



Proposed Rules for Seventh Grade Football 9/14/11

The YSF was established to provide young players with a competitive tackle football league to develop and enhance their desire to learn and develop their abilities as a football player. All our coordinators and coaches are focused on the ideal of providing each player an opportunity to learn a defensive and offensive football position and practice those positions in game situations. The following rules have been adopted by the foundation to make it possible for this mission to be carried out.

(Below are the YSF football rules. We will follow the NFHS for all other rules)

SECTION I: Playing Field

- 1a. The playing field will be a standard high school field (120 yards in length and 53 1/3 yards in width) or a regulation 8-man field.

SECTION II: Equipment

- 2 a. All players must have their helmet, shoulder pads and pants that they were fitted for and assigned to at practice and games. Any player missing any of these items will not be allowed to borrow from another player in order to play.
- 2 b. Hooded sweatshirts are not allowed under the uniform. All clothing worn under the uniform must not show except at the arms.
- 2 c. A player may play with a cast as long as the league has a written note from his doctor and parents before any practice or game. The player must use a soft cast prescribed by the doctor or a hard cast with 1/2" thick polyurethane foam covering as stated in the High School Football rules book. For further questions we will refer to the rules book.
- 2 d. All players must have a fitted mouthpiece to be eligible to play.
- 2 e. Metal cleats are not allowed. Players may wear rubber or hard plastic screw in cleats. If the screw in cleats become worn to where the metal is showing, the cleats must be replaced or the shoes changed.
- 2 f. No jewelry can be worn during practice or games.
- 2 g. **All standard equipment worn by a player must be YSF approved.**

SECTION III: Practices

- 3a. Teams may practice 8 hours per week with 2 hours maximum per day. The YSF has specified the maximum practice time per week. Each YSF community may decide how closely they follow these rules without exceeding them.
- 3 b. The first two days of practice must be helmets and shorts for all players. If a player joins late he/she must go two days in helmets and shorts before having full equipment.
- 3c. Water must be available at all practices. Players may get a drink as needed.
- 3d. When the temperature reaches 90 degrees or the humidity is at 90 degrees or the humidity is at 85% or higher, teams must practice without equipment on. Practices must also start after 5:30 P.M.
- 3 e. All coaches and parents should watch the weather situation. Practice is cancelled when lightning is spotted. Other conditions may warrant cancellation. Coaches should use good judgment.
- 3f. Practices should be scheduled around religious and school training.

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3g. **Players will not be allowed to practice if the YSF office does not have the player's registration form, signed waiver and payment.**

3 h. **All practices are designed to develop and enhance a football player's individual and team development. Attendance at practice may be a factor in determining a player's actual playing time on game days.**

SECTION IV: Player Weight

4 a. Players may be weighed in shorts and t-shirts and without shoes and socks at registration.

4 b. The offensive line consists of the league specified number of positions, which include, but are not limited to, the following positions; center, guard, tackle and tight end. Offensive line players are not limited by any league prescribed weight limit. Any other player at any other offensive position must have a season weight of 145 lbs. or under and may attempt to advance the ball on any type of play behind the line of scrimmage.

4c. All coaches and parents should do everything in their power to discourage cutting weight to play a position. **Any coach encouraging a player to cut weight will be dropped from the YSF program. If a parent is caught encouraging his child to cut weight for a position, that child will be dropped from YSF.**

4d. All players weighing between 140-147 lbs. at registration will be re-weighed at the jamboree. This will be the player's 'official weight' for the season. The YSF office will get a list of the players who fall under this category to the coordinators prior to the jamboree. This list will include any player not officially weighed at the registration. Each year the YSF Home Office will determine a deadline for weight submission. If a player's weight isn't submitted by the deadline the player will be required to wear a red dot on his helmet. The deadline will be the Friday prior to the first game. This information will also be available on the YSF website.

4 e. A player is ineligible to play in a game until the YSF receives their official weight.

4 f. All players that do not meet the requirements in 4b, will wear a red dot sticker on the front of their helmet for identification.

4 g. Any player who is found to be taking performance-enhancing drugs will be dropped from the YSF program.

SECTION V: Offense

5 a. The tight end may be split from the tackle no more than 3 yards. A tight end may receive only forward passes that cross the line of scrimmage.

5 b. **Any player at split end, deep kick return specialist, or in the backfield, must meet restrictions in Rule IV 4 b.**

5 c. No stiff arm to the facemask.

5 d. All linemen splits can be no more than one yard apart.

5 e. Anyone who receives a direct snap from the center may not run between the center and the guard.

SECTION VI: Defense

6 a. You may not line up over center (no nose guard).

6 b. You may not line up in the "A" Gap.

6 c. Player's off the LOS may not creep forward prior to the snap.

6 d. A player may not be tackled or pulled to the ground using any part of the helmet.

6 e. No horse collar tackles. A horse collar (in the YSF) is defined as placing the hand inside the side or back (not the front) of the jersey or shoulder pads and grabbing or pulling the runner. It does not matter if the runner is tackled and taken to the ground or forced out of bounds. It is still considered a horse collar in the YSF rules (15 yard penalty from the end of the run). This rule is in place for the safety of our players.

SECTION VII: Kicking

7 a. You may NOT "fake" a kick or punt.

7 b. A kicked P.A.T. will be worth 2 points: running or passing a P.A.T. will be 1 point.

SECTION VIII: Game Time and Miscellaneous

8 a. All players must start on either offense or defense. Players must play on offense and defense during the game.

8 b. Teams will consist of 18-22 players.

8 c. All games will be officiated by at least 3 officials. All coordinators should make every effort to use only certified officials.

8d. We will run 8 minute quarters. NFHS rules will apply on the clock. Three time-outs per half with no carry over. Halftime will be five minutes.

8e. At the end of regulation if the game is Tied it will be declared a tie. NO OVER TIME.

8 f. Weather may result in the cancellation of a game at any time; the home coordinator will make the call.

8 g. Halftime is considered a completed game in bad weather situations.

8 h. In the event of rain, or other special circumstances beyond YSF's control, the game can be moved to another field or cancelled. If a game is cancelled it will not be rescheduled.