

## YOUTH SPRINGFOOTBALL LEAGUE UNUSUAL RULES

### **RULE 1 – COIN TOSS**

In the presence of each captain, the referee will choose the coach for the coin toss. The choice of coach is at the discretion of the referee. The winner of the coin toss will have 3 choices only 1) be on offense 2) be on defense 3) choose which side of the field they will play from. The opposing team will choose one of the remaining choices. There are NO deferring rules. After the half, teams will switch ball roles and sides of the field regardless.

### **RULE 2 – GAME TIMING & TIMEOUTS**

The game will consist of two continuous 22 minute halves with a five minute halftime. The clock will be continuously running, only stopping for team and/or referee time outs. Each team is allowed one 30 sec timeout per half of game. The 1<sup>st</sup> half timeout can be carried over to the 2<sup>nd</sup> half. The referee will also call a 2 minute warning at the end of BOTH halves, these 2 minute warnings will have all the privileges of a time out for both teams. In the last two minutes of the game the team with a lead of more than 18 points *cannot call a time out*. In the last 2 minutes of the *second* half the clock reverts to ordinary timing stopping for timeouts, penalties, incomplete passes and out of bounds running plays. There will also be one referee timeout at each 10 minute mark for water breaks where the clock will stop, this referee timeout will be at the discretion of the referee crew based on field temperature.

### **RULE 3 – PLAY CLOCK**

The offense is afforded twenty five (25) seconds in which to snap the ball following the referee's ready for play.

### **RULE 4 – OFFENSIVE LINEMAN RULES**

The line of scrimmage extends from sideline to sideline for both offense and defensive players. Therefore all minimum and maximum player rules apply from sideline to sideline. The offense must have a minimum of five offensive players (OL,WR or TE) on the LOS for every play. Offensive linemen can be in a 2 or 3 point stance.

### **RULE 5 – DEFENSIVE PLAYER RULES**

This rule is now played exactly like regular NFHS football rules. The NFHS rule regarding Defensive Lineman states "that defensive players within one yard of the football are considered lineman. The NFHS Rule on this issue is in place to define who can be legally blocked below the waist and or legally blocked in the back. There are no minimums or maximum rules for defensive linemen.

The NFHS rule regarding Linebackers states "that defensive players within one yard of the football are considered lineman, therefore defensive secondary players must be a minimum of TWO YARDS North/South to be in an standing position". Blitzing rules are according to the NFHS rules.

### **RULE 6 – CENTER PROTECTION**

NO player in only the 6U and 8U divisions may line up on, go over the top of, run directly into or "rough" the Snapper. This will constitute roughing the snapper and result in a 15 yard penalty. Clearly the snapper will be "bumped" from time to time, or shaved as the defensive player shoots their gap, however the premise of the rule is that the initial intent of the defensive player should be to control their lane without, an obvious intent simply to run into the snapper in an unsafe manner. Once the snapper begins to engage the block then "all bets are off" and the defensive player is entitled to engage. This is a thin line of judgment, and referees have been given latitude here to determine intent of "roughing the snapper" in the same way as "roughing the kicker" is concerned. This is about protecting the players.

### **RULE 7 – BLOCKING BELOW WAIST**

This rule is now played exactly like regular NFHS football rules. Blocking below the waist is allowed inside the designated free blocking zone. The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.

*Blocking BELOW THE WAIST is permitted in the free-blocking zone when the following conditions are met:*

- All players involved in the blocking are on the line of scrimmage and in the zone at the snap.
- The contact is in the zone
- And the ball is in the free blocking zone
- Once the ball has left the free blocking zone, the zone no longer exists, and blocking below the waist is illegal

*Blocking IN THE BACK is permitted in the free-blocking zone when the following conditions are met:*

- By offensive linemen who are on the line of scrimmage and in the zone at the snap.
- Against defensive players who are in the zone at the snap.
- The contact is in the zone.
- And the ball is in the free blocking zone
- Once the ball has left the free blocking zone, the zone no longer exists, and blocking in the back is illegal

### **RULE 8 – COACHES ON THE FIELD**

6U – 1 coach on the field for all season. 8U, 10U and 12U – 1 coach for the first two weeks. 14U and 15U may NOT have a coach on the field at all.

### **RULE 9 – KICKING**

There is no kicking of any kind. No punts, no field goals, no kickoffs, no extra points.

### **RULE 10 – ELIGIBLE PLAYERS**

ANY player (any jersey number) on the offensive side of the ball is eligible for a pass as long as they are not covered. Therefore apart from the QB there are always 4 players on every snap that are eligible to catch a pass.

### **RULE 11 – MERCY RULES**

If a team gets a lead of 24 points or more, the losing team will start with the ball at midfield. If a team has a lead of more than 24 points as well as there being less than 5 minutes left in the game, that team may not throw the ball. A 15 yard penalty will be assessed for each infraction. In the last two minutes of the game, the team with a lead of more than 18 points cannot call a time out. In the event a team has a lead of 18 points or more and who is in offensive possession of the ball, with 60 seconds or less remaining on the clock, the game will be called final.

### **RULE 12 – ADDITIONAL UNIFORM RULES**

Tinted face shields ARE allowed. Armbands and decorative player apparel are allowed to be worn on any area of the players body. Tape is allowed. No jewelry. No metal cleats.

### **RULE 13 – PLAYER CELEBRATION RULES**

End zone celebrations are allowed as long as the celebration is not directly taunting another player or team. Lifting hands, dancing or somersaulting into end zone is allowed. Pointing at another player, derogatory dancing and/or taunting of any kind is not allowed.

### **RULE 14 – OVERTIME**

There is no overtime in the regular season. In Playoff games the overtime will be by Kansas Tie Breaker Rules.

### **RULE 15 – GAME SCORING**

Touchdown 6 points. Extra Point are 1 point for a RUN from the 5 yd line, and 2 Points for a PASS from the 5 yd line. In order to be awarded 2 points for a pass, the pass *must* be a forward pass. *The ball does not have to pass the line of scrimmage*. Backward passes that result in a score on an extra point will be awarded 1 point. Safety 2 points.

### **RULE 16 – PUNTING & 4TH DOWN DECLARATION**

There are NO punts. For all 4<sup>th</sup> down plays, coaches may choose to a) run the 4th down play or b) "declare" an intention to punt to the referee. In the case of a declared punt the ball will be placed 25 yards further down the field from the 4<sup>th</sup> down LOS. Declared punts from 25 yards or less of the opposing team will be "half the distance". The play clock begins when the referee has placed the ball.