

# Whiteland Warrior Junior Football League

## Rules and Procedures



### 1. Physicals

All player physical's must be turned in to Administration Director (Ziggy Meluskey) prior to the first official day of practice, which is July 27th/28th. No player will be allowed to practice until a physical has been completed and turned in.

### 2. Practices

A. Division I will practice on Monday and Wednesday; Division's II and III will practice on Tuesday and Thursday. All divisions will have practice on the first 2 Saturday's as well. Division I will practice from 9:15 AM to 10:45 AM at CPI. Division II & III will practice from 11:15 AM to 12:45 PM at CPI. Weekday practices are scheduled the following:

Division I	CPI	6:15 p.m. ~ 7:45 p.m.
Division II	CPI	6:15 p.m. ~ 7:45 p.m.
Division III	CPI	6:15 p.m. ~ 7:45 p.m.

- B. All practice dates, times, and locations will be scheduled by the League. A schedule will be provided to all coaches. All coaches must adhere to the practice schedule.
- C. Practice Plan - Dynamic Warm-ups (10 min), Position Fundamentals (20 min), Team (60 min)

### 3. Coaches

- A. All head coaches and assistants must complete a background check to be turned in to Darrin Fisher on or prior to June 18th.
- B. The number of coaches allowed on the field are as follows:  
Division I = 1 Coach **\*All Coaches will be off the field starting week 2.**  
Division II = 1 Coach  
Division III = 2 Coach's (Playing with only 1 Coach on the field is encouraged)
- C. Only Players and Coaches will be allowed on the designated side of the field during games. A maximum of 4 Coaches can represent each team on the Players' side of the field.
- D. The Coach's on the field cannot instruct after the break of the huddle or during a play (i.e. Yelling "Pass" or "Reverse").
- E. Coach's will not argue the interpretation of the rules with the Officials.
- F. Any complaints must be in writing and presented to a Executive Board member.
- G. The current Coaches were selected to support the Whiteland Football program. Any acts deemed detrimental to the League will be brought before the Executive Board and addressed
- H. All Coach's are required to assist with the following items: Field setup, Field Teardown, providing parents for the Chains, Running the scoreboard, & Announcing the game.

### 7. General

- A. All games will be 4 quarters, in length, and each quarter will consist of a 12 minute running clock. NO overtime. Halftime will be 3 minutes long.
- B. Each team will get 3 timeout per game. Each timeout will only stop the clock for 1 minute. After 1 minute, both the game clock and play clock will start.
- C. There will be a coin flip prior to the start of each game. The home team makes the call. Teams will only switch sides at halftime.
- D. Divisions' II and III will use the K2 (Pee Wee) ball. Division I will use the TDJ (Junior size) ball.
- E. The weight limits for each Division are as follows: Division III = 70 pounds; Division II = 90 pounds; Division I = 120 pounds.
- F. All players will play a minimum of every other series. The only exception would be due to injury. Every player should start on offense or defense and play all of the downs for that side of the ball.
- G. All game & practice cancellations will be posted on the league website:  
[www.whitelandyouthfootball.com](http://www.whitelandyouthfootball.com)
- H. **Post-season play will be determined by the Executive Board.**

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### 4. Offense

- A. The offensive line consists of 1 Center, 2 Guards, 2 Tackles, and 2 Ends. All players that are not eligible to carry the ball must play at Center, Guard, or Tackle. The Ends must be eligible to run the ball. The Ends can be Tight or Split (**minium 4 yards**). The line splits from Tackle to Tackle cannot exceed 1 yard per gap. The line must be balanced (no overloading one side of the ball), (See Diagram).
  - B. **2 Running Backs must be between Gaurds**, Fly (or TB) motion must be ran on every play (See Diagram). The motion must be timed to look as though the Sweeper is getting the ball on every play (we do not want the motion guy running past the QB before the ball is snapped). The Fly Sweep, Blast, Trap, & QB Power must be implemented in every team's playbook.
  - C. A 40 second play clock keep by the official will be implemented in all Divisions.
  - D. No QB sneak allowed in the "A" Gap.
  - E. No silent snap count. Recommended snap count is (Down, Blue, Set, Go), (Down, Blue, Set, Go, Go)
- \* Failure to comply with any of the above rules will result in a 5 yard penalty.

### 5. Defense

- A. All teams must run a 4-4 or 6-2 defense. The League will encourage all coach's to run the 4-4. All down lineman are in a 3 or 4 point stance and head-up over the offensive lineman. The defensive lineman cannot just shoot a gap. He must engage the offensive lineman, using his hands, and work toward the ball carrier. If the defense is in a 6 man front, and the offense is in PRO formation, you must walk the Defensive End back to Linebacker depth of 3 yards or more (Non-TE side). (See Diagram) \* **Division I will line up with a strength call with the down linemen staggered properly. All down lineman must still engage the lineman in their gap, fight through the block and pursue the ball carrier. (See Division I Diagram)**
  - B. All linebackers and defensive backs must be a minimum of 5 yards off the line of scrimmage. **No BLITZES** are allowed in any Division. Linebackers and Defensive Backs must read the play before pursuing the ball carrier.
- \* Failure to comply with any of the above rules will result in a 5 yard penalty.

### 6. Special Teams

- Kickoff:** Division's I and II will kickoff from the 50 yard line. All kickoffs will be balanced in a 5-1-5 formation (the kicker is in the middle). Division III will not kickoff. The ball will be placed on the 40 yard line of the receiving team.
- Punt:** The punting team must tell the officials of their intent to punt (No Fakes). The ball will be snapped to the punter without a rush from the defense. Once the ball is kicked it is live. The punting team cannot move until the ball is kicked.
- P.A.T.:** If you choose to run, the ball will be placed on the 3 yard line and is worth 1 point if successful. If you choose to kick, you must kick (No Fakes). The ball will be snapped from the Goal line and kicked from the 5 yard line. If the holder misses the ball, he can retrieve the ball and hold it for the kick. The defense cannot rush the kick. If the kick is successful it is worth 2 points. Division III can opt to run from the 5 yard line for 2 points.

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