

Southeast Idaho Youth Football League

2009 General Game Rules

Article I: PLAYING RULES

Section A: CURRENT NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION (NFHS) RULES OF PLAY, WITH FREE SUBSTITUTION, WITH THE FOLLOWING MODIFICATIONS:

1. The playing field dimensions will be:

8th grade: NFHS regulation size

7th grade: NFHS regulation size

6th grade: 80 yard field

5th grade: 80 yard field

2. The size of the balls to be used in play:

8th grade: Youth leather composite ball.

7th grade: Youth leather composite ball.

6th grade: Youth leather composite ball.

5th grade: Youth leather composite ball.

3. Game time:

8th grade: 10 minutes per quarter stop-clock.

7th grade: 10 minutes per quarter stop-clock.

6th grade: 8 minutes per quarter stop-clock.

5th grade: 8 minutes per quarter stop-clock.

4. There will be an official Four-Minute Playing Time Warning during the 2nd and 4th quarters by the referee. The Designated Monitor shall confer with the Head Coach as to all players' participation per SIYFL Operating By-Laws Article VII, Section B, #13 (Minimum Playing Time Rule). The Designated Monitor must determine if any player has not met the required playing time and if needed, request that those players not meeting the required playing time be inserted into the game as soon as possible. The Designated Monitor or League Director can have the game stopped at this point, if deemed necessary, to ensure players are inserted into the game as soon as possible.

Note 1: ALL grade levels will have 2-minute quarter breaks, 5-minute half time, and 3 timeouts per half.

5. Kick Off:

8th grade: Current National Federation of State High School Association (NFHS) rules are in effect.

7th grade: Current NFHS rules are in effect. There is no weight restriction for the kicker. This is a defensive position.

a. Orange wristband players on the Kick Off Return team must be positioned 10 to 12 yards from the free-kick line (40-yard line for the kicking team) at the point of the kick.

b. Orange wristband players cannot be positioned as deep return players. They must be placed on the front line of the return team at the point of the kick.

c. Orange wristband players can drop back into the return wedge as soon as the ball is kicked.

d. The ball is considered dead at the point of possession by an orange wristband player.

e. There are no restrictions for orange wristband players on the Kick Off team.

6th and 5th grades: There is no kickoff. The ball will be placed on the 30-yard line and play will commence from there.

6. Punts:

8th grade: Current NFHS rules are in effect.

7th grade: Current NFHS rules are in effect. The punter must be at or under the ball carrying weight. This is an offensive ball carrying position.

- a. Orange wristband players must be on the line of scrimmage prior to the punt.
- b. Orange wristband players must be within or no wider than one yard from the “free blocking zone”, as defined in Article IV, Section A, #3 rule.
- c. The ball is considered dead at the point of possession by an orange wristband player.
- d. The restrictions apply to both Punt and Punt Return teams.

6th and 5th grade: The punt is a dead ball free kick.

- a. There is no weight restriction for the punter, since this is a dead ball kick.
- b. The punt is considered a dead ball play and a team must notify the officials of their intention to punt. 5th or 6th grade teams cannot fake a punt.
- c. The referee will notify the opposing team and coach of their intention to punt on the next play. The official shall then give the defensive team time to get into formation prior to putting the ball in play.
- d. The ball will be long snapped from the center.
- e. The offensive or defensive players are not allowed to cross the line of scrimmage during the punt.
- f. Defensive team allowed to only four players back to receive the punt. The other 7 players must be within 5 yards of the line scrimmage.
- g. Undeclared punts made by the offensive team will be returned to the original line of scrimmage and will be penalized 5 yards.
- h. The ball will be declared dead at the point at which the receiving team has gained control of the ball. If the receiving back muffs the ball forward or the receiving team blocks the punt forward, the ball is declared dead at the point where it was first touched.

7. Point-After-Touchdown (PAT) Conversions:

8th grade: Current NFHS rules are in effect with the following exceptions:

- a. Conversions may be made by passing or running plays from scrimmage and will count 1 point and,
- b. Kicking of extra points will count 2 points.

7th grade: Current NFHS rules are in effect with the following exceptions:

- a. Conversions may be made by passing or running plays from scrimmage and will count 1 point and,
- b. Kicking of extra points will count 2 points.
- c. The kicker and holder must be at or under the ball carrying weight. These are offensive ball carrying positions.

6th and 5th grades: Current NFHS rules are in effect with the following exceptions:

- a. Conversions may be made by passing or running plays from scrimmage and will count 1 point.
- b. Kicking of extra points will count 2 points.
- c. No weight restriction for the kicker and holder.
- d. The kicking of a conversion attempt is considered a dead ball play and a team must notify the officials of their extra-point attempt. 5th or 6th grade teams cannot fake an extra point kick.
- e. The referee will notify the opposing team and coach of their intention to kick the conversion on the next play. The official shall then give the defensive team time to get into formation prior to kicking the ball.
- f. The ball will be long snapped from the center for kick attempts.
- g. The kicking team has five seconds to kick the ball, after the ball is placed on the PAT block. The game official will begin his/her count when the holder has control of the ball and places the ball down on the PAT block. A delay of game penalty will be enforced if the ball is not kicked within the five-second rule.
- h. The offensive or defensive players are not allowed to cross the line of scrimmage during the kick attempt.
- i. Undeclared kicking conversions made by the offensive team will be returned to the original line of scrimmage and will be penalized 5 yards.

8. Field Goals:

8th grade: Current NFHS rules are in effect and will count for 3 points.

7th grade: Current NFHS rules are in effect and will count for 3 points. The kicker and holder must be at or under the ball carrying weight. These are offensive ball carrying positions.

6th and 5th grades: Field goals will count for 3 points. Current NFHS rules are in effect with the following exceptions:

- a. No weight restriction for the kicker and holder.
- b. The field goal kick attempt is considered a dead ball play and a team must notify the official of their field goal attempt. 5th or 6th grade teams cannot fake a field goal kick.
- c. The referee will notify the opposing team and coach of their intention to kick a field goal on the next play. The official shall then give the defensive team time to get into formation prior to kicking the ball in play.
- d. The ball will be long snapped from the center.
- e. The kicking team has five seconds to kick the ball, after the ball is placed on the PAT block. The game official will begin his/her count when the holder has control of the ball and places the ball down on the PAT block. A delay of game penalty will be enforced if the ball is not kicked within the five-second rule.
- f. The offensive or defensive players are not allowed to cross the line of scrimmage during the kick.
- g. Undeclared kicks made by the offensive team will be returned to the original line of scrimmage and will be penalized 5 yards.
- h. The ball will be declared dead at the point at which the receiving team has gained control of the ball. If the receiving back muffs the ball forward or the receiving team blocks the field goal attempt forward, the ball is declared dead at the point where it was first touched.

9. Safety:

8th grade: Current NFHS rules are in effect and will count for 2 points to the opponent.

7th grade: Current NFHS rules are in effect and will count for 2 points to the opponent. There is no weight restriction for the kicker or punter. This is a defensive position.

- a. Orange wristband players on the Safety Return team must be positioned 10 to 12 yards from the free-kick line (40-yard line for the kicking team) at the point of the kick.
- b. Orange wristband players cannot be positioned as deep return players. They must be placed on the front line of the return team at the point of the kick.
- c. Orange wristband players can drop back into the return wedge as soon as the ball is kicked.
- d. The ball is considered dead at the point of possession by an orange wristband player.
- e. There are no restrictions for orange wristband players on the Safety Kick team.

6th and 5th grade: Current NFHS rules are in effect and will count for 2 points to the opponent. The "free kick" will be a punt by the offensive team. The punt is a dead ball free kick by the offensive team from their 20yd line.

- a. There is no weight restriction for the punter, since this is a dead ball kick.
- b. The punt is considered a dead ball play.
- c. The referee will notify both teams of the punt. The official shall then give the defensive team time to get into formation prior to putting the ball in play.
- d. The offensive and defensive players are not allowed to cross the line of scrimmage during the punt.
- e. The ball will be declared dead at the point at which the receiving team has gained control of the ball.
- f. If the receiving back muffs the ball forward or the receiving team blocks the punt forward, the ball is declared dead at the point where it was first touched.

Section B: Teams must be ready to commence the game within 10 minutes of the scheduled starting time.
PENALTY: Forfeiture of the game, with a 6-0 score in favor of the opponent.

Section C: The League or game officials reserve the right to suspend, postpone, or cancel games due to weather, darkness, or other conditions necessary for the safety of the players, coaches and spectators.

1. Games suspended for weather, darkness, or other will be considered a draw or tie if less than half of the game has been played. If half or greater than half of the game has been played, then the game will be considered complete. In most cases, the League will strive to play the game to half time, to be considered complete.
2. If a suspended game has been considered a draw or tie, and the outcome of this game affects the playoff team selection, then the League will apply Article III: Tie Breaker rules.

Section D: **Mercy Rule** - 24 point spread but less than 32 (“midfield and 20 rule”)

1. When the point spread is 24 or more points but less than 32, the losing team will start **ALL** their offensive possessions at the mid-field point (40yd line for 5th and 6th grade, 50yd line for 7th and 8th grade).
2. The winning team will start **ALL** their offensive possessions no better than their own 20yd line (ALL GRADES).
3. For 7th and 8th grades, neither team will accept kick-offs and both teams will start their offensive possession on the appropriate yard line (50yd line for the losing team and 20yd line for the winning team).
4. Normal play will resume when point spread is 24 points or less.

Section E: **Mercy Rule Plus** - 32 point or more spread (“10 and 10 rule”).

1. When the point spread is 32 or more points, the losing team will start **ALL** their offensive possessions on the opposing 10 yard line (ALL GRADES).
2. The winning team will start **ALL** their offensive possessions no better than their own 10 yard line (ALL GRADES).
3. The winning team will not be allowed to **PASS** (forward, backward, or lateral) the football.
4. If the winning team does PASS the football, they will be penalized with an “Unsportsmanlike” penalty against the sideline and the appropriate penalty yardage will be assessed accordingly.
5. For 7th and 8th grades, neither team will accept kick-offs and both teams will start their offensive possession on the appropriate yard line.

Section F: Traveling teams will be considered guests for the coin toss. For Pocatello games between two Pocatello teams, the team that supplies the chain crew will be considered the home team.

Article II: FIELD RULES

Section A: Parents, spectators, players, and coaches must maintain Good Sportsmanship attitudes. No yelling or derogatory remarks will be tolerated. The League or official/referee(s) reserves the right to remove any parent, spectator, player, or coach from the field. Parents and spectators must also stay outside the designated coaches box area on the fields.

Section B: Coaches need to maintain good conduct of themselves, players, assistant coaches, and spectators during the game.

Section C: Coaches or person(s) on behalf of a coach, may observe, take written notes, or videotape the playing of opposing teams only at League scheduled games so long as observations or videotaping does not interfere with the playing of the game.

Section D: Coaches and players will be responsible for the cleanup of the field after their game.

Section E: Only players and coaches are allowed in the designated coaches’ box area on the playing field.

Section F: Ladders will not be allowed on or around the playing fields.

Section G: Fixed signs/banners need to be placed a minimum safe distance of 10 to 12 feet from all sidelines.

Section H: No alcoholic beverages or intoxicated behavior will be tolerated at any SIYFL activities, including practices.

Section I: Except for emergency vehicles, and SIYFL vehicles, NO vehicles shall be driven or parked in the close proximity of the playing fields.

Article III: TIE BREAKER

Section A: Tie games will be decided by National Federation of State High School Association's 10-Yard Line Overtime Procedure.

Section B: Division Ties will be decided in the following manner:

1. Division record.
2. Head-to-Head winner.
 - a. Head-to-Head to determine playoff seedings. When determining playoff seedings, if four teams have the same division record, then head-to-head to amongst the four teams will be applied.
 - b. If the four teams have the same head-to-head records amongst the four teams, then a random draw of names from a hat will determine the playoff seeding.
3. National Federation of State High School Association's 10-Yard Line Overtime Procedure (Kansas City Overtime).

Note 1: If possible, 10-Yard Line Overtime games will be played prior to the last game of the regular season.

Note 2: If the majority of teams (2 out of 3 or 3 out of 4) agree to a random draw of names from a hat, then the League will make the draw, rather than play the Kansas City Overtime for seeding purposes only.

Article IV: GAME SCHEDULES

Section A: The League will separate the teams into two divisions, depending on the number of teams in that grade. The League will determine the format of play whether it will be A / B Divisions or an All Play format.

Section B: The teams may be divided into A and B divisions, if possible, based on the prior year standings:

1. Transfer the #1 Playoff Seeded or Champion (1st place) B prior year team to the A Division, and,
2. Transfer the lowest ranking team in the prior year A Division to the B Division,
 - a. head-to-head will break any ties.
3. Possible transfer of #2 Playoff Seeded or 2nd place B prior year team to the A Division, depending on strength of team, and/or,
 - a. Possible transfer of next lowest ranking team in the prior year A Division to the B Division, depending on total number of teams and strength of team.
 - b. Transfer of any teams to the A or B Divisions, will be evaluated by the Board to determine the fairest play for teams. Transfers will be evaluated on a case-by-case basis.

Section C: The teams may be divided into two divisions with the All Play format, based on the prior standings:

1. The top two teams from the A and B divisions, if necessary, will be separated in the two divisions.
2. The balance of the teams will be separated based on strength of teams.
3. The League will strive to balance the divisions based on the regular season wins/losses of all the teams from the prior year.

Section D: For 6th grade, the teams will be divided into two divisions, if possible, based on the prior year 5th grade:

1. Divisions will be based on, but not limited to:
 - a. Size of area/community, number of new players, Expansion teams, Combo Teams (5th/6th), strength of area, and overall record of team from 5th grade.
 - b. The divisions will either be created on the A / B Division or All Play formats.

Section E: For 5th grade, the teams will be divided into two divisions, if possible, based on overall coaching experience of the coaches and estimated strength of area. The League will strive to balance the divisions.

Section F: The League will create a third division and determine the order of play, if needed.

Section G: The League will create one division, if deemed necessary, for any grade.

Article V: PLAYOFFS

Section A: For "All Play" divisions, the first place team in each division will play the second place team in the other respective division. The two winning teams will advance to the championship game while the losers will play in the consolation game.

Section B: For "A and B" divisions, the first place team in "A" division will play the fourth place team in the "A" division, while the second place team in the "A" division will play the third place team in the "A" division in the playoffs. The winners will advance to the championship game. This format of play will be done for both A and B divisions.

1. A and B divisions do not play each other in the playoffs.
2. No consolation games will be played with this format.
3. Teams that lose their playoff game will return their equipment immediately following their game.

Section C: If there is only one division, the first and fourth best record teams, and second and third best record teams will play. The winners will advance to the championship game, while the losers will play in the consolation game.

Section D: 5th grade teams will not play post-season games (i.e. playoffs, consolation, or championship games). The League endorses the National Standards for Youth Sports developed by the National Alliance of Youth Sports 2001.

Article VI: PLAYING TIME SUMMARY

Section A: Minimum Playing Time Rule for all players during regular season, playoff, consolation, and championship games.

1. 5th and 6th grade coaches are required to play each eligible player a minimum of ten (10) live plays per game during regular season games, including all playoff and championship games. A player must play six (6) live plays the first half, and four (4) live plays the second half prior to the 4-minute warning in the 4th quarter. A player must be inserted into the game on the first offensive/defensive possession in the 4th quarter if that player has not received his/her appropriate playing time. A player must be placed into the game in their natural playing position at the soonest available time. A "live play" is defined as a play from the line of scrimmage on offense or defense, **EXCLUDING PUNTS, PUNT RETURNS, FIELD GOALS, AND KICKING POINT-AFTER-TOUCHDOWN (PAT) ATTEMPTS.**
2. 7th grade coaches are required to play each eligible player a minimum of ten (10) live plays per game during regular season games, including all playoff and championship games. A player must play six (6) live plays the first half, and four (4) live plays the second half prior to the 4-minute warning in the 4th quarter. A player must be inserted into the game on the first offensive/defensive/special team possession in the 4th quarter if that player has not received his/her appropriate playing time. A player must be placed into the game in their natural playing position at the soonest available time. A "live play" is defined as a play from the line of scrimmage on offense or defense and special team play. Playing time on special teams for 7th grade (i.e. kick-offs, kick-off returns, punts, punt returns, PAT

attempts, and field goals) will only be considered as five live plays per game, regardless of the number of times the special team was on the field.

3. 8th grade coaches are required to play each eligible player a minimum of ten (10) live plays per game during regular season games, including all playoff and championship games. A player must play six (6) live plays the first half, and four (4) live plays the second half prior to the 4-minute warning in the 4th quarter. A player must be inserted into the game on the first offensive/defensive/special team possession in the 4th quarter if that player has not received his/her appropriate playing time. A player must be placed into the game in their natural playing position at the soonest available time. A "live play" is defined as a play from the line of scrimmage on offense or defense and special team play. Playing time on special teams for 8th grade (i.e. kick-offs, kick-off returns, punts, punt returns, PAT attempts, and field goals) can be considered as ten live plays per game, regardless of the number of times the special team was on the field.