

### Field Dimensions:

- Field Length - 40 yards long (marked in 10-yard intervals)
- Field Width – 160 feet (Regulation HS field width (53 1/3 yards))
- End Zone - 10 yards deep
- K2 ball size for 5-8
- TDJ size for 9-13

### Player Requirements

- All players are required to wear the following (No exceptions):
  - Mouth Guard (SAA does not provide)
  - SAA provided helmet
  - SAA provided Team Uniform
    - Uniform must be worn on outside of cold-weather gear
  - Players are permitted to wear standard football cleats with plastic or rubber spikes.
    - NO METAL SPIKES ALLOWED.
- No Jewelry is permitted to be worn.
  - All jewelry must be removed prior to game play.

### Starting The Game: 7-7

- 1<sup>st</sup> Half: Visiting Team starts with possession.
- 2<sup>nd</sup> Half: Home Team starts with possession.

### Offense

- Possession always begins at the 40-yard line in the middle of the field.
  - No Kickoffs / Punting
- Offenses always move in the same direction
- Only one run play is permitted per set of downs
  - Only the QB can hand the ball off
    - One hand off per snap (no reverses)
- QB is not a live player
  - QB must either hand the ball off or attempt a pass (QB cannot run)
- Only the QB can attempt a pass
  - If the QB leaves the pocket, the play must be a pass (no QB option plays)
  - All Passes must cross the line of scrimmage before the ball can be touched by any player.
    - Any pass thrown behind the line of scrimmage is a dead ball and results in loss of down and the ball placed in its previous spot.

- The QB is allowed 5.0 seconds to throw for 5-8 year olds, and 4.0 seconds for 9-13 year olds.
  - 4.0/5.0 second count starts when the QB receives the snap.
  - If the QB releases the ball under 4.0/5.0 seconds, the play goes on. (not enforced in first 4 weeks, only warning)
- Offensive team will have 25 seconds to snap the ball once it has been marked ready for play
  - Delay of game penalty will be a 5-yard penalty.
  - If the ball is at 40-yard line (it cannot be taken backward beyond the 40), then it will be a loss of down.
- Fumbles are dead balls at the spot with the last team retaining possession.
  - A muffed snap is not a fumble/dead ball
    - If the snap is muffed, the play must be a pass play.
    - The 4.0/5.0 second count remains in effect on muffed snaps.
- PLAYERS MAY NOT LEAVE THEIR FEET UNDER ANY CIRCUMSTANCES WHILE RUNNING WITH THE BALL
  - Violators team will get one warning, second offense will result in a 5-yard penalty
- Receiver/ Ball Carrier is legally down when the flag or flag belt is pulled off or the flag falls off on its own.
- No Blocking
  - Dead ball at the spot of the block and 5-yard penalty from the spot of infraction
    - Teams can still get a 1<sup>st</sup> down if the spot of the ball is past the 1<sup>st</sup> down marker after the 5-yard penalty has been enforced.

### **DEFENSE**

- No defensive rush
  - Defense cannot cross the line of scrimmage until after the ball is handed off
  - Once the ball is handed off, defense can pursue beyond the line of scrimmage
    - If a defensive player crosses the line of scrimmage before the ball is handed off, the result will be a 5-yard penalty and replay of down.
    - If a defensive player pulls the flag of a runner behind the line of scrimmage (legally), the ball will be placed at the spot where the flag was pulled.
      - If the original spot is at the 40-yard line, the ball will be placed back at the 40-yard line (it cannot be taken backward beyond the 40)

- Illegal contact- the responsibility to avoid contact is with the defense.
  - There will be NO press coverage, deliberate bumping or grabbing.
    - These actions will result in a “tack on” penalty at the end of the play (5-yard penalty). No bump and run defense.
- Defensive Pass Interference will be a spot foul (Automatic 1<sup>st</sup> down)
  - Defensive players have the right to try to go for the ball but cannot alter the offensive player’s motion to do so.
- PLAYERS MAY NOT LEAVE THEIR FEET UNDER ANY CIRCUMSTANCES TO PULL A FLAG
  - Violators team will get one warning, second offense will result in a 5 yard penalty
- First 4 weeks of the season, defensive players must line up 5 yards or more from the line of scrimmage. After week 4, defensive players can line up on the ball.
- Interceptions may NOT be returned and the play is whistled dead immediately.
  - An interception results in immediate change of possession and the ball is placed at the 40 yard line.

### Special Rules

- Excessive force by shoving, pushing, or striking a blow will be penalized by a 5 yard penalty and automatic first down.
  - Players will be ejected if ruled unsportsmanlike and flagrant
    - If a player is ejected, SAA Player Ejection Rules will apply
- Offensive Team is responsible for retrieving and returning the ball to the referee, previous spot, or the new scrimmage spot.
  - Clock does not stop and any delay by the offense in retrieving and returning the ball will result in a delay of game and loss of downs.
- The offensive center is NOT an eligible receiver or ball carrier
  - All teams must have a center (the center may be any player.)
  - The center is responsible for establishing the succeeding spot as designated by the Referee.
- No taunting or “trash-talking” allowed.
  - 5 yard penalty and ejection if flagrant or repeated
- No Fighting: ANY player(s)/Coach(es) involved will be ejected from the game.
  - If a team fight occurs, the team involved will be ejected.
    - If this does occur, SAA Player Ejection Rules will apply.

- 1<sup>st</sup> 4 weeks:
  - Two coaches are permitted to be on the field for offensive possession
  - Two coaches are permitted to be on the field for defensive possession
- 2<sup>nd</sup> 4 weeks:
  - One coach is permitted to be on the field for offensive possession
  - One coach is permitted to be on the field for defensive possession

### Scoring

- Touchdown: 6 points
- Passing PAT: 1 point
  - No run plays allowed on PAT attempts
  - Ball is spotted at the 3-yard line
- Kicking PAT: 2 points
  - No defense on field
  - Ages 5-8: Ball is kicked from the 5-yard line
  - Ages 9-13: Ball is kicked from the 7-yard line
  - Kicking team retrieves the ball after the kick
- Interception: All Interceptions (regular downs and PAT Attempts) result in 1 point for the intercepting team (defense)
- Official Score is kept by the Field Referee(s)
- Only one touchdown allowed per player per half.
  - If a player does score more than 1 touchdown per half, the play will be brought back to the previous spot and result in a loss of down.
  - If a player scores 2 touchdowns in a game (one in each half), that player cannot advance the ball again.
    - Result of the player catching the ball after 2 TD's is a dead ball at the spot of the catch; or loss of down if caught in endzone.
- After a team has scored and the PAT has been attempted, the other team will take over possession at the 40 yard line.

### TIME

- TWENTY (20) MINUTE HALVES with a running clock
  - Game clock does not stop except for extended injury or called time out
  - 1<sup>st</sup> Half: 20 minutes (running clock)
  - Halftime: 5 minutes (may be shortened if the schedule is running behind)
  - 2<sup>nd</sup> Half: 20 minutes (running clock)

- 10 minutes between games (may be shortened if the schedule is running behind)
- Each team will be given one 1-minute time out per half
  - Exception: injuries

### **Spirit of Play**

- The intention of this league is to teach kids how to play football, develop their skills, and grow their love for the game. KIDS SHOULD BE HAVING FUN.
- If winning by a lot, find a way to assist the other coach and team.
  - Move to 6 players
  - Move players back 10 yards on defense
  - Move less advanced kids to skill positions, like QB.
  - Move all kids to one side of field
  - Have defense wait and coach count to 5 before they can run, etc
  - Use your timeout(s) to help the other team get an extra play or two

### **Offense**

- QB cannot run (must pass or hand off)
- All hand offs must occur inside the pocket
- No Jet Sweeps
- No QB Option
- Only 1 hand off per play (no reverses)
- Offensive Off-sides: 5-yard penalty and replay down (loss of down if ball is at 40yd line)
- Offensive Pass Interference: 5-yard penalty and loss of down
- Pass caught behind the line of scrimmage: dead ball and loss of down
- Blocking Penalty: dead ball at spot of infraction and 5-yard penalty.
- Flag Guarding: Dead ball at spot of infraction
- 4.0/5.0 Seconds to pass: loss of down
- Delay of Game: loss of down
- Taunting/Trash Talking: 5 yard penalty – can result in ejection

### **Defense**

- Defensive Off-sides: 5-yard penalty and replay down
- Defensive Pass Interference: Spot Foul and automatic first down
- Defensive Crosses line of scrimmage too early: 5-yard penalty and replay down
- Illegal Contact Penalty: 5-yard penalty and replay down
- Defensive Delay of Game: 10-yard penalty
- Taunting/Trash Talking: 5-yard penalty – can result in ejection