

# Pride of Iowa Youth Football League

## LEAGUE MISSION—

The goal of this league is to teach our kids the fundamentals of football. We will teach them how to block, tackle, run, throw, catch, and the basic rules of the game. We will work equally as hard to teach them the value of teamwork, fair play, hard work, and above all, good sportsmanship. We want to instill the necessary skills to make each child successful in Jr. High and High School football. We will strive to keep the rosters at a level that will allow optimum playing time for all players.

We believe that any child who wants to play football should be given the opportunity to play. We will do our best to encourage as many kids as possible to become involved in this league and make it a fun, affordable, learning experience for the kids and their families.

## 1. Game Rules and Format—

- A. I.H.S.A.A. Rules will be used. (Special Rules will be used and are listed below)
- B. The gate fee will be \$4 for adults and Students are free.
- C. Game Ball- TDJ/Junior Size football. Each coach will supply game ball when on offense.
- D. Four coaches are allowed in the coach's box during the game. Equipment managers, medical staff, and photographers must remain outside of the coach's box during the game. The head coach will be responsible for these people.
- E. Each game will have 4 quarters with a 15 minute continuous clock per quarter. The clock will stop for coach's timeouts, official's timeouts, and injury timeouts.
- F. Each team will have 3 timeouts per half.
- G. There will be a 5 minute half time.
- H. There will be no kickoff. The ball will be spotted at the offense's own 35 yard line to begin each half and after each score. The clock does not stop after the touchdown or for punts. Penalties will be assessed on kickoffs.

- I. There will be no punting. When a team elects to punt the official will walk off 35 yards. The ball cannot be marked any deeper than the 20 yard line of the receiving team. The clock does not stop for a punt.
- J. PAT-2 points will be awarded for a passing score. 1 point will be awarded for a running score. 2 points will be awarded for a kick. The defense can rush as soon as the ball is snapped. You can fake extra points and field goals. The holder and/or kicker may not advance the ball if they are over the skilled player weight limit. The clock does not stop for the PAT.
- K. Safety-The team who scored the safety will get the ball at their own 35 yard line.
- L. Overtime-I.H.S.A.A. rules will apply with these exceptions. The team who **lost** the opening coin toss will have choice of ball possession or end zone in the 1st overtime. High School rules will apply in the first overtime. If a second overtime is needed, the team who **won** the opening coin toss will have choice of ball possession or end zone in the 2nd overtime. The ball will be spotted at the 20 yard line and each team will have 1 play. If there is no score or a tie still exists, the team who advanced the ball the furthest will be declared the winner. For championship weekend seeding, the winning team will be awarded 1 point and the team losing will lose 1 point in the tie breaker system (17 point rule).
- M. Penalties-The official will verify the captain's decision with the head coach.
- N. Game Sites-All game sites will provide a Site Coordinator who will be responsible for all game day activities. The Site Coordinator will have authority to make all necessary decisions to ensure a safe environment for everyone. All game sites will provide a Scoreboard with operator, Concession Stand, PA system with announcer and spotter, 4 certified officials, and an EMT unit. The team opposite the press box will supply 3 adults to run the chains. The hosting team will pay the 4 certified officials a minimum of \$40.00 each per game.
- O. Championship Weekend-- Seeding will be decided by the I.H.S.A.A. Check out [www.iahsaa.org](http://www.iahsaa.org) for more details. Mascot name, then team color, then town name will be used for the first letter of the alphabet. Only District games will be counted for seedings.
- P. There will be a 15 yard and loss of down penalty when a defensive player tackles using the head or helmet of an offensive player.
- Q. All Coaches and Parents will read, sign, and obey the Conduct Code and follow any penalties for violating it.

- R. 30 second play clock will be used.
- S. 1 coach will be allowed on the field for the Offense and Defense during the Junior games. The coach will be allowed in the huddle only. The coach will move back 20 yards or to the back of the End Zone if inside the 20 yard line once the players have broken the huddle. The coach will make a reasonable attempt to stay out of the play. Once the huddle has been broken, the coach is no longer allowed to talk on the field until the play has been whistled dead. The coach will not talk to the referees unless they initiate a conversation. Each team's coach on the field will be given 1 warning for talking outside of the huddle. After the warning, a 15 yard unsportsmanlike penalty will be given. The third time is another 15 yard unsportsmanlike penalty. The fourth time the team will no longer be allowed to have a coach on the field for the rest of the game. The coach on the field will conduct themselves as if they were a player. Be a good role model for the kids.

## **2. Rosters—**

- A. Each team roster (JR's & SR's) will consist of up to a maximum of 44 players. If you have more than 35 players (JR's & SR's) you will pay for two teams. The junior squad will play first, followed by the senior squad, each squad playing a full game. Teams will be split with a minimum of 45% of the roster on one of the squads. It is advised that you field a roster of 30 total kids to maximize playing time.
- B. The junior squad will be made up of all 4<sup>th</sup> graders and smaller, less skillful 5<sup>th</sup> graders. The senior squad will be made up of larger, more skillful 5<sup>th</sup> graders and all 6<sup>th</sup> graders. It's up to the head coach to make the final decision as to which squad a 5<sup>th</sup> grader will play on. 5<sup>th</sup> graders may be forced up to the SR squad by numbers, not ability. No player may be over 12 years of age.
- C. Your roster must first be filled by students from your own school district. If you do not have enough students, you may then go outside of your district to fill you roster, providing that the player's school district's team is full, is not in our league, or does not have a team. Smaller School districts (class A or eight man teams) may share a program.
- D. No 6<sup>th</sup> grader will play on the junior squad. No 4<sup>th</sup> grader will play on the senior squad without the League Commissioner's permission. The 5<sup>th</sup> graders playing on the Junior or Senior squads will be decided before the game. Once the 5<sup>th</sup> grader has been assigned to a squad on game day,

said player will remain on that squad for that day or weekend. It may be necessary to move a 5<sup>th</sup> grader from one squad to the other from week-to-week because of increasing or decreasing skills throughout the season or injuries, illness, discipline issues.

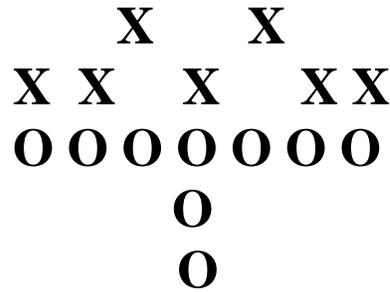
- E. A minimum of 20% of the roster (JR's & SR's) must be 4<sup>th</sup> graders. You can not have all 5<sup>th</sup> graders on your junior squad and all 6<sup>th</sup> graders on your senior squad. If a team has two or less 5<sup>th</sup> graders on their SR squad, they must consult with the League Commissioner. Any team found to be doing so may face penalties or expulsion from the league.
- F. If you are forced to move players from one squad to the other because you are short players, you must use 5<sup>th</sup> graders first, then 4<sup>th</sup> graders, do not use 6<sup>th</sup> graders. Do not play replacement players until you fall below your original 11 players. A player may only play in 1 quarter in the second game. 1 play equals 1 quarter; this only applies to players who are playing in their 5<sup>th</sup> quarter in one day or weekend. You must bring up 4 players to replace 1 missing player. A player may play a 6th quarter in an emergency situation.
- G. You must be able to fill a roster of 24 to be eligible to field a team. Exceptions may be made on game day in order to insure that a game will be played.
- H. All players will play at least half of the game. If you fail to play all players a minimum of half of the game without good reason, you will forfeit that game. The coach will decide which players will play the entire game. Then the coach will decide which players will play half of the game. You will designate the half time players by offense or defense, or you may designate them by quarter. You must designate all players by one of the options, not both. Choose O and D or by quarter. You must give the opposing coach a roster before the game stating which kids are playing all of the game and which ones are playing half of the game. You will also state on the roster, how the half time players will be played in the game. If you do not exchange rosters with the other coach, you will receive on warning and then forfeit the next game you fail to provide a roster. You will use the roster provided by the League and follow it, or forfeit the game without question. If players are injured during the game, you will have to alter your plans. You must still play everyone half of the game. If a player is done participating in the game, have the player take off their shoulder pads. The formula for half time player distribution will be followed.
- I. Weight Limits-junior squad players may be no more than 150 pounds. The junior squad skilled players may be no more than 90 pounds. Senior

squad players may be no more than 200 pounds. The senior squad skilled players may be no more than 120 pounds.

- J. Skilled Vs Unskilled positions-The unskilled positions are all of the defensive positions and the Offensive line positions including the tight end. Skilled positions include the QB, HB, FB, WB, SE, or Flanker. The TE's may only block or pass receive beyond the line of scrimmage, they may not take hand-offs or shuffle pass.
- K. A finalized roster must be submitted to the League Officials 2 weeks before the first game. Required information on rosters... players' name, jersey number, grade, and weight. Coaches must also provide the game announcer with a team roster in numerical order.

### **3. Offensive and Defensive Guidelines—**

- A. **Offense**---All offenses will consist of a standard set. TE LT LG C RG RT TE all on the line of scrimmage max splits of 1 yards. You must have 2 TEs on the line of scrimmage; they must each be next to an OT. They may stand up or be in a 3 point stance. If you only have 1 RB in the backfield, the RB must be a minimum of 5 yards deep and between the outside shoulders of the offensive guards. If you have 2 or 3 RB's in the backfield, 1 of them must be lined up behind the QB. One exception to this would be a pro set (a back behind each OG/OT). The remaining 2 backs positions (non-standard set) may line up anywhere in the offensive formation providing they are not lined up on the line of scrimmage to the same side. If the remaining 2 backs are both lined up outside of the TE on the same side (Wing Formation), the inside receiver must be 5 yards outside of the last man on the formation (WB). If there is not a WB, the inside receiver is 5 yards outside of the TE, the outside receiver is 5 yards outside of the inside receiver. If receivers are stacked, they must line up a minimum of 10 yards outside of the TE. No unbalanced lines. TE's are eligible pass receivers beyond the line of scrimmage and can not take a hand off or shuffle pass.



### Wing Formation



### Slot Formation



**B. Defense**---All defenses will consist of a standard set. DE LT N RT, all playing straight up. The DE must line up straight up or a max of 3 yards outside of the TE. 2 LB's playing at least 3 yards back from the line of scrimmage across from the OG's. The remaining 4 players will consist of a strong/wide side LB playing at least 3 yards back from the line of scrimmage on the strong side/wide side (straight up from the wingback or outside of the TE) of the formation. The strong side/wide side linebacker must be 5 yards deep if inside of the TE's. 2 CB's playing outside of the TE's and at least 4 yards back from the line of scrimmage. 1 Safety playing minimum of 5 yards deep anywhere on the defensive formation. You may play 2 Safeties by replacing the strong side linebacker with a Safety. When an offense splits out more than one receiver to the same of the formation, the Strong/Wide side linebacker may line up straight up and a minimum of 1 yard back from the inside receiver and the CB lines up straight up and a minimum of 1 yard back from the outside receiver. If only one receiver splits out, the CB may line up straight up and a minimum of 1 yard back. A 6-2 defense will be allowed inside of your own 20 yard line. DE DT DG DG DT DE, 2 LB's behind the OG's 3 yards back, 2 CB's 4 yards back, 1 Safety 5 yards back.

- C. No bizarre or unconventional plays to exploit the weaknesses of the offensive and defensive guidelines. Reverses and Half Back Pass are legal. If you have a play in mind and are not sure if it is legal, contact the League Commissioner.
- D. No blitzing before the snap. No forward movement toward the line of scrimmage before the snap except for player adjustments.
- E. The offensive and defensive standard sets are in place to simplify blocking schemes and help players recognize offensive and defensive formations.

#### **4. Equipment—**

- A. The players will wear all protective equipment required by the I.H.S.A.A. Helmets must have the NOCSAE seal and must be up to date on their certifications. This will be the responsibility of the head coach. Any equipment not in good condition should be thrown away. **No metal or screw in cleats. No hard casts will be allowed.** Player's safety is your most important concern.

#### **5. Practices—**

- A. Practices may begin three weeks prior to your first game. The first week you may practice four times for one and a half hours, **the first two practices with helmets and the third and fourth with helmets and shoulder pads.** The second and third weeks you are allowed four practices of one and a half hours each with full equipment. All following weeks of practices you are allowed three practices of one and a half hours each. You may use game films to teach but not to scout an upcoming opponent; this time does count against your practice time. You may scrimmage once a week, but this does count as a practice. You may offer football camps as long as you are not teaching anything specific to your program. Any team found violating these guidelines may face expulsion from the league.

#### **6. Weigh Ins—**

- A. These weights will be used for the whole season. Kids grow over a 2 month period so there will be no future weigh-ins during the season. Any

coach found falsifying weights will be dismissed from the league. Predetermined weigh in sites, dates, and times will be used for weigh ins supervised by an approved League official. Any player not at one of these weigh ins must make arrangements to be weighed in by a League official.

## **7. Competitive Adjustment—**

- A. When a team is leading by 25 points, said team will make adjustments. Said team must move starting backs out of the backfield and insert players who do not exceed the weight restrictions. When a team is leading by 35 points, said team will remove the starting backs from offense still allowing 11 players on the field. When one team is far superior the coaches should work together to keep the score of the game respectable.

## **8. Team Sign Up Deadline—**

All teams will have their sign ups completed by May 1<sup>st</sup>. They will then inform the League office how many teams they will be fielding in the League for the next Season. Small additions and subtractions will be allowed.

## **9. Coaches, Parents, and Spectator Conduct—**

- A. We are all role models for the children at the games and practices. No adults will argue or criticize any referee's decisions or calls. The players must learn that they must accept the referee's decision. Show good sportsmanship at all times.
- B. No alcohol, smoking, swearing, or gambling are permitted at practices or games. This pertains to coaches, players, parents, and observers.

- C. Coaches and parents should treat the players kindly and respectfully, remember they are children.
- D. The head coach is responsible for the actions of his coaches, players, and fans. If the head coach feels it's necessary to gain control of the situation, or remove someone from the premises, he may confer with the official and stop the game until the problem is resolved. The coach should resolve any problems discretely to save any embarrassment to players. The Head Official will also remove anyone from the game site who is violating the Conduct Code.
- E. Post the conduct code around the game field to remind everyone of what is acceptable behavior.