

# Harrison Recreation

## Youth Football League

### Coaches Manual



# Dear Coach:

Welcome to the 53<sup>rd</sup> season of the Harrison Youth Football League. In this manual, please keep in mind that our focus is on fun, instruction and participation. Winning is secondary to the goals of discipline and sportsmanship. Those Coaches who fail to realize our main goals will be asked to step down. Our Recreation Department staff is willing to help/assist you in any way possible. Good luck and have some fun!

Thank You,

*Nick Callagy*

*Rick Magrino*

Harrison Youth Football

# Harrison Youth Football

## An affiliate of the Harrison Recreation Department

As a Coach chosen for Harrison Youth Football I understand and agree to the following rules and regulations for participation.

### Introduction

1. The rules contained are required to be enforced by each coach and league official in the Harrison Youth Football League.
2. Coaches are responsible for their players at all times during practices and games.
3. Never embarrass yourself by getting too excited. Cooperate with fellow coaches & officials.
4. Remember the influence that you have on your players. Please act in a rational manner. It is only a game.....

### League Rules

1. The league officials will schedule practices and games.  
Five extra practices may be conducted by each team.  
This practice can be a maximum of 75 minutes, **with no equipment!**
2. Please end practices on time. If practice ends at 7pm all players must be ready to go at 7pm not 7:15 or 7:30pm. If you would like to talk to players end practice at 6:45 and talk to your players until 7pm. Bottom line don't keep players past practice ending times.
3. Pre-season scrimmages will be scheduled by league officials.
4. The field is for players, coaches, and authorized personnel only. Please keep your area clean.
5. If a player is injured during practice let league officials know. If a player is injured during a game he must sit out at least one play and league official must OK player.
6. I understand that this is a recreation football program and the goal is for all participates to learn the basics of football in a fun, safe and enjoyable environment. Yelling/screaming at players will **not** be tolerated. Abusive language, profanity or obscene gestures by players and/or coaches will **not** be tolerated. A penalty will be imposed, ejection and/or suspension may occur.
7. You are not allowed to talk to Referee's during games. Any questions you have talk to league officials at the game and they will talk to referee.
8. Substitution Rule - Every **2 Plays**, all players on the sideline must be sent into the game.
9. No Quarterback sneaks unless you go between guard & tackle. (at any level)
10. Please make sure every player on your team has a positive experience.

# Playing Rules

## Junior College Division 3<sup>rd</sup> Grades

1. The Field will be 80 yards ONLY
2. At the start of the game and 3<sup>rd</sup> quarter the ball will be placed at mid - field.
3. On a safety the ball will be placed at mid - field (2 points)
4. The game will be four 10 minute quarters. There will be a 2 minute warning in the 2<sup>nd</sup> & 4<sup>th</sup> quarters with the clock stopping on incomplete passes, any out of bound plays and the Q.B. can stop the clock by spiking the ball during the last 2 minutes of 2<sup>nd</sup> and 4<sup>th</sup> quarters.
5. Each team is permitted 3 time outs per half.
6. Anyone on offense or defense can advance a fumble. If a player has possession and his knee is down the play will be whistled to stop.
7. Touchdowns are 7 pts -- No extra points.
8. There are no punts. If a team is going to punt, the ball will be advanced 20 yds. If a team is inside the opponent's 30 yd line and wants to punt, the ball will be placed on the 20 yd line.
9. The offense can have a double tight end set-up or 1 tight end and 1 split end with 3 running back in-between tight ends, 1 back in motion is allowed. There will be no traps, pulling, unbalanced overloads and/or motion to the two receiver side in any formation.

10. Formation (examples)
- |         |   |        |   |         |   |
|---------|---|--------|---|---------|---|
| OOOXOO  | O | OOOXOO | O | OOOXOO  | O |
| O  O  O |   | O      |   | O       |   |
| O       |   | O  O   |   | O  O  O |   |
|         |   | O      |   |         |   |

10. The defense will line HEAD UP in a 6-2-2-1 set-up.

OOOXOOO  
EXX  XXE

LB  LB        lined up (3 yds back)

CB            CB (6-8 Yards Back)

S  (9 Yards Back)

Goal Line Defense (from the 5 yd line)

OOOXOOO  
EXX LB XXE

CB  LB        CB (3 yards Back)

S            (5 yards Back)

11. Substitution Rule - Every 2 Plays, all players on the sideline must be sent into the game.
12. After a team is up 15 points League Officials will remove players from the winning team.
13. Lineman splits must be arm length apart.

### 14. NO BLITZING - See Penalty below

15. Offensive Backs can be in 2 point stances

### 16. PENALTIES

- a. All minor penalties are 5 yards
- b. All other penalties are 10 yards
- c. Face mask penalties 5 yards sit out 1 play or 10 yards sit out 2 plays.
- d. Unnecessary roughness and personal foul removed for 2 plays.
- e. Pass Interference

**Defensive** - Automatic 1<sup>st</sup> down at point of infraction.

**Offensive** - 10 yards form line of scrimmage

Line Backer - Blitzing - 5 yards sit out 1 play