



2024 OFFICIAL RULES & REGULATIONS

[Document subtitle]

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Article I. GENERAL LEAGUE

RULES – ALL DIVISIONS

Section 1.01 GREAT LAKES YOUTH FOOTBALL LEAGUE (GLYFL): PURPOSE

- (a) To furnish all youth of designated age and weight limitation that are not members of other organized
- (b) Squads, i.e. junior high, CYO, etc., the opportunity to play football under proper supervision and safety precautions.
- (c) To provide an opportunity for the youth of member clubs to participate in an organized football program for moral, emotional, and academic growth.
- (d) All parents of players registered to the league shall be provided a copy of the “Parent’s Guide to the GLYFL”, which outlines the league’s mission, guides them to this set of rules, and emphasizes the most important and commonly asked about items, such as the 10 play rule, the green stripe rule, and the age and weight restrictions.
- (e) All parents of players registered to the league shall be presented with a printed copy of all applicable concussion information as required by the Ohio High School Athletic Association (OHSAA).

Section 1.02 CLUB STRUCTURE

(a) It is the intent and spirit of the GLYFL that member clubs are made up of as close to 100% of the club's community residents as possible, with no less than 90% of the club's registrants coming from their city/school district. Any club registrants that are not a member of the club's city/school district shall be approved by vote of the GLYFL Board Officers at the request of the respective club's president.

(i) Reasons that the request would be approved would include the following:

- 1) The player's parent resides in the club city, but the player lives in a different city.
- 2) The player has a relative that plays in the club's city.
- 3) The player has a relative or relatives that attend the club's city school system.
- 4) The player lives in an adjacent city in which there is no GLYFL club.
- 5) The player lives within ½ mile of the border between two cities (and thus has friends that play in one or both cities).

(ii) Reasons that the request would be denied would include the following:

- 1) The player is recruited by another club's league due to the player's exceptional skill.
- 2) A player is encouraged or seeks to join another GLYFL club due to the dissatisfaction with their home GLYFL club.

(b) Member clubs shall not sponsor any teams or squads in any other organized tackle football program during the year or any other organized football program (i.e. flag football, non-GLYFL tournaments) during the GLYFL season.

(c) Member clubs shall place all of their teams' members in the GLYFL to ensure equal distribution of talent and ability, in furtherance of fair competition among teams in all member clubs.

Section 1.03 LEAGUE FEES

- (a) **Team Fee** (per club) of \$85.00 per declared team is due by August 1. This fee reserves the club's place in the GLYFL for the upcoming season. The fee is not refundable. The proceeds from this fee will be deposited into the GLYFL general fund.

- (b) **Team Declaration Fee** (one fee per club, refundable if no changes are made) of \$1000 is due by July
(i) 1st and must be accompanied by the following items.

- (c) **Number of teams by division** – each club shall declare the number of teams they will enter into each division.

- (d) **Field availability and date preferences** – each club shall let the league know of all available dates and times for home field availability, and any preferences on dates and times.

- (e) Any changes requested to either of these items after July 1st shall be made in writing to the President of the GLYFL. Depending on the progress of the scheduling process, it shall be the sole discretion of the GLYFL President to approve or deny approval for the request. If no requests are made or if no requested changes are approved, the GLYFL will refund the \$1000 Team Declaration Fee upon release of the final season schedule. If a change request is made and approved, the club shall forfeit the \$1000 Team Declaration Fee (for deposit into the GLYFL general fund).

- (f) There shall be a forfeiture fee assessed against any club team that fails to appear for a scheduled game. The amount shall be a \$300.00 fine.

Section 1.04 COACHES

- (a) All coaches and club officials shall pass the background screening performed by the National Center for Safety Initiatives (per USA Football recommended standards) before they can participate in practices.
 - (i) *Failure to undergo this background screening or receiving a “red light” as a result of the background screening will result in the coach or club official being prohibited from having any contact with players during any football related activities.*
 - (ii) *After the initial registration, coaches shall re-reregister every two years.*

- (b) All coaches shall complete the “Concussion in Sports” online course provide by the National Federation of State High School Associations or Centers for Disease Control and Prevention before they can participate in practices.
 - (i) *Certification is good for three years.*
 - (ii) *Coaches shall recertify when necessary.*

- (c) All coaches shall complete the “Level 1 Tackle Certification” online course through USA Football before August 1st.
 - (i) *Certification is required every year.*

- (d) Identification badges
 - (i) *Badges will be issued by the GLYFL upon completion of necessary certifications.*
 - (ii) *All coaches shall wear identification badges to gain access privileges to the game fields and shall remain wearing them during their games.*
 - 1) These badges will identify the coach by name and year of certification.
 - (iii) *Failure to wear your identification badge may result in non-admittance and loss of coaching privileges until the badge is presented.*

- (e) All coaches and club officials shall submit a signed copy of the GLYFL Coaching Ethics and Code of Conduct document prior to the start of the season.

- (f) Head coaches shall be responsible for insuring that all their assistant coaches understand and agree to abide by all league rules.

- (g) Violation of section A, B or C will result in the coach being given a warning. If a coach continues to participate they will be suspended until the requirements are met plus an additional one game suspension. The club will be given a warning for the first offense, additional offenses will result in the club being placed on probation.

Section 1.05 PLAYERS EQUIPMENT

(a) Each player shall wear properly fitted and professionally manufactured equipment during games and contact practices. No equipment shall be altered from the manufacturer's original design/production.

(b) Mandatory Equipment

(i) Helmet and face mask

- 1) Helmets shall carry a warning label regarding the risk of injury and a manufacturer's or reconditioner's certification indicating satisfaction of NOCSAE test standards.
- 2) The face mask shall have the surface covered with resilient material to prevent chipping, burrs or abrasiveness and be properly secured to the helmet as designed by the manufacturer.

(ii) Chin strap

- 1) Chin straps shall be fastened to the helmet by at least four attachment points.
- 2) Any plastic style buckle is approved. Metal buckles or rubber coated metal buckles shall have a convex surface and rounded edges (the type approved and supplied by Riddell).

(iii) Mouth guard- shall be attached to the face mask, cannot be red or clear.

(iv) Shoulder pads

(v) Hip pads and tailbone protector

(vi) Knee pads- shall be worn over the knee and under the pants.

(vii) Thigh guards

(viii) Jersey- shall fully cover the shoulder pads.

(ix) Pants

(x) Shoes- plastic cleats designed for youth football is recommended – metal or screw-in cleats are not be permitted.

(c) Auxiliary Equipment

(i) Rib pads and back protector- shall be fully covered by the jersey

(ii) Eyeshield- shall be a molded rigid material and clear without tint. Tinted eyewear on the face and under the face mask is permitted.

(iii) Arm pads

(iv) Gloves

(v) Neck Roll

(d) Casts and Hard Braces

(i) Shall be padded with closed-cell slow-recovery foam padding no less than ½ inch thick.

(e) Each club shall have the responsibility for supplying their teams with a minimal first aid kit for all games and practices per OHSAA rules. All first aid kits shall have an HIV cleanup kit or a spare uniform.

Section 1.06 GENERAL PROCEDURES

(a) Game Jersey Coordination

(i) By Wednesday of the week leading up to the game, opposing head coaches or designees shall coordinate jersey colors and/or any other pertinent information with each other.

(ii) Visiting teams shall not wear jerseys that are the same color as the home team's jerseys.

1) If the visiting team does not have an alternate jersey, the home team will be asked to wear an alternate jersey.

2) If the home team does not have an alternate jersey, the visiting team shall be required to wear a scrimmage vest that is not the same color as the home team.

(iii) Any unresolved issues on game day will be resolved by the game officials.

(b) Ineligible Players

(i) If a player is declared ineligible due to "age limitation", that team shall forfeit each game the ineligible player participated in.

1) No Player shall participate in more than one (1) of suspended or postponed GLYFL games, scheduled games per week with the exception

a) If a player does participate in more than one (1) game, each GLYFL game the player participated in shall be forfeited to the opposing team(s).

(c) Designated Safety Zone

(i) To help insure the safety of non-football personnel (parents, spectators, etc.), clubs shall establish and enforce a "safety zone" along the sidelines of their home field.

1) Clubs may implement a method that makes sense for their local field conditions.

2) Fields with fences or other fixed barriers have their safety zone already established.

(ii) All non-football personnel shall remain outside the safety zone while the game is in progress.

(iii) Clubs should encourage all non-football personnel to observe the restricted area and remain a safe distance from the playing field.

(d) Team Photographer/Videographer

(i) Each team will be allowed to have one (1) photographer of their choosing inside the safety zone to video record or photograph the team.

(ii) Each team will be issued one (1) photographer's identification badge.

1) The photographer shall wear the badge while in the safety zone.

a) Failure to wear the identification badge will result in the photographer being denied entry into the safety zone.

(iii) Team photographers shall stay out of the coaching box and remain a safe distance from the sideline. They shall not provide instruction to the players while they are in the safety zone.

(e) Chain Crew

- (i) The home team shall provide three individuals to work the line-to gain indicator (yardage chain) and down marker during their game.*
- 1) The crew shall consist of at least one adult.
- (ii) If either of the other two crew members are not adults, the game officials shall determine if they are acceptable to work the chains.*
- (iii) The chain crew shall work from the home side of the field.*
- (iv) Members of the chain crew shall refrain from giving instruction to the players.*

(f) Inclement Weather

- (i) In the event of inclement weather, it shall be the responsibility of the coaches and game officials to ensure the safety of all players.*
- (ii) If lightning is seen or thunder is heard, any practice or game in progress shall be immediately suspended and players shall be led to appropriate shelter.*
- (iii) Practice or play shall not resume until **30 minutes after** the last sound of thunder or flash of lightning is witnessed.*
- (iv) If a game gets canceled due to weather, the game will be considered a no contest. The GLYFL will try to schedule this game during the week or weekend if possible. If a team decides to not play this game they will receive a forfeit loss. Unless for one of the scenarios below.*
 - a. If a team is up by 18 points or more at anytime during the game and we have a cancelation. The team winning will get the win.
 - b. If we get to the 4th Q and we have a cancelation, the team winning will receive the win.
- (v) Once the game has three stops due to weather (thunder or lightning) the game will be canceled. Unless the President of the hosting city and Head Official feel they can get the game in. Time and remaining schedule will be a factor in the decision.*

*ANYTHING NOT OUTLINED ABOVE ARE AT THE DISCRETION OF THE LEAGUE.

Article II.

(a) Cameras, Recording Devices, Communication Devices

- (i) No cameras of any kind, whether being operated by a coach, parent, fan or any other individual, shall be allowed inside the designated safety zone at each playing field unless approved by league officials. (exception- see section XII (D))*
- (ii) Coaches (or others) should not video record games (other than their own) for the purpose of scouting other teams.*
- (iii) Clubs and teams shall not share recorded video of games with other clubs and teams for the purpose of scouting.*
- (iv) The use of electronic or other devices (i.e., headsets/microphones, mobile phones, etc) meant to help coaches communicate between the sideline, press box, field, etc. are not permitted.*
- (v) Violation of this rule will result in a one game suspension for that team's head coach. If the person recording video is an assistant coach, they too will be suspended for one game*

(b) Disputed Calls

- (i) If a coach questions a game official's interpretation of a rule, not the judgment of an official, that coach may receive the attention of the head official through his captain before the next live ball play. If the rule interpretation is not correct, then the correction will be made*

(c) Non Listed Rules

- (i) Any rule pertaining to game play not covered herein will be covered by the rules of the National Federation of State High School Associations.*

(d) Game Result Notification

- (i) Each weekend, each club president (or representative) shall report the results of their club's home games to the designated GLYFL member by 10:00 PM on Sunday. Game results and standings will be posted weekly on the leagues website.*

Section 2.02 WEIGH-IN PROCEDURE

(a) Digital Scales

- (i) A digital scale shall be provided by the home team for pregame weigh-ins.*
- (ii) The scale provided shall be a professional grade (not consumer) "wrestling" scale or similar type (the kind used for OHSAA sanctioned wrestling events).*
 - 1) The scale shall have the capability of reading and displaying weight to one tenth of a pound. It shall also have a display large and bright enough so that the displayed result can be viewed by both coaches at the same time.
- (iii) All scales used for weigh-ins shall be certified by the club's county auditor before the season starts and must have the current year's certification sticker attached.*
- (iv) If a home team's scale is not certified or available, the home team may be forced to forfeit that game or games.*

(b) Procedure

- (i) *A laminated copy of this procedure shall be available with the scale at each game day site.*
- (ii) *The scale shall be made available one hour before each game for teams to check weights prior to the official game weigh-in.*
- (iii) *The scale shall be placed on a firm level surface during the weigh-in procedure (surface cannot be grass or gravel, etc.).*
- (iv) *One official player weigh-in shall be held twenty minutes before the official starting time of the game or at the end of the third quarter of the preceding game.*
 - 1) Individual player weigh-ins before the designated team weigh-in time will not be considered as the official weight.
- (v) *Each team shall line up at the scale in numerical order with their **head coaches only**.*
 - 1) Head coaches shall ensure that no other individuals are present near the weigh-in area.
 - 2) A Game Day Roster shall be provided by each head coach for the opposing coach.
 - 3) Home team shall weigh in first.
- (vi) *Players shall be wearing all required gear and ready to play. Helmets shall be on and strapped with the mouthpiece in. Undershirts, socks, belt, pant, jersey, and shoes that they'll be wearing for that day's game shall be on. Jerseys shall be tucked in with the jersey number clearly visible on the outside. Players shall be wearing the jersey number as listed on the game day roster.*
 - 1) Under no circumstance shall any legal or illegal equipment be added, removed, or changed after the weigh-in has occurred.
 - a) Violators will be declared ineligible for that day's game and their team's head coach will be suspended one game.
- (vii) *Each player shall be allowed only one opportunity to have their weight established during the official weigh-in. The weight recorded at that time shall serve as the official weight for that player for that game.*
 - 1) A player can step on and off the scale **no more than two times** to account for mechanical inconsistencies in the scale.
 - a) If the player makes weight either time, he shall be considered under the weight limit.
- (viii) *If there is any dispute regarding the determined weight, the player shall remain at the scale until the situation is resolved.*

- 1) If the player leaves the scale without a determined weight, they shall be considered ineligible for participation in that day's game.
- (ix) *At the conclusion of the weigh-in, both teams shall proceed directly to the field area to await the start of their game.*
- (x) *Any player missing the scheduled weigh-in will be ineligible to play until after half time.*
- 1) During half time, those players who missed the official weigh-in shall have one chance to weigh in with only the head coaches present. All weigh-in procedures apply.
 - 2) The 10 play rule will still apply for said player(s) in the second half of the game.
- (xi) *Coaches shall not make deals to allow players that did not make weight to play.*

Section 2.03 GAME PROCEDURES

(a) Game Officials

- (i) *Three card-carrying game officials will be scheduled to officiate each game (only two officials will be scheduled for scrimmages).*
- 1) If less than three officials are present, the teams may agree to play the game and it will be considered an official game.
 - 2) If one or both teams decide not to play the game because there are not three game officials present, the game will be rescheduled or declared a 0-0 tie.
 - 3) The home team will be responsible for payment of the game officials.

Section 2.04 10 PLAY RULE

- (a) All players dressed for a game shall play at least ten (10) plays during the game.
- (i) *Any play that does not go through to completion shall not count as a play for purposes of the 10-play rule.*
- (b) Any active player on the field during a punt play – punter and punt returners, shall have the play counted toward their ten-play minimum.
- (c) Kneel down plays shall count toward the ten-play minimum.

- (d) If a player suffers an injury or becomes ill, the opposing coach shall be notified if the player has not fulfilled his ten-play requirement. The player shall remove his helmet and shoulder pads if he remains on the sidelines.
- (e) At Halftime the visiting Head Coach will bring its 10-play sheet to the opposing Head Coach and they will sign off on the play sheet. If a team doesn't have an active 10 play sheet to handover a 15-yard unsportsmanlike penalty will be thrown on that Head Coach will be thrown at the start of the 3rd Quarter.
- (f) Second offense will be a two-game suspension.

Section 2.05 ROSTERS

(a) Master Team Roster

(i) The GLYFL will provide a Master Team Roster form for all clubs to use. Master Team Rosters shall be completely filled out (typed) by each team. Master Team Rosters along with a copy of each player's birth certificate shall be presented to the GLYFL President at the league's roster verification meeting held prior to the first game.

- 1) If the Master Team Roster does not include the required information and a birth certificate for each player, the player(s) whose information or birth certificate was not provided shall be ineligible for every game until the information and/or birth certificate is submitted.
- 2) There shall be no additions or deletions to the Master Team Roster without written approval from the GLYFL Officers.
- 3) Requests for additions or deletions to the roster shall be submitted in writing to the GLYFL President.
- 4) Any players added to a roster shall still comply with the requirement of having participated in four (4) non-contact practices before any contact practices or games.

(ii) There shall be no additions to rosters after Labor Day.

(b) Team rosters are limited to thirty (30) players.

(c) Team rosters are limited to six (6) coaches.

- (d) Each club shall be required to obtain proof of age (birth certificate, passport, or green card) during registration.
- (e) No two players shall have the same number.
- (f) Double zero (00) and zero (0) are not permitted as jersey numbers.
- (g) A complete, up-to-date and approved Master Team Roster and copies of the birth certificates shall be carried by the head coaches and must be made available to members of the GLYFL Board at any time, and the opposing head coaches at the time of weigh-in.

Section 2.06 GAME DAY ROSTER

- (a) The GLYFL will provide a Game Day Roster form for all clubs to use.
- (b) Game Day Rosters shall be completely filled out (typed) by each team.
- (c) At every game, coaches shall provide their Game Day Roster to the head coach of the opposing team.
 - (i) *An extra copy of the roster should be provided for the game announcer.*
- (d) If a roster is not complete or not on the official GLYFL form, the game may be forfeited.

Section 2.07 COACHES EXPECTATIONS AND RESPONSIBILITIES

- (a) Coaches shall only teach the level of football that youth of this age can reasonably be expected to absorb and perform, keeping in mind the physical and emotional limitations of this age group.
- (b) The physical and mental health safety of the players is the number one priority for any adult involved at any level of the GLYFL.

- (c) The important thing to teach at this level of competition is solid and safe fundamentals of blocking and tackling.
- (d) Coaches shall conduct themselves, both at practices and games, in a manner which will furnish a desirable example for the youths to follow.
- (e) Coaches shall be aware of the purposes of the league. They shall not run up a large score on an opponent, but rather play more players and give them more playing time.
- (f) Coaches shall not encourage individual team rivalries.
- (g) Coaches shall give consideration to limiting defenses and offenses at this level and concentrate on doing fewer things well in the area of execution.
- (h) All coaches shall have the responsibility for teaching proper care and respect for all equipment.
- (i) While it is understood that football is a game of deception and misdirection (play-action passes, trap-blocking, counters, reverses, flea-flickers, etc. which are all perfectly legal and an acceptable part of the game), given the young ages of the players participating in the league, no coach shall permit or actively take part in deceiving one or more players on the opposing team.
- (j) This includes but is not limited to any verbal or nonverbal actions on the part of any coach such that the opposing player(s) are fooled into believing that a play if not currently being run when in fact it is being run or that the play being run is different than the actual play being run.
- (k) Coaches shall have a thorough understanding of all of the GLYFL rules and to have a current printed copy of the rules on hand during practices and games.

- (l) It is expected that head coaches and game officials can resolve most disputes that may present themselves over the course of a game and that game results are resolved by the conclusion of the game. In the event of an “unresolvable dispute”, it is the responsibility of the head coach to notify the head official and the head official to use his judgment to handle the situation directly and to involve the GLYFL President if he feels necessary, preferably by immediately contacting the GLYFL President or Vice President.

- (m) The GLYFL shall typically resist reviewing game film for purposes of overturning the final results of a game. The GLYFL may (as necessary and available) however, review game film to review conduct of coaches, officials, players or parents for purposes of ensuring appropriate behavior.

Section 2.08 VIOLATIONS AND CONSEQUENCES

- (a) Any coach who physically or mentally abuses a player, creates a condition that could cause harm or injury to a player, or has physical contact with any non-player (game official, coach, parent or spectator) will be suspended for at least one game with the possibility of expulsion.

- (b) Any coach who attempts or actually deceives a player from the opposing team during a game will be suspended for one game. Subsequent violations will result in additional suspensions or expulsion from the league.

- (c) Any coaching staff found not exercising players for two (2) minutes prior to the second half of a game after a seven (7) minute break will be given a warning for the first violation. A second violation will result in a one game suspension given to the head coach.

- (d) Running up the score is never condoned. Each incident shall be judged on its own merit.

- (e) Any coach ejected from a scheduled game for “game misconduct” will be suspended for at least one game.
- (f) Any coach who displays conduct which is willfully unsportsmanlike and/or detrimental to the league which is not covered in any of the above sections may be suspended or banned from the league.
- (g) During a “suspension”, the suspended coach will have the following restrictions.
 - (i) *Cannot participate or coach in team practices the week leading up to their next game.*
 - (ii) *Cannot participate or coach in pregame warm-up or weigh-in on game day.*
 - (iii) *Cannot be on the sidelines or in the safety zone on game day.*
 - (iv) *Cannot coach from the stands on game day.*
 - (v) *Violation of this rule may result in expulsion from the league.*
- (h) Any club displaying or condoning conduct which is willfully unsportsmanlike and/or detrimental to the league will result in said club being placed on probation or possibly removed from the GLYFL. (Examples: club structure violations, draft violations, age requirement violations, allowing suspended or banned coaches to participate)
- (i) It is the hope of the GLYFL that each individual club can deal with the disciplinary issues as they pertain to not only their coaches, but their own programs as well. The board officers, however, will review each individual violation or situation that is observed or reported, and take appropriate action based on the facts presented.
- (j) Any person not satisfied with the actions of a coach or an official shall first bring their complaint to their own individual club for handling of the issue. The individual club may decide to handle the matter internally on its own or refer the matter to the GLYFL Board Officers.

Section 2.09 APPEALS

- (a) Any person not satisfied with the actions of an individual club must first make their complaint known to their club and allow the club time to respond to the complaint.
- (b) If the response by the individual club is not acceptable to the person bringing the complaint, then that person may appeal to the GLYFL Board Officers.
- (c) Appeals shall be submitted in writing, clearly outlining the specific facts which form the basis of the appeal, and setting forth the specific relief requested. The Board Officers will decide whether a presentation by the appealing party is necessary in order to render its decision on the appeal.
- (d) All decisions made by the GLYFL Board Officers are final. There is no appeal process.

Article III. A-B DIVISION SPECIFIC RULES

Section 3.01 AGE REQUIREMENTS

(a) "A" Division

(i) *Teams are to be made up of 10 and 11 year olds.*

(ii) *Players must be ten (10) on or before **June 1st** and cannot be twelve (12) on or before **June 1st**.*

- 1) **12 year old exception:** Twelve (12) year olds who are in the sixth grade are eligible to play unless they will turn thirteen (13) before **November 1st**. The player must provide proof (school transcript/report card) that they were in the fifth grade the previous year.
- 2) **7th graders:** Only those seventh graders who are eleven (11) years old on or before **June 1st** are eligible to play.
- 3) 9 year olds wanting to play in the "A" division must be ten (10) on or before **August 1st**.

(b) "B" Division

(i) *Teams are to be made up of 8 and 9 year olds.*

(ii) *Players must be eight (8) on or before **June 1st** and cannot be ten (10) on or before **June 1st**.*

(iii) *7 year olds wanting to play in the "B" division must be eight (8) on or before **August 1st**.*

- (c) In the event a club feels that a player should be moved up contrary to these rules, the club shall present the request in writing to the GLYFL Board Officers who will make the final decision. There will be no exception to age and weight rules to let a player move down an age and weight division. If a player moves up a division and has played two (2) or more games in that division, he cannot move back to the lower division.

Section 3.02 WEIGHT RESTRICTIONS

(a) "A" Division

- (i) The maximum weight for an "A" division player is **170 pounds** with full equipment on.*
- (ii) Players shall not weigh more than **140 pounds** equipped if they are to play any position other than an interior line position. (see orange stripe rule for players over 135 pounds)*

(b) "B" Division

- (i) The maximum weight for a "B" division player is **150 pounds** with full equipment on.*
- (ii) Players shall not weigh more than **125 pounds** equipped if they are to play any position other than an interior line position. (see orange stripe rule for players over 125 pounds)*

(c) "C" Division

- (i) Players shall not weigh more than 90 pounds equipped if they want to run the ball. They can play any other position on offense and defense.*

Section 3.03 PLAYER DRAFTS

- (a) Individual clubs may use any format they wish (blind, serpentine, open negotiation) to run their player draft as long as the following rules are adhered to.

- (i) No more than two **(2) coaches** shall be assigned to a team prior to the draft.*

- 1) Four (4) additional coaches may be picked after the draft.

- (ii) Every team in every division is to be redrafted yearly.*

- (iii) Any club that declares more than one team within a division shall have an equal number or be **within two** players for each age group on each team.*

- 1) For age group purposes during the draft, 12 year olds shall be considered 11 year olds. If a player moves up from "B" to "A", he shall be considered a 10 year old. If a player moves up from "C" to "B" he shall be considered an 8 year old.

- (iv) All Head Coaches shall sign an agreement form that states that their draft process was run fairly and the result of the draft yielded balanced teams with both players and coaches.*

- (b) A GLYFL board-assigned representative may attend each club's draft to observe the process and have each head coach sign the agreement form.

Section 3.04 PRACTICES

- (a) Prior to the start of school

- (i) Practice may commence on the last Monday of July.*
- (ii) Coaches shall exercise prudent discretion in scheduling practices before the school year starts.*
- (iii) The first four (4) practices shall be non-contact practices.*
- (iv) Practices shall be limited to one **(1) session per day** and no more than five **(5) sessions per week**.*
- (v) Practices shall be limited to two **(2) hours per session**.*

- (b) During school

- (i) Practices shall be limited to one **(1) session per day** and no more than three **(3) sessions per week**, including practice scrimmages and "chalk talks".*
- (ii) Practices shall be limited to two **(2) hours per session**.*
- (iii) It is recommended that no practice session extends past 8:00 PM.*
 - 1) Any coaching staff violating this rule may result in a one game suspension for the head coach. Any subsequent violations will result in a multi game suspension or expulsion for the head coach.
 - 2) Pre-practice mandatory stretching and post-practice mandatory conditioning shall be included in every practice schedule; fifteen (15) minutes for pre conditioning and fifteen (15) minutes for post conditioning. Cooling down is not counted as practice time.
 - 3) Any coaching staff violating this rule will be given a warning for the first violation. A second violation will result in a one game suspension for the head coach.

Section 3.05 GAME SCHEDULE

- (a) The GLYFL will determine the game schedule based on the total number of teams in the league.

- (b) The GLYFL will attempt to:
- (i) Satisfy each club's "special dates" requests and keep clubs' home games together.*
 - (ii) Avoid situations where teams from the same club are playing each other, however it is oftentimes unavoidable.*
 - (iii) Give each team at least one home game during playoff games, but not guaranteed.*
- (c) We will try to give each team three home games and three away games during the regular season. Scrimmage week counts as a home game.
- (d) There will be playoffs after the regular season. See "Playoffs" Section for details

Section 3.06 GAME TIMING

- (a) Quarters will be nine (9) minutes in length.
- (b) There will be a seven (7) minute rest period between halves. Teams shall then exercise for two (2) minutes prior to the start of the second half (9 minute halftime).
- (c) There will be a maximum of thirty five **(35) seconds** allowed between each play for the **"A" and "B" divisions**.
- (d) The game clock will be started and stopped per NFHS rules.
- (e) If at any point during the game the game officials feel the time is not being kept properly on the scoreboard, the game officials shall keep the time on the field and the scoreboard clock shall be turned off.

Section 3.07 KICK-OFFS

- (a) Kick-offs are not permitted.

- (b) The game will start from scrimmage on the offensive team's own **35 yard line**.

- (c) After a safety, the scoring team will start play from scrimmage at the **50 yard line**.

Section 3.08 TIME-OUTS

- (a) There will be three (3) "time-outs" permitted per team in each half.

- (b) Coaches should remind the game officials when the situation dictates, such as a large lead, that they are calling time out to allow for substitutions toward the 10 play rule.

Section 3.09 EXTRA POINTS

- (a) Extra points shall be attempted by run or pass only.
 - (i) *A successful conversion by a run will result in one **(1) point**.*
 - (ii) *A successful conversion by a forward pass will result in two **(2) points**.*

- (b) Any forward pass regardless of whether or not the forward pass is caught behind the line of scrimmage or beyond the line of scrimmage will result in two (2) points.

Section 3.10 PUNTING AND FIELD GOAL ATTEMPTS

- (a) At the conclusion of a third down offensive play, the game clock will be stopped, but the 25 second play clock will run as normal.
 - (i) If the offensive team notifies a game official of the intent to **PUNT**, the game clock will remain stopped until the next offensive play from scrimmage is run.*
 - 1) A team must punt after designating its intention to punt unless a time out or penalty is assessed against the opposing team.
 - (ii) If the offensive team decides **NOT TO PUNT**, then the game clock will be restarted (unless the previous third down play resulted in the game clock being stopped).*
 - (iii) The offense shall run a play or punt the ball prior to the play clock expiring.*
- (b) Violation of this rule will result in a 5 yard delay of game penalty.
- (c) The receiving team shall not have more than 3 players down field to receive the punt.
- (d) Only active players shall be present on the field during a punt. This includes the punter and the three (3) receiving team players. All other players shall go to their sideline.
- (e) Long snaps are not necessary. The game official will hand the ball to the punter.
- (f) The ball shall be punted from at least five (5) yards behind the line of scrimmage and between the tackles.
- (g) There shall be no run backs of a punt.
- (h) If a punt is caught before it touches the ground, the ball will be advanced forward five (5) yards from the point where the ball was caught.

- (i) If the ball is muffed/fumbled by the receiving team, the point where the receiver actually recovers the ball, rather than where first touched is where the ball will be spotted, unless the ball is advanced forward, in which case it will be spotted at the point of first contact by the receiver.
- (j) Any contact by the receiver, other than a valid catch attempt, to stop or ground a punt in flight shall be considered illegal batting.
- (k) Violation of this rule shall result in a 15 yard penalty from the spot of infraction.
- (l) Grounded punts shall be spotted where the ball is fielded or becomes dead.
- (m) Field goal and extra-point kicks are not permitted.

Section 3.11 DEFENSIVE LINEMEN AND LINEBACKERS

- (a) All Defensive Tackles must be lined up either inside or heads up on the offensive tackles. Minimum of 2 shall be in a down position heads up or inside the tackles. Unless a team comes out in a **G – C – G** formation. Orange Stripe players must line up between outside shoulders of the offensive guards.
 - All Defensive Lineman inside the “ Tackle Box “ must be down in a stance. If they are not then they will be considered a inside Linebacker and they must be two yards off the ball.
 - (i) *Gap restrictions for orange strip players remain in effect.*
- (b) Linebackers shall be two (2) yards off the line scrimmage if they are inside the tackle box.
- (c) Orange stripes cannot drop back into coverage.

Section 3.12 FUMBLES AND MUFFS

- (a) Fumbles and muffs will be treated the same as they are under NFHS rules.

Section 3.13 WATER BOYS

- (a) Each team will be permitted to use two water boys during games.
- (b) Water boys shall not be any older than fourteen (14) years of age.

Section 3.14 OVERTIME GAMES

- (a) There will be overtime in games.
- (b) In overtime games, the NFHS four down alternating possession rule will apply with the exception of no field goal or extra-point kicks.
 - (i) *The ball will be spotted for the offense on the defense's 10 yard line.*
 - (ii) *Each team will be permitted one (1) time-out during each overtime period.*
 - (iii) *If after two (2) overtimes the game is still tied, then for the third and any subsequent overtime period, the offense must attempt a two (2) point conversion (i.e. passing for the conversion instead of running).*

Section 3.15 OFFENSIVE LINEMAN

- (a) Offensive linemen are permitted to be in a two point stance. This includes orange-stripe offensive line players.

Section 3.16 OFFENSIVE LINE

- (a) Mandatory set formation must consist of G – C – G
 - (i) *The G-C-G may not have splits more than 2 yards apart*
- (b) Orange stripes cannot extend out (Swinging gate) etc , if you lineup in a formation like that then your Orange stripes must play the Guard or Center positions.
- (c) Unbalanced Line – We will follow High School Rules.

Section 3.17 GAME RULES

(a) Footballs

(i) The "A" division shall use Junior (size 7) footballs.

1) Balls shall be leather or composite leather

(ii) "B" divisions shall use Pee Wee (size 6) footballs.

(iii) Each team shall be responsible for supplying their team's game ball(s).

(iv) All balls that are used during games shall be filled to the manufacturer recommended PSI rating listed on the ball.

1) Game officials shall ensure that all footballs used meet these rules. Any ball that is in violation of these rules shall be removed from play and replaced.

(b) Coaching Box/Team Area

(i) Coaches and players shall confine themselves to the area between the twenty five (25) yard lines along their sideline.

(ii) No more than six (6) coaches shall be permitted in the coaching box/team area or within a field's designated "safety zone".

(c) On-Field Coaching

(i) "A" division

- 1) **No coaches** shall be allowed on the field during play. All coaching shall be done from the coaching box along the sidelines.

(ii) "B" division

- 1) One **(1) coach** will be allowed on the field for both the offense and the defense during play.
- 2) The on-field coach shall stay fifteen (15) yards behind the deepest player on his respective team before each play begins.
- 3) The on-field offensive and defensive coaches shall not have physical contact or give instructions to players once the offense breaks the huddle. This includes communicating or signaling information to other coaches which could be relayed to players.
- 4) Violation of this rule will result in a 15 yard unsportsmanlike conduct penalty.
 - a) A second violation by the same coach in the same game will result in a 15 yard penalty and removal from the on-field coaching position.

(d) "Horse-Collar" Tackling

(i) No player shall grab the inside (back or side) of the shoulder pad or jersey of a runner and subsequently pull (backward or sideward) that opponent to the ground.

(ii) Violation of this rule will result in a 15 yard unsportsmanlike conduct penalty.

(e) Helmet Contact/Targeting

- (i) **Butt Blocking**- no player who initiates contact against an opponent who is not the runner shall use the front/top of his helmet.
- (ii) **Face Tackling**- no defensive player shall initiate contact with the runner with the front/top of his helmet.
- (iii) **Spearing**- no player shall initiate contact against any opponent with the front/top of his helmet.
- (iv) **Targeting**- no player shall take aim and initiate contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulder.
- (v) Unintentional helmet contact will not be enforced.
- (vi) Violation of this rule will result in a 15 yard unsportsmanlike conduct penalty.
 - 1) A second violation from same player will result in a 15 yard unsportsmanlike conduct penalty and ejection from the game.

(f) “Cut” Blocking and “Chop” Blocking

- (i) **Cut blocking** refers to a below-the-waist block and is only legal in the Free Blocking Zone (FBZ). The FBZ refers to the rectangular area 4 yards on either side of the ball and 3 yards on either side of the line of scrimmage.
- (ii) **Chop blocking** refers to a double-team block; one player blocking above the knees and one player blocking below the knees, and is illegal
- (iii) Violation of this rule will result in a 15 yard unsportsmanlike conduct penalty.

(g) Blitzing

- (i) Blitzing before the snap of the ball or blitzing by anticipating the snap of the ball is not permitted.
 - 1) Linebackers inside the tackle box must be two yards off the ball prior to the snap.
- (ii) An attempted blitz before the snap of the ball and the Linebacker is less the two yards a violation will be called at the discretion of the game official if the Linebacker doesn't get his hand down on the field in a defensive stance (Hand in the Dirt)
- (iii) Violation of this rule will result in a 15 yard penalty.

(h) Running out the Clock

(i) At the end of the first half or at the end of a game, the team on offense may choose to run out the clock by taking a knee instead of running a play from scrimmage. All games shall be played in their entirety.

Section 3.18 GREEN STRIPE RULES

(a) Teams will no longer declare green stripes at beginning of game / weigh in.

(b) All players (with the exception of orange stripes) can play anywhere at any time provided the game score differential is less 12 points.

(c) A Green stripe cannot play offense at all when their team is up by 12 points or more.

- (d) A player will be immediately considered a green stripe when and if that player scores 2 offensive touchdowns and will be striped at that time (excluding extra point plays).
- (i) *In the event that a player scores their second touchdown to extend their lead to 12 or more points, that player can complete the scoring drive and participate in the extra-point attempt.*
- (ii) *If and when a team is UP by 12 points or more, that team's green-striped players (only the players who scored 2 or more touchdowns not the entire backfield)*
- 1) Cannot play any offensive position
 - 2) Cannot run with the football, throw a pass, or catch a pass.
 - 3) May punt and/or receive a punt.
 - 4) May play anywhere on defense.
- (iii) *If and when a team is UP by 25 points or more, that team's green-striped players (only the players who scored 2 or more touchdowns – item "c" above – not the entire backfield);*
- 1) Cannot play any position on offense or defense.
- (iv) *If and when a team is DOWN by 12 points or more, that team;*
- 1) Will not have any green-stripe restrictions (even if that team has players that have been striped because that player/s scored two touchdowns).
 - a) If the point differential becomes less than 12 points again, then the green striped players must adhere to section "d" and section "e" at all times.
- (e) A non-green-striped player shall not avoid scoring a touchdown to prevent being designated as an additional green-striped player.
- (i) *If in the opinion of a game official the violation was clear and obvious, it shall result in a 15 yard unsportsmanlike conduct penalty to the head coach to be incurred from the spot where the player went down.*
1. *In addition, the player shall no longer be eligible to play any position on offense for the remainder of that game.*
- (f) In the event that a team scores their second touchdown to extend their lead to 12 or more points, green-striped players can complete the scoring drive and participate in the extra point attempt.

- (g) All green-striped players are subject to the 10 play rule.

- (h) Violation of this rule will result in a 5 yard illegal formation penalty.
 - (i) *Subsequent violations in the same game will result in a 15 yard unsportsmanlike Penalty on the head coach.*
 - (ii) *Two unsportsmanlike penalties on the head coach in one game shall result in an ejection of the head coach.*
 - (iii) *If available, a coach may call a time-out prior to the snap to change players if they notice that they are in violation of this rule to avoid a penalty.*

- (i) In cases where a team does not have enough players to continue the game if their green striped players were removed or would violate the green stripe rule due to the point differential, the green striped players will be allowed to remain in the game but will be put in positions that will have the least amount of impact on the game as possible. For example: on offense- wide receivers, on defense- defensive backs (must play ten yards off the ball). Referees will have discretion as to where and how green stripes will play so the game can continue but at the same time making sure the score does not become too lopsided.

Section 3.19 ORANGE STRIPE RULES

- (a) Players who weigh within the listed weight ranges below shall wear an orange stripe on their helmets and be restricted to only playing certain positions (see Restrictions).

- (b) Weight
 - (i) *"A" division- 140.01 and 170.00 pounds*
 - (ii) *"B" division- 125.01 and 150.00 pounds*

- (c) Identification
 - (i) *The orange stripe must be worn completely from the front to the back of the helmet along the centerline.*
 - (ii) *Teams shall use the orange duct tape specified by the GLYFL.*

(d) Restrictions

(i) **Offense**- *Only three orange-striped players shall be on the offensive side of the ball at the same time.*

- 1) They shall only play tackle to tackle on the line (if three orange-striped players are in on offense at the same time, they shall play tackle-center-tackle positions).
- 2) They shall be separated by at least one player on the offensive line.
- 3) Only 2 Orange stripe players may be on the field should the offense choose to line up in a G-C-G formation. See Section B rule 16 for offensive line formation restrictions

(ii) **Defense**- *Only two orange-striped players shall be on the defensive side of the ball at the same time.*

- 1) They can line up heads up on the tackle or inside the tackle box.
 - a) They shall not play any wider than head-up over either offensive tackle.
 - b) They shall not play side by side unless separated by two opposition gaps or two players.
 - c) Orange stripes must line up on or inside of the outside shoulder of the guards if a team comes out in a G – C – G formation.
 - d) Orange stripes cannot drop back into coverage. They must engage the offensive player.
 - e) Team comes out in a unbalanced line then the Orange stripes are allowed to shift of or still play heads up over the weakside TE.

(iii) *Orange-striped players shall not handle the ball under any circumstance except to punt or receive a punt.*

(iv) *Orange striped players shall not advance a fumble or interception.*

- 1) The play shall be ruled dead if a fumble recovery or interception occurs.

(v) *All orange striped players are subject to the 10 play rule.*

(vi) *Violation of this rule shall result in a **5 yard illegal formation penalty.***

- 1) Subsequent violations in the same game shall result in a 15 yard unsportsmanlike penalty on the head coach
 - a) Two unsportsmanlike penalties on the head coach in one game shall result in an ejection of the head coach.
- 2) If available, a coach may call a time-out prior to the snap to change players if they notice that they are in violation of this rule to avoid a penalty.

Section 3.20 PLAYOFFS

- (a) The GLYFL Board Officers will determine the playoff procedures before the season begins.
 - (i) *Starting in 2019 there will be a minimum of 2 playoff brackets in each division. The top 8 teams, as determined by regular season performance will play for the gold championship. The remaining (up to 8) teams will be placed in a Silver bracket. This format will be single elimination.*
- (b) Playoff bracketing will be based on the total number of teams playing in the league.
- (c) It is the GLYFL's brackets will consist of eight (8) teams.

Section 3.21 PLAYOFF RANKING TIEBREAKER POLICY

- (a) Two Teams
 - (i) *Head to Head – The winner of the regular season game between the two teams (if any).*
 - (ii) *Best Win-Loss-Tie Percentage among common opponents (minimum of 2) – If the two teams played at least two common opponents, the team with the best record against those opponents.*
 - (iii) *Strength of Victory – The team whose regular season opponents they defeated have the highest aggregate win-loss-tie percentage.*
 - iv. *Strength of Schedule – The team whose regular season opponents have the highest aggregate win-loss-tie percentage.*
 - 5. *Coin Flip*
- (b) Three or More Teams
 - (i) *Head to Head – The best win-loss-tie percentage among the teams. (This only applies if all teams tied played every other team competing in the tiebreaker).*
 - (ii) *Best Win-Loss-Tie Percentage among common opponents (minimum of 2) – If all the teams played at least 2 common opponents, the team with the best win-loss-tie percentage against those opponents.*
 - (iii) *Strength of Victory – The team whose regular season opponents they defeated have the highest aggregate win-loss-tie percentage.*
 - (iv) *Strength of Schedule – The team whose regular season opponents have the highest aggregate win-loss-tie percentage.*
 - (v) *Coin Flip*

*Must be clear for the three or more teams and if its not you must move to the next step.

(c) Note. If at any level a single team wins the tie-breaker, the other two or more teams still competing in the tie-breaker will start from the beginning of the tie-breaker procedure. If only two teams remain, the tie-breaker reverts to the two team tie-breaker procedure.

Article IV. GLYFL MODIFIED

TACKLE RULES FOR “C” DIVISION

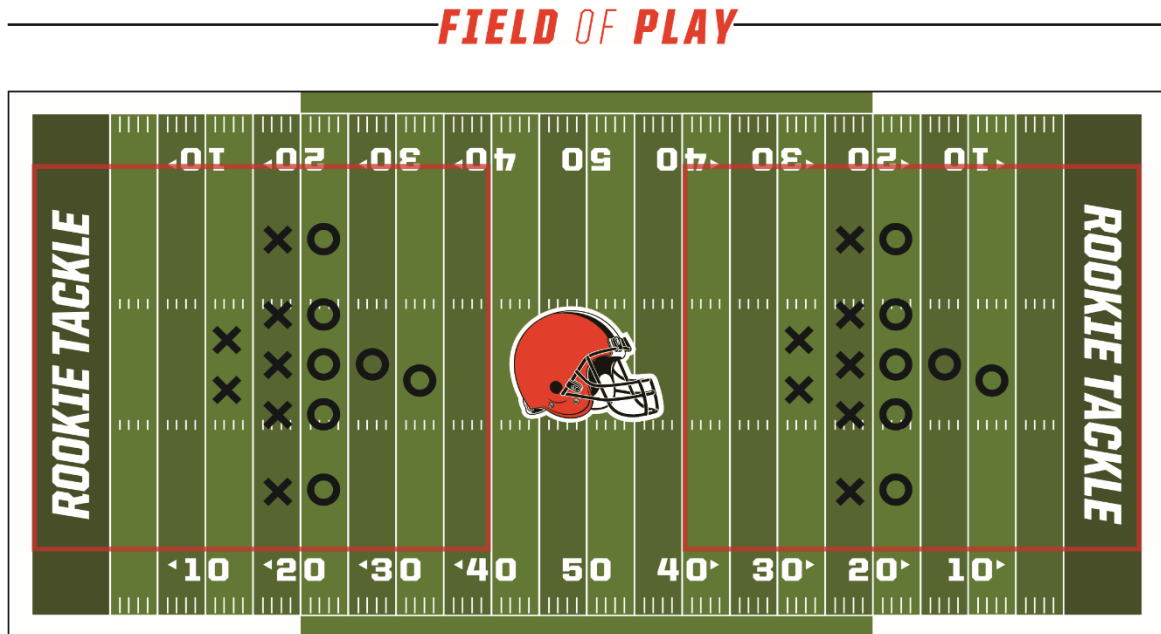
Section 4.01 GENERAL RULES

- (a) Teams are to be made up of 6- 7 year olds.
- (b) Players must be six (6) on or before June 1 and cannot be eight (8) on or before June 1st.
- (a) The “C” division divisions shall use Pee Wee (size 6) footballs.
- (c) Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.
- (d) Turnovers on interceptions or fumbles are blown dead immediately. No returns are allowed in order to protect players from running toward the 20-yard administration zone between the two fields. Play restarts on the 40-yard line with the recovering/intercepting team now on offense. There are no defensive touchdowns. **ALL FUMBLES ARE LIVE AND WONT BE BLOWN DEAD.**
- (e) Because of the limited field size, all 15-yard penalties are enforced as 10-yard penalties.
- (f) No penalty on the offense can take the ball beyond the 40-yard line to ensure the administration zone.
- (g) Penalties on the offense that are called and accepted on or behind the 40-yard line result in a loss of down.

- (h) Penalties on the offense called between the 40-yard line and the end zone in which yardage is lost, even if limited in enforcement by the 40-yard line, are enforced as written in terms of down lost or replayed.
- (i) There are no defensive safeties. Tackles behind the 40-yard line are spotted at the 40-yard line.
- (j) All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period.
- (k) All plays are blown dead and the ball is returned to the 40-yard line if an offensive ball-carrier or a fumbled ball crosses over midfield or at the official's discretion if coaches, administrators or players from the multiple fields and the dead zone area become close enough in proximity to be a concern for safety.
- (l) Coaches are allowed to talk once a team breaks a huddle to direct a player to the right position. Coaches are not allowed to call out plays or tell / direct players to where the play is going. If a coach does that a 15 yard personal foul penalty will be thrown.
- (m) 90.0 lbs weight limit to run the ball on the offensive side. Those players who don't meet those weight requirements can still play any position on offensive side of the ball, but cannot run, pass or catch the ball.

Section 4.02 FIELD OF PLAY

- (a) The playing field is 40-by-35 1/3 yards, allowing for two fields to be created on a traditional 100-yard field at the same time.



- (b) The sidelines extend between the inside of the numbers on a traditional football field and should be marked with cones every five yards. Use traditional pylons, if available, to mark the goal line and the back line of the end zone.
- (a) Additional cones can be placed between the five-yard stripes and in line with the inside of the numbers to further outline the playing surface if desired.
- (c) All possessions start at the 40-yard line going in toward the end zone.
- (d) This leaves a 20-yard buffer zone between the two game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers and designated coaches are allowed in this space.

- (e) Players not in the game stand on the traditional sidelines with one or more coach to supervise.
- (f) All game action takes place on one half of the field with all possessions starting on the 40yard line going toward the end zone.
- (g) A turnover on downs brings the ball back to the 40-yard line, and the teams switch sides from offense to defense, defense to offense.
- (h) After each play, the ball is spotted in the middle of the field. Hash marks are not used.
- (i) First downs, down markers and the chain gang are administered in accordance with National Federation of State High School Associations (NFHS) or local rules – starting from the 40-yard line

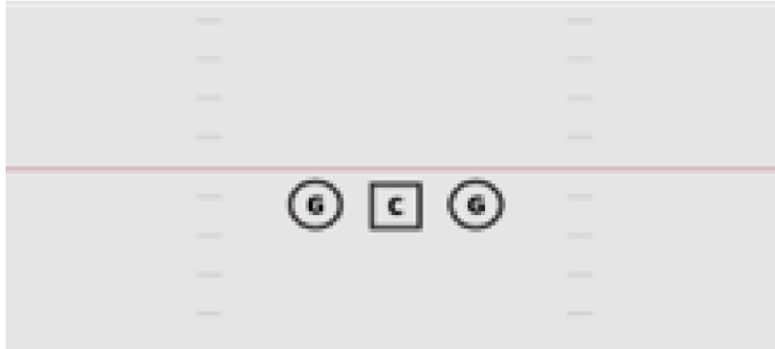
Section 4.03 PLAYER RULES

- (a) Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.
- (b) Teams are to be made up of 6- **7 year olds**.
- (c) Players must be seven (6) on or before June 1 and cannot be eight (8) on or before **June 1st**.
- (d) The **“C” division divisions** shall use **Pee Wee** (size 6) footballs.
- (e) Turnovers on interceptions or fumbles are blown dead immediately. No returns are allowed in order to protect players from running toward the 20-yard administration zone between the two fields. Play restarts on the 40-yard line with the recovering/intercepting team now on offense. There are no defensive touchdowns.

- (f) Because of the limited field size, all 15-yard penalties are enforced as 10-yard penalties.
- (g) No penalty on the offense can take the ball beyond the 40-yard line to ensure the administration zone.
- (h) Penalties on the offense that are called and accepted on or behind the 40-yard line result in a loss of down.
- (i) Penalties on the offense called between the 40-yard line and the end zone in which yardage is lost, even if limited in enforcement by the 40-yard line, are enforced as written in terms of down lost or replayed.
- (j) There are no defensive safeties. Tackles behind the 40-yard line are spotted at the 40-yard line.
- (k) All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period.
- (l) All plays are blown dead and the ball is returned to the 40-yard line if an offensive ball-carrier or a fumbled ball crosses over midfield or at the official's discretion if coaches, administrators or players from the multiple fields and the dead zone area become close enough in proximity to be a concern for safety.
ALL FUMBLES ARE LIVE AND WONT BE BLOWN DEAD.
- (m) Coaches are allowed to talk once a team breaks a huddle to direct a player to the right position. Coaches are not allowed to call out plays or tell / direct players to where the play is going. If a coach does that a 15 yard personal foul penalty will be thrown.
- (n) 90.0 lbs. weight limit to run the ball on the offensive side. Those players who don't meet those weight requirements can still play any position on the Offensive side of the ball, but can't touch the ball.

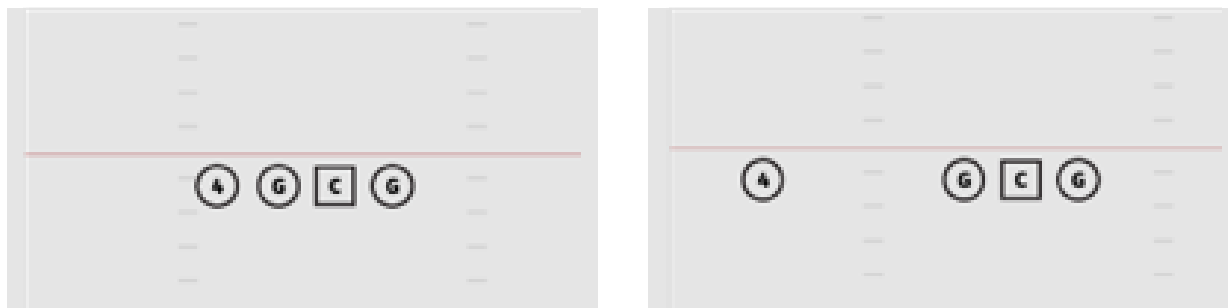
Section 4.04 OFFENSIVE ADJUSTMENTS

- (a) Each play must include three offensive linemen – a center and two guards, one on either side of the center. These players are ineligible for first touch as the receiver of a pass regardless of the numbers on their jerseys. Player rotations may result with traditional non-lineman numbers at these positions for the purpose of fundamental skill development.

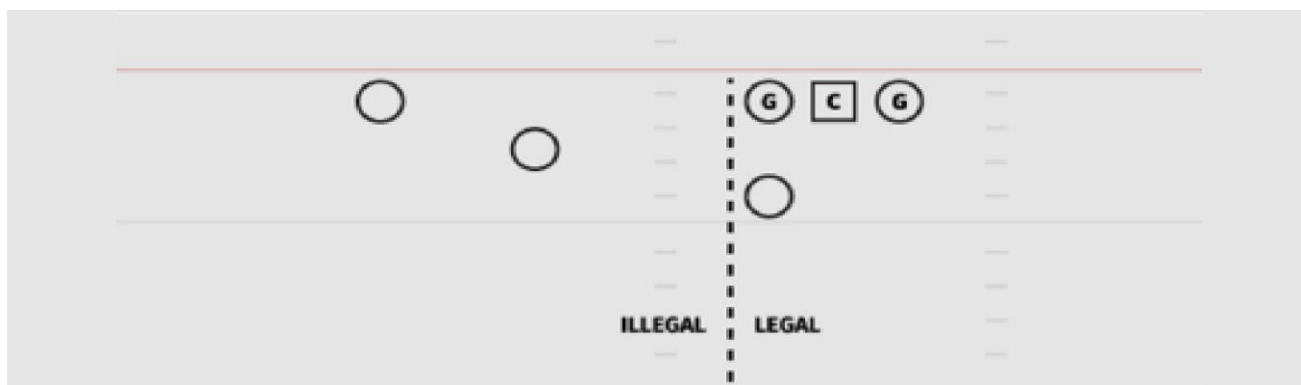


- (b) Guards are required to play from a two-point stance. There are no three-point stances.
- (c) The center may only have his or her snapping hand down.
- (d) The distance between a guard and center may not exceed three feet (1 yard) but may be closer.
- (e) Because of the all players, all positions, all skills philosophy, players should change positions during the game.
- (i) *Therefore:*
- 1) The three offensive linemen must identify themselves on each play by raising their hands as they break the huddle and approach the line of scrimmage.
 - 2) Once identified as an offensive lineman, players may not shift to another position.
- All three offensive linemen are ineligible for first touch on a pass, including a guard who is uncovered by an end.
- (f) The quarterback-center exchange may be direct, pistol or shotgun. Quarterback sneaks are prohibited in all situations because the defense is not allowed to have players aligned over the center or in the center-guard A gap.

- (g) The offense must have four players on the line of scrimmage. No more, no less. The fourth player can be a tight end or split end.
- (h) The four offensive players who are not playing guard or center may be deployed in positions at Coaches discretion as long as one is on the line of scrimmage



- (i) No trips formations are allowed.
 - (i) Trips is defined as any three players outside the guard-to-guard box



- (j) Motion is allowed by a backfield player as long as it does not create a trips formation.
- (k) All blocks below the waist, in any situation, are illegal.

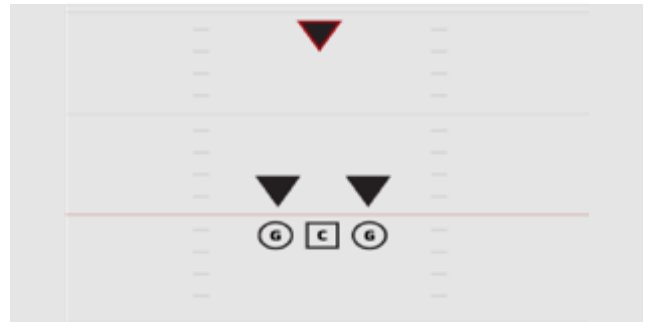
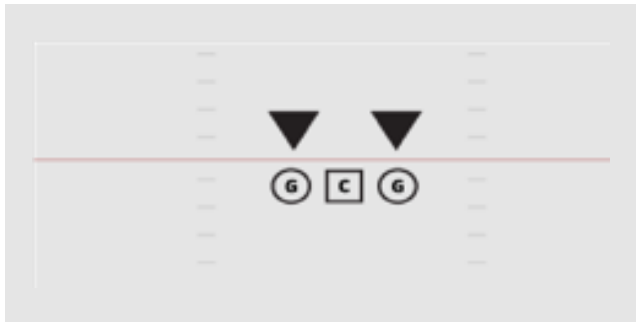
Section 4.05 GREEN STRIPE RULES

- (a) Teams will no longer declare green stripes at beginning of game / weigh in.
- (b) All players can play anywhere at any time provided the game score differential is less 12 points.
- (c) A Green stripe cannot play offense when their team is up by 12 points or more. Unless if a team can't field 7 players. Then he can play, but he cannot touch the ball.
- (d) A player will be immediately considered a green stripe when and if that player scores 2 offensive touchdowns and will be striped at that time (excluding extra point plays).
 - (i) *If a player scores their second touchdown to extend their lead to 12 or more points, that player can complete the scoring drive and participate in the extra-point attempt.*
 - (ii) *When a team is UP by 12 points or more, that team's green-striped players (only the players who scored 2 or more touchdowns not the entire backfield)*
 - 1) Cannot play any offensive position (see (c) rule)
 - 2) Cannot run with the football, throw a pass, or catch a pass.
 - 3) May punt and/or receive a punt.
 - 4) May play anywhere on defense.
 - (iii) *If a team is UP by 25 points or more, that team's green-striped players (only the players who scored 2 or more touchdowns – item "c" above – not the entire backfield);*
 - 1) Cannot play any position on offense or defense.
 - (iv) *If a team is DOWN by 12 points or more, that team;*
 - 1) Will not have any green-stripe restrictions (even if that team has players that have been striped because that player/s scored two touchdowns).
 - a) If the point differential becomes less than 12 points again, then the green striped players must adhere to section "d" and section "e" at all times.

- (e) A non-green-striped player shall not avoid scoring a touchdown to prevent being designated as an additional green-striped player.
- (i) *If in the opinion of a game official the violation was clear and obvious, it shall result in a 15 yard unsportsmanlike conduct penalty to the head coach to be incurred from the spot where the player went down.*
1. *In addition, the player shall no longer be eligible to play any position on offense for the remainder of that game.*
- (f) In the event that a team scores their second touchdown to extend their lead to 12 or more points, green-striped players can complete the scoring drive and participate in the extra point attempt.
- (g) All green-striped players are subject to the 10 play rule.
- (h) Violation of this rule will result in a 5 yard illegal formation penalty.
- (i) *Subsequent violations in the same game will result in a 15 yard unsportsmanlike Penalty on the head coach.*
- (ii) *Two unsportsmanlike penalties on the head coach in one game shall result in an ejection of the head coach.*
- (iii) *If available, a coach may call a time-out prior to the snap to change players if they notice that they are in violation of this rule to avoid a penalty.*
- (i) In cases where a team does not have enough players to continue the game if their green striped players were removed or would violate the green stripe rule due to the point differential, the green striped players will be allowed to remain in the game but will be put in positions that will have the least amount of impact on the game as possible. For example: on offense- wide receivers, on defense- defensive backs (must play ten yards off the ball). Referees will have discretion as to where and how green stripes will play so the game can continue but at the same time making sure the score does not become too lopsided.

Section 4.06 DEFENSIVE ADJUSTMENTS

- (a) Defenses may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive lineman may line up over the tight end.
- (b) Defensive linemen must be in a two-point stance.
- (c) Defensive linemen over guards must be aligned in a head up or outside shade position in a staggered stance.
- (d) Players in an outside shade must always have one foot aligned inside the stance of the opposing guards

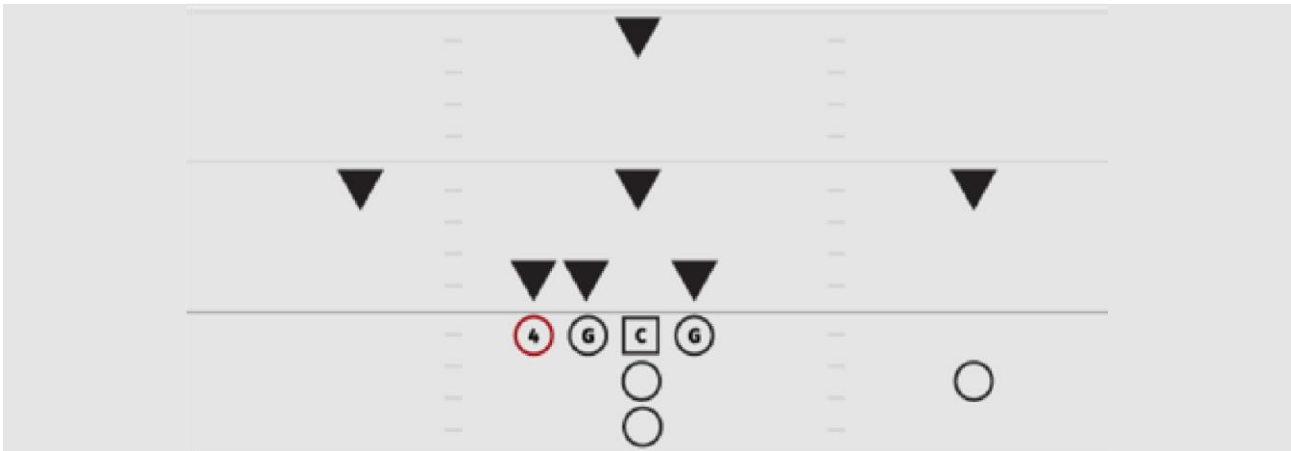


- (e) The defense must have one player at least 10 yards from the ball.

(f) The remaining four players can be deployed at the coach's discretion but must be four yards off the line of scrimmage unless covering a tight end or split end on the line of scrimmage.

(i) *Example: If the offense aligns with its fourth line-of-scrimmage player as a tight end, then the defense may align a player directly over the tight end on the line of scrimmage to balance the running surface.*

(ii) *Defenses are not required to match the fourth player on the line of scrimmage but have the option to do so.*



(g) No blitzes are allowed. Players within the box at the snap can penetrate upon the snap. Linebackers, safeties and cornerbacks (both on the line and at depth) can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap is illegal.

(i) *The box includes offensive players who line up within two yards of the ball and on the line of scrimmage along with the defensive players lined up directly over them.*

(ii) *On pass plays, anyone outside the box on the snap cannot rush the quarterback and must remain behind the line of scrimmage in pass coverage.*

(iii) *Coaches are encouraged to be creative with their formations but not use "the box" to delay defensive penetration.*

(iv) *NOTE: The restriction on blitzing is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration.*

(h) Only one defensive lineman may advance thru the A gap.

- (i) If the ball is inside the 4-yard line, the four non-linemen, non-deep players may align on the goal line.

Section 4.07 SPECIAL TEAM ADJUSTMENTS

- (a) There are no special teams.
- (b) There are no kickoff or punts.
- (c) Each possession starts with the ball on the 40-yard line, regardless of whether there is a score, turnover or turnover on downs.
- (d) There are no extra points by a kick.
- (e) All PATs are attempted through a run or pass try. Coaches can choose to go for one point from the 3-yard line or two points from the 5-yard line

Section 4.08 CLOCK MANAGEMENT

- (a) Each game is made up of four 10-minute quarters with a running clock.
- (b) The clock stops on PAT tries or turnovers or change of possession.
- (c) 35 second play clock
- (d) Halftime is five minutes.
- (e) Total game time is 49 minutes, not including timeouts. This allows for each age group to be on and off the field in one hour.
- (f) Overtime will be played during the season and playoffs.

Section 4.09 SCORING

- (a) Offensive touchdowns are worth six points.
- (b) PATs are the coach's choice to attempt a one-point try from the 3-yard line or a two-point try from the 5-yard line.
- (c) With no special teams, there are no field goal attempts.
- (d) Green Stripe rules as describe in Green Strip Rule Section are to be maintained and adhere to
- (e) There are no defensive touchdowns as all turnovers are blown dead immediately. No returns are allowed to limit play back in the direction of the administrative zone.
- (f) There are no two-point defensive safeties. All tackles behind the 40-yard line result in a loss of down, but the offense retains the ball, and the ball is re-spotted at the 40-yard line to preserve the administrative zone.

Section 4.10 COACHES

- (a) Each team is allowed TWO COACHES on the field, to keep the speed of the game and activity levels high.
- (b) Once the huddle is broken, the on-field coach's may and should assist the officials in alignment issues as the goal of the game is development, not persistent penalties.
- (c) After the huddle is broken, though, there is to be no extra instruction, audibles or changing of plays allowed.
 - (i) *Extra instruction after the huddle break will result in one (1) warning, and any continued infractions will result in a 5-yard penalty. This rule is enforced per team, not per individual coach.*
 - (ii) *Teams have the option to rotate which coaches are on the field at any time.*