

Lower Loudoun Boys Football League/Upper Loudoun Youth Football 2009 Playing Rules

1. The National Federation of High School rulebook will govern all playing rules, except as modified herein.
2. "A", "B" and "C" Division games will have ten (10) minute quarters.
3. Kick offs that go out of bounds will be spotted on the 35-yard line or at the point where the ball goes out of bounds. "C" Division will kick off on the 50-yard line.
4. The "C" Division will permit the offensive team to declare a free scrimmage punt (no rush). **Upon doing so, the referee will notify the receiving team that the offensive team has declared a free punt. The play is considered "Dead" until the ball is kicked.** The offensive team is subject to a delay of game penalty if the ball is not kicked within the prescribed time after the ball is marked for play. The defensive team must have six (6) players within five (5) yards of the line of scrimmage until the ball is snapped. The punting team must have all but two (2) players within ten (10) yards of the ball. Infraction of this rule by either team is a ten (10) yard penalty. If the offensive team does not punt the ball after declaring so, they shall be penalized ten (10) yards and lose possession of the ball, if it was fourth down.
5. Only footballs approved by the League will be used in any scheduled league game.
6. Extra points: A and B divisions pass or kick two (2) points- run one (1) point. C division pass two (2) points-- Run or kick one (1) point
7. After registration and tryouts are completed and prior to the draft, the Board(s) shall establish a maximum Running Back weight and the same shall be referred to herein as "maximum weight".
8. Not more than five (5) players in the "A", "B" and "C" Divisions exceeding the maximum weight may participate at any given time during games. Penalty for violation – Illegal Substitution: dead ball foul and the team are assessed 5 yards OR if participates: Illegal Participation--Penalty 15 yards. In all Divisions, players exceeding the maximum weight will be identified with a recognizable marking. The marking will be reflective tape 1 1/2" X 1 1/2" and shall be located on the helmet in the front, in the rear and above each ear hole.
9. Players exceeding the maximum weight can only play **Tight-end to Tight-end on offense** and end to end on defense. Defensive linemen (excluding ends) must be in a down position when the ball is snapped by the offense.
10. On Offense:
 - Players exceeding the maximum weight may only play in positions from **Tight-end to Tight-end** or field goal or kicking positions. *Penalty for violation - Illegal formation; Play is blown dead Penalty 5 yards.
 - Players exceeding the maximum weight may advance the ball on a fumble, on-side kick, interception, kick-off if kicked directly at the player, or a blocked kick. (Plays designed to permit fumble advancement (i.e. fumble-rooskie are illegal). Penalty for violation – Personal Foul; live ball play, when the foul occurs ball is blown dead. 15 yard enforcement is from the spot of the foul or previous spot and a loss of down. Except: if kick-off 15 yards enforcement from the spot "First and Ten".

On Defense

- Players exceeding the maximum weight may only play end to end on the line. If this player assumes any position other than one on the line, (may not drop back into pass coverage) player shall be considered to have committed an infraction.

Penalty for violation – Illegal procedure; live or dead ball foul; Penalty 5 yards.

- Except for ends, all players on the line, regardless of weight, must be in a three or four point stance when the ball is about to become live.

Penalty for violation – Illegal procedure; dead ball foul Penalty 5 yards

Play Situation: A defensive back moves forward on the line of scrimmage outside the end and who is in an upright position.

Ruling: The defensive back has become the defensive end and may be in an upright position. The player who had been the end is now an interior lineman and must be in a three or four point stance or the player is in an illegal defensive position.

Penalty for violation: Illegal procedure; dead ball foul; Penalty 5 yards.

- Players not on the line are prohibited from advancing toward the offensive team prior to the snap in attempt to gain an advantage--blitzing is prohibited.
All defensive players that are not part of the line of scrimmage must be three (3) yards behind the ball (line of scrimmage).

Penalty for violation – Illegal formation Penalty dead ball; Penalty 5 yards.

- Kickoff and other free kicks - If the ball crosses the receiver's free kick line or beyond the neutral zone, players exceeding the maximum weight may only recover the kick. If the ball does not cross the receiver's free kick line (onsides kick, shanked kick, etc.) or beyond the neutral zone players exceeding the maximum weight may advance the kick.

Onsides Kick – Any team that is ahead will be prohibited from using an onsides kick to gain an advantage. Penalty for violation – Illegal procedure; Penalty 10 yards.

11. Second Quarter Rule

OBJECTIVE: To play your 12 (or 13 if you have 25 or more on your team) least dominant players to ensure they have a chance to play on both sides of the ball and special teams for a whole quarter. Teams will be required to provide the League with a list of their “**Second Quarter Non-Eligible Players**” five (5) days prior to the first game of the season. This list will include the players, other than the twelve players eligible to play in the second quarter and should be listed from most dominant to least. Should an injury or injuries occur during play of the Second Quarter, no player will be pulled from the “**Second Quarter Non-Eligible List**” until less than eleven (11) players remain eligible for play. Players pulled from the “**Second Quarter Non-Eligible List**” cannot play in the same position that they would normally play, ie; a center would move to guard. The “**Second Quarter Non-Eligible List**” will be subject to League review throughout the season and cannot be changed without League approval. Any player participating in the second quarter without League approval will result in the Head Coach being suspended for the next scheduled game. **A second offense for violating the “Second Quarter Rule” during the season will result in dismissal from the League.**

- All **Non-Eligible Second Quarter Players** will be required to sit on the bench at all times during the second quarter and will be subject to discipline if in violation of this rule.

- All Team Head Coaches are required to meet or call to discuss Team Rosters, **Second Quarter Non-Eligible Player Rosters** and/or concerns that may affect play before each game.
- NOTE: A forfeit rule will be established by the Board(s) and the minimum number of players will be determined after the conclusion of the draft.

- **Second Quarter Non-Eligible Player List – Examples:**

Team Roster with 27 players –“Second Quarter Non-Eligible List” – 14 players listed

Team Roster with 25 players –“Second Quarter Non-Eligible List” – 12 players listed

Team Roster with 24 players –“Second Quarter Non-Eligible List” – 12 players listed

Team Roster with 23 players – “Second Quarter Non-Eligible List” – 11 players listed and so forth.

- No running back (tailback, fullback, wingback, flanker, and quarterback) that plays in the first quarter will be allowed to play in the second quarter. (The only exception will be if due to a shortage of players or injuries. If this occurs, the head coach must have a conference with the opposing coach and that player will not be able to run, pass or catch the ball.) In the event that one of these players must play in the second quarter, it must be as a lineman against a guard or tackle (**CANNOT PLAY NOSEGUARD**).
- Any Coach that plays a least dominant player in a dominant position consistently in the third and fourth quarters will be subject to providing the league with an explanation and shall be subject to disciplinary action if found to be attempting to manipulate the rule. The definition of “**Consistently**” is at the discretion of the League(s).
- Any individual player in any division may score one (1) time and one (1) time only in the second quarter as an offensive player (**this includes touching the ball during punt and kick-off returns**). **Point after touchdown attempts is excluded.** Once a player has scored he may not advance the ball beyond the line of scrimmage on offense, **by running the ball. The player is permitted to hand-off or pass the ball.** Violation of this rule during play will result in the ball being returned to the original line of scrimmage and loss of down. In the event that the game must be stopped in order to question the legitimacy of a player in the second quarter, a meeting will be held at center field between both head coaches with a board member present to mediate. **During this timeframe, any coach who does not act in a professional manner (this includes returning to your sidelines and taunting the spectators in any way) will be suspended immediately.**
- **Any coach found to be in deliberate violation of the second quarter rule will be subject to disciplinary action at the discretion of the Board.**

12. Mercy Rule

OBJECTIVE: To insure that the losing team does not lose by more than 18 points.

- In the event that a team is leading by 18 or more points after the second half kick off, the losing team will be given the ball at the opponent's 40 yard line in B & C leagues and on the 50-yard line in A league.
- If the losing team scores a touchdown, then the ball goes back to the winning team under normal play. If after the losing team scores a touchdown they are still losing by 18 or more points, the ball will again be given to the losing team at their opponent's 40 yard line in B & C league and on the 50-yard line in A league. See Example below:

Example: After the second half opening kick-off, the winning team has 30 points and the losing team has 0. The losing team will be given the ball at their opponent's 40 yard line in B & C league and on the 50-yard line in A league. The losing team then scores 6 points, but they are still down by 24 points. The losing team will once again receive the ball on their opponent's 40 yard line in B & C league and on the 50-yard line in A league until the score is within 18 points. If the losing team should turn the ball over due to fumble, interception or loss of downs, the game will return to normal play and will stay in the possession of the winning team. After the normal play of game by the winning team, the ball will be turned over to the losing team on the 40 yard line of the opposition in B & C league and on the 50-yard line in A league until such time as the losing team is within 18 points.

NOTE: The Board will reserve the right to run the game clock without stopping in the event that the game is determined to be out of hand.

13. No player will be permitted to wear any type of bandanna on his or her head under the helmet.
14. No more than 7 coaches shall be permitted on the sidelines. No children who are not team members shall be permitted on the sidelines at anytime. No adults other than coaches shall be allowed on the sidelines at anytime. The coach's box is 30 to 30-yard line. Coaches are not in any circumstance (other than attend to injured player) allowed out of the coach's box. One coach is allowed on the field during a time out.
15. Players that have been injured and are wearing a cast on their arm no higher than the elbow must have a release signed by the physician before they will be allowed to participate and the cast must be approved by the official. The parent of the player must also sign a waiver before the player can participate in any practice or game. All casts must be padded prior to the player entering the field. Injured players may not play with any metal or wooden objects.
16. The second quarter rule will remain in effect through out the playoffs and championship.
17. **No communication devices of any kind shall be permitted or used during the game.** Only exceptions will be for emergency personnel (i.e. police, fire, rescue).
18. Any coach ejected from a game must **immediately** leave the premises. He/She will not be permitted back on the premises for the following game unless his/her child is participating; he/she will then have to watch from the opposing team's side.