

# City of Steamboat Springs Youth Football League

## TACKLE RULES & REGULATIONS

### ELIGIBILITY

- All participants must be in good physical condition.
- All participants must pay the registration fee.
- All players in the program shall receive equal playing time if they participate in the team practices.
- Players that abuse or deface equipment are subject to disciplinary action
- All jewelry is considered illegal equipment

### WEIGHT

- Over 100 pounds may not carry the ball or play the following positions (weight limit subject to change after weigh-in):
  - ▶ Offensive Back
  - ▶ Defense- Linebackers and Backs

**Note: Any player playing off the line is considered a back.**

- ▶ Any position on a kick-off or kick-off return
- ▶ Offensive ends/ receivers

**Note: Exceptions will be allowed if a team has less than 8 players, upon approval of field supervisors and coaches.**

- League officials must weigh all players before receiving a uniform.

**Equipment issue weight is the official weight for the entire season. Players cannot be re-weighted.**

- Rosters are available from the field supervisor at each game for the purpose of referring to the weights of the opposing team by coaches only. The referee will be given a list of players and jersey numbers of those who exceed the weight requirement. Parents and players may not check weights.

### EQUIPMENT

The City of Steamboat Springs will issue the following equipment to each player:

- ▶ Helmet
- ▶ Shoulder Pads
- ▶ Jersey
- ▶ Pants
- ▶ Pants Pads

- Players and/or parents are responsible for returning all equipment free of damage other than normal wear and tear. Please DO NOT put your name on any of the equipment. Use masking tape to write your initials and affix to your helmet if necessary. All equipment will be subject to a final inspection by Parks and Recreation staff.

#### **Replacement costs:**

Helmet	\$75.00	Shoulder Pads	\$50.00
Pants	\$20.00	Pant Pads	\$15.00
Jersey	\$15.00		

**Shoes:** Any canvas type tennis shoe, any soft molded soccer shoe, and turf shoes are legal.

**Cleats are strongly recommended**

**Mouthpieces:** All players **MUST wear a mouthpiece during practice and games.** Failure to do so will dismiss the player from practice or a game until he/she returns wearing a mouthpiece.

### THE GAME

**Start Time:** All games will be played at Ski Town Fields (tennis bubble). Times and days will be announced after the registration deadline.

**Game Length:** Games are to be 40 minutes long with a 5-minute half time. There are four quarters, each lasting 10 minutes. Teams change ends of field at half time only. The clock runs except for the last 3 minutes of the 4<sup>th</sup> quarter. Officials will give warning to both benches when entering the last 3 minutes of the 4<sup>th</sup> quarter. Clock will be stopped on all dead ball situations. Each team receives 2 time-outs per half. Time-outs are 1 minute in length. The referee will blow his whistle to start play within 45 seconds.

**Number of Players:** Each team will be allowed to have up to 8 players on the field during the game.

**Kickoff:** The kickoff will be made from the 30-yard line and the receivers will line up to, but not over, their 40-yard line.

**Touchback and Safety:** A touchback is called when the kickoff, punt, intercepted pass, recovered fumble by the defense, is picked up in a team's own end zone. A safety is called if the offensive team loses the ball out of their own end zone or is tackled with the ball in their own end zone. After a touchback, the ball is placed on the 20-yard line. After a safety, the team scored on, must free kick the ball. Receivers must line up on the 30-yard line.

**Extra Point:**

A. One (1) point from the 3-yard hash.

B. Two (2) points from the 8-yard hash.

Note: Coaches must declare 1 or 2 points, if the coach does not declare before the ball is set; the ball will automatically be set on the 3-yard line.

**Punts:** The snapper is protected and cannot be hit until he has had a reasonable opportunity to protect himself and regain his balance. **The defense CANNOT rush the punter. He must be allowed to punt the ball.**

**No one may cross the line of scrimmage until the ball is kicked.**

**Penalties:** Penalties will be 5, 10 or 15 yards. See penalty page

**Offensive Spearing:** **The ball carrier is NOT permitted to lower his head into a tackler.** This act will result in a penalty. Flagrant acts may result in ejection.

**Positioning:** No interior lineman tackle-to-tackle may carry the ball from the offensive set. If someone weighting over 100 pounds receives the ball, either by fumble or interception, the player must stop where he/she received the ball and the play is whistled dead. A player over the weight limit for an offensive back may not advance the ball. The recovering team gains possession where the player gained control of the ball.

**Blocking:** On pass blocking, only the hands will be allowed to be turned outward and the arms extended forward. **The elbows CANNOT be in a locked position.**

**Line to gain:** Once the ball is set the line to gain is established by the next field line (in 10 yard increments) i.e. ball set on own 33 the line to gain is the 40

**Coaches on Field:** Coaches are allowed to come on the field and visit with their players during a called time out, injury, or any long delay. All coaches and players must remain on the side line during the game.

**Unsportsmanlike conduct:** Fighting, swearing, taunting, arguing with an official or with other teams is not allowed. If players are displaying this behavior he/she will be penalized or could be ejected from the game and placed on probation for the remainder of the year.

### **Tackle Football Penalties and Enforcements**

#### **5-yard penalties**

- Failure to wear equipment during game (i.e. mouthpiece)
- Delay of game (25 seconds from ready signal)
- Illegal substitution
- Invalid or fair catch signal
- False start or illegal act by snapper
- Less than five players on offensive line
- Illegal formation or procedure at snap
- Illegal shift or illegal motion
- Planned loose ball infraction (i.e. fumble roosky)
- Illegally handling the ball forward
- Illegal forward pass (also loss of down)
- Intentional grounding (also loss of down)
- Ineligible receiver down field
- Illegal touching (also loss of down)
- Helping runner
- Sideline inference
- Non-player outside of team box, but not on field (this includes coach's players)

### **10-yard penalties**

- Illegal blocking techniques
- Illegal use of hands
- Interlocked blocking
- Holding
- Striking blockers head with face
- Kick catching interference
- Illegal block below waist or on kicker
- Clipping
- Tripping
- Chop block
- Charging into an opponent
- Piling, hurdling, unnecessary roughness etc. And other personal fouls
- Grabbing the facemask
- Butt block, face tackling, or spearing
- Roughing the passer (automatic first down)
- Roughing the kicker (automatic first down)
- Unsportsmanlike conduct
- Illegal participation
- Illegal kicking or batting the ball
- Roughing the snapper (on punts)
- Sideline interference

### **Disqualification Associated with 15-yard penalties**

- Fighting
- Hitting official
- Flagrant roughness
- Second unsportsmanlike penalty or non-player

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## **FLAG FOOTBALL RULES & REGULATIONS**

### **General Game Rules:**

- A coin toss determines first possession
- The offensive team takes possession of the ball at its 10-yard line and has four (4) plays to cross the next solid line (20 yard line). A team continues to receive first downs when it crosses one of the twenty (20) yard lines in four (4) downs or less. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 10-yard line.
- All possession changes, except interceptions, start on the offense's 10-yard line.
- Teams change sides after the first 20 minutes, but possession does not change and the clock does not stop.
- *NOTE: there are no kickoffs and blocking is not allowed.*

### **Players/Game Schedules**

- Teams must field a minimum of five (5) players at all times.
- Teams consist of 8/9 players (5 on the field with 3 substitutes).

### **Timing/Overtime**

- Games are played to 40 minutes running time.
- If the score is tied at the end of 40 minutes, the game remains a tie.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one 60-second and one 30-second time out per half.
- Volunteer coaches can stop the clock at their discretion for injury time.

### **Scoring**

- Touchdown:** 6 points
- Extra point:** 1 point (played from 3-yard line) or 2 points (played from 8-yard line)
- Safety:** 2 points

### **Running**

- The quarterback cannot run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Absolutely NO laterals or pitches of any kind.
- "No-running zones," located 5 yards from each end zone are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

### **Receiving**

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

## Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

## Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
  - Ball carrier’s flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - At the point of an interception (interception returns are not allowed).
  - Ball carrier’s knee hits the ground.
  - Ball carrier’s flag falls out.

**\*\*Note:** There are no fumbles. The ball is spotted where the ball hits the ground.

## Rushing the Quarterback

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. The volunteer coaches will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed. All players who rush the passer must be a minimum of seven yards from the line of blocking or tackling is allowed.

**Sportsmanship/Roughing:** If the volunteer coach witnesses any acts of tackling, elbowing, chap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

## Penalties:

- All penalties will be called by the volunteer coaches.
- All penalties will be assessed from the line of scrimmage.
- Games cannot end on a defensive penalty, unless the offense declines it.

### Defense:

Offside’s	5 yards and automatic first down
Interference	10 yards and automatic first down
Illegal contact ( <i>holding, blocking, etc.</i> )	10 yards and automatic first down
Illegal flag pull ( <i>before receiver has ball</i> )	10 yards and automatic first down
Illegal rushing ( <i>starting rush from inside 7-yard marker</i> )	10 yards and automatic first down

### Offense:

Illegal motion ( <i>more than one person moving, false start, etc.</i> )	5 yards and loss of down
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Illegal forward pass (*pass received behind line of scrimmage*)

5 yards and loss of down

Offensive pass interference

10 yards and loss of down

(*illegal pick play, pushing off/away defender*)

Flag guarding

10 yards (from line of scrimmage) and loss of down

Delay of game

Clock stops, 10 yards and loss of down