



Bylaws 2018 - Revised

RULES: USA Football - Youth Football Rules with adjustments on the following:

1.0 SCHOOL GRADES & WEIGHT LIMIT

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| A. | Grades 3-4 (or 10 & under by 9/1/18) | 95 lbs |
| B. | Grade 5 (or 11 & under by 9/1/18) | 110 lbs |
| C. | Grades 6 (or 12 & under by 9/1/18) | 125 lbs |
| D. | Grade 7 (or 13 & under by 9/1/18) | 150 lbs |
| E. | Grade 8 (or 14 & under by 9/1/18) | 150 lbs |

X-Man - Any player that exceeds the weight limit for their age group will wear a sticker, provided by the league, on the back of their helmet. Player can participate as a lineman only. The inside shoulder of a defensive X-man must be inside the outside shoulder of the offensive tackle. (Exception: Grades 7-8. Defensive X-man may play anywhere on the line) Player cannot run with the football, unless fumble recovery, interception, or ball strip is made. Player shall line up in a 3 or 4 point stance. Player may line up in a 2 point stance if a referee determines a 2 point stance is helpful to the player. (Exception: X-man may kick off or punt, but no attempt can be made to run with the ball during the punt) Weigh-ins will be performed just once, at the beginning of the season, at the equipment handout.

Play Down – When approved by a parent, coach, and District President, a player may play down on a lower grade level for their safety and to help create a better experience for the player. If determined necessary, by vote of the District Presidents, that player may be moved back up at anytime during the season.

1.1 OFFICIAL FOOTBALL SIZES (Under Armor brand)

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|----|--------------|---|---------|
| A. | Grades 3 & 4 | - | Pee Wee |
| B. | Grades 5 & 6 | - | Junior |
| C. | Grades 7 & 8 | - | Youth |

1.2 FIELD

- 1 coach, per team, may be on the field for 3rd/4th graders throughout the season. 5th/6th grade teams may have 1 coach, per team, on the field for the first 2 games only. 7th/8th must coach from the sidelines. (applies after the Rendezvous)
- Home teams (First team name on schedule) are responsible for providing a chain gang.
- Only players and up to 4 coaches are permitted within the coaches box. Any additional coaches must remain behind the coaches box. 1 camera person may be near the sidelines, **not on the field**. All others shall remain in the stands.
- Both teams that play in the last game, for that day, are responsible for picking up all trash on or near the field.

1.3 KICK-OFFS

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| A. | Coin Toss | - | No more than four captains from each team may be present. |
| B. | All Grades | - | Ball is kicked from the 40 yard line |
| C. | Safety | - | Ball is kicked from the 20 yard line |

1.4 GAME TIME

- A. Quarters are 12 minutes. Clock runs continuously except for injuries, charged team timeouts, delay of game and scores. In the last two minutes of each half, the clock also stops for incomplete passes and runs that end out of bounds.
- B. Delay of Game - Ball must be snapped within 25 seconds for 7th/8th grades, and 35 seconds for 3rd through 6th grades once ball is placed.

Mercy Rule: Game clock will run continually if team leads by 30 or more points in the second half. Clock will only stop for injuries or charged team time outs. If a 30-point deficit at the start of the second half (and anytime during the second half), the trailing team gets the ball at the opponent's 40-yard line, even if the leading team was to receive the second-half kickoff.

Weather: Games will be played rain or shine. Games may be delayed, or cancelled, if necessary due to lightning. Any team that fails to show up will forfeit that game. If a game is cancelled, due to lightening, game will be rescheduled if less than ½ of the game was played. If ½ or more was played, the current score will determine the winner.

1.5 BLITZING

Grades 3-6. No more than 6 defensive linemen may be on the line of scrimmage at any time. Line Backers must be 3 yards behind the L.O.S until snap of ball.

Note: Defensive ends (non X-man) may be in a 2 point stance. Interior defensive linemen (Tackle to tackle) must be in a 3 or 4 point stance.

Grades 7-8. High School blitzing rules apply.

Note: Disrupting or attempting to disrupt the offensive team's cadence is prohibited.

1.6 P.A.T & PUNT

P.A.T. - After a touchdown, team is given a choice of a 1 or 2 point conversion. 1 point if ball is ran or thrown into the end zone. 2 points if the ball is kicked between the posts.
(If no posts exist, team may go for 2 points from the 5 yard line)

Note: Defensive nose guards can line up on center except during Punts and P.A.T's.

Note: Grades 3-6. Teams must state when they are punting (No fakes). Punts and P.A.T's are free kicks, with no rush by the defense.

Grades 7-8. High School blitzing rules apply.

1.7 OVER TIME

1 OT is permitted during the regular season. Captains meet for coin toss. Winner of toss chooses to be offense or defense first. The ball is placed on the 10 yard line. Each team receives up to 4 plays. If a team scores they may elect to go for 1 or 2 points. A field goal attempt is permitted on any down. If tied, after 1 OT, the game will end as a tie. OT will continue in a playoff/championship game until a winner is decided.

1.8 PRACTICES

No more than 3 practices may be held, in any week, after the Rendezvous scrimmages.

1.9 EJECTION:

A player or team representative is automatically ejected if he receives two unsportsmanlike conducts in a game. The player or team representative may also not participate in the following game. Coaches yelling at the officials is unsportsmanlike conduct. Fragrant fouls, such as fighting, hitting, etc. will be an automatic ejection for that game and may be ejection for the following game.

2.0 INSURANCE

Players are covered by their own insurance carriers.

2.1 MANDATED CONCUSSION MANAGEMENT:

If any player is believed to have suffered a concussion based on any of the following symptoms;

- Headache
- Dizziness
- Confusion
- Memory loss
- Nausea
- Blurred vision
- Sensitive to light and sounds
- Abnormal behavior

That player shall not participate in practices or games until written permission is given to the Head Coach from a health-care professional.

2.2 TARGETING:

In an attempt to reduce concussions, no player may target another opponent. Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. However, a ball carrier may stiff arm. A ball carrier may not target an opponent with the top portion of his helmet.

District Presidents, by majority vote, shall govern all field operations of the league. The District Presidents consists of; (For questions/comments contact your District President)

Dennis Barnes	Warriors	218-6704	aquatap@aol.com
Dan Staheli	Thunder	817-5902	dstaheli2@gmail.com
Ward Sweeten	Mustangs	632-2758	ward.sweeten@washk12.org
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Bryce King	Tigers	668-5636	bryceking@cityofhurricane.com
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