

## ROOKIE DIVISION RULES FOR THE 2008 SEASON-PLAYERS

### GENERAL FORMAT

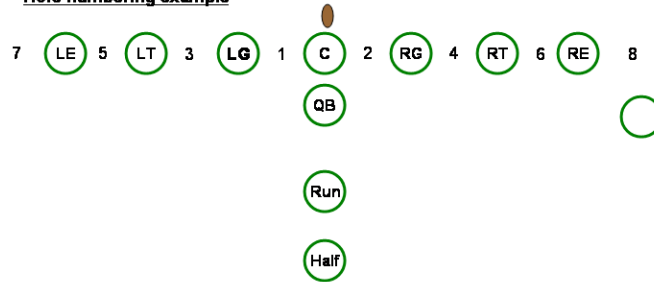
1. Any variation from these rules must be approved by a majority of the Board of Directors.
2. All league games will be played under National Federation rules except those stated herein.
3. Any coach who the board feels has blatantly run the score up on another team will be called before the board and may be subject to a one or two game suspension.
4. The field will be 50 x 90 yards.
5. The ball size will be a K-2 Wilson or equivalent.
6. Injury or Illness: Head coaches are to notify the Officer of the Day and the opposing coach if any player is to be withheld from the game. Notifications will be made prior to the start of the game.
7. Only players and coaches may be on the sidelines. A maximum of five coaches may be on the sideline at any given time during the competition. The field referee and/or the Officer of the Day will issue a single warning for violation of this rule. A one game suspension of the head coach will be assessed to the violating team for the next infraction of that game. No person will be authorized to be allowed on the sideline for the sole purpose of being a spectator. All spectators are to stay ten yards behind the sidelines; Old City Park Field - behind the white painted lines (not side lines).
8. All coaches and players must stay within the boundaries of team box. The team box being between the two 25 yard lines of the playing field. Coaches are allowed on the playing field during charged time-outs for conference with players, to attend to an injured player, and with the permission of the referee. A coach can't coach their team from the opposing team's sidelines.
9. In addition to the above, two (2) coaches are allowed on the field. One will help with alignment, the other to help with play calling. After the offense breaks the huddle, both coaches may not direct and/or coach their players until the down is whistled completed and the ball is dead. The coaches must be at least ten yards behind the line of scrimmage at the snap of the ball and must remain that distance from play. Officials will impose a five yard penalty plus a loss of down after one warning. On the third warning, a ten yard penalty plus a loss of down will be assessed. If fourth warning is warranted, the coach will be replaced by another coach from the coaching staff.
10. As a minimum requirement, the bench will be cleared at each change of possession and those boys entering the game will play a minimum of two consecutive plays, not including special teams. It is suggested that each player have a starting position on offense or defense. Example: Team is on offense and has 5 players on the sideline, at the change of possession to defense, those offense go to the sideline until the team is back off offense. Special situations will be considered by the Board of Directors.
11. Any game time change MUST be approved by the Board of Directors. Game time change MUST be approved by all parents of players and cheerleaders.

### GAME RULES

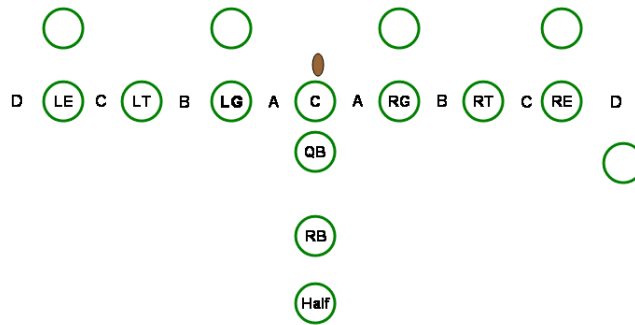
- No Special Teams – No Kickoff or Punts
- Start at +35 yard line
- Each team will get 8 equal possessions (Min. of 28 offensive and defensive plays) 56 total plays.

- The maximum time limit for games will be 75 minutes. Each team is guaranteed equal amount of possessions.
- After the fourth (4<sup>th</sup>) possession for both teams, there will be an eight (8) minute half time.
- Each team will be allowed three time-outs per half. Official's time-outs (injury) will not be charged to a team.
- An injured player resulting in an official time-out must be removed from the game for at least one play.
- When an official marks the ball ready for play, the offensive team has 40 seconds to put the ball in play
- No Blitzing of any backs
- No Defensive Lineman can line up directly over the Center. No Defensive Lineman can line up in the gaps between Center and Guard, Guard and Tackle, or Tackle and End. Interior Defensive Linemen must line up in a three or four point stance. PROCEDURE PENALTY: Five yards.
- No Quarterback Sneaks
- X-Men helmets shall be marked front and back (Recommendation: 1" wide X 6" long tape) for official recognition. Tape shall be distinctive so as to be readily identifiable by game officials and should be placed horizontally on the helmet. Visual effect: 10 yards. Penalty for non-compliance = 10 yards.
- X-Men can't advance the ball at any time. Effect=Dead ball.
- If the ball is intercepted by an X-Man, the ball is declared dead immediately and no advancement can be made. The ball will be put into play at the point of interception, with the exception being inside the 20 yard line. If intercepted inside the 20 yard line and the original line of scrimmage was inside the 20 yard line, the ball will be spotted at the original line of scrimmage. If intercepted inside the 20 yard line and the original line of scrimmage was outside the 20 yard line, the ball will be spotted on the 20 yard line.
- An X-Man may punt or kick the ball, but may not advance the ball.
- Approved Formations
  - a. Defense. Only the 4-4 Defense with a cover 3 is allowed.
  - b. Offense.
    - I Formation Set
    - Strong Set
    - Weak Set
    - Near Set
    - Far Set
- Approved Plays
  1. Packet of plays per Coach Campbell
- Penalties
  - No penalty will be assessed in excess of 5 yards, except those flagrantly committed (i.e. unsportsmanlike conduct)
- Coaches Expectations – Teaching of Football
- Must Teach Offensive and Defensive holes

**Hole numbering example**



**Defensive Gaps**



- No Defensive Lineman can line up directly over the Center. No Defensive Lineman can line up in the gaps between Center and Guard, Guard and Tackle, or Tackle and End. Interior Defensive Linemen must line up in a three or four point stance. PROCEDURE PENALTY: Five yards.
- If a team is ahead by two touchdowns (12 points) in the last two minutes of the game, they may not call any offensive time-outs.
- Scoring will be as follows:
  - Touchdown- 6 points
  - Extra Point- 1 point (if by run from 3 yard line)
  - Extra Point- 2 points (if pass from 3 yard line)
  - Extra Point- 2 points (if by run or pass from 5 yard line)

## YOUNGER DIVISION RULES FOR THE 2008 SEASON-PLAYERS

### GENERAL FORMAT

1. Any variation from these rules must be approved by a majority of the Board of Directors.
2. All league games will be played under National Federation rules except those stated herein.
3. Any coach who the board feels has blatantly run the score up on another team will be called before the board and may be subject to a one or two game suspension.
4. The field may be either the regulation size (60 x 100 yards) or (50 x 90 yards).
5. The ball size will be a K-2 Wilson or equivalent.
6. Approved Plays/Formations: To promote and transition the G.B.F.L. into a feeder system for the G.H.S. Varsity Football Program, the board strongly recommends each team to initiate each offensive and defensive play from the formations attached. In the event a coach is observed not complying with this request, said coach can be subject to board review and subject to in season discipline and said actions will look negatively on their subsequent years' coaching application.
7. Injury or Illness: Head coaches are to notify the Officer of the Day and the opposing coach if any player is to be withheld from the game. Notifications will be made prior to the start of the game.
8. Only players and coaches may be on the sidelines. A maximum of five coaches may be on the sideline at any given time during the competition. The field referee and/or the Officer of the Day will issue a single warning for violation of this rule. A one game suspension of the head coach will be assessed to the violating team for the next infraction of that game. No person will be authorized to be allowed on the sideline for the sole purpose of being a spectator. All spectators are to stay ten yards behind the sidelines; Older Division Field - behind the light poles; Rookie and Younger Division Field - behind the white painted lines (not side lines).
9. All coaches and players must stay within the boundaries of team box. The team box being between the two 25 yard lines of the playing field. Coaches are allowed on the playing field during charged time-outs for conference with players, to attend to an injured player, and with the permission of the referee.
10. In addition to the above, one coach may be out on the field with his team during play. After his team has come to the line of scrimmage, he may not direct or coach his players until the down is whistled completed and the ball is dead. He must be at least ten yards behind the line of scrimmage at the snap of the ball and must remain that distance from play. Officials will impose a five yard penalty plus a loss of down after one warning. On the third warning, a ten yard penalty plus a loss of down will be assessed. If fourth warning is warranted, the coach will be replaced by another coach from the coaching staff.
11. As a minimum requirement, the bench will be cleared at each change of possession and those boys entering the game will play a minimum of two consecutive plays, not including special teams. It is suggested that each player have a starting position on offense or defense. Example: Team is on offense and has 5 players on the sideline, at the change of possession to defense, those offense go to the sideline until the team is back off offense. Special situations will be considered by the Board of Directors.
12. Any game time change MUST be approved by the Board of Directors. Game time change MUST be approved by all parents of players and cheerleaders.

## **GAME RULES**

1. The time for quarters will be eight minutes.
2. The game will start with a free kick from the 40 yard line on a regulation size field and from the 35 yard line on the 90 yard field.
3. Halftime shall not exceed ten minutes in length.
4. An injured player resulting in an official time-out must be removed from the game for at least one play.
5. Each team will be allowed three time-outs per half. Official's time-outs (injury) will not be charged to a team.
6. When an official marks the ball ready for play, the offensive team has 25 seconds to put the ball in play.
7. X-Men must play interior linemen on the line of scrimmage in a non-eligible position and must be covered up by a weight eligible player on offense and may play any position on defense.
8. X-Men helmets shall be marked front and back (Recommendation: 1" wide x 6" long tape) for official recognition. Tape shall be distinctive so as to be readily identifiable by game officials and should be placed horizontally on the helmet. Visual effect: 10 yards. Penalty for non-compliance = 10 yards.
9. X-Men can't advance the ball at any time. Effect=Dead ball.
10. If the ball is intercepted by an X-Man, the ball is declared dead immediately and no advancement can be made. The ball will be put into play at the point of interception, with the exception being inside the 20 yard line. If intercepted inside the 20 yard line and the original line of scrimmage was inside the 20 yard line, the ball will be spotted at the original line of scrimmage. If intercepted inside the 20 yard line and the original line of scrimmage was outside the 20 yard line, the ball will be spotted on the 20 yard line.
11. An X-Man may punt or kick the ball, but may not advance the ball.
12. No penalty will be assessed in excess of 10 yards, except those flagrantly committed (i.e. unsportsmanlike conduct).
13. All coaches and players must stay within the boundaries of team box. The team box being between the two 25 yard lines of the playing field. Coaches are allowed on the playing field during charged time-outs for conference with players, to attend to an injured player, and with the permission of the referee. A coach can't coach their team from the opposing team's sidelines.
14. Only six Defensive players may be on the line of scrimmage at the snap of the ball, all other players are to be three yards behind the line of scrimmage. Any player within three yards of the line of scrimmage shall be considered on the line of scrimmage and counted toward the six Defensive player maximum. The only exceptions are when the line of scrimmage is on or inside the 20 yard line and during the last two minutes of the game. PROCEDURE PENALTY: Five yards.
15. If there is an 18 point lead, the team behind in score when receiving may have the option to take the ball at their own 35 yard line.
16. If a team is ahead by two touchdowns (12 points) in the last two minutes of the game, they may not call any offensive time-outs.
17. All punts, points after kicks, and field goals will be free kicks for a period of ten seconds. After this period, the ball will be dead and possession will revert to the other team. The ball does not have to be long snapped and may be taken from under Center by the Punter/Holder to be punted or placed

for a place kick. If the ball is long snapped for point after touchdown kicks and field goals and a bad snap occurs, the holder MAY retrieve the ball and place it for the kick. If the ball is kicked, the ball will be dead at the farthest point where the forward momentum of the ball is stopped. The Defense cannot drop more than five men off the line of scrimmage. In regard to field goals: if no score results from the attempt, the ball will be returned to the line of scrimmage if the original line of scrimmage was *outside* of the 20 yard line or to the 20 yard line if the original line of scrimmage was *inside* the 20 yard line.

18. Scoring will be as follows:

Touchdown - 6 points

Extra Point - 1 point (if by run from 3 yard line)

Extra Point - 2 points (if by kick or pass from 3 yard line)

Extra Point - 2 points (if by run or pass from 5 yard line)

Field Goal - 3 points

If trying for extra point from the 5 yard line, official must be notified prior to the ball being spotted and signaled ready for play.

## OLDER DIVISION RULES FOR THE 2008 SEASON-PLAYERS

### GENERAL FORMAT

1. Any variation from these rules must be approved by a majority of the Board of Directors.
2. All league games will be played under National Federation rules except those stated herein.
3. Any coach who the board feels has blatantly run the score up on another team will be called before the board and may be subject to a one or two game suspension.
4. The field will be regulation size 60 x 100 yards.
5. The ball size will be a TDJ Wilson or equivalent.
6. Approved Plays/Formations: To promote and transition the G.B.F.L. into a feeder system for the G.H.S. Varsity Football Program, the board strongly recommends each team to initiate each offensive and defensive play from the formations attached. In the event a coach is observed not complying with this request, said coach can be subject to board review and subject to in season discipline and said actions will look negatively on their subsequent years' coaching application.
7. Injury or Illness: Head coaches are to notify the Officer of the Day and the opposing coach if any player is to be withheld from the game. Notifications will be made prior to the start of the game.
8. Only players and coaches may be on the sidelines. A maximum of five coaches may be on the sideline at any given time during the competition. The field referee and/or the Officer of the Day will issue a single warning for violation of this rule. A one game suspension of the head coach will be assessed to the violating team for the next infraction of that game. No person will be authorized to be allowed on the sideline for the sole purpose of being a spectator. All spectators are to stay ten yards behind the sidelines; Older Division Field - behind the light poles.
9. All coaches and players must stay within the boundaries of team box. The team box being between the two 25 yard lines of the playing field. Coaches are allowed on the playing field during charged time-outs for conference with players, to attend to an injured player, and with the permission of the referee. A coach can't coach their team from the opposing team's sidelines.
10. As a minimum requirement, the bench will be cleared at each change of possession and those boys entering the game will play a minimum of two consecutive plays, not including special teams. It is suggested that each player have a starting position on offense or defense. Example: Team is on offense and has 5 players on the sideline, at the change of possession to defense, those offense go to the sideline until the team is back off offense. The coaches may use play runners and rotate players each down. Special situations will be considered by the Board of Directors.
11. Any game time change MUST be approved by the Board of Directors. Game time change MUST be approved by all parents of players and cheerleaders.

### GAME RULES

1. The time for quarters will be eight minutes.
2. The game will start with a free kick from the 40 yard line.
3. Halftime shall not exceed ten minutes in length.
4. An injured player resulting in an official time-out must be removed from the game for at least one play.
5. Each team will be allowed three time-outs per half. Official's time-outs (injury) will not be charged to a team.

6. When an official marks the ball ready for play, the offensive team has 25 seconds to put the ball in play.
7. X-Men must play interior linemen on the line of scrimmage in a non-eligible position and must be covered up by a weight eligible player on offense and may play any position on defense.
8. X-Men helmets shall be marked front and back (Recommendation: 1" wide x 6" long tape) for official recognition. Tape shall be distinctive so as to be readily identifiable by game officials and should be placed horizontally on the helmet. Visual effect: 10 yards. Penalty for non-compliance = 10 yards.
9. X-Men can't advance the ball at any time. Effect=Dead ball.
10. If the ball is intercepted by an X-Man, the ball is declared dead immediately and no advancement can be made. The ball will be put into play at the point of interception, with the exception being inside the 20 yard line. If intercepted inside the 20 yard line and the original line of scrimmage was inside the 20 yard line, the ball will be spotted at the original line of scrimmage. If intercepted inside the 20 yard line and the original line of scrimmage was outside the 20 yard line, the ball will be spotted on the 20 yard line.
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13. If a team is ahead by two touchdowns (12 points) in the last two minutes of the game, they may not call any offensive time-outs.
14. Scoring will be as follows:
  - Touchdown - 6 points
  - Extra Point - 1 point (if by run or pass from 3 yard line)
  - Extra Point - 1 point (if by kick from 3 yard line)
  - Extra Point - 2 points (if by run or pass from 5 yard line)
  - Field Goal - 3 points

If trying for extra point from the 5 yard line, official must be notified prior to the ball being spotted and signaled ready for play.