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SOUTH COUNTY FOOTBALL LEAGUE

The South County Football and Cheerleading League (SCFL) will follow the rules of the University Interscholastic League (UIL) and the National Collegiate Athletic Association (NCAA) with the additions, exceptions and clarifications listed in this document.

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## SOUTH COUNTY FOOTBALL LEAGUE

### 1. COACHES CODE OF CONDUCT

All coaches, football and cheerleading participants will abide by a Code of Conduct, which includes the following provisions. If any of these rules are broken, the South Montgomery County Football League Board of Directors ("Board of Directors") shall have the authority to impose a penalty, including, but not limited to immediate suspension of a minimum of one game. Coaches shall:

- 1.1 Not smoke or use smokeless tobacco at the SCFL facility or any SCFL function.
- 1.2 Not criticize players/cheerleading participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team/squad members if others might benefit.
- 1.3 Accept decisions of the game officials, judges, and Board of Directors on the field, in competitions and at Board meetings as being fair and called to the best ability of said officials.
- 1.4 Not criticize an opposing team, its players, cheerleading participants, coaches, officials, fans or SCFL Board Members by word of mouth or by gesture. Criticism shall be allowed in writing to the SCFL Board of Directors only!
- 1.5 Emphasize that good athletes strive to be good students and that they are both physically and mentally alert.
- 1.6 Strive to make every football and cheerleading activity serve as a training ground for life, and a basis for good mental and physical health.
- 1.7 Emphasize that winning is the result of good "teamwork."
- 1.8 Together with game officials, be jointly responsible for the conduct and control of team, fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave. Any of the aforementioned may be asked to leave. This code of conduct must be followed at ANY SCFL sponsored event, (i.e. games, practices, camps, etc). Failure to comply may result in sanctions as detailed in Section VI.
- 1.9 Not use abusive or profane language at any time.
- 1.10 Not receive any payment, in cash or kind, for services as a coach in the South County Football/Cheerleading League. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.
- 1.11 Not permit or encourage "sweating down" tactics in order for a player to make the leagues "ball carrying" weight.



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- 1.12 Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician. (Only the legal guardian may distribute medication of any kind.)
- 1.13 Not permit an ineligible player or cheerleading participant to participate in a game.
- 1.14 Not deliberately incite unsportsmanlike conduct.
- 1.15 Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance at SCFL facilities.
- 1.16 Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
- 1.17 Control their fans. Remember, as a team coach, you're responsible for your team, and fan reaction will usually be in step with your reaction. Coaches must apply a reasonable effort to control their fan base.
- 1.18 Not allow pets at the SCFL facilities.
- 1.19 Not allow glass containers at the SCFL facilities.
- 1.20 Not allow firearms at the SCFL facilities.
- 1.21 Prevent children from climbing trees, fences, bleachers, or entering the press boxes on SCFL facilities.
- 1.22 Not allow skateboards, bicycles, roller blades or skates in the park.
- 1.23 Uphold all rules and regulations provided by the SCFL in conjunction with all U.I.L. and NCAA rules.
- 1.24 Adhere to the Coaches Conduct.

**2. RULES APPLICABLE TO ALL DIVISIONS**

2.1 Events

- 2.1.1 All players may participate in a maximum of four (4) events per week. An event is defined as a meeting with more than three (3) players and a coach engaging in football related activities (including, but not limited to, practice, football games, or viewing film). An official game counts as one event. Team parties not involving practice or instruction are permitted and are not counted as an event.



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- 2.1.2 There will be no scheduled events for Sundays (games or practices) with the exception of games scheduled as post-season tournament play and/or make up games.

### 2.2 Divisions (Age Groups)

Freshman	5 & 6 year olds
Sophomore	7 & 8 years olds
Juniors	9 & 10 year olds
Seniors	11 & 12 year olds

- 2.2.1 Player eligibility shall be determined by using August 1 of the current year as the cutoff date. Parents may opt to have their child "play up" one year in play (for example, a 6-year-old playing with the 7 & 8 year-olds). Under no circumstances will any player be allowed to "play down," play up by more than one year (i.e. a 9 year old cannot play up in the Senior division (11/12s) or play in two (2) different divisions. Players are eligible to play within their own respective age group based on age eligibility.

- 2.2.2 Proof of Age: A certified copy of a birth certificate bearing the seal of the issuing office of the state of birth is required. Absent a birth certificate, a document that is approved by the Board of Directors is required.

### 2.3 The Division Weight Limitations For Players Who Can Run The Ball

Freshman	75 lbs
Sophomore	100 lbs
Junior	125 lbs
Senior	150 lbs

- 2.3.1 Player weights are without helmet, shoes/cleats or pads.
- 2.3.2 A medical scale shall be used to weigh every player. The medical scale shall be one that is preset to the applicable Division Weight Limitation.
- 2.3.3 Coaches shall provide a team roster for review by an S.C.F.L. board member and both coaches must be in attendance and supervise weigh in. Each team shall have all of its players weighed prior to the start of each game during the season to ensure the weight limitation is being maintained. To prevent controversy, the game day weigh-in is mandatory and cannot be waived or modified by anyone, including the coaches. Weight check by challenge or other than the above-prescribed method is not acceptable. A coach who plays a player who exceeds the applicable weight limitation in a game shall forfeit the game and shall be suspended from participating in the next scheduled game. A player who violates the above weight limitation shall be suspended from playing in the game and the next scheduled game. Late arrivals will be allowed to participate;



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however, the child must be weighed in and will not be allowed to participate in the backfield or at tight end.

- 2.3.4 Football players weighing over the applicable weight limitation may not line up in the backfield for any reason, regardless of whether they carry the ball. A player exceeding the weight limit by a maximum of 20 pounds may line up as the “Tight End” and be eligible to catch a forward pass thrown past the line of scrimmage (screens, laterals, etc. are NOT permitted!). A “tight end” is defined as an eligible receiver no more than four yards from the middle of the offensive formation. In addition, players weighing over the applicable weight limitation may advance the ball on a fumble, blocked punt or interception that they recover or that falls into their hands (they cannot advance a ball received on a kickoff-see below).
- 2.3.5 Players who weigh over the applicable weight limitation may not line up deep in kickoff or punt formations to accept the ball (they must line up on the front row). Front row is defined as row of players closest to the ball. If a player over the applicable weight limit receives the ball, the ball cannot be advanced and the referee will blow the whistle.

### 2.4 Length of Games

Freshman	Four (4) 6 minute quarters
Sophomore	Four (4) 8 minute quarters
Junior	Four (4) 9 minute quarters
Senior	Four (4) 10 minute quarters

Clock is not continuous during play.

### 2.5 Regular Games

- 2.5.1 A regulation game is the completion of play of a game in its entirety.
- 2.5.2 Games halted for inclement weather may be rescheduled by the SCFL. Resumed games will be started where play was suspended. The Board of Directors (or their authorized representative) on duty at the park will be responsible for weather decisions and game time changes. Game times may be changed in the event of inclement or unforeseen circumstances and are subject to same day or alternate day postponement. Example: A thunderstorm forces the postponement of the first game of the day. The storm passes and the first game of the day is now rescheduled to the last game of the day. All other game times remain the same.
- 2.5.3 If at the end of regulation play a tie exists, both teams will return to their sidelines and the team captains responsible for calling the coin toss will meet with the referees. The visiting team is responsible for calling the first coin toss/flip. The winner of this coin toss



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may choose to accept (start on offense) or refuse the ball (start on defense). The loser of the coin toss will decide which end zone overtime will be played in. Each team will receive the ball on the 25-yard line. A first down can be made in this scenario. If a tie still exists after both teams have attempted to break the tie each from the 25-yard line, the ball will be placed on the 10-yard line of the same end zone, change of possession will take place and play will resume. There will be no flip-flop of end zones unless field conditions dictate a need for change. The referees will determine this. Each team will again receive the ball for four (4) offensive plays. There is no chance of a first down being made at this point to extend the numbers of plays to more than four (4), except in the event of a defensive penalty. A turnover by mishap (fumble, interception, failed kick attempt, etc.) or loss of possession (loss on downs, penalty, etc.) concludes a team's possession of the ball in all situations. A tied game will be played until a winner is declared. The ball will remain at the ten (10) yard line for subsequent tries until a winner is determined. Each team receives one timeout per tiebreaker attempt.

2.6 Minimum Playing Time: (All teams must field at least 10 players except for a freshman team).

2.6.1 Minimum play time rules will be determined by division at the end of the draft and will depend on the number of players on the division's rosters at the conclusion of the draft.

Division	Average# of Players per team	Minimum Play Rule
Freshman	N/A	One half (1/2) of the game
SO, JR and SR	Less than 18	One half (1/2) of the game
SO, JR and SR	18 or more	15 plays

2.6.2 The above rule is applied at the Division level and not a team by team basis. For example, if nine teams in a division have 17 players and 1 team has 18 players, then that division has an average number of players per team of 17.1 and the entire division (including the team with 18 players) will apply the 50% minimum play rule.

2.6.3 50% Rule - One half (1/2) of the game is generally defined as starting on either offense or defense and playing the entire game on either offense or defense. Exceptions will be made only for a verified injury, disciplinary action or player absence.

2.6.4 Temporary substituting is permitted for brief (1 or 2 plays) rest breaks and brief instruction. This is not a violation of the minimum-playing rule. A player voluntarily leaving the game is acceptable as well.

2.6.5 15 Play Rule




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- 2.6.5.1 Special teams' plays do not count towards the minimum play number.
- 2.6.5.2 Plays where penalties have been incurred after the snap do count toward the minimum play number.
- 2.6.5.3 Dead ball fouls do not count toward the minimum play number.
- 2.6.5.4 Coaches will be responsible for counting the opposing team's number of plays per participant.
- 2.6.6 A player who does not participate in regularly scheduled practices and/or needs to be disciplined for his/her conduct can be suspended for a game (or on a per quarter basis) by his/her coach. The coach must provide written notice (prior to game day) to the Board of Directors and/or commissioner and the opposing coach of the game for the suspension to be carried out. The opposing coach can appeal the disciplinary action. All decisions made by the Board of Directors on such suspension shall be final.
- 2.6.7 Parents (and only parents) may voluntarily withhold their children from participating in the game.
- 2.6.8 A coach who violates the minimum play rule shall be suspended for the next game and will forfeit the game in question. Video is critical criteria of proof.
- 2.7 Uniforms and Equipment
- 2.7.1 Only league issued uniforms are allowed during games.
- 2.7.2 All league players must wear mouthpieces at all contact practices and games.
- 2.7.3 All players must wear a properly fitting helmet with facemask meeting safety standards. Shoulder, hip, knee, thigh, and tailbone pads are required for all contact practices and games. Shoes can either be the molded rubber type of sole/cleat or the plastic removable cleats. If the plastic removable cleats are used, wear and tear may cause metal to show through the plastic. If any metal shows through the plastic will be considered an illegal shoe. Metal cleats (baseball or track) are not permitted.
- 2.7.4 Game Balls are as follows:
- |           |   |
|-----------|---|
| Freshman  | Wilson K-2/MacGregorMXP/Nike 1000KComposite   |
| Sophomore | Wilson K-2/MacGregorMXP/Nike 1000K Composite  |
| Juniors   | Wilson TDJ/MacGregor MXJ/Nike 1000J Composite |
| Seniors   | Wilson TDY/MacGregor TDY/Nike 1000Y           |
- The home team is responsible for providing the ball.



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### 2.8 Coaches

- 2.8.1 Coaches submit an application to the League requesting the opportunity to coach a team.
- 2.8.2 The board will conduct interviews in order to determine qualifications of applicant.
- 2.8.3 A subcommittee of the SCFL Board (The Football Committee) shall select coaches deemed appropriate. Coaching at SCFL is a privilege, not a right, and the SCFL board maintains 100% authority and discretion over whom it may permit to coach.
- 2.8.4 Once a head coach is selected, the head coach may choose one official assistant coach prior to the first tryout and that selection must be approved by the Football Committee.
- 2.8.5 Once the season has started, other assistant coaches may be allowed to participate and up to 4 coaches may be on the sidelines of an official game.
- 2.8.6 The Football Committee may choose a coach out of necessity during the tryout period. In the event of this situation, the head coach will be allowed to select an official assistant coach at that time.
- 2.8.7 SCFL will offer 2 tryouts prior to the start of the season for the opportunity for coaches to observe the registered players.
  - 2.8.7.1 Once a head coach and an official assistant coach have been selected for a team and approved by the Football Committee, their children shall be labeled as “freezes” for draft purposes. (See definition of “freezes” – Below)
  - 2.8.7.2 Defining a “freeze”: A player that is defined as “frozen” will be removed from the free draft and automatically be placed on a specified team. In return, the coach relinquishes a pick in the draft during a specified round for each frozen Player. The coaches in conjunction with the Division Commissioner will be charged with ranking the two “freezes” through a consensus or vote.  
  
Example: Player A is ranked #1 and Player B is ranked as a #5 round draft pick by the coaches and Division Commissioner. Team X would not be allowed to choose a free Player in either of those respective rounds because their “frozen” Players would account for those picks.
- 2.8.8 Coaches are responsible for their conduct at all times. Any alleged violation by a coach of any league rule will be investigated by the board, including interviews of the coach and all witnesses. Subsequent punishment, if any, of the coach, will be at the sole discretion of the board. Punishment will depend upon many factors, to include but not



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limited to the severity of the conduct, the coach's handling of the situation prior to, during and subsequent to the incident, the coach's prior history with the league, etc. Punishment may range from none at all if the alleged violation was determined to be unfounded, to an oral or written reprimand, suspension from one or more games, or permanent removal from the league. The coach may appeal the punishment to the board but must supply the appeal in writing with all supporting documentation including video, email and written statements.

### 2.9 Tryouts

- 2.9.1 SCFL will offer a minimum of 2 tryouts prior to the start of the season for the opportunity for coaches to observe the registered players.
- 2.9.2 Players are required to be weighed and measured. In the tryout, the players will be required to (but not limited to) run a timed 40 yd dash, run a timed agility test, attempt to catch a football thrown by a coach and tackle a tackling dummy.
- 2.9.3 Before the players are dismissed, the coaches will have an opportunity to ask each player a few questions.

### 2.10 The Draft

- 2.10.1 The draft for each division will be held separately after the tryouts. Each coach will draw numbers for draft positions prior to the start. Once a team has picked their draft position, teams will be allowed to trade this draft position before the draft starts.
- 2.10.2 The draft will be conducted in a snake format, (i.e. First Round: 1-2-3-4; Second Round: 4-3-2-1; Third Round: 1-2-3-4; etc.)
- 2.10.3 In the event that a "frozen" player has not tried out, that player will automatically be frozen in the first round of the draft. If both "frozen" players on a specified team do not tryout, these frozen players shall be deemed first and second round picks and no other players may be selected during these two rounds.
- 2.10.4 In the event that there is a returning player that cannot tryout on either of the designated dates, they will be placed in the free draft and can be drafted as if they have tried out.
- 2.10.5 In the event that there is a new player who is registered but cannot try out on either of the two designated dates, they will be assigned to a team after all players who are eligible to be drafted have been selected. The Coaches will pick these players via a hat draw at the end of the draft.



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- 2.10.6 Regulate & Age Balance Teams in all Divisions. Age allocation by division will be determined each year by dividing the number of players of a particular age by the number of teams in a particular division. Example: 50 qualifying 10 yr. olds within Junior Division divided by 5 Junior Teams equates to ten 10 yr. olds per team.
- 2.10.7 There will be a designated 10 minute period following the draft when coaches can trade players between teams. This time limit may be adjusted by the Division Commissioner. No trade of players will be allowed after the designated time frame.
- 2.10.8 Only 2 representatives per team will be allowed in the draft room. No person with a child in the free draft will be allowed to assist a team/coach during the draft process.
- 2.10.9 No Cell phones, pagers or other communication devices are allowed to be used during the draft process to contact an outside person in an attempt to assist with the draft.

### 2.11 Coach, Player and Parent Behavior

Coaches, players, parents and spectators are expected to conduct themselves in a respectful manner at all times. The use of profanity, obscene gestures, derogatory remarks or name-calling is prohibited and can be grounds for violator's removal from park.

### 2.12 Coaches Responsibilities

- 2.12.1 Coaches will make every attempt at a minimum to teach fundamental blocking, tackling, and basic offensive plays and defensive plays.
- 2.12.2 All coaches must instruct their players to initiate contact while their heads are up. The league will not tolerate any deliberate initial contact by the top of the helmet (spearing) in a practice or game. Such infraction occurring a maximum of two (2) times in a game will result in immediate ejection of the player from the game. The referee on the field has full authority in this matter. Further, if video evidence is provided to the board subsequent to a game that confirms, in the board's discretion, deliberate contact and violation of this rule, the board may suspend the player and/or the coach for one of more subsequent games, depending on the severity of the conduct.
- 2.12.3 Coaches are responsible for player hydration. Practices will have no less than three (3) water breaks and water must be made available at all times during games.
- 2.12.4 Four (4) adults are allowed on each team's sidelines during games. The first violation in a game shall result in a warning being issued.
- 2.12.5 All coaches are required to attend the pre-season coaching meeting(s) and any other meeting requested by the board. Mandatory! Failure to comply may result in the League revoking sideline privileges for the entire year.



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- 2.12.6 The board reserves the right to impose a minimum of one game suspension for any violation of any league rule.
- 2.12.7 Coaches are responsible for their player's parent's behavior and can be penalized by the officials during a game for unsportsmanlike conduct if deemed necessary.
- 2.12.8 The Home Team is to provide the announcer and scorekeeper. The Visiting Team is to provide the chain gang crew.
- 2.12.9 Player retention - Player retention is critical to the long-term success of the League and the coach is responsible for communicating to the division commissioner if a player is considering leaving the team. The division commissioner will contact the parents of the player in question to discuss the circumstances around the player's decision to leave the team and feedback will be provided to the coach as applicable.
- 2.12.10 Practice time per division is as follows (including breaks):

Freshman	1 hr 15 min
Sophomore	1 hr 45 min
Junior & Senior	2 hrs

### 2.13 Field Dimensions and Restrictions

#### Dimensions

Freshman	60x30 yard field
Sophomore	100 yard field
Junior	100 yard field
Senior	100 yard field

Interleague or tournament games will be played on the field assigned by the host team.

One person from each playing team is allowed in the press box for the purpose of filming the game. The home team will also provide an announcer and a clock operator. Opposing team coaches or parents are prohibited from the press box during the games.

## 3. FRESHMAN RULES

- 3.1 Two coaches are allowed on the field while on offense to call plays and assist in quick alignment of the players. Only one coach is allowed on the field while on defense to assist players prior to the snap. After such assistance, coaches will back away and maintain a 10-yard distance from the line of scrimmage. Once the quarterback is under center (or in the position to receive a shotgun snap), no further instruction is to be given by either coach of




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either side until the play is whistled dead. Should such assistance take place, the coach will receive a warning from the referee for the first offense; a 15 yard unsportsmanlike conduct for the second offense, and his removal from the game for the third offense. Encouragement or motivational comments are not considered instructional. Instruction from the coaches that are on the sideline and not on the field is permitted.

- 3.2 All punts are free kicks that must be declared in advance of the kick. Once a free kick has been declared, the player will be allowed to punt the ball without the defense crossing the line of scrimmage. Once the kick has been made, the play is live and the receiving team may return the kick. No fakes are allowed on free kicks.
- 3.3 Games are to be played with eight players. Three backs are allowed in the backfield (quarterback and two running backs) and both ends are eligible provided all parties are under the weight limit to carry the ball. Freshman are not allowed to line head-up (nose guard) over center. There must be a minimum of five players on the line. The two outermost linemen are eligible receivers (assuming they are uncovered) and must meet the Tight End weight limits (see below).
- 3.4 Ball carrier weight limit is 75 lbs. Tight ends may not exceed 95 lbs.

3.5 Extra Points:

Run	1 pt
Pass	2 pts if caught in the end zone 1 pt if caught and run into the end zone
Kick	3 pts

All extra point attempts are live contact.

- 3.6 Any team leading by 28 points must remove 3 players from their normal Offensive positions as chosen by the Opposing Head Coach. The 3 chosen players (QB/RB/SE/WR/TE) must be removed from the backfield and any Offensive position that they are capable of catching, handling or advancing the ball until the margin is less than 28 points. A team that goes ahead by 28 points may leave their normal Offense in to attempt the extra point (i.e. Team A is leading 23-0 and scores a touchdown to make it 29-0, the normal Offense may stay in to attempt the extra point). From this point forward the **revised Offense** must catch, handle or advance the ball until the margin is less than 28 points.

In the event that a 28 point deficit exists at the start of the 4th quarter, the clock will automatically run for the entire length of the 4<sup>th</sup> quarter. Additionally, the losing head coach can opt to run the clock early; he can do so in any Qtr of the game.



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- 3.7 No player shall line up on the center. (No nose guards) In addition, the defense will not hit or otherwise engage the opposing center in any way with the intent to disrupt or intimidate the snap or cause potential harm to the player. This is a safety issue. Freshman division only.
- 3.8 All defensive linemen must play in either a three or four point stance on the defensive front from Tackle to Tackle. Linebackers/Defensive Backs must line up outside of the box. Box is defined as Tackle to Tackle and Line of Scrimmage to the back foot of the largest Down Lineman. Alignment beyond the Defined box is not affected by this rule. Linebackers may be in a standing position to blitz. Failure to comply will result in the following penalties:
- |                |   |
|----------------|---|
| First Offense  | 15 yard Unsportsmanlike conduct                         |
| Second offense | 15 yard Unsportsmanlike conduct and Head Coach ejection |
| Third offense  | Forfeit   |
- 3.9 All other rules will be in accordance with UIL and NCAA guidelines.

### 4. SOPHOMORE RULES

All rules are the same as the Freshman Division with the following exceptions:

- 4.1 No coaches are allowed on the field at any time. Coaches must stay between the 20 yd lines and are not allowed to cross over this boundary.
- 4.2 All punts are live with the exception of a team declaring a free kick within its own 20 yd line. Such kick must be declared to the referee and neither side may advance until the ball is kicked. No fakes are allowed on free kicks.
- 4.3 Maximum weight limit is 100 lbs to carry the ball (backfield). Tight ends may not exceed 120 lbs.
- 4.4 You *can* have a nose guard line up on the center.

### 5. JUNIOR AND SENIOR RULES

All rules are the same as the Freshman Division with the following exceptions:

- 5.1 No coaches are allowed on the field at any time. Coaches must stay between the 20 yd lines and are not allowed to cross over this boundary.
- 5.2 All kicks are live.
- 5.3 Maximum weight limit to carry the ball (backfield): Juniors = 125 lbs and Seniors = 150 lbs. Tight ends in Juniors may not exceed 145 lbs and 170 lbs in the Senior division.



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### 6. ENFORCEMENT OF RULES AND POLICY

#### 6.1 Contact with Officials

If a player or adult should strike (hit) a game official, the player or adult shall be temporarily or permanently suspended from SCFL.

#### 6.2 Radios and Communication Devices

No radios or other communicative devices shall be allowed during game situations to relay information to the coaching staff on the sidelines.

#### 6.3 Blocking and Tackling Restrictions

Nose guards (except in the Freshman Division) may blitz or use slants. However, leg whipping, chop blocking, (offensive player engages defensive player above the waist and a second offensive player blocks the player below the waist); illegal blocks below the waist, face tackling or spearing techniques shall not be permitted. If video evidence is provided to the board subsequent to a game that confirms, in the board's discretion, deliberate contact and violation of this rule, the board may suspend the player and/or the coach for one or more subsequent games, depending on the severity of the conduct.

For more specific definitions of illegal blocks below the waist, see Appendix:

Blocking below the Waist  
NCAA Definitions

#### 6.4 Formal Protests

Coaches may only formally protest the eligibility of a player or cheerleader (i.e. issues dealing with weight or age). The Board of Directors shall decide all other actions addressed herein. Protests must be made writing to the appropriate commissioner and shall require a \$50 fee. Protests will then be addressed by the SCFL Board of Directors.

#### 6.5 Penalties

The board is entitled to decide upon penalties for player, parent or coach misconduct at its own discretion. Punishments may be handed out in situations involving, but not limited to, the endangerment of a juvenile, fighting, cheating, use of threatening and/or inappropriate language, lack of cooperation/obstruction, players showing disrespect for other players, coaches or adults, etc. Punishment will depend upon many factors, to include but not limited to, the severity of the conduct, the individual's handling of the situation prior to, during and subsequent to the incident, the individual's prior history with the league, etc. Punishment may



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range from none at all if the alleged violation was determined to be unfounded, to an oral or written reprimand, suspension from one or more games, or permanent removal from the league. Any individual receiving board punishment may appeal the punishment to the board but must supply the appeal in writing with all supporting documentation including video, email and written statements.

### **7. POST-SEASON PLAY (ALL-STARS)**

#### 7.1 Freshman

There should be only one All-Star Team in the Freshman division. This team may consist of up to 16 players and shall be coached by the Super bowl winning coach. If this coach opts out, the runner up has first right of refusal and so on down the line to the last coach in the division. Each coach will nominate players from his team; however, the Head Coach of the All-Star team makes the final determination on players selected.

#### 7.2 Sophomore, Junior and Senior

There may be either one or two All-Star teams in these divisions. These teams may consist of up to 22 players each. If at the board's discretion it is decided that there will be two All Star teams in one division, they may be divided up into a Tier 1 and a Tier 2 teams. The Tier 1 team shall be coached by the Super Bowl winning team's head coach. The Tier 2 team shall be coached by the runner up. If either of these coaches opts out, the next progressive team's head coach has first right of refusal and so on down the line to the last coach in the division.

The Tier 1 team has right of first refusal on ALL players in the division, with the exception of the runner up and his first assistant's freezes. The Head coach and first assistant of the Tier 2 All-Star team shall be the only players eligible to "opt down" to the Tier 2 team if desired and selected. Any player chosen to be on the Tier 1 team, that chooses not to play on the team, is ineligible for any other post season play. Additionally, the Tier 2 team may opt to "play up" into Tier 1; however, they may not go back "down" to Tier 2 play through the remainder of that particular tournament.

The coach of the All-Star team is allowed to select a desired number of players from his regular season team.

The current SCFL Board shall determine the number of All-Star teams per division at its discretion. The goal is to benefit both the players and SCFL.



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### 8. APPENDIX

#### **Cut Blocking or Blocking below the Waist**

With the increasing usage of cut blocks or blocking below the waist in the past few years a trend has been noticed concerning the proper technique for executing a cut block and defending against a cut block. The trend has been a decrease in the quality of proper technique to perform and defend cut blocks. Instead of making hard fast rules covering cut blocks (which are legal blocks) with penalties, the SCFL has chosen to address the actual problem of coaching the proper techniques to perform and defend against a cut block. We as a league have designated the head coaches to teach the proper techniques to perform and defend against cut blocks.

The intent of this decision is to improve the quality of proper techniques for cut blocking and Defense. This will assist in the safety of players that are subject to being cut block. The SCFL does not want to see player's knees or ankles blown out at such a young age.

#### Technique

There is a difference between a chop block, which is illegal, and a cut block, which is legal. The difference between the two runs a fine line, insomuch that the two blocks are mistakenly referred to as the same thing.

A legal cut block occurs when an offensive lineman or back blocks a defensive player below the waist with his helmet/shoulder in front of the player. An illegal cut block occurs when an offensive player hits a defender below the waist from the side or back.

The chop block occurs when an offensive player blocks below the waist while the defensive player is already engaged with another offensive player. The defensive lineman becomes more vulnerable to injury simply because he can't defend himself.

Proper technique to cut block has the offensive player focusing on the play side leg of the defender to achieve getting head across the front of the defender at the waist, hip or thigh. Once engaged push the whole body into the defender and bear crawl to drive defender back as far as possible. To defend against the cut block you have to stay low to the ground because the blockers are way down there. As the blocker dives low use both your hands to keep blocker out in front of you and push them on the back down into the ground. At the same time the defender can use the blocker's back as a way to balance his body so the defender can kick his feet back away from the blocker to protect his legs. As blockers are diving at legs either push them down as described or jump over them.

Note: No blocking below the waist on kick-off, kick-off return or punts. These are all change of possession plays and it is illegal to cut block at any time during these sets; otherwise you



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can LEGALY execute a cut block away from the original position of the ball anywhere on the field. (i.e. toward the sideline).

The issue becomes who can block below the waist toward the original position of the ball. Linemen who are no more than 7 yards from the snapper can block below the waist toward the snapper. Backs that are within the tackle box (if they were not in motion) can block below the waist toward the snapper.

\*See NCAA definition document below.

### NCAA Rule

#### RULE 9-1 / CONDUCT OF PLAYERS AND OTHERS SUBJECT TO RULES

e. Blocking below the waist is permitted except as follows (A.R. 9-1-2-IIIIX):

1. Offensive linemen at the snap positioned more **than seven yards from the snapper** are prohibited from blocking below the waist **toward the original position of the ball** in or behind the neutral zone and within 10 yards beyond the neutral zone.
2. Backs at the snap positioned with the frame of their body completely **outside the tackle box**, or in motion at the snap, are prohibited from blocking below the waist **toward the original position of the ball** in or behind the neutral zone and within 10 yards beyond the neutral zone. The frame of the body does not include arms or legs extended sideways (A.R. 9-1-2-XXI).

#### RULE 2-27 / DEFINITIONS

Lineman and Back

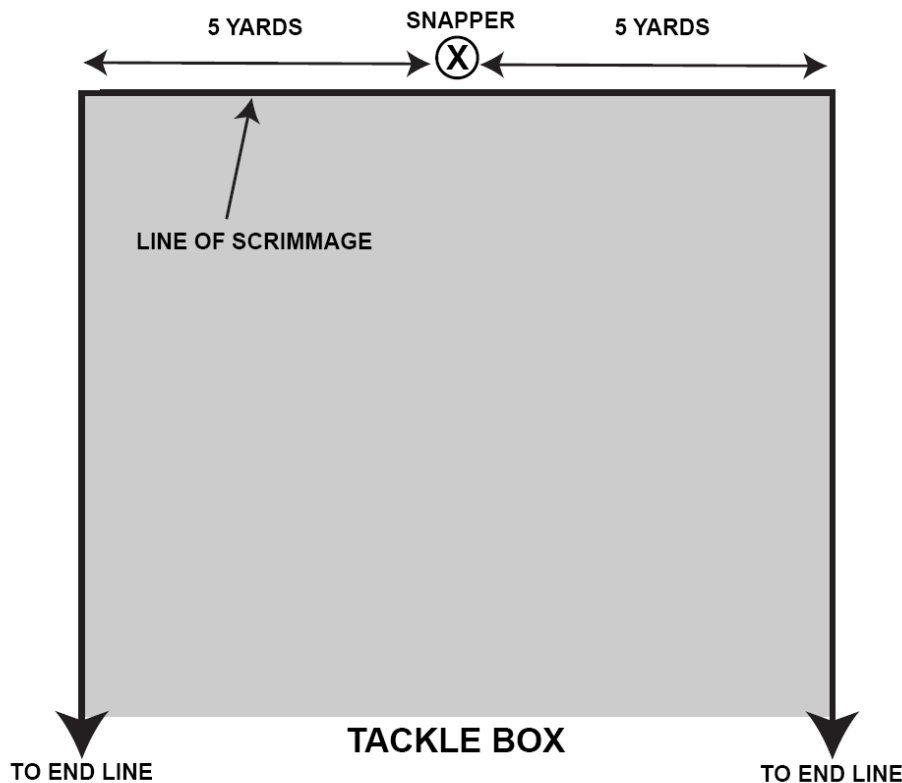
#### ARTICLE 4

A **lineman** is any Team A player legally on his scrimmage line when the ball is snapped. An interior lineman is any Team A player legally on his scrimmage line and positioned between the end Team A players who are also on the line of scrimmage at the snap.

A **back** is any Team A player whose head or body does not break the plane of the line drawn through the rear-most part, other than the legs or feet, of the nearest Team A player (except the snapper) on the line of scrimmage when the ball is snapped. A lineman becomes a back before the snap when he moves to a position as a back and stops.

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Definition of Tackle Box:



Examples

Approved Ruling 9-1-2

III. A1, an end, is positioned 11 yards to the outside of the snapper at the snap. B2 is between the original position of A1 and the sideline. A1 blocks B2 away from the position of the ball at the snap. The block by A1 is below the waist. **RULING:** Legal block (Rule 2-23-1-i).

IV. Quarterback A1 is forced to run out of his protecting pocket and scramble back and forth across the field. A2, a wide receiver positioned 12 yards outside the snapper, moves downfield and then returns toward the neutral zone. A2 then blocks B2 at the neutral zone and below the waist toward the ball at the snap. **RULING:** Illegal block. Penalty-15 yards (Rule 2-23-1-i).

V. On a run or pass option play, wide receiver A2 at the snap is positioned 12 yards outside the snapper. He moves downfield and then returns toward the neutral zone. A2 then blocks B2 eight yards beyond the neutral zone and below the waist toward the ball at the snap. **RULING:** Illegal block. Penalty-15 yards (Rule 2-23-1-i).



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VI. A1, a flanker positioned to the left side of a formation, runs a deep reverse to the right side after receiving the ball from a teammate. A2, a spread end, at the snap is positioned 10 yards outside the snapper on the right side of the formation. A2 blocks B2, a defensive end, toward the ball. The block by A2 is below the waist and occurs behind or one yard beyond the neutral zone.

**RULING:** Illegal block. Penalty-15 yards. Enforce at previous spot if foul occurs behind the neutral zone (Rule 2-23-1-i).

VII. A1, a wing back positioned 10 yards outside the snapper, goes in motion toward the ball before the snap. At the snap, his motion has carried him past the snapper. After the snap, A1 blocks B2 below the waist away from the ball at the snap. **RULING:** Legal block (Rule 2-23-1-i).

VIII. At the snap, flanker A2 is positioned 10 yards outside the snapper. As he moves toward the sideline he blocks a defensive halfback below the waist away from the ball. **RULING:** Legal block (Rule 2-23-1-i).

IX. At the snap, wing back A1 is positioned 10 yards outside the snapper and five yards behind the neutral zone. After the snap, A1 blocks B2 toward the ball at the snap. The block by A1 is below the waist and behind the neutral zone. **RULING:** Illegal block. Penalty—15 yards from the previous spot (Rule 2-23-1-i). Safety if the foul occurs behind Team A's goal line.

XXI. Team A is in an unbalanced line scrimmage formation or any other unusual alignment at the snap. Back A27 is a potential blocker. **RULING:** If the frame of A27's body is positioned completely outside the tackle box, he is prohibited from blocking below the waist toward the original position of the ball in or behind the neutral zone, and within 10 yards beyond the neutral zone.