

Springfield Youth Football

General Rules 2014

General Rules for K-5

Practice rules

1. Maximum hours of practice per week is as follows: K, 1 grade: 4 hours pre season and during season; 2, 3 grade: 6 hours pre-season and 5 during; 4 – 5 grade: 8 hours pre-season and 6 hours during season.

Game day rules

2. Each team is responsible for controlling their fans and keeping them at least five (5) yards from behind the out of bounds lines or behind the designated “fan” line. All coaches, players, parents, and fans are expected to follow SYF code of conduct.
3. There will be a minimum of one uniformed official for each K/1 game, two uniformed officials for each 2/3 grade game and three uniformed officials for 4/5 grade games licensed by IHSA.
4. Home teams are to provide volunteers to run the chains, down marker and score box.
5. The **official ball size** for each game is as follows: K, 1, 2, 3, 4 grade – pee wee or junior size ball, 5 grade – junior size ball.
6. All eligible players of the team must participate in the game a mandatory eight (8) plays not including special teams.

Playing rules

7. **Ball Carrier Weights (BCW)** are as follows: Super Mites – 65 lbs., 2nd grade – 75 lbs., 3rd grade – 85 lbs., 4th grade – 100 lbs., 5th grade – 115 lbs. All players who are above the BCW must have a stripe/dot on their helmet. Players above the BCW are not allowed to have possession of the football during a live play. If a player above the BCW has possession of the football during a live play, the ball will become dead immediately. Players who are above the BCW are not allowed to line up as an eligible receiver (this includes Quarterback, Running Back, Wide Receivers, and Tight Ends who are in a position to receive a pass). If a player who is above the BCW is down field on a passing play, they will be treated as a lineman no matter their position. Players who are above the BCW on defense may line up in any position. **Exceptions:** Players above the BCW may line up as the kicker or holder during a scrimmage but may not advance the ball. Any defensive player above the BCW who is in a position to recover a loose ball (fumble or interception) may advance the ball.
8. **The official game times for quarters are as follows:** K/1 – 10 minute running clock [to be stopped at change of possession, scores and extra point attempts]. 2nd through 5th – 9 minute start and stop clock. Half time will be 9 minutes (half time may be shortened by agreement of both head coaches). In the event there is no scoreboard available the official time will be kept on the field and any coach may request and must be given the time remaining in a quarter. **The play clock** will be as follows: K – 3rd grades – 40 seconds and 4th and 5th grade – 30 seconds. It is expected that coaches be aware of the time and follow this rule closely.
9. The defense for 11-man will consist of a **maximum of six players** on their line of scrimmage (LOS) at the time of snap and for 8-man a maximum of five players. LOS for defensive purposes is defined as a horizontal line through the waist of the nearest defensive lineman. No defensive player may line head up on the center at any time. However, they may line up in the A gaps and may move through the gap at the time of the snap. In doing so it is possible they will bump the center but they may not do so intentionally. It is the responsibility of the coach to teach this guideline to the players. Unsportsmanlike conduct will be assessed for violation of this rule. Any defensive player on the LOS within the “free blocking zone” must be in a 3 or 4 point stance. Any player outside of the free blocking zone (4 yards horizontally on either side of the ball) may line up in a 2 point stance.
10. All defensive players, with the exception of the maximum six on the line of scrimmage [five maximum for K/1], are to be **five yards back** from the line of scrimmage at the time of the snap. When the ball is snapped all players may advance across the line. Unsportsmanlike conduct will be assessed for violation of this rule. You may not “stack” players. 4 down lineman and 2 stacked LB’s is a violation of the rule. Players are either on the LOS or 5 yards back, there is no grey area.
11. **Points after a touchdown** shall be two points for a kick and one point for a run or pass.
12. If a team elects to kick a **field goal** it will be a free kick with no defensive rush. The ball remains dead until kicked.
13. **Punting rules** are as follows: K/1 may give the ball over and advance it 20 yards. 2nd and 3rd grade may give the ball over and advance it 20 yards or they may punt. 4th and 5th grade must punt the ball and the punt must be declared. However, if the ball is punted it is returnable. There is a 20-yard minimum for all punted balls unless a return is attempted inside 20 yards. The offense may not leave the line of scrimmage until the ball has been kicked and the defense may only have 2 players back to return. All other defensive players must be on the line of scrimmage. There are to be no fake punts. No team may punt inside the 40-yard line. If a punted ball lands inside the 20-yard line it will be automatically be a touchback unless there is an attempted return and the kick returner is tackled inside the 20. The clock will not run during a walk off.

14. **Kick off rules** are as follows: K/1 and 2nd grade will not kick off. K/1 will start from the offense 40-yard line and 2nd grade will start from the offense 30-yard line. 3rd grade will have the option to kick off or start from the offense 30-yard line. The coaches must agree on this before the game starts. 4th and 5th grade must kick off.
15. When one team secures a **24 point lead**, the game clock will run continuously after the third quarter, except for a called time out, and an official's time out for time needed to assess a penalty (the clock will wind on the ready for signal no matter the penalty), or the time between a score and the ensuing kick-off. If the game later becomes less than a 24-point spread, the clock reverts back to normal operations. The continuous play clock rule may be waived for the purpose of more playing time and more development if both coaches agree. If at any time the point differential reaches the IHSA level (40 points) the running clock rule will revert to IHSA rules.

Coach's rules

16. All team personnel, including a maximum of five (5) coaches, shall stay in a designated box as defined by IHSA rules during the game. Except for players, official coaches are the only personnel who are allowed to be in the team box during a game. Any coach who is not wearing an official team shirt is not to be in the box.
17. Coaches may be on the field at every level. K/1 – 2nd may have 2 coaches and 3rd – 5th grade may have one. This is for the purpose of assisting players in their position and play calling. The coach may not be involved in the play once the ball is snapped and may not run behind the ball carrier. 3rd – 5th grade coaches may not be inside the hash marks **at anytime** except for a time out. Once the huddle breaks the coaches are to be moving off the field. The K/1 – 2nd coaches must be moving outside the hash marks before the start of the play. Any on field coach is not to yell to the players once the huddle breaks or say anything to the referee. If they do they will be asked to leave the field and may not return as an on field coach for the rest of the game. They may stay in the team box unless they have been ejected from the game.
18. Any coach that is ejected from a game will be suspended from coaching the next game. Any assistant coach who is ejected from a game will be suspended from coaching for the remainder of the season. If this happens at the last game of the season the penalty may be imposed the next year and/or may hinder the chances of returning as a coach (SYF). If any coach is ejected from a game, the official ejecting said coach is required to submit via e-mail a brief explanation for the reason of ejecting the coach. Emails are to be sent to Steve Thomas at springfielddyouthfootball@hotmail.com. Ejections will be reviewed by league presidents, and they will determine the discipline if any, for said coach.

Player eligibility

19. To be eligible to play, a player must be in the respective grade he is playing in. If a player is older than the stated age requirements he must play up one grade level.
 - Kindergarten – a player must not be 7 years of age before the first official practice
 - 1st grade – a player must not be 8 years of age before the first official practice
 - 2nd grade – a player must not be 9 years of age before the first official practice
 - 3rd grade – a player must not be 10 years of age before the first official practice
 - 4th grade – a player must not be 11 years of age before the first official practice
 - 5th grade – a player must not be 12 years of age before the first official practice

Miscellaneous rules

20. Each team is responsible to report game's final score to league standings director every Sunday night following each weekend's game. It should be emailed to springfielddyouthfootball@hotmail.com. Please put "Scores" on the memo line.
21. Each head coach, **MUST** evaluate the officials after each game, and submit their comments to their league president. (CHATHAM, JACKSONVILLE, LINCOLN, ROCHESTER, SPRINGFIELD, TAYLORVILLE)