



# **LONE STAR YOUTH FOOTBALL ALLIANCE**

## **2010 GUIDELINES AND RULES**

**GUIDELINES** - The Lone Star Youth Football Alliance (LSYFA) is a service youth football organization whose purpose is to provide organized scheduling for member leagues and provide common age groups, weight limits, and playing rules. These are no costs, fees or moneys required to becoming a member league, only a commitment to play and abide by the common inter-league rules. Each member league maintains its respective autonomy over all internal decisions, fundraising, board of directors, etc. that may pertain to that individual league. The LSYFA co-ordinates schedules, inter-league rules and tournaments, pending member approval. Each member league involved with the LSYFA receives one vote to cast on all motions, proposals, etc. LSYFA rules supersede and replace all local park rules that may have been in effect.

**RULES** - The LONE STAR YOUTH FOOTBALL ALLIANCE will follow the rules of the University Interscholastic League (U.I.L.), and the National Collegiate Athletic Association (N.C.A.A.) with the following additions, exceptions and clarifications.

### **ALL LEAGUES**

#### **A. Activities:**

1. All divisions may participate in a maximum of four (4) activities per week. An activity is defined as more than three players and a coach meeting as a group and engaging in football related activities (i.e. practice, viewing film). All other activities not involving football practice are permitted (i.e. team parties, team dinner, banquets, etc..) and are not counted as a football activity.
2. There will be no scheduled activities for Sundays with the exception of games scheduled during post regular season tournament play. Make up games may occur pending both leagues and team approval.

**B. Age Groups:** All age groups are determined by using July 31<sup>st</sup> as the accepted cutoff date. (Child's age as of July 31 determines which division they play in). All divisions are age eligible.

1. Freshman - 4, 5, & 6 year olds. Registering 4yr olds-discretion of league.
  2. Sophomore - 7 & 8 year olds
  3. Junior - 9 & 10 year olds
  4. Senior - 11 & 12 year olds,
- Leagues may opt to have players play up (i.e. 6 year olds playing with 7 & 8 year olds).
  - Players may not under any circumstance play down or play in two different age divisions.

**C. Weight Limits & Weigh Ins (2010):** All players handling the football or lined up in the offensive backfields must conform to the established weight guidelines. Such weights are determined by using the scales located at each park or by mutual agreement by the Teams Representatives. If a dispute arises another set of weights may be introduced and an average will be used as the legal weight. **ONLY ONE TIME PERIOD WILL BE PROVIDED FOR PLAYERS TO WEIGH IN, IN WHICH ALL PLAYERS WILL WEAR THEIR JERSEY. Players not making weight will be allowed to move inside to strip down to underwear or Jockey strap if worn to be reweighed.** **Both Teams will line up to be weighed at least 30 minutes prior to the start of the scheduled game time.** Each Team's acting Representative will provide a list at this time of any players that are not present for weigh in, **these players are INELIGIBLE for the Backfield or Tight End.** In the event that the Hosting League is running behind schedule, the Hosting League can change the Weigh In Time to correspond with the Projected new game time and will be responsible for notifying the 2 Head Coaches involved. **HOSTING LEAGUES will prepare an index card for Referee's stating ELIGIBLE QB/RB/SE/WR/TE and give to the Referee's prior to the start of the game by the HOSTING LEAGUE. Both Coaches at weigh in, must sign the completed index card. Signing of the index card ends the weigh in.**

1. Freshmen - 75 lbs to run the ball, 95 lbs for TE.
2. Sophomore - 100 lbs to run the ball, 120 lbs for TE.
3. Junior - 125 lbs to run the ball, 145 lbs for TE.
4. Senior - 150 lbs to run the ball, 170 lbs for TE.

- \* **TIGHT END RULE (2000)** - Tight Ends may weigh no more than 20 lbs of the established Running Back Weight Limits.
- \* **TIGHT END CLARIFICATION (2009)** Tight Ends are defined as in tight on the line with respect to the normal spread of the offensive line. Split Ends & Wide receivers must meet Running Back (RB) weights. Additionally Freshman Division: Tackles are eligible for forward passes and must meet Tight End weight. In the event a Coach wants to play a player in the Tackle position and he does not make Tight End weight, the Coach must cover him up with a Tight End that does make weight.
- \* **KICKOFF RECIEVEING TEAM (2007)** No weight limits on Front line, any players lined up behind front line must meet RB weights for each appropriate age division.

#### **D. Length of Games:**

1. Freshmen Division: Four, 6 minute quarters.
2. Sophomore Division: Four, 8 minute quarters.
3. Junior Division: Four, 9 minute quarters.
4. Senior Division: Four, 10 minute quarters.

#### **E. Regular Games:**

1. A regulation game is the completion of play of a game in its entirety.
2. Games halted for inclement weather may be rescheduled by the LSYFA., to be played during the following week. Resumed games will be started where play was suspended. The scheduled Director(s) on Duty at each park will be responsible for weather decisions and game time changes. Game times may be changed in the event of inclement weather or other unforeseen circumstances and are subject to same day or alternate day postponement.

( i.e.: A thunderstorm forces the postponement of the early game. The storm passes and the early game is moved to the last game of the day and all other game times remain the same. )

3. There will be overtime during regular season, playoff and tournament games. 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 has the right to call the first coin flip. The winner of the coin flip may choose to accept (be on offense)

or refuse the ball (be 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 and run 4 plays. A first down can be made in this scenario. If a tie still exists after both teams have attempted to break the deadlock once from the **25** yard line, the ball will be placed at the **10** yard line of the same end zone. At this point the loser of the first coin toss will call whether offense or defense. There will be no flip-flop of end zones unless field conditions dictate a need for change. Each team will again receive the ball for four plays. A turnover by mishap (fumble, foiled kick attempt, interception, etc..) or loss of possession (loss on downs, penalty, etc..) concludes a teams possession of the ball in all situations. If a tie again exists the game will remain a tie with the exception of playoff and post season tournament games. Playoff and Postseason Tournament games will be played until a winner is declared. The ball will be moved to the **5** yard line on the third tiebreaker and remain there until a winner is determined. Each team receives one time out per tiebreaker attempt.

#### **F. Minimum Playing Time (2002):**

1. Every player must play **25% of the plays in the game**, either on offense or defense. **EXCEPTION - NO MINIMUM PLAY TIME REQUIRED DURING TOURNAMENT/POSTSEASON PLAY.**
2. Failure to comply will result in game forfeit. Video is critical criteria of proof.

#### **G. Uniforms & Equipment (2010):**

1. Only league furnished uniforms are allowed during games. Each league is responsible for Helmet Decal, Game Jersey, Game Pants, and Game Socks to all its' coaches on week prior to the opening game.
2. All league players must wear mouthpieces at all contact practices and games.
3. All players must wear a properly fitting helmet with face mask meeting Noc-Sae safety standards. Shoulders pads, hip, knee, thigh, and tailbone pads are required for all contact practices and games. Metal cleats are not allowed.
4. Approved Game Balls as follows: Leather or Composite.  
FR - Wilson K-2, Macgregor MXP or MCP, Nike Composite 1000K  
SO - Wilson K-2, Macgregor MXP or MCP, Nike Composite 1000K  
JR - Wilson TDJ, Macgregor MXJ or MCJ, Nike Composite 1000J

SR - Wilson TDY, Macgregor MXY or MCY, Nike Composite 1000Y

\* At Alliance games each team is responsible for their own balls.

5. Hosting League will be required to provide Scrimmage Vests for teams with similar color Jerseys. Visitors will wear the Scrimmage Vests. Hosting League will make sure scrimmage vests are cleaned after previous use.

## **H. Coach, Player, and Parent Behavior (2010):**

1. No alcoholic beverages or drugs allowed on the premises.
2. No pets allowed.
3. No tobacco products on the field or sidelines. No smoking!
4. No profanity during games or practices.
5. No physical or verbal abuse of players, opposing coaches, parents, or officials allowed. This includes grabbing of face masks and slapping players.
6. **COACHES ARE RESPONSIBLE FOR THE ACTIONS OF THE ENTIRE TEAM.**
7. Any abuse of these rules can result in immediate expulsion, forfeiture and possible permanent exclusion from the park facility.
8. Any violations are to be reported to the respective division Commissioners in writing. Flagrant violations will be reviewed by the League Board..

## **I. Coach Responsibilities (2010):**

1. Coaches will make every attempt to teach fundamental blocking, tackling, and basic offensive plays.
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 in a practice or game.
3. Coaches will not allow any physical mismatches, and the league disallows any inter-division scrimmaging including post-season.
4. Coaches are responsible for player hydration.
5. Number of coaches on the sideline: A maximum of 4 inclusive of the trainer, team Mom, etc. (4 adults on the sideline).
6. All coaches are required to attend the pre-season coaching and first aid clinic.
7. Any violation of any league rule could result in a minimum 1 game suspension.
8. **Home Team shall provide the announcer and scorekeeper.**

**Visiting Team shall provide the chain crew.**

**J. Field Dimensions and Restrictions:**

1. (2007) Freshmen Divisions will play on a 30x60 yard field. Leagues opting to play on a 40x80 or 50x100 must choke the field to a 30x60 dimension by keeping the Home side sideline and moving the visitors sideline in to the 30 yard dimension and shorting the goal line equally from both ends to 60 yard dimension. Utilizing a solid sideline marker via fire hose (**Staked Down**) or solid (**Painted**) sideline markers.
2. Sophomore, Junior and Senior league games will be played on a 50x100 yard field.  
Exceptions: All inter-league or tournament games will be played on the field (whatever the dimensions 40x80 yds or 50x100 yds) assigned by the host team for Sophomore, Junior & Senior.
3. One person from each playing team is allowed in the Press Box for the purpose of filming the game. Opposing team coaches or parents are prohibited from the Press Box during the game. The use of headsets, walkie-talkies, or other communication equipment is prohibited.
4. The Home or host team will provide the announcer and scorekeeper; Visitors are to provide the chain crew. This rule is true for inter-league games as well.

**K. Minimum/Maximum Players per Team Rule (2007):**

1. Freshmen Division – Min (12) – Max (16), subject to review on both Min & Max.
2. Sophomore Division – Min (14) – Max (25), If you hit 26, you must split to two teams.
3. Junior Division – Same as Sophomore.
4. Senior Divisions – Same as Sophomore.

**LSYFA approval for numbers larger than 25 will be on a case by case basis.**

**L. Visible Game Clock from both sidelines is Mandatory (2002):**

**M. Certified & Uniformed Referee's is Mandatory (2002):**

1. Referee cannot be a board member or a coach of the League and cannot referee games involving relatives. (2003)

**N. All Leagues are to draft teams by either of the 2 approved methods, Total Draft or Modified Draft #1.** See attachments.

**O. Regulate & Age Balance Teams in all Divisions is Mandatory (2003):** This is required for both Total Draft & Modified Draft systems. Age allocation by division will be determined each year by dividing the number of qualifying applicants of a particular age by the number of teams in a particular division. Example: 48 qualifying 10 yr. Olds within the Junior Division divided by 5 Junior Teams, equates to ten 10 yr. olds per team. Numbers will be rounded up, not down. The number includes returning players.

**R. Required Verbiage “AD” (2003):** to be run during the month of June each year in local area newspaper. Required verbiage as follows:

1. “Everybody makes a team, Everybody plays”
- 2.

**Member of the Lone Star Youth Football Alliance.**

Each league must turn in a complete distribution copy of the newspaper with their “AD” in the newspaper to meet compliance.

**S. Division 1/ Division 2 All Star Tournaments (2003):**

To level the playing field in All Star Tournament play there will be 2 divisions of Tournaments for Senior and Junior, Sophomore if there are enough numbers.

Large Member organizations will select the first All Star team to compete in Division 1 Tournament, the second All Star team selected from the same Member will compete in the Division 2 Tournament. Additionally any small organization that has a dominate team with a 750% + record will also compete in the Division 1 Tournament. All other Smaller Members will compete in Division 2.

1. First All Star Tournament Division 1 will be for Alliance Members and open to general public.
2. First All Star Tournament Division 2 will be for Alliance Members only.
3. Second and Third All Star Tournament Division 1 will be for Alliance Members and open to the general public.
4. Second and Third All Star Tournament Division 2 will be for Alliance Members only, if there is enough participation.

An Alliance All Star team can petition the Alliance to allow a 750% + team to be

allowed to play down in Tier 2 if there are circumstances present that need consideration.

## **T. Forfeits :**

1. **Forfeits during Tournament play (2003):** If a team forfeits for any reason, then that team is disqualified from the Tournament and is not eligible for a participation medal.
2. **Forfeits during Regular Season play (2010):**  
When Forfeits are claimed, No Courtesy Game or Scrimmage game will be allowed.

**U. Hosting Leagues, Referee Responsibility (2004):** When a league Host's a game for other leagues, then both of the visiting leagues playing will pay ½ the referee cost to the Hosting League for the hosted game played. (Note: this is sometimes done to cut travel time for the visiting leagues).

## **V. General Issue's:**

1. **Tournament of Champions Win/Loss Record Tracking (2002).** In order to ensure accurate Win/Loss records, which is used to determine which bracket a team is placed in for the Tournament of Champions. **It will be Mandatory** for each league President or a representative the President has chosen **to report** all scores for all games played during the week and the weekend to Newell Goodson (LSYFA) via Email [newellrg@embarqmail.com](mailto:newellrg@embarqmail.com) by Tuesday (AM) each week. Failure to report will automatically result in a Win for all teams in your league to be entered into the Record Tracking even if you lost, which could place a team in a higher bracket in the Tournament of Champions.
2. **Full Commitment of members to participate when games are scheduled. (2002).** All Alliance members are to provide a minimum of 48hr notice prior to game time to the Hosting Member for any scheduled game cancellations. Failure to provide 48hr notice of a game cancellation to the Hosting Member will result in a fine of \$150.00 per team per cancellation, payable to the Hosting Team.
3. **All Star Tournament Hosting Rule (2005):** If you host an All Star

Tournament, then you must participate in both All Star Tournaments.

4. **Tournament of Champions (T.O.C.) (2006)** Review level of participation at end of year to determine 3 or 4 levels of competition. **T.O.C is the last regular season event and all regular season rules apply including the minimum play rule.**

Bronze	0-400	Bronze	0 - 300
Silver	401-700	Silver	301 – 550
Gold	701+	Gold	551 – 750
		Platinum	751+

5. **Protest Complaint filing (2006):**

**The Team Protesting must notify the Referee Official and the Hosting League immediately following a game that a Protest is Pending.** The Team protesting has 48 hours to file a written protest, required video and a Protest Fee of \$50.00 (Money Order, payable to LSYFA). LSYFA then has 48 hours to call the appropriate Committee together to review and render a decision. All Parties agree to accept the Decision made by LSYFA committee.

6. **NO TAILGATING (2007):**

There will be no Tailgating allowed while on Hosting Leagues Facility, this includes the PARKING LOT. No Tailgating will include the Regular Season, Tournament Of Champions and All Star Tournaments.

7. **Gate Entry Fee's for T.O.C. & All Star Tournaments (2007):**

Adults = \$5.00 Saturday, \$3.00 Sunday.  
Children (age 4-12) = \$3.00 Saturday, \$2.00 Sunday.  
Children ( age 3 and under) = N/C Saturday & Sunday.  
Please note: 2 Day pass is no longer available.

8. **LSYFA Ejection Rule (2010):** In the event that an altercation occurs with a Player, Coach or Parent arises and they are ejected from a LSYFA Sanctioned Game. The Hosting League and Referee Chapter that the altercation occurs in will report the incident to LSYFA, providing the names of participants ejected and reason for ejection. Pending LSYFA Disciplinary Committee approval, the

Player, Coach or Parent will be ineligible to participate in the next game and this information will be forwarded to the teams next scheduled game regardless of Park that the game is scheduled for. This LSYFA Ejection Rule will apply to all Parks regardless if it is an In-House game or an Alliance game.

9. **Team Nourishment (2010):** Teams will only be allowed to bring in Fruit and Drinks for player nourishment. NO Sandwiches or Snacks will be allowed. Each team will be allowed to bring in 1 Cooler only, maximum size 48qt cooler.
  
10. **All Leagues to participate (2009): Have LSYFA attend meeting with Head Coaches at each League.**
  
11. **Creation of Committee's for 2010 as follows:**  
**Disciplinary** – Newell Goodson, LSYFA  
Jack Addison Jr., CYFL , Cleveland  
Pat Kehl, EMCYFL, New Caney  
Rick Odom, NCFL, Montgomery  
Ross Krutchen, SCFL, South County

**Note: Committee chairperson's are subject to change from year to year.**

**Note: (200X) designates the year that the Guideline or Rule was amended by unanimous or majority vote of the eligible Alliance members and continues forward until amended again.**

## **W. FRESHMEN DIVISION RULES: 8 Man Football**

1. **Two Offensive Coaches and 1 Defensive Coach (2010)** are allowed on the field to call plays and assist in quick alignment of the players. After such assistance the coaches will back away and maintain a 10 yard distance from the line of scrimmage. Once the Offensive Line is set no further instruction is to be given by either coach of either side until the play is whistled dead. Head Coaches will receive a Warning (before the Game starts) from the Referee for giving assistance to Defensive players after the ball has been snapped, that Penalties will apply as follows:  
1<sup>st</sup> Offense 10yd Unsportsmanlike Conduct.  
2<sup>nd</sup> Offense 10yd Unsportsmanlike Conduct & Coach ejection from the game.  
Encouragement or motivational comments are not deemed instructional.

### 1A. Hurry Up Offense (2010):

Additionally Referee's will allow a reasonable amount of time for the Defense to realign based on how the Offense comes to the line of scrimmage. Reasonable amount of time will be Determined by the Referee's. In the event that a Defensive Coach is not being timely in realignment, then the same penalties will apply as mentioned in #1 above.

2. All punts are dead ball free kicks that must be declared in advanced of the kick. No advances may take place by either side until the ball is kicked. No fakes may take place during a declared free kick.
3. Games are to be played with 8 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.
4. Running Backs, Split Ends & Wide Receivers weight limit is 75 lbs.  
Tight End weight limit is 95 lbs.
5. Extra Points:Run - 1 point

Pass - 2 points if caught in the end zone; 1 point if caught and then run into the end zone

Kick - 3 points, All extra point attempts are live contact.

6. **28 point Rule (2009): Any team leading by 28 points must remove 3 Players from their normal Offensive position 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. You are leading 23 - 0 and score 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 4<sup>th</sup> Qtr, Automatically run the Clock. Additionally the Loosing Head Coach can opt to run the clock early, he can do so in any Qtr of the game.
  
7. **The weight limit to advance the ball is 75 pounds.** No player weighing over the maximum weight limit may line up in the backfield to either block, kick, or accept the ball. A player over the weight limit may line up as tight end (95 lbs max) and be eligible to catch a forward pass thrown past the line of scrimmage (screens, laterals, reverses etc. are not permitted ). Players over the weight limit may not line up deep in kickoff or punt formations to accept the ball. Players weighing over the maximum weight limit to handle the ball, and playing in their legal positions, may advance the ball on a fumble, kickoff, punt, blocked punt, or interception that falls into their hands.

**THE USE OF AN ILLEGAL OR INELIGIBLE PLAYER IN THE BACKFIELD WILL RESULT IN THE FOLLOWING PENALTIES:**

- A. - First Offense – 10 yd Unsportsmanlike conduct
  - B. - Second Offense – 10yd Unsportsmanlike conduct and Head Coach Ejection
  - C. - Third Offense - Forfeit
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8. **Weight Limits & Weigh In - 75 lbs R/B, S/E, W/R – 95 lbs. Tight End**

Refer to page 2 Section C: for further details and times.  
Each team must have a Representative present at each team's weigh in.

- 9. NO NOSEGUARD OR DEFENSIVE PLAYER MAY LINE UP DIRECTLY OVER CENTER.** Defensive players may line up in the center/guard gap. Linebackers may not blitz directly over center from a distance of less than three (3) yards.

Failure to comply will result in the following penalties:

- A - First offense – 10yd Unsportsmanlike conduct
- B - Second offense – 10yd Unsportsmanlike conduct and head coach ejection
- C - Third offense – Forfeit.

- 10. Defensive Down Lineman (2007):** All defensive lineman 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:

- A - First offense - 10 yd Unsportsmanlike conduct.
- B - Second offense - 10 yd Unsportsmanlike conduct and Head Coach ejection.
- C - Third offense - Forfeit.

The purpose of this rule is to provide general safety for the defensive lineman, who are prone or vulnerable to having their legs cut from underneath them while standing in an upright position. This rule will apply to all Divisions.

- 11.** All other rules will be in accordance with U.I.L. and N.C.A.A. guidelines.



Tight End weight limits and be eligible to catch a forward pass thrown past the line of scrimmage (screens, laterals, reverses etc.. are not permitted). Players over the weight limit may not line up deep in kickoff or punt formations to accept the ball. Players weighing over the maximum weight limit to handle the ball, and playing in their legal positions, may advance the ball on a fumble, kickoff, punt, blocked punt, or interception that falls into their hands.

**THE USE OF AN ILLEGAL OR INELIGIBLE PLAYER IN THE BACKFIELD WILL RESULT IN THE FOLLOWING PENALTIES:**

- A. - First Offense – 15yd Unsportsmanlike conduct
- B. - Second Offense – 15yd Unsportsmanlike conduct and Head Coach Ejection
- C. - Third Offense – Forfeit

7. **Weight Limits & Weigh In** - 100 lbs R/B, S/E, W/R – 120 lbs. Tight End Refer to page 2 Section C: for further details and times. Each team must have a Representative present at each team's weigh in.

8. **Defensive Down Lineman (2007):** All defensive lineman 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:

- A. - First offense - 15 yard Unsportsmanlike conduct
- B. - Second offense - 15 yard Unsportsmanlike conduct and Head Coach ejection.
- C. - Third offense - Forfeit.

The purpose of this rule is to provide general safety for the defensive lineman, who are prone or vulnerable to having their legs cut from underneath them while standing in an upright position. This rule will apply to all Divisions.

9. **Center (Deep Snapper) Protection (2003):**

On Punt and Extra Point attempt.

**NO NOSEGUARD OR DEFENSIVE PLAYER MAY LINE UP DIRECTLY OVER CENTER.** Defensive players may line up in the center/guard gap. Linebackers may not blitz directly over center from a distance of less than three (3) yards. The purpose of this rule it provide general safety for the Center (Deep

Snapper).

Failure to comply will result in the following penalties:

A - First offense – 15yd Unsportsmanlike conduct

B - Second offense – 15yd Unsportsmanlike conduct and head coach ejection

C - Third offense – Forfeit.

10. All other rules will be in accordance with U.I.L. and N.C.A.A. guidelines.

**Y. JUNIOR / SENIOR DIVISION RULES:**

1. No coaches are allowed on the field.

2. All punts are live.

3. Running Backs, Split Ends & Wide Receivers weight limits-  
Juniors 125 lbs, Senior 150 lbs.

Tight End weight limits - Juniors 145 lbs, Senior 170 lbs.

4. Extra Points:Run - 1 point

Pass - 2 points if caught in the end zone; 1 point if  
caught and then run into the end zone

Kick - 3 points, All extra point attempts are live contact.

5. **28 point Rule (2009): Any team leading by 28 points must remove 3 Players from their normal Offensive position 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. You are leading 23 - 0 and score 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 4<sup>th</sup> Qtr, **Automatically run the Clock. Additionally the Loosing Head Coach can opt to run the clock early, he can do so in any Qtr of the game.**

6. **The weight limit to advance the ball is Juniors 125 lbs and Senior 150 lbs.**

No player weighing over the maximum weight limit may line up in the backfield to either block, kick, or accept the ball. A player over the weight limit may line up as tight end within Tight End weight limits and be eligible to

catch a forward pass thrown past the line of scrimmage (screens, laterals, reverses are not permitted). Players over the weight limit may not line up deep in kickoff or punt formations to accept the ball. Players weighing over the maximum weight limit to handle the ball, and playing in their legal positions, may advance the ball on a fumble, kickoff, punt, blocked punt, or interception that falls into their hands.

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- A. - First Offense – 15yd Unsportsmanlike conduct
- B. - Second Offense – 15yd Unsportsmanlike conduct and Head Coach ejection
- C. - Third Offense – Forfeit

**7. Weight Limits & Weigh In -**

Juniors -125 lbs R/B, S/E, W/R –Tight Ends 145 lbs

Senior - 150 lbs R/B, S/E, W/R – Tight Ends 170 lbs.

Refer to page 2 Section C: for further details and times.

Each team must have a Representative present at each team's weigh in.

- 8. Defensive Down Lineman (2007):** All defensive lineman 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:

A - First offense - 15 yard Unsportsmanlike conduct.

B - Second offense - 15 yard Unsportsmanlike conduct and Head Coach ejection.

C - Third offense - Forfeit.

The purpose of this rule is to provide general safety for the defensive lineman, who are prone or vulnerable to having their legs cut from underneath them while standing in an upright position. This rule will apply to all Divisions.

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On Punt and Extra Point attempt.

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center/guard gap. Linebackers may not blitz directly over center from a distance of less than three (3) yards. The purpose of the rule is to provide general safety for the Center (Deep Snapper).

Failure to comply will result in the following penalties:

A - First offense – 15 yd Unsportsmanlike conduct

B - Second offense – 15yd Unsportsmanlike conduct and Head coach ejection

C - Third offense – Forfeit.

**10.** All other rules will be in accordance with U.I.L. and N.C.A.A. guidelines.