

2022

**Willamette Valley Youth
Football & Cheer**

Kindergarten & 1st Grade

**OFFICIAL
RULES**



Willamette Valley Youth Football & Cheer

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Willamette Valley Youth Football & Cheer 2022 Official Rules

To be used exclusively for all operations of
Willamette Valley Youth Football & Cheer

Part I – The WYFC Program

It is our goal to provide our youth with the opportunity to learn and play football in a safe and organized program, while striving to instill the values of sportsmanship, scholarship and effort.

Article 1: Members Code of Conduct

All volunteers and participants will abide by a Code of Conduct, which includes the following provisions. If any of these rules are broken, the league shall have the authority to impose a penalty. Members shall:

S1: Not smoke and/or use smokeless tobacco on the field.

S2: Not criticize participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.

S3: Accept decisions of the game officials and judges on the field and in competitions as being fair and called to the best ability of said officials.

S4: Not criticize an opposing team, its players, coaches or fans by word of mouth or by gesture.

S5: Emphasize that good athletes strive to be good students and that both are physically and mentally alert.

S6: Strive to make every football activity serve as a training ground for life, and a basis for good mental and physical health.

S7: Emphasize that winning is the result of good "teamwork".

S8: Not engage in excessive sideline coaching and shall not leave the bench area to shout instructions from the sideline.

S9: Together with team officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.

S10: Not use abusive or profane language at any time.

S11: Not "pile it on;" not encourages their team to get a commanding lead and raise the score as high as it can. In these instances, every effort shall be made to let all players play.

S12: Not receive any payment, in cash or kind, for services as a coach in WYFC. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.

S13: Not permit or encourage "sweating down" tactics in order for a player to make team weight.

S14: Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant's physician.

S15: Not permit an ineligible player to participate in a game.

S16: Not deliberately incite unsportsmanlike conduct.

S17: Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance on both the game and practice fields.

S18: Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not because of injury, until complete medical advice is available.

S19: Control their fans. Remember, as a team coach, you are responsible for your team, and fan reaction will usually be in step with your reaction.

S20: Uphold all rules and regulations specified in the WVYFC Rule Book.

S21: Refrain from engaging in any action that reflects negatively, or causes embarrassment to, the WVYFC program.

S22: No WVYFC participant (Coach, Player or Spectator) may touch or intentionally come in contact with an official. Those in violation of rule will be suspended and/or expelled from the league.

Part II – WVYFC Structure

S1: LEAGUES

Leagues are chartered by Oregon Youth Football to operate the youth football program in a specific area. The Board of Directors of the League makes and authorizes all rules, and designates the Commissioner to enforce those rules.

S2: ASSOCIATIONS

Associations are created by the League to carry out the functions of the League, to form teams, to raise funds, to operate games, and to help enforce League rules. All Associations will have a Board of Directors, by-laws, and elected officers. Associations are responsible for nominating all coaches to appropriate teams annually. Each Association President will be a member of the League's Board of Directors.

S3: TEAMS

Teams are created only by the Associations. Teams and coaches are authorized by the concurrence of the League.

Part III – Regulations

Article 1: Authority of League

S1: The League is the highest local authority and will delegate to the Associations certain authority to carry out the rules as necessary.

Article 2: Boundaries

S1: The League will form associations by High School areas. Each Association has authority over all public, home and private schools within their boundaries.

S2: All Players must play within their association, otherwise the player will be considered ineligible, and the team will be subject to forfeiture of all games. Only the League President/Commissioner may authorize deviation from this rule.

Article 3: Coaches Requirements

A team's coaching staff is in complete charge of the team whenever it is together. The coaching staff is under the direction of the Head Coach. All coaches must be of high moral character and must be approved annually by the League. All Coaches must complete the Coaches Clinic.

S1: The Head Coach must be 21 years or older and must supervise all practices, games and functions.

S2: Assistant coaches must be at least 18 years of age. Teams may have a maximum of five assistant coaches, one of which may be a coach trainee, The Coach trainee must be at least 15 years old.

S3: At least one of the coaches must hold a valid Red Cross certificate (or equivalent) and must be present during all contact activity. Copy of certificate will be placed in the team book.

S4: The Head Coach has final responsibility for his actions and those of his assistants, players, staff, and parents.

S5: Practices: The Head Coach may approve additional volunteers during practices. All additional personnel assisting the team during a practice must have a background check and be included in the team background check affidavit.

S6: All coaches are required to complete the AAU coach's application and have completed the USA Youth Football certification prior to being allowed to participate at a practice and/or game. Evidence of must be maintained in the team book.

Article 4: Registration

Associations are responsible for conducting player registration for proper placement of players. To register, the candidate must sign the League provided "Blue Card".

All candidates must supply the following:

S1: Parental Consent (signatures on Blue Card)

S2: Medical Examination

A signed Sports Physical by any licensed State Examiner that the candidate is fit to play contact sports is required before a player is allowed to begin practice. Sport Physicals are valid for two consecutive seasons.

S3: Proof of Grade

A copy of the player's previous year final report card will be the appropriate form of proof.

S4: Scholastic Fitness

Proof of satisfactory progress in school (minimum 70% GPA) can be supplied by the previous semester's report card or a school signed scholastic form (Available from the League).

Article 5: Formation of Teams

S1: Associations are responsible for proper team formation.

S2: Teams will be formed by the schools that players will attend in the current year, so that school-mates will be on the same team. All teams must show the main school or schools that comprise the team, and all players from the same school must be on the same WYFC team. Home schooled players will be placed on a team within the association that is closest to their home address. Private school players will play for the private school association if one exists within the league; if a private school association does not exist or if there are not enough players to form a private school team then they will be placed on the team within the association boundaries that the private school is located whenever possible. If not

possible, then they will be placed on a team closest to their home address. In cases where middle school players have more than one destination high school, teams may be sub-divided on the basis of where players will be attending high school which will be verified by the players home address. Provided there are sufficient numbers to form two teams.

S3: In cases where this policy creates an oversize team from one school (more than 16 players), a designated League Official may authorize and oversee a special draft for these players, in order to create two teams of close parity. Documentation of this process will be retained in team books.

S4: It is League policy that no child will be denied the opportunity of participation on the basis of numbers; that is, if teams are full, the Association will create an additional team in the appropriate division. All Associations must maximize player recruitment and retain a record of all applicants. Up to 'Certification Day', one or more additional teams **MUST** be formed if the number of registrants exceeds 16 in any division. After this date, all additions are at the discretion of the Associations. No additions will be allowed past October 1st.

Article 6: Mandatory Cuts

Any participant must be cut whom:

S1: Is found to have signed up because of parental pressure and does not want to play.

S2: Refuses or cannot furnish the required items – Parental Consent, Medical Exam, Proof of Age, and Proof of scholastic fitness.

S3: Is found to be trying out or playing for a school tackle football team.

S4: Attempts to intimidate fellow participants by word or deed.

S5: Is an extreme discipline problem (League must concur).

Article 7: Voluntary Cuts

A participant shall be considered a voluntary cut if he refuses to participate, or no longer shows up for practice or games of his own free will. These cases must be investigated by the Association to determine that this was the participant's decision and was not manipulated in any way by the coaching staff.

Article 8: Certification

Certification is that process whereby the Association will file with the League a complete roster of players and coaches for each team. This roster must comply with the Team Formation rules, is to be on the form supplied by League and is due no later than the book check date or certification date.

Article 9: Retention of Eligibility

Participants must retain all initial requirements to remain eligible throughout the season.

Article 10: No All Stars

All-star teams, or any team formation other than those certified by the League, are strictly prohibited.

Article 11: Awards

Awards or recognition for individual performance (except scholarship) is strictly prohibited.

Article 12: Practice (Definition & Date Restrictions)

Practice is defined as any gathering of any number of players in the presence of at least one coach.

S1: Practices may not begin until the League authorized first practice date.

S2: K/1 teams may not practice more than 6 hours per week before Labor Day. May not exceed more than 4 hours per week after Labor Day.

S5: Practice is NOT permitted on Labor Day weekend (Friday through Monday).

Article 13: Camps

No Oregon Youth Football organization or individual may require mandatory camps for any player or team.

Article 14: Medical

The home Association has the responsibility to provide emergency medical coverage at each game and practice. In the absence of a physician and or ambulance on the site, the minimum safety requirement will be the presence of one individual associated with the home team who is currently EMT qualified or is currently certified in CPR/First Aid and Safety.

Article 15: Charging Admission

The League shall establish policy for the charging of reasonable admission to games and events. In any event, no admission shall be charged to rostered participants, coaches, game officials, law enforcement, High School Coaches (with ID) or WVYFC administrators.

Article 16: Protests

S1: Only protests involving the eligibility of players shall be considered.

S2: Protests will be decided by the League only.

S3: Lack of prompt notification to the League may result in denial of the protest.

Article 17: Mandatory Background Checks (AAU)

S1: All volunteers who may have access to or contact with any player and all administrators in Associations and League, must obtain a valid AAU Membership.

S2: All appeals, or disputes are required to follow AAU National protocols. (www.aausports.org)

Part IV – Enforcement Policy

Article 1: Coaching Offenses

S1: Any coach ejected from a game must be suspended for one week and shall be ineligible for the next game. A second such ejection shall be cause for expulsion for the remainder of the season. Additional offenses resulting in a minimum of one game / week suspension from WVYFC:

- A. Running up the score.
- B. Violation of skilled position Rule
- C. Inappropriate behavior during a game or practice session.
- D. Ejection from game by a referee. (Possible expulsion)

S2: Offenses resulting in expulsion from WVYFC:

- A. Endangerment of Juveniles
- B. Fighting
- C. Cheating

- D. Gambling on game outcome
- E. Striking a game official
- F. Falsification of official documentation

Article 2: Juvenile Offenses

S1: Fighting, intimidation, or disrespect for authority shall be cause for ejection from game. Any player so ejected must be suspended for one week and shall be ineligible for the next game. **High school rules for length of time a player must sit out if they are ejected apply: If a player is ejected during the 1st half, they must sit out the rest of the game, plus the first half of their next game. If a player is ejected in the second half of the game, then they sit out the rest of the game and the entire next game.** A second such ejection shall be cause for expulsion for the remainder of the season.

S2: Associations must report these incidents to the League.

Article 3: Team and Association Offenses

Failure to keep faith with players and parents is defined as any deliberate practice of a team or association, which places the health, welfare and safety of juveniles in jeopardy. If these actions are intentional and/or by policy, the Association is subject to sanctions by the League which may include removal of any or all officers of that Association.

Article 4: Parent/Adult Offenses

S1: All coaching rules apply to parents. Any parent ejected from a game must be suspended for one week and shall be ineligible for the next game. A second such ejection shall be cause for expulsion for the remainder of the season.

S2: All properties used by WVYFC are subject to WVYFC Official rules. All practice and game venues belong to WVYFC during WVYFC sanctioned events; therefore, any suspension or expulsion of a parent or coach is regulated by WVYFC officials. I.E. We can suspend problem parents from practice and/or game facilities during WVYFC events even though we do not "own" the facilities we may be using.

Article 5: Social Media Threats & Bullying

S1: Any social media or bullying offense, determined by the League, will result in a one game minimum suspension.

S2: A second offense, within the same season, will result in suspension from WVPW for one calendar year.

Part V – Game Rules

Except as specifically modified for WVYFC, all games are to be played under current Oregon rules for High School football.

Article 1: Ages and Weights

S1: League Age

The grade as of the start of school of the current year shall be the player's grade for the coming season.

S2: Age/Weight Schematic

Division	Grade	Max Cert Weight	End of Season Max
Kinder/1 st Grade	K-1	85 lbs	89 lbs
2 nd /3 rd Grade	2a-3	105 lbs	109 lbs
4 th Grade	3b-4	125 lbs	129 lbs
5 th Grade	4c-5	145 lbs	149 lbs
6 th Grade	5d-6	Unlimited	Unlimited
7 th Grade	7	Unlimited	Unlimited
8 th Grade	8	Unlimited	Unlimited

- a: 2nd grader over 75 lbs b: 3rd grader over 100 lbs
c: 4th grader over 120 lbs d: 5th grader over 140 lbs

S3: INITIAL WEIGH-IN

Each Association is responsible for the initial weigh-in at the time of registration. Associations must determine if the player can meet the weight restrictions of the division in time for certification and place the player appropriately.

S4: CERTIFICATION OF PLAYERS

The League will specify a latest date for official certification. At that date, all players must qualify as follows:

- A. Proof of School – report card or school registration
- B. Weight – Any player weighing over Certification Weight on certification date, must either move to the next higher division, or be de-rostered for the season – no exceptions.
- C. Parental Consent – A parent signed participation contract must be in book.
- D. Medical Examination – Proof of a current year's physical exam and an "OK to play" from a qualified Medical Examiner. Signature on forms only, no stamped forms from clinic will be accepted. Physicals will be valid for 2 seasons of play.
- E. Scholastic Fitness – Proof of minimum scholastic standards (2.0 GPA) from prior school period, or the League supplied Scholastic Fitness form, must be available

S5: IN SEASON WEIGHT

A. Every player must pass weight restrictions prior to each game. A Badged Representative from the opposing team must ensure that teams weigh-in prior to each game. One badged representative is allowed in the weigh-in area per team. Badged representatives must switch team books for weigh-in. A late player will still be eligible if s/he weighs in prior to start of game. Otherwise, a player missing weigh-in may not participate in that game. If weigh-ins are conducted in uniform (less helmet), a deductible allowance for equipment is as follows:

K/1st 8 lbs. gear allowance

- B. In case of challenge, any player is entitled to a strip weight in shorts and in private. The designated field weigh master has final authority in these matters.
- C. Players not passing weigh-in, may not participate in that game. They may, however, remove the helmet and shoulder pads and remain with their team.
- D. Integrity of Weigh-in – Once a weigh-in has been conducted; no equipment may be exchanged, or replaced on the player, unless the equipment has been found to be damaged or un-safe.

S6: IN SEASON WEIGHT INCREASES

Beginning with the first regular season game, players are allowed a one pound per week increase in maximum weight, until the end of season maximum is attained.

Article 5: Game Ball

The game ball must be of traditional brown or tan with contrasting stripes, and be equivalent to the following:

K/1st Grade - Pee Wee size football

Article 6: Player Designation

S1: All players must be numbered 1-99 only. No duplicate numbers are allowed.

S2: The PA system shall not identify the player or number of any player committing a foul.

Article 7: Required Equipment

S1: The following equipment shall be worn by all players beginning with physical contact in practice sessions:

- A.** Helmet – must be approved helmets bearing the NOCSAE seal and in certified condition. The Association must have a documented plan of certification on file and provided to the League annually. Only league approved decals are authorized to be placed on any helmet – no exceptions.
- B.** Shoulder Pads
- C.** Hip and Tail Pads
- D.** Thigh and knee pads
- E.** Jerseys – Only league approved jerseys and patches may be worn.
- F.** Mouth guard – colored (Not Clear or White) and with keeper strap.
- G.** Shoes – sneakers or cleats. If cleats, must not exceed ½ inch and may not be metal tipped and may not have metal protruding or exposed as to cause injury if another player was to come into contact with such protrusion.
- H.** Eyeglasses – if worn must be athletic approved, non-shattering.
- I.** Additional pads may be used, but may not create additional risk to opposing players.
- J.** No jewelry may be worn except religious or medical medallions.
- K.** No headgear containing knots or beads may be worn under the helmet.

S2: Failure to have the required equipment prevents the player from participation. No equipment, except soft arm pads for size, may be altered from its original condition.

Article 12: Players

S1: A free substitution rule is always in effect.

S2: It is **strictly prohibited** for any player to participate in any practice session or game with players from another division of play.

S3: Injured Player – Once removed due to injury, the player must be approved to re-enter by a currently certified EMT, Licensed Physician, or the rostered person who is certified in First Aid and Safety.

S4: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest (practice and games) and shall not return to play until cleared by an appropriate health-care professional.

S5: Any first unsportsmanlike foul by a player will result in a two play "cool off" period.

Article 13: Ineligible Players

Every attempt will be made by the League, Association, and coaches to eliminate errors and or falsifications. Any adult who becomes aware of an alleged violation that may cause a player to become ineligible has a duty to immediately report the violation to their Association or a league official. The Association must immediately notify the League, coach, and the parent/guardian of any reported alleged violations. The League will conduct a fair and thorough investigation, notifying the Association of their findings and decision in a timely manner. Once the eligibility of the player comes into question, the Association may suspend a player in order to minimize potential team consequences in the event that the player should be ruled ineligible by the League.

From the time that the League declares a player to be ineligible, all games the player participated in will be subject to review by the board and penalty.

S1: Ineligible Players Are:

- A.** Overweight
- B.** Overage or underage
- C.** Residing outside of legal boundaries without League waiver to play.
- D.** Falsification of any required documents.
- E.** Participation in a school tackle football program in the same season.
- F.** Failure to provide any of the required documents for certification.
- G.** Falsification of any registration information pertaining to school attending.

Article 17: Radios and Electronic Communication

S1: No electronic communication devices of any kind are allowed in WVYFC, including communication between coaches.

Article 18: Scouting

S1: Scouting other teams is permitted for games only. **It is strictly prohibited to scout any type of practice.**

Article 19: Practices (Rules)

S1: Pre-season

No team may conduct practice before the League has authorized first practice date. Once practices start, the first 6 hours must be devoted entirely to conditioning without pads (6 hours of conditioning is minimum). Any players added to the team after the first day, must also receive 6 hours of conditioning before putting on pads. Helmets must be worn at all practices (except under doctors' orders). All players must complete 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions, any players added to the team after the first day must also complete a minimum of 10 hours of padded practice prior to participation in any controlled scrimmages or live game competitions.

S2: Warm weather precautions

Head Coaches must be especially vigilant in hot summer practices. Unlimited water breaks, numerous breaks during practice, and a fifteen-minute break in the middle of practice are mandatory actions. Immediate action must be taken if a player is observed with the slightest sign of heat fatigue. (OSAA Guidelines for Warm Weather and Smoke Conditions shall be followed.)

S3: At least one (1) 10-minute break after each hour of normal practices is mandatory.

S4: Full Protective Equipment

At all practices where any contact takes place, each player must be dressed in the full complement of protective equipment as described above.

S5: Controlled Scrimmages with other teams

After two weeks of practice, a team may arrange a controlled scrimmage with another team in the same division of play. **These scrimmages will not be conducted as a game.** No scoring or time periods will be used in scrimmages. Scrimmages must be approved by the league commissioner.

S6: No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted. (Having two linemen in stances immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead into each other are both permitted.) **However, there should be no intentional head-to-head contact!**

S7: The amount of contact at each practice will be reduced to a maximum of 1/3 of practice time (either 40 minutes total of each practice or 1/3 of total weekly practice time). In this context, "contact" means any drill or scrimmage in which players go full-speed with contact, for example one-on-one blocking and/or tackling drills; down line vs. down line full-speed drills; and scrimmages.

Article 20: Schedules

The League will prepare and distribute the schedule of games for the season and post season. **No team may arrange any other game without the express consent of the League.**

Article 21: Kindergarten & 1st Grade Rookie Tackle Rules

1. Because of the all players, all positions, all skills philosophy, there are no restrictions on jersey numbers or player positions.
2. All game action takes place on one half of the field with all possessions starting on the 40- yard line going toward the end zone in between the numbers.
3. Turnovers on interceptions or fumbles are blown dead immediately and play restarts. No returns are allowed in order to protect players from running toward the 20-yard administration zone between the two fields. There are no defensive touchdowns.
4. After each play, the ball is spotted in the middle of the field. Hash marks are not used.
5. Penalties on the offense called between the 40-yard line and the end zone will result in loss of play not yardage.
6. There are no defensive safeties. Tackles behind the 40-yard line are re-spotted at the 40-yard line.
7. All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a cooling off period.
8. All plays are blown dead and the ball is returned to the 40-yard line if the ball is fumbled behind the 40yrd line. If the ball is fumbled beyond the 40-yard line the ball will be spotted at the spot of fumble.
9. The game is played in four Quarters, each quarter consist of 6 offensive plays and 6 defensive plays for each team. There will be no MPR's at this age level.

S1: Team Count – 5 Man Football
Minimum Players **5**
Maximum Players **16**

S2: Playing Field Size – Games are scheduled on a 40 by 35 yard football field. K/1st Grade games are played on one-half of the 100-yard field. There will be many instances where there will be four (4) teams on a 100-yard field (two games scheduled simultaneously). Play begins at the 40 yard line and only moves towards the End Zone. The center 20 yard section of field (Administrative Zone) is reserved for League Officials and Coaches only, no players or parents allowed.



S3: Coaches: Two coaches from each team are permitted to be on the field with the team. Once the team breaks from huddle, one coach must stay back 10 yards from the line of scrimmage and the other coach needs to move toward the line of scrimmage to help watch for safety violations. It is permissible to help set players in correct formation. Once the ball is snapped and you are an on-field coach, **DO NOT GIVE INSTRUCTIONS.**

S4: Game Time and Time Outs –

- A. Games will consist of four (4) quarters. Each quarter will consist of six (6) plays on offense and six (6) plays on defense.
- B. Half time will be 10 minutes.
- C. Each team is allowed two (2) time outs per half (injuries are not considered a time out).

S5: Number of players on the field for offense or defense – Five (5) players.

S6: After each quarter, the line-up must change. No backs (QB, TB, and FB) may carry the ball more than two (2) consecutive plays or no more than three (3) carries per quarter.

S7: No tailback or halfback may play more than one quarter in any one game. Running backs may be used as quarterbacks but are limited to one quarter at each position. Example: One at running back and one at quarterback.

S8: Coaches are encouraged to play four (4) different quarterbacks if possible. At this level, the entire roster will rotate at the QB & RB positions throughout the season. Note: **DO NOT FORCE A PLAYER TO CARRY THE BALL IF THAT PLAYER DOES NOT WANT TO CARRY THE BALL.**

S9: No first downs will be measured, if offense scores, the ball will be placed at the 40-yard line and they will finish out their six (6) consecutive plays.

S10: Have a sideline coach or parent keep count of the six plays, as well as an on-field coach.

S11: No kick offs, at the start of the game, the ball will be placed on the 40 yard line.

S12: No try for point after touchdown. The ball will be moved back to the 40-yard line and they will finish out their six (6) consecutive plays.

S13: Scoring – Scores and standings will not be posted however Coaches will report the outcome of the game to the League for the sole purpose of creating balanced match ups for Bowl Games.

S14: Fumbles

- A. Ball is blown dead on all fumbles. This is a safety issue and K/1st Grade players should not be coached to “jump into the pile” and try to recover a fumble.
- B. If the ball is fumbled behind the line of scrimmage, it will be placed back at the **40-yard line**.
- C. If the ball is fumbled beyond the line of scrimmage, **it is dead where the ball is fumbled**.
- D. It is not considered a fumble on the quarterback center exchange. If excessive attempt result in failure the Head Coach will be required to make an adjustment. This does not count against the six total plays, unless it becomes excessive (to be determined by the on-field coaches for both teams).

S15: Playing Time

- A. All players must play both offense and defense.
- B. Each team must have three (3) captains per game. Every player on the team must be given an opportunity to be a captain.
- C. No one player may play more than two quarters in any game in the same position. Moving from guard to tackle is not a position change.

Note: REMEMBER THIS LEVEL IS ABOUT TEACHING FUNDAMENTALS AND EXPOSING AS MANY KIDS TO AS MANY POSITIONS AS POSSIBLE.

S16: Offense

- A. The offensive line will consist of a center and two guards; all three will be in a two-point stance **with elbows placed on knee pads until the ball is snapped**.
- B. Only **3** players are allowed to be on the line of scrimmage for any given play (Center, 2 Guards).
- C. Slot receiver is only allowed to be aligned 5 yards outside of the last offensive line position (Either Guard).
- D. At least 1 running back is required to line up in the backfield at all times. (QB is considered a running back.)
- E. No QB sneaks are allowed from under center or shotgun position. (Defined as running through the “A” Gaps.)
- F. **No Motion allowed at this level. This includes no motion on a defensive player.**
- G. **NEW for 2022:** Coaches **MUST** submit a Backfield Lineup card prior to the start of the game to the REFeree and the opposing coach. This rule is to help keep track of eligible players rotating throughout the game.

S17: Defense

- A. No defensive player can be placed directly over the center.
- B. All players will be in a 2-point stance **with elbows on knee pads until the ball is snapped.**
- C. Defensive line must be one (1) yard back and heads up from the offensive line.
- D. Linebackers must be five (5) yards off the center. Linebackers may not blitz and may not penetrate the line of scrimmage until the ball is outside the Guards.
- E. 1 Player is required to be at least 10 yards off the ball (safety).
- F. Defense must run 2-2-1 or 2-3 or 2-1-2 sets. No more than (2) defensive players can rush the ball.

S18: Blowout Rule: The Blowout rule is not in effect however if game play become lopsided Coaches should make adjustments to keep even matchups for balanced game play.

Article 22: Penalties

S1: For a major offense (safety/personal injury) the player offending **must** be removed from the game and talked to on the sidelines for at least one (1) play.

S2: For a minor penalty (non-safety/personal injury) talk to the players on the field, if the violation continues to happen then substitute for the player and talk to him/her on the sidelines.

S3: Coaches from either side may observe the violation but please advise the opposing coach of his/her player's violation, do not talk to the player from the opposing team, let his/her coach handle it.

Red text indicates new to this year's rulebook (**example**). Struck text is verbiage that no longer applies – is obsolete (~~example~~).

Upon distribution of current year's rulebook, no rules can be challenged or changed until the following year. Proposed changes may originate from any member League after the end of the current season. Proposals must be voted on by the Leagues as written, and if rejected, the existing rule remains in effect. Ratification by all Leagues must be in writing and accomplished by March 15 in order to be included in current year's rulebook.