

Tri-County Sports Authority

2009 Football Rules and Regulations

I. Organization

- a. Little League age range 10-12 years old.
- b. Junior League age range 8-9 years old.
- c. Flag League age range 5-7 years old.
- d. Age cut off date for each league is August 1st.

II. Eligibility

- a. All late sign ups will be required to participate in 5 days of practice before their first game.
- b. All participants must have a physical.

III. Weight

- a. Little League will require a one time weigh in with shorts and a t-shirt only. Players weighing more than 129 pounds cannot fill any position in which he may advance the football on offense whether it is by a run or a catch. ***No one over 129 can line up in the backfield or at an end position in an offensive set.***
- b. Junior League will require a one time weigh in with shorts and a t-shirt only. Players weighing more than 115 pounds cannot fill any position in which he may advance the football on offense whether it is by a run or a catch. ***No one over 115 can line up in the backfield or at an end position in an offensive set.***
- c. Should a defender take possession of a loose ball, the defender may advance the ball; however, the ball shall become dead should the defender attempt to lateral the ball to another player.

IV. Roster

- a. Each coach will submit a roster with every player listed before the first scheduled game or scrimmage to the league commissioner including their Name, Jersey Number and Parent Info and contact information.

V. Equipment

- a. All head coaches and assistant coaches should do their part in helping the league track player equipment. Throughout the season coaches should do their best to pick up equipment from players who stop showing up, who may be injured for the season and/or any other reasons that they are no longer participating.
- b. Coaches should contact the league commissioner within 48 hours when a player quits or is injured and cannot return for the year so that arrangements can be made to pick up the player's equipment.
- c. Flag League teams will use a "K" size ball for practice and games.
- d. Junior League teams will use a "K" size ball for practice and games.
- e. Little League teams will use a "J" size ball for practice and games.

VI. Practice

- a. A practice is considered a gathering of three players and a coach.
- b. Practices may only be held at league approved locations.
- c. Practice times are not specified by the league, however, coaches should do their best in ensuring their teams are conditioned and prepared to play in scheduled games or scrimmages.
- d. Before the first scheduled regular season game or during the season if no game is scheduled for a given week, each team may practice up to 5 times during a seven day week.
- e. When play begins coaches are limited to no more than 4 practices during a seven day week.
- f. In the event that a team is scheduled to play two games in a seven day week, that team may not practice more than two times during such time.
- g. Sunday to Saturday constitutes a seven day week.
- h. Violation of the practice restrictions may result in forfeited games and/or championships.
- i. Length of time for any given practice shall not exceed two hours.

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- j. Coaches SHALL spend time at the beginning of practice and games to properly stretch and warm up their players.
- k. Water shall always be available during practice.
- l. Coaches shall allow players to adjust to the heat conditions as well as the equipment on a watchful basis. Both contact league teams must follow the time frame below to **acclimate the players to practice with contact**:
 - i. Day one of practice shall be in helmets (No pads or contact).
 - ii. Next two practices shall be in head gear and shoulder pads limiting contact to technique type drills, shields and blocking dummies.
 - iii. Full contact in pads may begin after these two items have been met.
- m. Coaches shall teach the proper current legal blocking and hitting techniques.
- n. Teams may scrimmage upon prior league approval.

VII. Supervision of Practice and Play

- a. Coaches are responsible for displaying sportsmanship at all times.
- b. Each League is provided a league approved play book. Teams shall structure their team's offense around the play book. Coaches may implement plays that are based off of the formations provided as long as there is always a quarterback and two backs in the backfield from tackle to tackle.
- c. **There will be a handout of offensive and defensive rules that must be followed along with terminology to be used league-wide. These rules will be strictly enforced and no deviations allowed.**
- d. Only head coaches may voice a complaint during the season and that complaint must be addressed to the league commissioner and/or player representative.
- e. Only the one team representative will be permitted to be present during the draft.
- f. In the event that a player has not participated in practice sessions, each coach has the right to exercise his discretion to limit or prohibit play in order to ensure fairness and overall safety of the layer and team.
- g. Assistant coach's status does not transfer from league to league in the event a head coach moves up or down to the next league.
- h. One coach is to be on the sideline at all times.
- i. Each team is limited to no more than two assistant coaches (approved by the league) to be on the sidelines during league play.
- j. No player is to be left unattended or unsupervised at game or practice.
- k. No parents are to be on the field during a game or practice other than when they may be requested by a coach to tend to their own child. Please do your part to manage the sidelines.
- l. Each coach shall hold a parent meeting or provide a coaches letter prior to the season to explain his policies and philosophies on games and/or practice as well as notify them of the existence and availability of league rules and policies. All league rules and policies will be posted on the TCSA website.
- m. Each team will be responsible for coming up with practice locations. There are some that are already approved and designated but should a coach have an alternate site that they wish to use, they may do so with prior League approval and will need to submit the location/address so that the League may add to their insurance policy.
- n. Should teams need to practice indoors in a gym due to in climate weather, practice time shall be limited to one (1) hour to allow other teams the opportunity to get in practice time at that facility.
- o. League rules shall be set forth prior to the season's first game and shall be maintained without change for the duration of the season and will not be subject to change until the following

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season. However, the TCSA has the right to amend all rules and policies at any time as it sees fit.

- p. If you have any suggestions or ideas about league improvement, feel free to do so in the form of a written recommendation and/or policy so that it may be reviewed.

VIII. Games

- a. Little League games will consist of four 8-minute quarters in which the clock will start and stop at the official's discretion.
- b. Junior League games will consist of four 6-minute quarters in which the clock will start and stop at the official's discretion.
- c. Little League teams will be permitted three timeouts per half. Unused first half timeouts shall not carry over to the second half and unused second half timeouts shall not carry over into overtime.
- d. Junior League teams will be permitted two timeouts per half. Unused first half timeouts shall not carry over to the second half and unused second half timeouts shall not carry over into overtime.
- e. All other playing rules will be modeled after the current year's KHSAA Football Rules unless otherwise noted herein.
- f. No person or persons other than the league approved assistants or other league approved personnel may be present on the sideline during pregame, game or post game. Please make this clear to all parents.
- g. Coaches are permitted to substitute at their discretion as long as each player that has met the necessary requirements to participate in a game plays a minimum of two full quarters. A player may go the length of a game on defense while another player may go the length of the game on offense. The league recommends that each player have the opportunity to start somewhere. Coaches should make sure that player get a minimum of two full quarters of play.
- h. Kick-offs will start on the 40-yard line.
- i. On fourth down the offense has the option to punt which will be administered by the official by advancing the ball 25 yards from the line of scrimmage, but not past the receiving team's 20 yard line, for a change of possession.
- j. In the event of a tie, a coin toss will determine who has the right of first option (defend or take the ball). The second option will be which end of the field play will commence.
- k. Each team must maintain defenses from the handout for the duration of the game. **The defense from the handout is the only acceptable defense in the league. This will be strictly enforced.**
- l. There will be no **blitzing permitted in Junior or Little League.**
- m. Motion as permitted by the NFHS/KHSAA is permitted AS LONG AS there are ALWAYS THREE BACKS (1 QB & 2 Backs) in the backfield at all times.
- n. Any team going ahead by 30 points will constitute a continuous clock from the time the score of 30 is met.
- o. Each team shall start the game with 11 players and maintain them through the duration of the game. Failure to have 11 players will result in a forfeit.
- p. Junior and Little League defensive end positions or strike and bandit (depending on your defensive call) may be in the standing position. They must attack from the outside shoulder of the last man on the offensive line of scrimmage. They are not permitted to shoot the inside gap.
- q. All interior defensive linemen must be in a three or four point stance.

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- r. In Junior League the defensive tackle shall line up over the Guard or on his outside shoulder. The tackle may penetrate the inside gap between Center and Guard but shall not line up in that gap.
- s. In Junior League there may be no defensive players lined up over the Center at any time.
- t. In Junior League Offense, teams are not permitted to run a quarterback sneak.

IX. Points

- a. Six points will be awarded for a touchdown.
- b. Point After Touchdown (PAT)
 - i. Junior League
 - 1. If a team elects to kick a PAT, the holder shall keep one knee in contact with the ground and stationary at all times. Movement of the holder's knee from his starting position to receive a snap will result in a dead ball with an unsuccessful PAT.
 - 2. One point will be awarded on a PAT if the offensive team elects to run or pass and successfully scores.
 - 3. Two points will be awarded on a PAT if the offensive team elects to kick and the result is successful.
 - 4. The snap may be made from the side snap position.
 - 5. On an attempted Kick for a PAT, the Defense shall line up in an approved defensive formation and shall not rush the kicker.
 - 6. The ball shall be dead on a failed PAT.
 - ii. Little League:
 - 1. If the offensive team elects to kick the extra point, the holder must snap the ball between the legs from the true snap position.
 - 2. The Defense may rush the kicker but SHALL NOT hit the Holder or Kicker. The players may be instructed to dive in front of or onto the ball. Absolutely no contact shall be made with either the Holder or Kicker.
 - 3. If a team elects to kick a PAT, the holder shall keep one knee in contact with the ground and stationary at all times. Movement of the holder's knee from his starting position to receive a snap will result in a dead ball with an unsuccessful PAT.
 - 4. Scoring on PATs are the same as NFHS/KHSAA:
 - a. 2 points for a successful run or pass.
 - b. 1 point for a successful kick.
 - 5. The ball shall be dead on a failed PAT.

X. Playoff

- a. League Championships will be determined through a tournament format at the end of the regular season. In the event of a league tie between 2nd and 3rd or 3rd and 4th seeds, the tie will be broken by Head to Head or Fewest Points Allowed to determine the seeds in the tournament. The succeeding year's draft order will be based on the previous season's regular season seeds.
- b. If a 5th team is added to the Little League Program, 4th and 5th seeds will have to have a Play-In game to get into the Tournament.

XI. League Notes

- a. Communicate with parents! Have a parent meeting.
- b. Conduct each football practice and game setting so that everyone is involved and learning the game of football
- c. Be in control of yourself and assistant coaches at all times.

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- d. Keep your ego at home on game day. Do your best to prepare your team for the contest and maintain integrity and good sportsmanship at all times.
- e. No foul language will be permitted at any time.
- f. Do not try to circumvent the rules in order to gain an advantage. Learn the rules and use them to your advantage.
- g. Coaches shall not question an official's judgment. The acting head coach may respectfully and professionally address an official if he feels a rule may have been misapplied but the head official will have the final ruling after conferring with all officials working the game.
- h. The League Commissioner has a current copy of the NFHS/KHSAA Rules and all official interpretations shall be clarified through him.
- i. Be a positive advocate for this league. This league is about participation and development. Let's work hard to teach these kids a good Work Ethic, good Character, Team Work and Accountability. We want to attract and involve as many people as possible and help mold those participants into fine, productive citizens.
- j. If you have a dispute, please address them through the proper channels. Learn the rules and make sure your dispute or question is valid and allow us to assist so that we may make this league a great experience for all.
- k. Thank you for committing to the youth in our community. It is because of your hard work and dedication that those who you surround may not only become potential football prospects, but may become positive and productive members in our community.
- l. Please remember if weather conditions should arise, league officials will have the discretion to postpone or cancel a game at any time.
- m. Tri-County Sports Authority will require a background check of the following: Board members, Coaches and any other persons, volunteers or hired workers who provide regular service to the league and/or have repetitive access to or contact with the players and/or cheerleaders. The purpose of these background checks is first and foremost to protect the children.
- n. Focus on safety. When in doubt, err on the side of safety.
 - i. Make sure your kids get plenty of hydration before, during and after practice during the hot summer days.
 - ii. If you hear thunder or see signs of lightning, however faint it may be, you are at risk.
 - iii. Ensure that your players are properly equipped at all times.
 - iv. Routinely check with each player and communicate with them during practice and games to make sure aren't in danger of heat or improper equipment.

End of rules.