



2011 Rules

Unless otherwise amended below, the current year's NFHS (National Federation of State High School Association) Laws of the Game shall apply. NFHS Laws of the Game and other resources are available at www.nfhs.com

1. Forty-five (45) minutes prior to the start of the game all visiting and home team players, as well as, each team's head coach and a team representative must be present for the start of the weigh-in process. The head coach is responsible for reporting to the site director with all members of his or her team to be weighed in. Players should be lined up in alphabetical order by their last name. The head coach or one team representative are the only representatives allowed to accompany his or her team to the scale for game day weight checks.

2. Each team may have one coach on the field during play. Before the snap, both offensive and defensive coaches must be a minimum of 15 yards from the line of scrimmage. Coaches must be behind the end zone in red zone plays. The coach may not interfere with the play of the game or they will receive a fifteen-yard penalty.

3. In the presence of each team's captains, Referees will conduct the coin toss prior to kickoff. The team listed first on the schedule is considered the home team and will call heads or tails. The home team will occupy the north or east sideline, whichever applies. The Home team is responsible for obtaining volunteers to run the sideline chains and down marker.

4. The playing field will be forty yards wide and eighty yards long.

5. The game will consist of two continuous 20-minute halves with a 5-minute halftime. The clock will be continuously running, only stopping for team and/or referee time outs. Each team is allowed one, 30-second timeout per half. The timeout can carry over to the second half. No overtime in the case of a tie. In the last two minutes of the game, the team with the lead cannot call a time out, and all penalties will stop the clock. The clock stops in the last 2 minutes of the game for penalties, incomplete passes and out of bounds plays.

6. A U8FL approved uniform, helmet, pads and mouthpiece are required to be worn in order to participate. Children may not tie any portion of their jersey for safety reasons. Children may not wear any face shield that has a tint, all face shields must be clear. No jewelry, open toed shoes, or metal cleats may be worn.

7. The game ball must be comparative to a Wilson Traditional Youth Football. K2 for Peewees, TDJ for Supers and Midgets, and a TDY for Varsity. All balls must be approved by the game official prior to the start of the game.

8. The methods of scoring and their value: Touchdown=6 points. Extra Point=1 point (from the 5 yd line). Two Point conversion is allowed if taken from the 10 yard line. Safety=2 points

9. The game will be played eight on eight. Each team will therefore have a maximum of eighteen (18) players allowed on their roster.

10. Substitution may occur between downs and any number of players may be substituted. Players must enter and exit the field promptly.

11. A fumble ball may be advanced once it is recovered. Interceptions are live and can be advanced.

12. The offense must have five players (no more or no less) lined up on the line of scrimmage for every play. The defense must have a minimum of two and a maximum of four players on the line of scrimmage for every play. All offensive and defensive linemen must be in a three or four point stance prior to the snap of the ball. Linemen are described as any player four yards left or right of the football.

13. The offense is given 25 seconds from the spotting of the ball to the time they must snap the ball to begin the next play.

14. No defensive player may line head up over center, must be in the gap. This rule is being implemented to protect the Center.

17. The ball carrier is down according to high school football rules.

18. No Kickoffs. Ball will start on the 15-yard line.

19. After a safety, the ball is placed at the offensive team's 15-yard line.

20. If a team gets a lead larger than twenty eight points, the losing team will start with the ball at midfield.

21. If a major injury occurs during the game, the referee and U8FL staff will make a discretionary call as to whether the game is to be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final.

22. Punting Rule: All punts are a live play.

23. Roster and Season Rules

- There will be no player additions to a team's roster after midnight of the 2nd game of the season.
- Scrimmages prior to the first season game are allowed.

24. 6 game schedule with the top 6 teams making the playoffs.

1st and 2nd place teams in each division will receive a bye.

in case of a tie. head to head

3 seed vs 6 seed winner playing 2 seed

4 seed vs 5 seed winner playing 1 seed

Then the 2 winners in the 2nd round meets in the Superbowl.

2009 Ages/Weights (as of 7/31/11)

Divisions	Ages	Weights
Pee Wee	7,8	90 lbs max 9yr olds 67lbs
Super Midget	9-10	115 lbs max 11yr olds 85lbs
Midget	11-12	140 lbs max 13 yr olds 110 lbs
Varsity	13-14	170 lbs max

Players are permitted to play up one year above their current age as long as they are over the playing weight of their specified division.

SUMMARY OF PENALTIES

Loss of five yards:

1. Delay of game
2. Encroachment
3. False Start
4. Illegal formation
5. Illegal forward pass
6. Illegal forward lateral
7. Ineligible receiver down field
8. Incidental face mask
9. Intentional grounding
10. Illegal substitution
11. Illegal shift or motion

Loss of ten yards:

1. Holding
2. Illegal use of hands (hands to the face, block in the back)
3. Un-sportsmanlike conduct (by a player, coach, or spectator)
4. Intentional or accidental coach interference while on field
5. Block below the waist
6. Clipping, tripping, chop block
7. Grasping an opponents face mask
8. Roughing the passer
9. Slapping a blocker's head
10. Illegal participation
11. Sideline interference
12. Illegal hit or block after a fair catch signal

Disqualification:

1. Second unsportsmanlike penalty
2. Fighting whether it is a player or spectator
3. Striking, kicking, or kneeing any player or spectator
4. Intentional contact with a game official
5. Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
6. Any other act that is unruly, rough, and/or flagrant

RULE CLARIFICATIONS

Equipment Requirements: Each player shall properly wear the mandatory equipment in order to participate in any tackle football game or contact practice.

1. Multi bar facemask that meets the NOCSAE standard.
2. Helmet with properly fastening chinstrap that meets the NOCSAE standard.
3. A mouthpiece.
4. Shoulder pads that meet the NOCSAE standard.
5. Hip pads and a tailbone pad.
6. Thigh guards with any hard surface that has a minimum compression resistance of four to eight pounds.
7. Knee pads at least ½ inch thick must be worn over the knee and under the pants.

No player shall participate while wearing illegal equipment. This applies to any piece of equipment that in the opinion of the referee or the league coordinator is dangerous and inappropriate.

DISCIPLINARY PROCEDURES AND PENALTIES

1. Profanity and arguing with any game official, U8FL staff, or opposing parent/coach is not allowed, **ZERO TOLERANCE**. This will be strictly enforced. Failure to comply will be handled as follows:

Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league's discretion. Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists then the child of the parent/guardian may be suspended for one game. Players will be ejected from the game and suspended for the following week's game. If the problem persists then the child may be suspended for the season and banned from future participation in the league.

2. There will be no use of electronic devices between coaches and players during the game. Violation will result in immediate ejection from the game and suspension for the following week's game.

3. In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. **NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.**

4. Parents found engaging in verbal or physical violence with other parents, coaches, referees, or U8FL staff will be suspended indefinitely from the league.

5. Scales can only be used by U8FL staff. Once a child stands on the scale, the weight is recorded and the weight is certified. A child can only re-weigh once more if found over the allotted limits. A child cannot weigh in before his or her weigh-in time to see if he or she makes weight. Any player found using the scale not in accordance to the rules will be suspended for that week's game. U8FL site directors and referees have the authority to conduct spot check weigh-ins and photo identification checks before, during, and after any game. **The U8FL league officials decision on any issue related to weigh-in is final.**