any manner
Coaches must be a minimum of 5 yards behind their deepest player. Coaches should not have to "position"
Coaches in this division are not allowed to talk to officials during the game. There will be a 5 minute clarification period at half with the head coach (only) and officials. Other clarification can occur before the game
b) Ball Carriers - multiple ball carriers are encouraged
c) Penalties - Coaches Interference - When play is started both offensive and defensive coaches must be at least 5 yards behind their deepest player. They must remain silent and not interfere with the play until the play is over. They cannot issue instructions or comment to their players from the time the ball is snapped until the whistle sounds to end the play. (PENALTY - 5 yards from the line of scrimmage for issuing instruction.)


The Offensive coach must move to avoid interference with the play. PENALTY - The defensive team can take the play and 5 yards or place the ball at the spot of the foul and assess the 5 yards.

Defensive Coach - A coach must move so as not to interfere with blockers or ball carriers. If he interferes, then a flag will be thrown at the spot of the foul and the play will be allowed to continue.
The offensive captain will have the option of taking a five yard advancement from the spot of the foul with no loss of down, or taking the play result with a loss of down
3-3-13 Defensive Alignment - The defense may have as many players on the Line of Scrimmage as The offense (i.e. if the offense only has five players on the Line of Scrimmage in the tackle box the defense can
only have 5 players. If the offense adds a TE the defense may add one more player.) In addition the defense can only have one player in the " $A$ " gap on the LOS.

EXAMPLES OF LEGAL ALIGNMENTS:


## EXAMPLES OF ILLEGAL ALIGNMENTS:



3-3-14 Scoring - Points for scoring are:
Touchdown - six (6) points
Extra point running - one (1) point
Extra point passing - two (2) points

Runback from an extra point try - one (1) points
Runback of an intercepted pass on a 2 point conversion - two(2) points
Kicked extra point or field goals - not permitted
Safety - two (2) points award to the defensive team
Safety Ball Spot - After a safety the ball will be spotted in the same place as it would on a kick-off.

## DIVISION 4

## (4 ${ }^{\text {th }}$ GRADE TACKLE)

## 3-4-1 ELIGIBILITY

a) All children in the $4^{\text {th }}$ grade who do not turn 11 before September 1 are eligible to play in Division 4
b) There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed during the PSO player weigh-in and this will be their official weight for the season.
c) Players are weighed in Shorts, Socks, and T-shirts by league officials on designated scales at the PSO facility.
d) Whenever a player is within two pounds of the weight limit (over or under), he will step off the scales, and then immediately be weighed again on the same scale, in the presence of another league official, so that we can accurately confirm with no doubt that a player is the weight he is assigned for the remainder of the season.
e) A player exceeding the weight limit of 115 lbs must play center, guard, or tackle on offense, and/or anywhere on defense, as weight it not considered in defensive positioning.
f) 'Non-Carry' players (over 115 lbs ) must have a clearly identifiable STICKER provided by the league, which is placed on the backside of the player's helmet.
g) No player over the weight restriction can be placed in position to receive a punt
h) A weight restricted player can return a ball kicked to them if they are on the front line of the return team.
i) There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.
j) No player exceeding the weight limit at the weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in. Players who GAIN weight after the weigh in are still considered to be their weigh-in weight.
k) In the event that teams from two different division age groups must play each other, the lesser of the weight limits apply.

## 3-4-2 GENERAL

a) Field Dimensions - Division IV is played on a 100 yard football field.
b) Chains/Down Marker - The home team shall provide three adults to handle the chains, and the downs marker.
c) Scoreboard/Clock Operator - If the teams decide to use the scoreboard. The VISITING TEAM will be responsible for providing a scoreboard/clock operator.
d) 15 yard penalties will be enforced as 10 yard penalties on a 70 or 80 yard field.

## 3-4-3 THE GAME

Coaches - No coaches will be allowed on the field during play. Coaches must be on the sideline within the coach's box ( 25 yd. line to 25 yd. line) as prescribed in the rules. Coaches should not leave the sideline and come onto the field to call plays during normal game play.

Ball Carriers - multiple ball carriers are encouraged.
Defensive Alignment - All defensive players on the LOS within the tackle box must be in a 3 or 4 point stance. Linebackers must be a yard (1 yard) behind the feet of the nearest defensive lineman and cannot be moving forward at the snap of the ball.

## 3-4-4 Scoring

Points for scoring are:
Touchdown - six (6) points
Extra point running - one (1) point
Extra point passing - one (1) point
Extra point kicking -two (2) points
Runback from an extra point kick try blocked or not out of bounds - two (2) points
Runback of a fumbled run or intercepted pass on a extra point conversion - one (1) point
Field Goal - 3 points
Safety two (2) points awarded to the defense.

## 3-4-5 BALL SIZE

Division IV will play with the PEEWEE (K2) football

## 3-4-6 FIELD SIZE

Games will played on a 100 yd field.

## 3-4-7 EQUIPMENT

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

Football helmet: including facemask and chin strap. It is the responsibility of the parent and coach to make sure the helmet is properly fitted, worn correctly and properly maintained.
Football shoulder pads: must fit properly and protect the entire shoulder girdle.
Football pants: complete with hip, tail, thigh, and knee pads.
Athletic shoes: those designed for grass play are recommended (no metal cleats are allowed).
Mouthpiece: must properly fit the upper teeth. (colored mouthpieces are preferred)

## 3-4-8 UNIFORMS

Uniform jerseys must have the PSO logo placed either on the front of either shoulder or under the "V" of the neck. The location should be consistent for all team players.

## 3-4-9 PERIODS

The game will consist of two halves containing two quarters. Each Quarter will have an 8 minute standard clock. NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.

When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the $4^{\text {th }}$ quarter.
If a team leads by 21 points the $4^{\text {th }}$ quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate
Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field.

## 3-4-10 Time Outs

Each team will be allowed two (2) one-minute time outs per half.
Time outs can be called by any of the coaches on the field at that time.

## 3-4-11 PUNTING

There is not a punt option. In Division IV, there is no snap. The punter will take the football from the referee, back-up a sufficient distance, and punt with no rush. Once contact is made with the ball, the ball iin play regardless of the direction the ball goes. There are no fake punts allowed.

Any violation of the above rules will result in a re-kick, without penalty yardage being assessed. Faking a punt is not permitted. The return team can only have two (2) return men. All other players must be within 5 yards of the line of scrimmage. $\backslash$

## 3-4-12 KICK OFFS

There are no Kick Offs in this division. The ball will be placed on the 35 yard line of the receiving team

## 3-4-13 EXTRA POINT SCORING and FIELD GOALS

One (1) point for a run (1 point for Team B for fumble returned for a TD)
Two (2) points for a kick Option of kicking extra point, but ball must be snapped. However, kicker has 4 seconds of no rush to complete the kick One (1) Point for a Pass (1 Points for a pass intercepted and returned for TD)

## FIELD GOALS

If goal posts are present and a team opts to kick a field goal, the ball is moved half the distance to the goal or 10 yards, whichever is less.
After the snap, the kicking team has four seconds to kick the ball. If the kick is not completed in four seconds, the kick is considered "no good".

If the kick is "no good", then the ball is returned to the original line of scrimmage and the defensive team takes over.

A violation of the rushing rule will result in a re-kick without penalty yardage being assessed. $\$

## 3-4-14 Defensive Alignment

## Same as Div 3 Refer to Div 3 Defensive Alignment Rule 3-3-12 above

All defensive players on the LOS within the tackle box must be in a 3 or 4 point stance.
Linebackers must be a yard ( 1 yard) behind the feet of the nearest defensive lineman and cannot be moving forward at the snap of the ball.

## ( $5^{\text {TH }}$ GRADE TACKLE)

## 3-5-1 ELIGIBILITY

a) All children in the $5^{\text {th }}$ grade who do not turn 12 before September 1 are eligible to play in Division 5
b) There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed during the PSO player weigh-in and this will be their official weight for the season.
e) Players are weighed in Shorts, Socks, and T-shirts by league officials on designated scales at the PSO facility.
f) Whenever a player is within two pounds of the weight limit (over or under), he will step off the scales, and then immediately be weighed again on the same scale, in the presence of another league official, so that we can accurately confirm with no doubt that a player is the weight he is assigned for the remainder of the season.
I) A player exceeding the weight limit of 120 lbs must play center, guard, or tackle on offense, and/or anywhere on defense, as weight it not considered in defensive positioning.
m) 'Non-Carry' players (over 120 lbs ) must have a clearly identifiable STICKER provided by the league, which is placed on the backside of the player's helmet.
n) No player over the weight restriction can be placed in position to receive a punt.
o) A weight restricted player can return a ball kicked to them if they are on the front line of the return team.
p) There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.
q) No player exceeding the weight limit at the weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in. Players who GAIN weight after the weigh in are still considered to be their weigh-in weight.
r) In the event that teams from two different division age groups must play each other, the lesser of the weight limits apply.

## 3-5-2 GENERAL

e) Field Dimensions - Division 5 is played on a 100 yard football field.
f) Chains/Down Marker - The home team shall provide three adults to handle the chains, and the downs marker.
g) Scoreboard/Clock Operator - If the teams decide to use the scoreboard. The VISITING TEAM will be responsible for providing a scoreboard/clock operator.
h) 15 yard penalties will be enforced as 10 yard penalties on a 70 or 80 yard field.

## 3-5-3 THE GAME

Coaches - No coaches will be allowed on the field during play. Coaches must be on the sideline within the coach's box ( 25 yd . line to 25 yd . line) as prescribed in the rules. Coaches should not leave the sideline and come onto the field to call plays during normal game play.
Ball Carriers - multiple ball carriers are encouraged.
Defensive Alignment - All defensive players on the LOS within the tackle box must be in a 3 or 4 point stance. Linebackers must be a yard (1 yard) behind the feet of the nearest defensive lineman and cannot be moving forward at the snap of the ball.

## 3-5-4 Scoring

Points for scoring are:
Touchdown - six (6) points
Extra point running - one (1) point
Extra point passing - one (1) point
Extra point kicking - two (2) points
Runback from an extra point kick try blocked or not out of bounds - two (2) points
Intercepted EP pass try returned for TD - one (1) point
Runback of a fumbled run on a extra point conversion - one (1) point
Field Goal - 3 points
Safety two (2) points awarded to the defense.

## 3-5-5 BALL SIZE

Division 5 will play with the Big Game Junior (TDJ) football

## 3-5-6 FIELD SIZE

Games will played on a 100 yd field.

## 3-5-7 EQUIPMENT

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:
Football helmet: including facemask and chin strap. It is the responsibility of the parent and coach to make sure the helmet is properly fitted, worn correctly and properly maintained.
Football shoulder pads: must fit properly and protect the entire shoulder girdle.
Football pants: complete with hip, tail, thigh, and knee pads.
Athletic shoes: those designed for grass play are recommended (no metal cleats are allowed).
Mouthpiece: must properly fit the upper teeth. (colored mouthpieces are preferred)

## 3-5-8 UNIFORMS

Uniform jerseys must have the PSO logo placed either on the front of either shoulder or under the " V " of the neck. The location should be consistent for all team players.

## 3-5-9 PERIODS

The game will consist of two halves containing two quarters. Each Quarter will have an 8 minute standard clock. NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.

When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the $4^{\text {th }}$ quarter.
If a team leads by 21 points the $4^{\text {th }}$ quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate

Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field.

## 3-5-10 Time Outs

Each team will be allowed two (2) one-minute time outs per half.
Time outs can be called by any of the coaches on the field at that time.

## 3-5-11 PUNTING

There is not a punt option. In Division 5, the ball will be snapped to the punter. To give the punter time to punt the ball there will be no rush for four (4) seconds. Once contact is made with the ball it is in play

Any violation of the above rules will result in a re-kick, without penalty yardage being assessed. Faking a punt is not permitted. The return team can only have two (2) return men. All other players must be within 5 yards of the line of scrimmage. $\$

## 3-5-12 KICK OFFS

There are no Kick Offs in this division. The ball is placed at the 35 of the receiving team.

## 3-5-13 FIELD GOALS

If goal posts are present and a team opts to kick a field goal, the ball is moved half the distance to the goal or 10 yards, whichever is less.
After the snap, the kicking team has four seconds to kick the ball. If the kick is not completed in four seconds, the kick is considered "no good".
If the kick is "no good", then the ball is returned to the original line of scrimmage and the defensive team takes over.
A violation of the rushing rule will result in a re-kick without penalty yardage being assessed. $\$

## 3-5-14 DEFENSIVE ALIGNMENT

## Same as Div 3 Refer to Div 3 Defensive Alignment Rule 3-3-12 above

All defensive players on the LOS within the tackle box must be in a 3 or 4 point stance.
Linebackers must be a yard (1 yard) behind the feet of the nearest defensive lineman and cannot be moving forward at the snap of the ball.

## DIVISION 6 ( $6^{\text {TH }}$ GRADE TACKLE)

## 3-6-1 ELIGIBILITY

a) All children in the $6^{\text {th }}$ grade who do not turn 13 before September 1 are eligible to play in Division 4
b) There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed during the PSO player weigh-in and this will be their official weight for the season.
g) Players are weighed in Shorts, Socks, and T-shirts by league officials on designated scales at the PSO facility.
h) Whenever a player is within two pounds of the weight limit (over or under), he will step off the scales, and then immediately be weighed again on the same scale, in the presence of another league official, so that we can accurately confirm with no doubt that a player is the weight he is assigned for the remainder of the season.
s) A player exceeding the weight limit of 150 lbs must play center, guard, or tackle on offense, and/or anywhere on defense, as weight it not considered in defensive positioning.
t) 'Non-Carry' players (over 150 lbs ) must have a clearly identifiable STICKER provided by the league, which is placed on the backside of the player's helmet.
u) No player over the weight restriction can be placed in position to receive a punt or behind the front line to receive a kickoff.
v) A weight restricted player can return a ball kicked to them if they are on the front line of the return team.
w) There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.
x) No player exceeding the weight limit at the weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in. Players who GAIN weight after the weigh in are still considered to be their weigh-in weight.
y) In the event that teams from two different division age groups must play each other, the lesser of the weight limits apply.

## 3-6-2 GENERAL

i) Field Dimensions - Division 6 is played on a 100 yard football field.
j) Chains/Down Marker - The home team shall provide three adults to handle the chains, and the downs marker.
k) Scoreboard/Clock Operator - If the teams decide to use the scoreboard. The VISITING TEAM will be responsible for providing a scoreboard/clock operator.
I) 15 yard penalties will be enforced as 10 yard penalties on a 70 or 80 yard field.

## 3-6-3 THE GAME

Coaches - No coaches will be allowed on the field during play. Coaches must be on the sideline within the coach's box ( 25 yd. line to 25 yd. line) as prescribed in the rules. Coaches should not leave the sideline and come onto the field to call plays during normal game play.
Ball Carriers - multiple ball carriers are encouraged.
Defensive Alignment - All defensive players on the LOS within the tackle box must be in a 3 or 4 point stance. Linebackers must be a yard (1 yard) behind the feet of the nearest defensive lineman and cannot be moving forward at the snap of the ball.

## 3-6-4 Scoring

Points for scoring are:
Touchdown - six (6) points
Extra point running - one (1) point
Extra point passing - one (1) point
Extra point kicking - two (2) points
Runback from an extra point kick try blocked or not out of bounds - two (2) points
Runback of a fumbled run or on a extra point conversion - one (1) point Intercepted and returned for TD on EP pass try - one (1) point

Field Goal - 3 points
Safety two (2) points awarded to the defense.

## 3-6-5 BALL SIZE

Division 5 will play with the Big Game Junior (TDJ) football

## 3-6-6 FIELD SIZE

Games will played on a 100 yd field.

## 3-6-7 EQUIPMENT

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

Football helmet: including facemask and chin strap. It is the responsibility of the parent and coach to make sure the helmet is properly fitted, worn correctly and properly maintained.

Football shoulder pads: must fit properly and protect the entire shoulder girdle.
Football pants: complete with hip, tail, thigh, and knee pads.
Athletic shoes: those designed for grass play are recommended (no metal cleats are allowed).
Mouthpiece: must properly fit the upper teeth. (colored mouthpieces are preferred)

## 3-6-8 UNIFORMS

Uniform jerseys must have the PSO logo placed either on the front of either shoulder or under the "V" of the neck. The location should be consistent for all team players.

## 3-6-9 PERIODS

The game will consist of two halves containing two quarters. Each Quarter will have an 8 minute standard clock. NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.

When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the $4^{\text {th }}$ quarter.
If a team leads by 21 points the $4^{\text {th }}$ quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate

Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field.

## 3-6-10 Time Outs

Each team will be allowed two (2) one-minute time outs per half.
Time outs can be called by any of the coaches on the field at that time.

## 3-6-11 PUNTING

There are no special punting rules for this division

## 3-6-12 KICK OFFS

On a 100 yard field, the kick off is from the 40 yard line. And the receiving team lines up on the 50 yard line.

## 3-6-13 EXTRA POINT SCORING and FIELD GOALS

One (1) point for a run (1 point Team $B$ for a fumble returned for a TD)
One (1) point for a pass (1 point for Team B for intercepted pass returned for a TD)
Two (2) points for a kick Ball must be snapped.

## EXTRA POINT AND FIELD GOALS

Rushing is allowed. However the defense cannot rush head up or in the gaps on either side of the center.

Kicked extra points count two (2) points
All other rules are same as NCAA with Texas High School Exceptions

## 3-6-14 Defensive Alignment

## Same as Div 3 Refer to Div 3 Defensive Alignment Rule 3-3-12 above

All defensive players on the LOS within the tackle box must be in a 3 or 4 point stance.
Linebackers must be a yard ( 1 yard) behind the feet of the nearest defensive lineman and cannot be moving forward at the snap of the ball.

