

2019 VALLEY LEAGUE FOOTBALL RULES

1. **GAME RULES:** High school rules will prevail unless stipulated below.
2. **BALL SIZE: Junior**
3. **TIME LIMIT:** Four 10 minute stop clock quarters for all levels. The Kansas Plan will be in effect in case of a tie for no more than one series. In case of a tie, each team will have four downs to attempt to score. The ball will be placed on the 10 yard line. If neither team scores in their one possession the game is considered a tie. Half time will be 8 minutes in length. May be shortened if both coaches agree.
4. **PLAYING TIME REGULATIONS:** Every player who suits up **MUST** play a minimum of (10) ten plays excluding special teams. Special teams are defined as kick off, kick return or PAT. **Requirements for minimum playing time are not intended as recommendations for maximum playing time or to limit a player's time due to ability. Do not sacrifice a child's positive experience by not playing that child as much as possible beyond the minimum requirements in every game.**
5. **OFFICIALS:** A minimum of two officials will be provided for each game and will be assigned by a High School Football Officials Assoc. The officials will be scheduled by the Valley league BUT it is the home team's responsibility to make sure there are officials scheduled and to notify the Association of any schedule changes. If your officials are not on time or fail to show up, make certain that you contact your local organization. The home team must provide the chain gang/down markers. Officials will keep the time on the field. If there are no officials at a game it cannot be played as an official game. It may be played as a scrimmage with that format.
6. **DEFENSE:** You must have an even number of players on the line of scrimmage with no defensive player lined up directly opposite the offensive center. All down lineman must be heads up on the player opposite them. **If the defensive ends are in the up position they must line up heads up with an offensive player.** There are no weight restrictions on defense (except players who are over ball handling weight cannot run with the ball on interceptions, kickoffs or punt returns. If an overweight player obtains the ball on a punt kickoff, interception, or fumble, the ball is dead at the point of possession.) A Penalty of 5 yards and an automatic first down will be assessed for any illegal formation. Players over the ball carrying weight must be designated by a colored stripe on their helmet.
7. **LINEBACKERS:** Linebackers must be at least two yards behind the line of scrimmage and be in a stationary position, unless moving laterally to cover a man in motion or flanker. **Linebackers cannot be moving towards the line of scrimmage before the ball is snapped.** Penalty for these infractions – 5 yards and automatic first down at all divisions.
8. **PUNTER:** You must declare punts. If you declare that you are punting, the defense may not rush. If you declare that you are punting you must punt. If you don't declare, there will be no protection. Any punter who is over the ball carrier limit must kick the ball. He cannot run or pass. Failure to do so will result in loss of ball at the original line of scrimmage. The punting team may not release until the ball has been punted.

9. **MOUTH GUARD:** Mouth protection devices are mandatory. There will be a five yard penalty for violations.
10. **PROFANITY:** Coaches, players and/or fans may be ejected from the game or field for the use of profanity. Coaches are responsible for the actions of their fans.

11. **MERCY RULE:**

- Once the point spread is 17 or more, after each touchdown or field goal, the team that is trailing will get possession at their own 25 yard line again off until the score is less than 17 points
- If the point spread becomes 30 points or more the time will convert from a stop clock to a running clock for the remainder of the game.
- If the point spread becomes 45 points or more the game will be ended.
- If a team wins a game by 45 points or more the head coach for the winning team is required to write a letter to the opposing team's organization explaining the score difference. This letter must be received by the winning team's host organization within 72 hours of the game. Penalty for failure to write the letter and submit it within 72 hours will be a one game suspension to be served by the head coach at their teams next scheduled game.

12. **WEIGHT LIMITS:** For ball carriers:

5/6th grade: 125 lbs.

If a player is suspected to be over the weight limit the coach should bring it to the attention of the officials at the game and then report it to the director for the organization where the game was played. The player will then be weighed prior to their team's next scheduled game and the findings reported to the league. There will be a 5 (five) pound weight variance allowed from the original weight listed on weigh-in/gear issue day.

Penalty for using an overweight player to carry the ball will be an unsportsmanlike conduct penalty and a one game suspension at the next scheduled game, of the player.

Blatant disregard for the weight limit will result in a forfeit of the game and a one game suspension, at the next scheduled game, for the head coach.

13. **WEIGH-INS:** Official weigh-ins will be conducted for all players at the time their equipment is issued. The weight established at this time will be the official weight for the season. Organization directors are required to provide complete "official" rosters with Team Name, Team Color, player's names, numbers and weights to pyac@peak.org no later than the Thursday prior to the football Jamboree. **All players over the ball carrying weight must be identified by a colored stripe running over the center of their helmet. Reminder: With the exception of the tight end and the kicker, no player over the weight limit may line up in a position to receive the ball (i.e. The full back position). A tight end over ball carrying weight may not handle the ball.**

14. **POINT AFTER TOUCHDOWN:**

Running or a pass: 1 point

Kicking: 2 points

The defense cannot rush on any kick attempt, field goal or PAT. The ball must be held, not placed on a kicking T for the two points after touchdown plays. A legal kicking pad may be used.

If there is a turn over during the PAT attempt the ball is dead with no advancement allowed by either team.

15. **SCORE KEEPING:** The home team shall designate a coach or parent to keep official track of the score for each game. They must also provide a chain gang.

16. **JERSEY'S:** Every attempt will be made to ensure that all teams have different colored jerseys. In the event that two teams have the same colors the home team is required to provide a jersey of a neutral color. The visiting team must wear the neutral colored jersey.
17. **COACHES: ALL COACHES MUST HAVE CONCUSSION TRAINING PRIOR TO COACHING.** Also, Coaches are **NOT** allowed on the field during the game. During the pre-season Jamboree coaches will be allowed on the field.
18. **Special Teams:** There will be **NO** kick offs and thus kickoff returns. In attempt to decrease the # of high speed collisions the team that wins the coin flip at the start of the game can choose to take the ball at their own 25 yard line or defer to the second half. After each score the team that gave up the score will automatically get the ball at their own 25 yard line (except for in rule #11)
19. **Nine Man Games:** In the event that a team's roster falls under 14 players and they need to go to "nine man football" in order to complete their schedule the league will be obliged to accommodate them. Where at all possible it would be ideal to give the opponents at least 3 days' notice in this situation. To play nine man football the offense will simply drop their tackles and the defense will drop their defensive ends.

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