

Brownsburg Junior Football League  
**2018 Rules of Play**

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The following shall serve as the rules of play for the Brownsburg Junior League Football Association, Inc.

## **ARTICLE I- REGISTRATION**

- A. Players registering for the league must live within the Brownsburg Community School district.
- B. Registration for BJFL activities will be as indicated below. The board of directors will determine the method of registration.
  - 1. Spring Football registration will be held from February through middle of/end of March.
  - 2. Fall Flag and Fall Tackle Football registration will commence in April/May prior to the end of school or as directed by the BJFL Board.
- C. In order to play, all participants and their legal guardian must complete the register process as defined by the league and pay all required fees.
- D. All players must provide proof of their age and residency prior to the start of each season as directed by the board of directors. If proof is not received, the player will be prohibited from participating in the league.
- E. The last time to register any player for the tackle leagues is the night prior to the draft. The league can assess a late sign-up fee. The only exception to late registration for the tackle leagues is if a player moves into the Brownsburg school system after the desired league draft and before the first game is played. This player will be registered and assigned to a team; otherwise, no other exceptions are made.
- F. The last time to register any player for the flag league is prior to the first game of the season as long as the maximum team size has not been met. The league can assess a late signup fee. Players registered after the normal registration dates may have to use an alternate uniform.
- G. The last time to register any player for Spring Football is the first group practice. The league can assess a late sign-up fee. Players registered after the normal registration dates may have to use an alternate uniform.

## **ARTICLE II – LEAGUES, TEAMS, COACHES, AND GAMES**

Each registered player will be assigned to a league based on his age and school grade. Age is determined as of the school cutoff date set by the Brownsburg Community School Corporation. First time players to the league will use the school cutoff date for the current school year. All returning players may use the school cutoff date in place at the time they originally entered the league.

- A. Flag – The flag league will consist of Pre-K (4 and 5 years old) and Kindergarten (5-6 year olds) grade level. Each team within the league will consist of no more than eight (8) players. The Board of Directors will assign players to teams. Each team will play a minimum of six (6) and a maximum of eight (8) games during the season. Participation trophies will be awarded to all participants in the Flag League.

B. Rookie Tackle – The Rookie Tackle League will consist of two components:

1. Instructional Rookie: This league will consist of Kindergarten and 1<sup>st</sup> grade players (5-6 year olds). Each team within the league will consist of no more than thirteen (13) players. The Board of Directors will assign players to teams. Each team will play a minimum of seven (7) and a maximum of eight (8) games during the season. Participation trophies will be awarded to all participants in the Instructional Rookie League.

2. Competitive Rookie: This league will consist of 2<sup>nd</sup> grade players (7-8 year olds). 1<sup>st</sup> graders may play up in this league after petitioning the League Coordinator and Executive Board and only if the player is >50 lbs. Each team within the league will consist of no more than fourteen (14) players with twelve (12) players being the optimum. Each team will play a minimum of seven (7) games during the season and a maximum of eleven (11) full games during the season. Teams will play a regular season and a tournament. The regular season and tournament format will be determined based on the number of teams available and number of games scheduled during the season. The remainder of the games will be played in a tournament format. The seeding for the tournament will be based on the regular season record. If two (2) or more teams have the same regular season record then seeding will be based on the head-to-head record (only if two (2) teams are tied), then least points allowed, and finally a by a coin toss. Trophies will be awarded for the tournament champions and runner-up.

All players, including returning players, will be placed via a draft process. A coach's son or daughter must go through evaluations and will be placed in the appropriate draft round based upon the Boards rating. If a player does not go through evaluations:

- a. If at least the five (5) coaches/board members are familiar with the player and are able to provide a consensus opinion of their skill level they may be placed in the draft.
- b. If a consensus cannot be reached on the skill level of the player they will be placed on a team via blind draw.

Siblings will be drafted to the same team unless otherwise specified by the parents or legal guardian at registration. If siblings are in the same league, the coach selecting the first sibling receives the other sibling as their next draft pick.

C. Minor Tackle (3<sup>rd</sup> & 4<sup>th</sup> Grade)– Upon registration of sufficient numbers, the League Board of Directors may choose to separate 3<sup>rd</sup> and 4<sup>th</sup> grade players into two divisions based upon grade level. One division will consist of 8-9 year olds in 3<sup>rd</sup> grade and the other will consist of 9-10 year olds in 4<sup>th</sup> grade.

These divisions are to be determined immediately after registration is completed. In order for Minor Tackle League to be split into two divisions, there must be a minimum of 65 players in each division. Upon division, a division League Coordinator will be appointed immediately by the Board of Directors. If the minimum numbers are not reached, the league will play as one division (3<sup>rd</sup> and 4<sup>th</sup> grade combined).

The number of teams in the league will be determined by dividing the number of participants into an even number of teams with an optimal number of thirteen (13) or fourteen (14) players per team.

All players, including returning players, will be placed via a draft process. A coach's son or daughter must go through evaluations and will be placed in the appropriate draft round based upon the Boards rating. If a player does not go through evaluations:

1. If at least 5 coaches/board members are familiar with the player and are able to provide a consensus opinion of their skill level they may be placed in the draft.
2. If a consensus cannot be reached on the skill level of the player they will be placed on a team via blind draw.

Siblings will be drafted to the same team unless otherwise specified by the parents or legal guardian at registration. If siblings are in the same league, the coach selecting the first sibling receives the other sibling as their next draft pick.

Each team in the league will play a minimum of seven (7) and a maximum of eleven (11) full games during the season. Teams will play a regular season and a tournament. The regular season and tournament format will be determine based on the number of teams available and number of games scheduled during the season. The remainder of the games will be played in a tourney format. The seeding for the tourney will be based on regular season record. If two or more teams have the same record, seeding will be based on the head-to-head record (only if two teams are tied) then least points allowed and finally by a coin toss. Trophies will be awarded for the tournament champions and runner-up.

D. Major Tackle (5<sup>th</sup> & 6<sup>th</sup> Grade) – The major tackle league will consist 5<sup>th</sup> and 6<sup>th</sup> Grade players (10-12 year olds). Thirteen (13) year old players who have not reached the seventh grade are eligible.

If enough players register, the Board of Directors may choose to divide Major Tackle into two divisions. One division containing 10 or 11year olds that are in 5<sup>th</sup> grade, and the other division containing 11, 12 or 13 year olds that are in 6<sup>th</sup> grade. These divisions are to be determined immediately after registration is completed. In order for this split to occur there must be a minimum of 91 players in the 5<sup>th</sup> grade division and 91 players in the 6<sup>th</sup> grade division. Upon this division, the Board of Directors will appoint a 6<sup>th</sup> grade league coordinator immediately. If the minimum numbers are not reached, the league will play as one division.

The number of teams in the division or divisions will be determined by dividing the number of participants into an even number of teams with an optimal number of thirteen (13) or fourteen (14) players per team.

All players, including returning players, will be placed via a draft process. A coach's son or daughter must go through evaluations and will be placed in the appropriate draft round based upon the Boards rating. If a player does not go through evaluations:

1. If at least 5 coaches/board members are familiar with the player and are able to provide a consensus opinion of their skill level they may be placed in the draft.
2. If a consensus cannot be reached on the skill level of the player they will be placed on a team via blind draw.

Siblings will be drafted to the same team unless otherwise specified by the parents or legal guardian at registration. If siblings are in the same league, the coach selecting the first sibling receives the other sibling as their next draft pick.

Each team in the league will play a minimum of seven (7) and a maximum of eleven (11) full games during the season. Teams will play a regular season and a tournament. The regular season and tournament format will be determine based on the number of teams

available and number of games scheduled during the season. The seeding for the tourney will be based on regular season record. If two or more teams have the same record, seeding will be based on the head-to-head record (only if two teams are tied) then least points allowed and finally by a coin toss. Trophies will be awarded for the tournament champions and runner-up.

E. Spring Football - The spring football league will consist of players age six (6), seven (7), eight (8), nine (9), ten (10), eleven (11), twelve (12) and thirteen (13) that have not reached the seventh grade of school. Players that were sixth (6) graders in BJFL Major Tackle program the previous fall are eligible.

The number and division of teams are dependent on the number of participants. The intent is to create three (3) divisions being Rookie, Minor and Major matching the ages of the tackle football program. The number of teams in each division will be determined by dividing the number of participants into an even number of teams with an optimal number of seven (7) players per team. If the number of participants is not large enough to create four (4) teams in the all of the divisions, the league directors can divide the participants by other means to be reviewed and approved by the Executive Committee.

All players will be placed on teams at the discretion of the league directors with final approval of the executive committee. Siblings will be placed on the same team unless specified by parent or legal guardian at the time of registration. The teams will be created with the intent to provide parity between teams. If the situation occurs that the number of participants is not sufficient to create a minor division, then the teams should be equal in terms of number of players per team per age group and overall talent.

Each team in the league will participate in six (6) games to ten (10) games and double elimination tournament. The seating for the tourney will be assigned via a blind draw conducted by league coordinator and a member of the executive committee. Championship shirts will be awarded to the tournament winners for each division. All other players will receive a participation shirt.

#### F. Coaches –

1. All head coaches will be approved by the BJFL Board of Directors. All applicants will be evaluated on many facets including, but not limited to the following: past experience, number of years in BJFL, number of players returning to BJFL from previous year(s) coaching, coach's evaluation / feedback from parents and league coordinator, and successful approval of BJFL background policy.

2. All tackle teams head coach and designated primary assistant coach must complete the USA Football HUF (Heads Up Football) online certification prior to the first practice as well as have team certified prior to first game. The BJFL Safety Director and/or the BJFL safety Committee must approve by the before mentioned deadlines.

#### G. Games -

1. Games schedules will be determined by the Board of Directors prior to each season.

2. It shall be the responsibility of the League Coordinator and President of the league to determine if scheduled games are to be played and/or rescheduled on any given day in the case of inclement weather or poor field conditions.

## **ARTICLE III – LEAGUE PLAYBOOK**

To help facilitate consistency in player development and aid in the preparation of players for the next level of Brownsburg football, the Board of Directors in cooperation with the Varsity Football Coach of Brownsburg High School will provide a standardized playbook for each league that will include:

1. Terminology
2. Numbering schemes
3. Formations
4. Position assignments
5. Cadence
6. Base plays

All coaches will be expected to adopt the terminology of the playbook and use the provided plays and formations as their primary offense and defense.

If a coach is not consistently using the league provided playbook for their primary offense or defense, they will receive a warning from the League Coordinator. If the warning is not headed, the executive committee may take additional disciplinary action up to and including removal of the coach.

## **ARTICLE IV – FLAG RULES**

A. Objective - The main objective of Flag Division Football is for the kids to achieve a basic understanding of the game of football. This is an instructional league. The coaches' main goals should be to use good judgment when explaining the playing rules. This learning experience should be a fun experience. Coaches are encouraged to change ball carrier rotation every play. The coaches are encouraged to keep a written record of players running the ball to ensure every player runs the ball.

B. Practices -Maximum practice time is 60 minutes including a 10-minute warm up. No practicing after dark (when streetlights come on) or in inclement weather. Maximum of two (2) activities per week, which includes games.

C. Player Deployment -Unequal number of players shall not exceed two (2), unless agreed upon by both coaches. Players on the bench must be rotated every play. No one player shall sit out more than another, unless he/she is recovering from an injury.

D. Playing Field – The playing field will measure one half (1/2) the width of a regulation field and 40 yards in length with a 10 yard end zone placed at one end. The 40 yard line will be considered out-of-bounds.

E. Equipment -

1. Belts and flags
2. Football
3. Matching team T-shirts with numbers and shorts or pants
4. Shirts must be tucked in

F. Officials – Head coach or assistant coaches will referee games. One coach from each team will referee their game (2 referees on the field for each game). A Brownsburg Junior Football

League representative will be at all flag games if questions about the rules or problems occur.

G. Coaches - One (1) head coach per team (approved by the BJFL Board). A head coach may have up to three (3) assistant coaches per team. BJFL Board has approval rights for all coaches. Only three (3) coaches per team are allowed on the playing field during play. The coaches (both offense and defense) who are on the field shall not offer instructions to the players after the offense has come to the line of scrimmage (quarterback behind center constitutes coming to the line of scrimmage). Also, the defensive coaches are not to tell their players what the offensive play is going to be if they overhear the offensive coaches.

H. Game Timing – All games will consist of two (2) halves. Each half will last twenty-minutes or until every player has carried the ball once (no allowance is made if a team has fewer players than the other team). Each half will be separated by a 5minute halftime.

I. Scoring -

1. No scoring will be kept
2. No conversions after touchdown
3. No league standings are kept

J. Start of Game - Referees will determine who calls the coin toss. Winner of the coin toss selects to start on offense or defense, which is for both halves.

K. Scrimmage Play - The offensive team must be behind the line of scrimmage until the ball is snapped. No player on defense may cross the line of scrimmage or move forward until the ball is handed off to the running back! HAND OFF MUST OCCUR BETWEEN THE FRAMEWORK OF THE OFFENSIVE LINE (new 2017). If any member of the defense crosses the line of scrimmage or moves forward before the hand off, the referee can redo the play if it is determined that the offending player disrupted the offensive play. The ball must be put into play within 30 seconds after the referee has set the ball down.

The coach must remove a player's flags after he has run the ball (this includes being downed in the backfield). The last three (3) offensive players to run the ball each half can leave their flags on. It is the responsibility of the offensive coach to remember which of these players have carried the ball and to not allow them to touch the ball again during that half. The defensive coaches are not to tell their players which offensive players have not carried the ball.

An offensive play must consist of a center, quarterback exchange and a quarterback, running back exchange or a deliberate fake handoff. (A coach should have a different quarter back for each half, and every player should attempt to be quarterback throughout the season.)

L. Downs – All possessions start from the 30-yard line. If there is a loss of yardage behind the 40-yard line, the ball is placed back on the 30-yard line at midfield and the game continues to the next ball carrier.

M. Offensive Play – Each team member will run the ball once each half. The offensive series is complete when every player on the offensive team has run the ball once. After the quarterback has run the ball in each series; the offensive team has to replace the quarterback with another eligible ball carrier. Only players with flags on and have not been a ball carrier can pass, carry, catch, or handle the ball.

No passing is allowed.

There are no first downs. The offensive team keeps progressing toward the goal line until each player has run the ball once. If the offensive team crosses the goal line during their series, the ball is returned to the starting location (see DOWNS) and the offense continues to run plays until each child has run the ball once. No center sneaks are allowed. No more than one (1) handoff per offensive play is allowed (e.g. no double or triple reverses). Offensive players must wear their flags on each hip with the flag on the outside of their pants. If during any ball movement, the carrier's flags are not on their hip or a flag is missing, the player is ruled down at the point of the infraction.

N. Fumbles - Any fumble or bad snap either behind or in front of the line of scrimmage is a dead ball and replay the play. Anytime the defense intercepts a passed ball, the offense maintains possession and starts with the ball at the starting location (see DOWNS).

O. Blocking - A player may block by using closed hands only. No player may use open hands or a shoulder in blocking. Players are to use closed hands to **control** the defensive player. Hands must be no wider than the framework of the body; above the waist and below the neck. Players cannot huddle around a ball carrier in order to screen out the defense. **No** aggressive blocking is allowed in the discretion of the presiding BJFL official. The intent of blocking is to **control** the defense not knock them down.

P. Defensive Play - The flag must be pulled without pushing, holding or hitting the ball carrier. The ball carrier cannot use his or her hands or arms to prevent their flag from being pulled. If this occurs, the play is ruled dead at the point of the infraction.

Q. Dead Ball - The whistle is blown and the ball is called dead anytime:

1. The ball carrier falls down
2. The ball carrier's flag is pulled off
3. A fumble occurs
4. The ball goes out of bounds
5. The ball carrier goes out of bounds
6. An incomplete pass occurs
7. A player without a flag touches the ball

If the player had control of the ball prior to the time it is blown dead, this will count as their carry for the half; otherwise, the play is redone.

R. Penalties - Unsportsmanlike conduct or unnecessary roughness will not be tolerated. A player or coach will receive one (1) warning per game. With any infraction after that, the referee can eject the player or coach. The board member on duty at the field should be notified immediately.

If a player is continually warned about "rough" play, the referee can set the player out for a play or plays if necessary. If a player continually disrupts the offense by crossing the line-of-scrimmage early or moving forward early, the referee may set the player out for a play or plays if necessary.

The referee has the authority to replay the down without penalizing the player who just carried the ball. The referee will explain any other rule infractions that occur to both the player and the coach. Continued infractions of the explained rule can result in having the player set out for a play or plays.

## ARTICLE V – ROOKIE TACKLE RULES

A. Objective - The main objective of the Instructional Rookie Tackle League is for the kids to achieve a basic understanding of the game of football and transition them to tackle football. Again, this is an instructional league. The coaches' and referees' main goals should be to use good judgment when explaining the playing rules. This learning experience should be a fun experience. Coaches are encouraged to change ball carrier rotation every game. The coaches must keep a written record of players running the ball.

### B. Base Regulations -

1. All play shall be governed by the approved Federation Rules of High School Football with the exception as promulgated by the Board of Directors and distributed to the team head coaches.
2. All regulations shall conform to the general policy of the Indiana High School Athletic Association (IHSAA) in regards to future eligibility of football players.

### C. Mandatory Equipment -

1. Helmet
2. Shoulder pads
3. Black football pants (with pads) as determined by the league Board of Directors
4. Athletic supporter
5. Mouth guard
6. Tennis shoes or cleats. Cleats may be molded or screw in rubber cleats that are a maximum of 1/2 inch in length. In no instance can metal tip cleats be worn.

Equipment not furnished by the Association shall be subject to approval by the Board.

D. Weight Limit - There is no minimum or maximum weight to play in the league. The league will weigh all players at the time of equipment issue to determine eligibility to advance the ball. Any player weighing over **70 (70.1+) lbs for Instructional and over 75 (75.1+) lbs for Competitive Rookie** will be deemed a "Black Striper" and will not be allowed to line up in a position to advance the football. The only exception to this rule is an interception. A "Black Striper" may advance an interception. However a fumble recovered by a Black Striper will cause for stoppage of play. For identification, the helmets of all Black Stripers will be marked in a distinctive manner (BLACK STRIPE) approved by the BJFL Board of Directors prior to the first league game. Any player who is over the weight limit at the time of equipment issue shall remain a "BLACK STRIPER" for the whole season. Any player who is under the limit may advance the ball.

### E. Playing Field -

1. Instructional: The playing field will measure the full width of a regulation field and 50 yards in length with a 10-yard end zone place at one end. The 50-yard line will be considered out-of-bounds.
2. Competitive: Will use the full 100 yard regulation field, if available, or use the designated field for competitive rookie league which will include two end zones.

### F. Playing Time -

1. Instructional: Each player shall play a minimum of 24 plays each game. The only exceptions will be as follows:

- a. If a player is injured or the subject of discipline, this rule shall not apply. The coach shall immediately notify the officials and opposing head coach if a player will not be playing the minimum time due to injury or discipline.
- b. Player refuses to participate during the game. We strongly recommend that the Head Coach informs the BJFL Board Representative on the field / sideline immediately and the parents be informed as soon as possible.

2. Competitive: Each player should play a minimum of 50% of the snaps in a game, with equal playing time for all players being optimal. The penalty for improper substitution will be unsportsmanlike conduct penalty. The only exceptions to this rule are as follows:

- a. Excessive absence of practice: the head coach must inform the coordinator prior to the game. Excessive absence is defined as a player that misses more than 50% of practice that week.
- b. Player suspension by the league officials or board members.
- c. Player refuses to participate during the game. We strongly recommend that the Head Coach informs the coordinator on the sideline immediately and the parents be informed as soon as possible.
- d. Player is injured and unable to return to the game.

#### G. Coaches -

1. Instructional: One (1) head coach per team (approved by the BJFL Board). A head coach may have up to three (3) assistant coaches per team. BJFL Board has approval rights for all coaches. Only three (3) coaches per team are allowed on the playing field during play. The coaches (both offense and defense) who are on the field shall not offer instructions to the players after the offense has come to the line of scrimmage (quarterback behind center constitutes coming to the line of scrimmage). Also, the defensive coaches are not to tell their players what the offensive play is going to be if they overhear the offensive coaches. Coaches and players are not allowed wireless communicating devices during play. The coach on the field must be ten (10) yards behind the line of scrimmage once the ball has been snapped. Violation of these rules will result in a warning for first offense of a game per team and violations thereafter in the game will result in a 15 yard unsportsmanlike penalty. Any interference by a coach on the field during a play will constitute a fifteen (15) yard penalty (interference as determined by the officials).

2. Competitive: One (1) head coach per team (approved by the BJFL Board). A head coach may have up to three (3) assistant coaches per team. BJFL Board has approval rights for all coaches. Only two (2) coaches, one (1) for the offense and (1) for the defense, are allowed on the playing field during play. The coach on the field shall not be the same for the entire game. One (1) coach should be on the field for defense and one (1) coach should be on the field for offense, these coaches shall not be the same individual. Coaches shall not offer instruction after the QB goes behind center. Defensive coaches are not to tell their players what the offensive play is going to be if the play is overheard. Coaches and players are not allowed wireless communicating devices during play. The coach on the field must be ten (10) yards behind the line of scrimmage once the ball has been snapped. There shall be no diagnosis of the play or giving any instruction by the coach on the field after the QB goes behind the center. Violation of these rules will result in a warning for first offense of a game per team and violations thereafter in the game will result in a 15 yard unsportsmanlike penalty. Any interference by a coach on the field during a play will constitute a fifteen (15) yard penalty (interference as determined by the officials).

H. Start of Game - Referees will determine who calls the coin toss. Winner of the coin toss selects to start on offense or defense, which is for both halves.

I. Time outs (Competitive Rookie Only) - One (1) time out per half per team. In the event of overtime, one (1) additional time out per overtime period per team is allowed.

J. Officials –

1. Instructional: Head coach or assistant coaches will referee games. A BJFL Representative will be at all Rookie Tackle games to monitor games and answer questions.

2. Competitive: League will provide official referees

K. Game Timing -

1. Instructional: All games will last a maximum of 1 hour and will include a five (5) minute half time intermission after the completion of 16 plays.

2. Competitive: There will be two (2) halves consisting of a 25 minute running clock. Each team will get one time out per half.

3. Competitive: For Tournament Play only, the last 2 minutes of the game the clock operates to IHSAA standard timing meaning the clock would stop on out of bounds plays, incomplete passes, and penalties.

L. Scoring -

1. Instructional:

- a. No score will be kept
- b. No conversions after touchdowns
- c. No league standings are kept

2. Competitive:

- a. Scores will be kept
- b. Conversions: 1 point from three (3) yard line and 2 point from 5 yard line
- c. League standings will be kept
- d. Overtime – In the event of a tie at the end of regulation play each team will be allowed to run four (4) downs, plus a point after attempt in the event of a touchdown, from the ten (10) yard line. The visitors will call the toss of the coin, there will be one time out per team, and after the eighth down, if the score is still tied, then the ball will be moved to the five yard line and play will continue as previously described, there will be one additional time out per team. If the score is still tied at the end of this process, then the game is determined a tie unless the game is a championship or playoff game. Championship or playoff games will continue using afore mentioned process until the tie is broken.

M. League Kicking Rules-

1. Instructional: There is NO kicking or punting.

2. Competitive: There are no kickoffs in the Competitive Rookie League. The ball will be placed on the offense's 35 yard line at the start of the game and the start of the second half. Punts are marked off twenty-five (25) yards by the officials. In the event of a safety, the ball will be spotted on the 50 yard line after a safety.

N. Fumbles -

1. Instructional:

- a. Fumbled Exchange: An attempted play where the exchange between the center and the quarterback hits the ground before being controlled by the

quarterback shall be blown dead, will not be counted as a play, the ball will be repositioned and the same play shall be run again.

b. General Fumbles: Fumbles other than between center and quarterback are played live. If the fumble is recovered by the offense, the next play begins at the spot where ball is recovered; the play count continues. If the fumble is recovered by the defense, there is no change of possession; the next play begins at the spot where ball is recovered, and the play count continues.

2. Competitive:

a. Fumbled Exchange: An attempted play where the exchange between the center and the quarterback hits the ground before being controlled by the quarterback shall count as a General Fumble and the play will count.

b. General Fumbles: All fumbles behind the line of scrimmage will be returned to the original LOS and will incur a loss of down and the offense retains possession regardless of who recovers the ball. A fumble beyond the LOS will be played as a normal IHSAA fumble. If the offense recovers, the ball will be returned to the original spot of the fumble. If the defense recovers the ball, a change of possession will occur at the spot of recovery. (new 2018)

O. Interceptions –

1. Instructional: An attempted pass play that is intercepted by the defense will count as a play. However, possession will not change. The ball will be spotted where the defensive player was ruled down or if the defensive player advances the ball to the 40 yard line (Offensive starting position) the ball will be placed at the 40 yard line.

2. Competitive: An attempted pass play that is intercepted by the defense will count as a live play and possession will change.

P. Time Between Plays-

1. Instructional: The time between the ball being marked and ready for play and the snap shall not exceed one minute.

2. Competitive: For the first two (2) games of the season, the offense has 40 seconds to begin the next play before a delay of game penalty is enforced. For the remaining games including the playoffs, the offense has 30 seconds to begin the next play before a delay of game penalty is enforced. Time will start once the ball is placed by the officials.

Q. Base Alignment-

1. Offense:

a. Instructional: Each team will get one offensive series per half. An offensive series will consist of eight (8) consecutive plays.

Each coach will receive a league playbook prior to the start of the season (see Article III). This is the base playbook for the league and should be used as your primary offense.

All offensive series will start from the 40-yard line. If there is a loss of yardage behind the 50-yard line, the ball is placed back on the 40-yard line at midfield and the game continues to the next play. Every non-black striper must run the ball at least one time a game. \*\*

If the offensive or defensive team scores, or if the offensive team turns the ball over, the ball shall be remarked at the 40-yard line of the offensive team

until the series is concluded. There shall be extra point after touchdown attempted.

b. Competitive: Play will begin on the team's own 35 yard line. There is no requirement for each player to run the ball each game but coaches are encouraged to rotate players to experience different positions throughout the year.

Each coach will receive a league playbook prior to the start of the season (see Article III). This is the base playbook for the league and should be used as your primary offense.

2. Defense - Each coach will receive a league playbook prior to the start of the season (see Article III). This is the base playbook for the league and should be used as your primary defense.

The alignment of the defense must be evident prior to the snap of the ball. Failure to do so will result in a five (5) yard penalty. There must be six defensive players lined up on the line of scrimmage at the snap of the ball. All remaining defensive players must be lined up at least three yards off the line of scrimmage. The only exception to this rule is when the offensive team is inside the opponent's 5-yard line. In these situations, the defense may put 8 players on the line of scrimmage. All remaining players can be lined up within 1 yd. of the line of scrimmage. A defensive lineman may not be placed directly over the offensive center. The two interior defensive linemen can be head up or on the outside shoulder of the offensive guard. The two defensive tackles must be outside the interior linemen and cannot be lined up wider than the outside shoulder of the offensive tackle. The four interior defensive players must be in either a three-point or four-point stance at the snap of the ball.

To improve play and encourage the development of the center/quarterback exchange, no player on the interior defensive line may be an "A" gap player. This means at no time can a player be lined up over the center or with their head or body facing or angled towards the center. The defensive player may not make first contact with the center. The defensive player's first contact must be with the player lined up across from them. In the event that the offensive guard lines up wider than 1 yard from the center, the defensive player does not have to make their first contact with the offensive player lined up across from them.

Blitzing is NOT allowed and shall be defined as following: A defensive strategy in which a linebacker or defensive back vacates his normal responsibilities in order to pressure the quarterback on or before the snap of the ball. The object of a blitz is to tackle the quarterback behind the line of scrimmage or force the quarterback to hurry his pass.

Violation of any of these rules will result in a warning for the first offense of a game per team and violations thereafter in the game will result in a 15 yard unsportsmanlike conduct penalty.

R. Mercy Rule (Competitive Rookie Only) - When a team is ahead by 28 points or more a "Mercy" rule will go into effect and remains in effect until such time as the scoring differential is reduced to 14 points or less; at which time the game will return to normal play. While the "Mercy" rule is in effect:

1. The clock will run continuously;

2. There will not be any kick-offs whatsoever by any team (punts are allowed);
3. The team that is behind will receive the ball on the opponent's 40 yard line after any score;
4. If the losing team scores the ball will be placed on the 20 yard line of the winning team
5. If a team is ahead by 45 points or more at any point in the fourth (4) quarter the game will end.

The coach of a team that is ahead by 28 points or more should take steps to ensure the score does not get out of hand. Any game that is won by more than 35 points will require the winning head coach to submit a written explanation to the league commissioner. If the commissioner concludes that reasonable steps were not taken to keep the score differential under 35, he may suspend the winning coach from the next game. Failure to submit written explanation by Tuesday at the beginning of practice will result in automatic suspension from the next game.

#### S. Practices -

1. Instructional:
  - a. Maximum practice time is 90 minutes plus a 10-minute warm up.
  - b. No practicing after dark (when streetlights come on) or in inclement weather.
  - c. Maximum of two (2) activities per week, which includes games.
2. Competitive:
  - a. Maximum practice time is 90 minutes plus a 10 minute warm up.
  - b. No practicing after dark (unless under lights) or in dangerous inclement weather.
  - c. Maximum of three (3) activities per week, which includes games.

T. Playing with less than 11 players - Whenever the reduction in the number of player participants for a team drops below 11 in a game, the BJFL Representative or League Coordinator will make sure there is a time out for reorganization of both teams as per these rules.

The coach of a team with less than 11 players on a game day must notify the League Coordinator and opposing coach prior to the scheduled game time. Penalty for failure to do this will result in a 15-yard penalty assessed at the start of the game.

1. Any time the reduction of the number of players occurs for any reason on either team, the team head coach will inform an official and the League Coordinator or BJFL Representative on Duty. This procedure of informing officials and the League Coordinator or BJFL Representative on Duty will also be done whenever the number of players increases, such as from 9 to 10 or from 10 to 11 so the other team can return to an equal number of players.
2. Teams will always play with an equal number of players on both teams. The other team will be made aware of this situation so they can reduce or increase accordingly. This will be done through officials and the League Coordinator or BJFL Representative on Duty.
3. When reducing the number of players, the offensive team must first remove a WR and then the 2<sup>nd</sup> WR. The duration of these reductions may depend on the severity of the injury to a player. He may return as soon as one (1) play or he may have to stay out the entire game. When the number of players is reduced from 11, the amount of players required on the offensive and defensive lines should be reduced accordingly.

If reduction of players is warranted, a team may play with less than 7 players on the line of scrimmage.

4. The clock will stop so as to accomplish the equality of team numbers. This will be an officials' time out.

5. There will be no penalties assessed for inequality of player numbers unless the number of players goes up to 12 or beyond. Any play which occurs during a period of inequality will either stand as played or be declared **NO PLAY** and replayed. This decision will be up to the coaches of the **SHORT-HANDED TEAM**. The long-handed team will have no choice

6. This reduction in the number of players may result in a black striper being used at the end of the line of scrimmage. If this occurs, the "Black Striper" must not be split out, still cannot advance the football and will essentially be considered a tackle. Please note - This is the only time a "Black Striper" can be played at end (last player on the end of the line). During regular play, with both teams at 11 players, "Black Stripers" must be played as interior linemen, i.e. offensive guards, tackles or center (i.e. they must be covered by a ball carrier).

## **ARTICLE VI – MINOR TACKLE RULES**

### A. Base regulations

1. All play shall be governed by the approved Federation Rules of High School Football with the exception as promulgated by the Board of Directors and distributed to the team head coaches.

2. All regulations shall conform to the general policy of the Indiana High School Athletic Association (IHSAA) in regard to future eligibility of football players.

### B. Mandatory equipment

1. Helmet

2. Shoulder pads

3. Black football pants (with pads)

4. Athletic supporter

5. Mouth guard

6. Tennis shoes or cleats. Cleats may be molded or screw in rubber cleats that are a maximum of 1/2 inch in length. In no instance can metal tip cleats be worn.

Equipment not furnished by the Association shall be subject to approval by the Board.

### C. Weight Limit - There is no minimum or maximum weight to play in the league.

The league will weigh all players at the time of equipment issue to determine eligibility to advance the ball. For the 3<sup>rd</sup> grade division and a combined 3<sup>rd</sup>/4<sup>th</sup> league, any player weighing over **90 pounds** (90.1+) will be deemed a "Black Striper" and will not be allowed to line up in a position to advance the ball except by kicking. The only exception to this rule is an interception. For the 4<sup>th</sup> grade division, a player weighing over **100 pounds** (100.1+) will be a "Black Striper."

A "Black Striper" will not be allowed to line up in a position to advance the ball.

The exception to this rule is an interception and a fumble (any turnover), where a "Defensive Black Striper" may advance the ball. A "stripped" ball from an offensive player by a "Black Striper" is allowed and the play continues. A turnover recovered by an "Offensive Black Striper" is blown dead at the point of the turnover. For identification, the

helmets of all Black Stripers will be marked in a distinctive manner (BLACK STRIPE) approved by the Board of Directors prior to the first league game. Any player who is over the weight limit at the time of equipment issue shall remain a "BLACK STRIPER" for the whole season. Any player, who is under the limit, including 10 year olds, may advance the ball.

D. Playing Time - A player must play during at least 50% of the snaps during a game. The penalty for improper substitution will be unsportsmanlike conduct penalty. The only exceptions to this rule are as follows:

1. Excessive absence of practice: the head coach must inform the coordinator prior to the game. Excessive absence is defined as a player that misses more than 50% of practice that week.
2. Player suspension by the league officials or board members.
3. Player refuses to participate during the game. We strongly recommend that the Head Coach informs the coordinator on the sideline immediately and the parents are informed as soon as possible.
4. Player is injured and unable to return to the game.

E. Coaches – One (1) head coach per team (approved by the BJFL Board). A head coach may have up to three (3) assistant coaches per team. BJFL Board has approval rights for all coaches. Only two (2) coaches, one (1) for the offense and (1) for the defense, are allowed on the playing field during play. The coach on the field shall not be the same for the entire game. One (1) coach should be on the field for defense and one (1) coach should be on the field for offense, these coaches shall not be the same individual. Coaches shall not offer instruction after the QB goes behind center. Defensive coaches are not to tell their players what the offensive play is going to be if the play is overheard. Coaches and players are not allowed wireless communicating devices during play. The coach on the field must be ten (10) yards behind the line of scrimmage once the ball has been snapped. There shall be no diagnosis of the play or giving any instruction by the coach on the field after the offensive team breaks the huddle. There will be a fifteen (15) yard penalty for infraction of this rule (Unsportsmanlike conduct). After a second infraction in a single game the coach will be ejected from the game. If a coach is ejected from two games in a single season (due to violation of this rule) then he/she will be banned from coaching the remainder of the season. Any interference by a coach on the field during a play will constitute a fifteen (15) yard penalty (interference as determined by the officials).

F. Overtime - In the event of a tie at the end of regulation play each team will be allowed to run four (4) downs, plus a point after attempt in the event of a touchdown, from the ten (10) yard line. The visitors will call the toss of the coin, there will be one time out per team, and after the eighth down, if the score is still tied, then the ball will be moved to the five yard line and play will continue as previously described. If the score is still tied at the end of this process, then the game is determined a tie unless the game is a championship or playoff game. Championship or playoff games will continue using afore mentioned process until the tie is broken.

G. Coin Toss - The coach may assist boys with penalty or coin flip decisions.

H. Time outs - Three (3) time outs are allowed per half. In the event of a tie game, one (1) additional time out will be allowed during each overtime periods.

I. Extra Point - A score for an extra point conversion after a touchdown will be awarded in the following manner:

1. If the ball is placed on the three (3) yard line, one (1) point will be awarded for the advancement of the ball over the goal line;
2. If the ball is placed on the five (5) yard line, two (2) points will be awarded for advancement of the ball over the goal line.
3. If the ball is placed on the three (3) yard line and spotted on the ten (10) yard line, two (2) points will be awarded for a kick through the uprights.

J. League Kicking Rule - The offensive team must notify the umpire of their intention to punt, kick a field goal or PAT. The umpire will then relay this information to the defensive team. All punts, field goals and PATs will commence with a center snap.

To encourage development of long snap and ball handling skills, the defense may not rush the kicker and the offense may not execute a fake kick. If the ball is not kicked within 3 seconds from the snap or goes behind the punter/holder, it will be blown dead and will be placed at the line of scrimmage with a change of possession.

There are no kickoffs in the Minor Tackle League. The ball will be placed on the offense's 35 yard line at the start of the game and the start of the second half. In the event of a safety, the ball will be spotted on the 50 yard line after a safety.

K. The referees will start the game clock after a change of possession after allowing time for offensive / defensive player substitution.

L. For the first two (2) games of the season, the offense has 40 seconds to begin the next play before a delay of game penalty is enforced. For the remaining games including the playoffs, the offense has 30 seconds to begin the next play before a delay of game penalty is enforced. Time will start once the ball is placed by the officials.

M. Base Alignment-

1. **Offense:** Each coach will receive a league playbook prior to the start of the season (see Article III). This is the base playbook for the league and should be used as your primary offense.

2. **Defense:** There may be a minimum of four (4) and a maximum of six (6) defensive players lined up on the line of scrimmage. All players on the defensive line of scrimmage must remain set as of the start of the offensive cadence. Any players not on the line of scrimmage at the start of the cadence must move at least 3 yards off the line of scrimmage and will be considered a defensive back.

Defensive backs may move forward, backwards or laterally; however, they must remain at least 3 yards off the line of scrimmage. They also may not get a running start toward the line of scrimmage to try and time the snap of the ball.

The only exception to this rule is when the offensive team is inside the opponent's 5-yard line. In these situations, the defense may put 8 players on the line of scrimmage, including a NT (Nose Tackle). All remaining players can be lined up within 1 yd. of line of scrimmage and will be considered defensive backs. Defensive backs may move forward, backwards or laterally; however, they must remain at least 1 yard off the line of scrimmage. They also may not get a running start toward the line of scrimmage to try and time the snap of the ball.

Interior defensive linemen must line up head to head within the framework of the offensive linemen. That is, a defensive tackle over the offensive tackle or offensive guard and the nose tackle over the center in a down position. In minor tackle, there must be at least 1 yard of daylight between the center and nose tackle. The defensive ends may line up: 1) head up on the offensive end; 2) anywhere outside the offensive end so long as they are on the line of scrimmage or; 3) inside only in the case of a split offensive end.

Blitzing is NOT allowed and shall be defined as following: A defensive strategy in which a linebacker or defensive back vacates his normal responsibilities in order to pressure the quarterback on or before the snap of the ball. The object of a blitz is to tackle the quarterback behind the line of scrimmage or force the quarterback to hurry his pass.

Violation of any of these rules will result in a warning for the first offense of a game per team and violations thereafter in the game will result in a 15 yard unsportsmanlike conduct penalty.

N. Mercy Rule - When a team is ahead by 28 points or more a "Mercy" rule will go into effect and remains in effect until such time as the scoring differential is reduced to 14 points or less; at which time the game will return to normal play. While the "Mercy" rule is in effect:

1. The clock will run continuously;
2. There will not be any kick-offs whatsoever by any team (punts are allowed);
3. The team that is behind will receive the ball on the opponent's 40 yard line after any score;
4. If the losing team scores the ball will be placed on the 20 yard line of the winning team.
5. If a team is ahead by 45 points or more at any point in the fourth (4) quarter the game will end.

The coach of a team that is ahead by 28 points or more should take steps to ensure the score does not get out of hand. Any game that is won by more than 35 points will require the winning head coach to submit a written explanation to the league commissioner. If the commissioner concludes that reasonable steps were not taken to keep the score differential under 35, he may suspend the winning coach from the next game. Failure to submit written explanation by Tuesday at the beginning of practice will result in automatic suspension from the next game.

O. Practice -

1. Practices will be limited to a maximum of three (3) days a week for the three (3) weeks prior to league play and limited to two (2) days a week during league play with the exception that if a team has no game during the regular season, the team can have a practice instead.
2. Practice time will not exceed two (2) hours and must include 10 minutes of warm up and two (2) 5-minute water breaks. There will be a minimum of one (1) practice per week.
3. The first practice for any player is required to be in shorts, shirt, shoes and helmet only. A player must participate in a minimum of 5 practices before they can participate in a game.
4. There will be no Sunday practices.

5. Coaches have the option to practice during inclement weather but will not be allowed to practice during lightning or thunder.
6. Practices may be canceled by the coach during the first one-half hour and not count as a practice
7. The coach will be required to stay at the practice field until their parents have picked up all players.
8. With League approval, League fields and equipment can be used when Scrimmaging against outside league teams or to practice field goal kicking, kickoff, and punting or point after kicking.
9. League fields may not be used for regular practice sessions under any circumstances.
10. A player must have all of his equipment to practice or play or he will not be permitted to engage in body contact.

P. Playing with less than 11 players - Whenever the reduction in the number of player participants for a team drops below 11 in a game, the BJFL Representative or League Coordinator will make sure there is a time out for reorganization of both teams as per these rules.

The coach of a team with less than 11 players on a game day must notify the League Coordinator and opposing coach at prior to the scheduled game time. Penalty for failure to do this will result in a 15-yard penalty assessed during the kickoff.

1. Any time the reduction of the number of players occurs for any reason on either team, the team head coach will inform an official and the League Coordinator. This procedure of informing officials and the League Coordinator will also be done whenever the number of players increases, such as from 9 to 10 or from 10 to 11 so the other team can return to an equal number of players.
2. Teams will always play with an equal number of players on both teams. The other team will be made aware of this situation so they can reduce or increase accordingly. This will be done through officials and the League Coordinator.
3. When reducing the number of players, the offensive team must first remove a WR and then the 2<sup>nd</sup> WR. The duration of these reductions may depend on the severity of the injury to a player. He may return as soon as one (1) play or he may have to stay out the entire game. When the number of players is reduced from 11, the amount of players required on the offensive and defensive lines should be reduced accordingly. If reduction of players is warranted, a team may play with less than 7 players on the line of scrimmage.
4. The clock will stop so as to accomplish the equality of team numbers. This will be an officials' time out.
5. There will be no penalties assessed for inequality of player numbers unless the number of players goes up to 12 or beyond. Any play which occurs during a period of inequality will either stand as played or be declared **NO PLAY** and replayed. This

decision will be up to the coaches of the **SHORT-HANDED TEAM**. The long-handed team will have no choice

6. This reduction in the number of players may result in a black striper being used at the end of the line of scrimmage. If this occurs, the "Black Striper" must not be split out, still cannot advance the football and will essentially be considered a tackle. Please note - This is the only time a "Black Striper" can be played at end (last player on the end of the line). During regular play, with both teams at 11 players, "Black Stripers" must be played as interior linemen, i.e. offensive guards, tackles or center (i.e. they must be covered by a ball carrier).

## **ARTICLE VII – MAJOR TACKLE RULES**

### A. Base regulations -

1. All play shall be governed by the approved Federation Rules of High School Football with the exception as promulgated by the Board of Directors and distributed to the team head coaches.
2. All regulations shall conform to the general policy of the Indiana High School Athletic Association (IHSAA) in regard to future eligibility of football players.

### B. Mandatory equipment -

1. Helmet
2. Shoulder pads
3. Black football pants (with pads)
4. Athletic supporter
5. Mouth guard
6. Tennis shoes or cleats. Cleats may be molded or screw in rubber cleats that are a maximum of 1/2 inch in length. In no instance can metal tip cleats be worn.

Equipment not furnished by the Association shall be subject to approval by the Board.

C. Weight Limit - There is no minimum or maximum weight to play in the league. All players will be weighed by the league at the time of equipment issue to determine eligibility to advance the ball. Any player weighing over **125 pounds** (125.1+) will be deemed a "Black Striper" and will not be allowed to line up in a position to advance the ball except by kicking. The exception to this rule is an interception and a fumble (any turnover), where a "Defensive Black Striper" may advance the ball. A "stripped" ball from an offensive player by a "Black Striper" is allowed and the play continues. A turnover recovered by an "Offensive Black Striper" is blown dead at the point of the turnover. For identification, the helmets of all Black Stripers will be marked in a distinctive manner (BLACK STRIPE) approved by the Board of Directors prior to the first league game. Any player who is over the weight limit at the time of equipment issue shall remain a "BLACK STRIPER" for the whole season. Any player weighing between 115.1 and 125.0 lbs at official weigh-ins will be deemed a "Red Striper" and can be lined up in the Tight End Position. Players with a "Red Stripe" can play Tight End (or another offensive line position) and receive the ball and advance it, however it must be a forward pass beyond the line of scrimmage. "Red Stripers" may not advance the ball on a kick off or on a special team unit other than a pass on a PAT. A "Red Striper" must be lined up within 1 yard of the offensive tackle and play with one hand on the ground and be on the line of scrimmage.

D. Playing Time – A player must play during at least 50% of the snaps during a game. The penalty for improper substitution will be unsportsmanlike conduct. The only exceptions to this rule are as follows:

1. Excessive absence of practice: the head coach must inform the BJFL Representative or League Coordinator prior to the game. Excessive absence is defined as a player that misses more than 50% of practice that week.
2. Player suspension by the league officials or board members.
3. Player refuses to participate during the game. We strongly recommend that the Head Coach informs the BJFL Representative or League Coordinator on the sideline immediately and the parents are informed as soon as possible.
4. Player is injured and unable to return to the game.

E. Coaches and Coaches on the field –

1. Coaches – One (1) head coach per team (approved by the BJFL Board). A head coach may have up to three (3) assistant coaches per team. BJFL Board has approval rights for all coaches.
2. During the first three (3) scheduled games each team may have one (1) coach on the field at all times. The coach on the field must be at least ten (10) yards behind the line of scrimmage once the ball has been snapped. There shall be no diagnosis of the play or giving any instruction by the coach on the field after the offensive team breaks the huddle. There will be a fifteen (15) yard penalty for infraction of this rule. Any interference by a coach on the field during a play will constitute a fifteen (15) yard penalty (interference as determined by the officials). Starting with the fourth (4) game of the season the coach will be required to move to the sideline. Play calls may be communicated via rotating players or some form of visual or verbal signals. Coaches and players are not allowed wireless communicating devices during play. All “black striper” rules apply in regard to structure of the offensive line when communicating play calls via rotating players.

F. Overtime – In the event of a tie at the end of regulation play each team will be allowed to run four (4) downs, plus a point after attempt in the event of a touchdown, from the ten (10) yard line. The visitors will call the toss of the coin, there will be one time out per team, and after the eighth down, if the score is still tied, then the ball will be moved to the five yard line and play will continue as previously described. If the score is still tied at the end of this process, then the game is determined a tie unless the game is a championship or playoff game. Championship or playoff games will continue using afore mentioned process until the tie is broken.

G. Coin Toss – the coach may assist boys with penalty or coin flip decisions.

H. Time outs – three (3) time outs are allowed per half. In the event of a tie game, one (1) additional time out will be allowed during the overtime periods.

I. Extra Point - A score for an extra point conversion after a touchdown will be awarded in the following manner:

1. If the ball is placed on the three (3) yard line, one (1) point will be awarded for the advancement of the ball over the goal line;
2. If the ball is placed on the five (5) yard line, two (2) points will be awarded for advancement of the ball over the goal line.

3. If the ball is placed on the three (3) yard line and spotted on the ten (10) yard line, two (2) points will be awarded for a kick through the uprights.

J. League Kicking Rule – All punts, field goals and PATs will commence with a center snap. To build upon the development of long snap and ball handling skills gained in the minor league, the middle four linemen may rush upon the snap of the ball. However, due to the limited rush, fake kicks are prohibited. If the ball is not kicked within 3 seconds from the snap or goes behind the punter/holder, it will be blown dead and will be placed at the line of scrimmage with a change of possession.

To encourage the growth and development of players, on kickoffs every effort should be made to kick the ball downfield – keeping in mind the skill level of young players. Onside kicks may be used when called for by traditional football strategy. To promote player safety, at the time the ball is kicked there will be no more than six (6) and no less than four (4) players lined up on either side of the kicker.

K. The referees will start the game clock after a change of possession after allowing time for offensive / defensive player substitution.

L. For the first two (2) games of the season, the offense has 40 seconds to begin the next play before a delay of game penalty is enforced. For the remaining games including the playoffs, the offense has 30 seconds to begin the next play before a delay of game penalty is enforced.

M. Base Alignment -

1. **Offense:** Each coach will receive a league playbook prior to the start of the season (see Article III). This is the base playbook for the league and should be used as your primary offense.

2. **Defense:** Each coach will receive a league playbook prior to the start of the season (see Article III). This is the base playbook for the league and should be used as your primary defense.

a. **Interior Linemen:** There are no restrictions on the alignment of defensive linemen.

b. **Blitzing:** Blitzing is allowed if the following criteria are followed:

i. Only one player may blitz on a play

ii. The blitzing back cannot get a running start toward the line of scrimmage; however, they may walk toward the line of scrimmage

Violation of any of these rules will result in a warning for the first offense of a game per team and violations thereafter in the game will result in a 15 yard unsportsmanlike conduct penalty.

N. Mercy Rule -When a team is ahead by 28 points or more a "Mercy" rule will go into effect and remains in effect until such time as the scoring differential is reduced to 14 points or less; at which time the game will return to normal play. While the "Mercy" rule is in effect:

1. The clock will run continuously;

2. There will not be any kick-offs whatsoever by any team (punts are allowed);

3. The team that is behind will receive the ball on the opponent's 40 yard line after any score;

4. If the losing team scores the ball will be placed on the 20 yard line of the winning team
5. If a team is ahead by 45 points or more at any point in the fourth (4th) quarter the game will end.

The coach of a team that is ahead by 28 points or more should take steps to ensure the score does not get out of hand. Any game that is won by more than 35 points will require the winning head coach to submit a written explanation to the League Coordinator. If the League Coordinator concludes that reasonable steps were not taken to keep the score differential under 35, he may suspend the winning coach from the next game. Failure to submit written explanation by Tuesday at the beginning of practice will result in automatic suspension from the next game.

O. Practice -

1. Practices will be limited to a maximum of three (3) days a week for the three (3) weeks prior to league play and limited to two (2) days a week during league play with the exception that if a team has no game during the regular season, the team can have a practice instead.
2. Practice time will not exceed two (2) hours and must include 10 minutes of warm up and two (2) 5-minute water breaks. There will be a minimum of one (1) practice per week.
3. The first practice for any player is required to be in shorts, shirt, shoes and helmet only. A player must participate in a minimum of 5 practices before they can participate in a game.
4. There will be no Sunday practices.
5. Coaches have the option to practice during inclement weather but will not be allowed to practice during lightning or thunder.
6. Practices may be canceled by the coach during the first one-half hour and not count as a practice
7. The coach will be required to stay at the practice field until their parents have picked up all players.
8. With League approval, League fields and equipment can be used when scrimmaging against outside league teams or to practice field goal kicking, kickoff, and punting or point after kicking.
9. League fields may not be used for regular practice sessions under any circumstances.
10. A player must have all of his equipment to practice or play or he will not be permitted to engage in body contact.

P. Playing with less than 11 players whenever the reduction in the number of player participants for a team drops below 11 in a game, the BJFL Representative or League Coordinator will make sure there is a time out for reorganization of both teams as per these rules.

The coach of a team with less than 11 players on a game day must notify the League Coordinator and the opposing coach prior to the scheduled game time. Penalty for failure to do this will result in a 15-yard penalty assessed during the kickoff.

1. Any time the reduction of the number of players occurs for any reason on either team, the team head coach will inform an official and the League Coordinator or BJFL Representative. This procedure of informing officials and the League Coordinator will also be done whenever the number of players increases, such as from 9 to 10 or from 10 to 11 so the other team can return to an equal number of players.

2. Teams will always play with an equal number of players on both teams. The other team will be made aware of this situation so they can reduce or increase accordingly. This will be done through officials and the League Coordinator.

3. When reducing the number of players, the offensive team must first remove a WR and then the 2<sup>nd</sup> WR. The duration of these reductions may depend on the severity of the injury to a player. He may return as soon as one (1) play or he may have to stay out the entire game. When the number of players is reduced from 11, the amount of players required on the offensive and defensive lines should be reduced accordingly. If reduction of players is warranted, a team may play with less than 7 players on the line of scrimmage.

4. The clock will stop so as to accomplish the equality of team numbers. This will be an officials' time out.

5. There will be no penalties assessed for inequality of player numbers unless the number of players goes up to 12 or beyond. Any play which occurs during a period of inequality will either stand as played or be declared NO PLAY and replayed. This decision will be up to the coaches of the SHORT-HANDED TEAM. The long-handed team will have no choice.

6. This reduction in the number of players may result in a black striper being used at the end of the line of scrimmage. If this occurs, the "Black Striper" must not be split out, still cannot advance the football and will essentially be considered a tackle. Please note - This is the only time a "Black Striper" can be played at end (last player on the end of the line). During regular play, with both teams at 11 players, "Black Stripers" must be played as interior linemen, i.e. offensive guards, tackles or center (i.e. they must be covered by a ball carrier).

## **ARTICLE VIII-IEFA**

BJFL will allow one team to participate in IEFA (Indiana Elementary Football Association). This team will be called the Junior Bulldogs and essentially be BJFL's travel team.

A. Objective - To allow players the opportunity to participate in a higher level of competitive environment to foster the development of players and in preparation for middle school football.

B. Eligibility – All Players on the Brownsburg IEFA Team (Junior Bulldogs) must live within the Brownsburg Community School district. All players that meet the IEFA eligibility

requirements are eligible to try-out for the Jr. Bulldog team. The Jr. Bulldog coaching staff will hold at least one open try-out for players of these grade levels who are interested in participating. Additional try-outs may be held at the discretion of the coaching staff. The Brownsburg IEFA Team (Junior Bulldogs) can only have a maximum of 18 kids from any given grade level on the team in a given season. This would be effective for all new Junior Bulldog Classes, the class of 2022 (Current 5<sup>th</sup> Grade Class) would be grandfathered in.

1. Players selected to the team are not eligible to play in the BJFL recreational divisions or any recreational all-star team. Jr Bulldog players may participate in post IEFA Season tournaments that they are eligible for per each tournament's rules
2. If a player is selected to the team and decides that he/she does not wish to continue playing with the team then the following criteria apply in regards to BJFL eligibility:
  - a. If the player leaves the Jr. Bulldog team **after** the BJFL rec season first game **BUT before** the BJFL Jamboree/1<sup>st</sup> game then the player will be placed on a rec team.
    1. The team placement will be by blind draw among any team with open roster spots. If all teams have an even number of players then all teams will be included in the blind draw. The only exception to this rule will be in the event of siblings in the same division. If a Jr. Bulldog player leaves and has a sibling in the major division then he/she will be placed on the same team as his/her sibling.
  - b. If the player leaves the Jr. Bulldogs **after** the BJFL Jamboree/1<sup>st</sup> game then the player will not be allowed to play in the BJFL rec season.

#### C. Practices -

1. There is no limit to the number of practices for the Jr. Bulldog unless specified by IEFA.
2. Coaches have the option to practice during inclement weather but will not be allowed to practice during lightning or thunder.
3. Practices may be canceled by the coach during the first one-half hour and not count as a practice-if a total number of practices are specified by IEFA.
4. The coach will be required to stay at the practice field until all players have been picked up by their parents.
5. League fields may be used for regular practice/scrimmage sessions.
6. A player must have all of his equipment to practice or play or he will not be permitted to engage in body contact.

#### D. Rules of Play

1. All rules of play will be determined by IEFA.

## ARTICLE IX – SPRING FOOTBALL RULES

A. Objective – The objective of Spring Football is to work on the offensive and defensive skills associated with passing in a non-contact situation. The league is intended to be instructional with players using skills taught in practice in competitive situations. Coaches and Referees main goals should be to use good judgment when explaining the rules. This learning experience should be fun for all players. Spring Football should supplement the skills and fundamentals associated with Fall football Leagues.

#### B. Base regulations -

1. All play shall be governed by the approved Federation Rules of High School

Football with the exception as promulgated by the Board of Directors and distributed to the team head coaches.

2. All regulations shall conform to the general policy of the Indiana High School Athletic Association (IHSAA) in regard to future eligibility of football players.

C. Practices – Will be one night a week as designated by the board. Practices will be ninety (90) minutes long including 10 minute warm up period, 55 minutes of group practice and 25 minutes of team practice. There will be no additional team practices allowed. No practicing after dark (when the streetlights come on) or when thunder and lightning is present or extremely heavy rain.

D. Player Deployment – No one player shall sit out more than another Striving for equal playing time, unless he/she is recovering from an injury. Players who sit out a play must be rotated in the next play. Each player will be given the opportunity to be the quarterback during regular season play. The frequency of playing quarterback will be based on player desire and ability. The player in the primary passing route must be rotated each play. During the tournament, a team is allowed to have a single designated quarterback, however, the requirement to rotate players each down in the primary route is maintained.

E. Playing Field – The playing field will measure forty (40) yards wide and forty five (45) yards in length with a ten (10) yard end zone at one end. At the end opposite the end zone there will be a five (5) yard deep area the offense starts in. If the offense crosses the back line of this area it will be considered out of bounds.

F. Mandatory Equipment:

1. Mouth Guard
2. Tennis shoes or molded rubber shoes.

Equipment not furnished by the League shall be subject to approval by the Board.

G. Officials – Head Coaches or Assistant Coaches will referee games. Two (2) referees are to be designated before the start of the game.

One (1) referee is responsible for marking a player down and marking the forward progress at the center of the field. This referee is responsible for awarding first downs. The referee is not responsible for moving the center stand. The second referee will be responsible for keeping the game score and the game time. A BJFL representative will be at all Spring Football games to monitor games and answer questions.

H. Coaches – One (1) head coach per team. The board must approve head coaches. A head coach may have two (2) assistant coaches who are allowed on the playing field during play. (The board must approve the assistant coaches). The coaches (both offense and defense) who are on the field shall not offer instructions to the players after the offense has come to the line of scrimmage and the quarterback is at the center stand. Also, the defensive coaches are not to tell their players what the offensive play is going to be if they overhear the offensive coach or see the play diagram.

I. Weight Limit – All players participating are eligible to advance the ball. There is no Black Striper Rule.

J. Home or Visitor – For each game one team will be designated as the home team and one team will be designated as the visitors. The home team will wear purple and the visitors will wear white. Each team will have equal number of times being home and visitors for the regular games. For the first round of the tournament, the first team drawn for each game will be considered home. For following rounds the top team for each game is considered home.

K. Start of Game – The home team will have the first offensive series of the first half and the visitors will have the first offensive series of the second half.

L. Offense – Each offensive play will start with the ball on the center stand. The quarterback may have his/her hands on the ball prior to the “snap”. The quarterback will call out the cadence and on the appropriate snap count lift the ball from the center stand. Once the ball is removed from the center stand the quarterback will have seven (7) seconds for Rookie and Minor division and five (5) seconds for major division to throw the ball.

If the ball is not thrown before the buzzer on the stand goes off then the play is whistled dead by the referee and it is a loss of down.

The quarterback may not run the ball forward of the line of scrimmage.

The quarterback may hand the ball off to a running back that is eligible to either throw the ball or run the ball forward of the line of scrimmage. All offensive series will begin from the forty five (45) yard line. The offense has four (4) downs to move 15 yards. There are two possible first downs that can be achieved. However, once a team is within 15 yards of the end zone only four (4) downs are allowed. There is no loss of yardage situations. If an attempt to run the ball is made and the ball carrier is touched behind the line of scrimmage it is a loss of down only.

If the offense has not achieved a first down or touchdown within four plays the ball is turned over to the defense, which will begin at the forty five (45) yard line. An interception is considered a turnover, when this occurs the play is dead and the defense goes to offense and begins at the forty five (45) yard line.

Each team will receive a playbook sanctioned by the league. The playbook will be the base offense for the league and shall include a standard passing tree. Coaches may add additional plays based on the skill of their team; however, the plays must use the standard formations and pass routes as described by the league.

The offensive unit will consist of one (1) quarterback and five (5) skilled players maximum.

The offense is responsible for moving the center to the new line of scrimmage as marked by the referee.

An offensive player may block downfield once the ball is caught. All blocking should be considered to be a positional screen versus physical block. The offensive players hand should be closed, and must be inside the shoulders of the defensive person in the area above the waist and below the neck.

M. Defense – The alignment of the defense must be evident once the quarterback approaches the center stand. Failure to do so will result in an automatic first down. If the

team has crossed the 15-yard line then the line of scrimmage will not be advanced, however, the offensive team will be awarded a new set of downs.

The defense will consist of a maximum of seven (7) players on the field.

There is no blitzing or rushing the passer allowed. The only time the defense is allowed to cross the line of scrimmage is if the quarterback hands the ball off to a running back.

The defense is allowed to play man coverage or zone coverage.

The defense is not allowed to intentionally contact offensive players after five (5) yards at any point on the field unless that player has the ball.

The defense is considered to have downed the offensive player if the defensive player touches the offensive player with anything from one finger to both hands.

N. Game Timing – Each game will consist of two (2) halves with a playing time of twelve (12) minutes per half. Between the first half and the second half there will be a 5 minute break. The clock will run continuously unless there is a player injury or a team calls a time out. The play of the game should be rapid and continuous; teams are only allowed limited time in the huddle (25 seconds for Rookie, 20 Seconds for Minor & 15 seconds for Major). No huddle offense may be permitted. Teams that are slow to return to the huddle or do not break the huddle quickly will get one warning per game. After the warning each occurrence will result in a loss of down.

O. Timeouts – Each team gets one (1) timeout per half. A timeout is to last 1 minute. The clock will stop for all time outs & player injury.

P. Scoring - Teams score points in the manner described below. The result of a single play cannot result in a combination of points being scored only a single value.

1. Offense:

- a. One (1) point for each first down achieved.
- b. Six (6) points for a touchdown.
- c. One (1) point for point after attempt with the line of scrimmage at the three (3) yard line.
- d. Two (2) points for point after attempt with the line of scrimmage at the seven (7) yard line.

2. Defense:

- a. One (1) point holding the offense on downs (4 and out).
- b. Three (3) points for an interception.

Example: Offense is at the twenty five (25) yard line, and the result of the play is a touch down. In the series, the offense scored one (1) point for achieving a first down by crossing the thirty (30) and then six (6) points for the touchdown. The fact that the play starting from the twenty five (25) and they crossed the fifteen-yard line does not count as one (1) point for the first down.

Example: It is fourth down. The defense intercepts the pass. The result of the play is three (3) points for interception and there are no points awarded for holding the offense on downs.

Q. Fumbles – A fumble between the quarterback and a running back will be considered

a dead ball and the result of the play will be loss of down. A fumble after the catch will be considered a loss of down.

R. Penalties – Penalties for defensive and offensive pass interference will be called. Defensive pass interference will result in a first down and the line of scrimmage will be advanced to the next first down. If the team has crossed the fifteen (15) yard line then the line of scrimmage will not be advanced, however, the offensive team will be awarded a new set of downs. Offensive pass interference will result in a change of possession with no points being awarded to the defensive team.

S. Playing with less than 7 – Any team that has less than seven (7) players show up for a given game, that team will play with as many players as they have. The opposing team will be allowed to play with their seven (7) defensive and six (6) offensive players so there are not penalized for all players showing up.

A team with 8 players can share a player with a team that has less the seven shows up. It is important that the player added is in a similar age and skill level so that parity of the teams is not dramatically affected.

Participation by players not registered, as part of the league is acceptable on a limited basis. The participation of an unregistered player is not allowed to create a situation where registered players are unable to play. The league director must approve each instance of this occurrence. If a player returns for a third day of participation, the player will be asked to register for the league, pay full registration fee with late charge and then assigned a team. A player that returns for a fourth day of participation and has not registered will not be permitted to participate.

## **ARTICLE X – POST SEASON PLAY**

A. All Star Teams - The league will sponsor a 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade post season All Star team. Each team will be made up of a maximum of twenty-five (25) players. At the discretion of the league, a second team may be formed in any grade division. The BJFL Board will be responsible for scheduling all post-season games and will provide each player with the following equipment:

1. Helmet
2. Shoulder Pads
3. Jersey

The parents of players selected for the teams will be responsible for all other equipment and expenses related to post season play. Expenses will be estimated and a set fee will be determined and charged in an effort to cover all costs of equipment and tournament entry fees. Parents will also be responsible for providing transportation to all games. Any hardship/scholarship cases will be presented for approval from the All Star Committee to the Board for approval.

B. Coaches - The coaching staff of each All Star team will consist of up to: 1 Head Coach, 4 Assistant Coaches, and 1 Team Parent.

Coaches in the Rookie Tackle recreation division will be eligible to coach the 2<sup>nd</sup> grade All Star team.

Coaches in the Minor Tackle recreation division will be eligible to coach the 3rd and 4th grade All Star teams.

Coaches in the Major Tackle recreation division will be eligible to coach the 5th and 6th grade All Star teams.

Individuals interested in serving as an All Star coach must submit an application to the BJFL board at or before the deadline.

The BJFL Coaches Selection and All Star Committees will review all applications and will submit a list of recommended All Star Head Coaches to the President of the League for final approval. If no head coach applications are received in a specific grade division then the President will appoint one. The selection of the All Star head coaches will be completed and announced by the time of the all-star selection.

After the All Star teams have been selected and players notified, the head coach for each team will select the remainder of the coaching staff with input from the Coaches Selection and All Star Committees. All coaches must complete an All Star Coaches Application. Prior to any practices, the head coaches must present their staff to the board for final approval.

C. Nomination of Players - Players may be nominated for All Star consideration by:

1. The head coach of their recreational team,
2. The head coach of the All Star team,
3. The League Coordinator
4. The All Star Committee.
5. BJFL Board Member

Nominations must be submitted by the end of the 2nd week of the recreational league season or as determined by the BJFL Board. The All Star head coach, League Coordinator, and All Star Committee will review and determine the final list of nominees for consideration for each grade division.

Once the final nomination list has been agreed upon by the committee, the All Star head coach will be permitted to run up to four (4) team camps to further evaluate the players. These camps may not begin until the 3rd week of the recreational season and shall be limited to no more than 2 hours per session. Each player nominated will be informed of the camp dates and times by the head coach of the team for each grade division. The head coach of the team will be responsible for planning and conducting the camps. He shall include the All Star Committee and, if applicable, shall include the second team for a given grade level head coach in the running of the camps. Camps will be prohibited on those days that the league is officially closed. The camps are completely optional to the nominated players. Attendance at the camps does not guarantee a player selection to a team. Likewise, players who do not attend will not be excluded from being selected. It will be recommended to the Head Coaches that there be positions left open to be filled later in the season upon further evaluation of players who develop throughout the season.

D. Selection of Players – The player selection date will be on or about, but no sooner than, the end of the fourth (4<sup>th</sup>) week of the recreational season. The selection of players for each team will be determined by the following:

1. Pre-season evaluations;
2. Play during the season;
3. Team Camps; and
4. The specific team and position requirements of each All Star head coach.

The post season teams will be selected by the head coach with input from the League Coordinator and the All Star Committee. Team selections will be posted at the BJFL fields or on the BJFL website. Head coaches are expected to evaluate all nominees. If the head coach fails to evaluate a player(s), the All Star Committee reserves the right to vote on that player(s) for inclusion on that specific team. Majority vote carries.

Players must play for the team for which they were selected. If a player does not want to play for the team for which they were selected then they will be replaced at the head coach's option and forfeit their selection. They will not be allowed to move to another team.

The All Star Teams will be allowed to practice once per week for no more than two hours beginning during the 5th week of the season or upon the completion of the selection process whichever is later. Upon the completion of the Rec season, the teams will be allowed to practice up to three (3) times in preparation for tournament play.

There will be NO Saturday All Star Practice until the BJFL recreation season, including the tournament, is completed.

The All Star Committee will present recommended tournaments for each team to the Board prior to the end of the Rec Season.

## **ARTICLE XI - PERSONNEL ALLOWED ON TEAM BENCH/SIDELINE**

A. The participant area is defined as the playing field and any area around the playing field marked by the Board of Directors.

B. Chain Gang -

1. People running the chains and marker are to be considered officials and are not to show favoritism.
2. Each coach will be responsible for supplying impartial adults (over 12 years of age) to work their games.
  - a. Home Team - One (1) chain gang person.
  - b. Visitor - Two (2) chain gang persons

C. The only personnel allowed in the participant area during games are:

1. Substitute players not currently in the active line-up.
2. Each team's head coach and no more than Four (4) designated assistant coaches.
3. The League Coordinator, his representative, or Board members on administrative business.
4. The officiating crew.
5. Official members of the chain gang.

D. All coaches in the participant area must remain within the 30-yard line markers. Substitutes must remain on the bench or 5+ yards from the sideline.

E. Video camera operators, statisticians and other affiliated parties must remain behind the participant area and video cameras are not allowed in the scoring towers. The spectator side of the field remains unrestricted with respect to the performance of these functions. Common courtesy for spectators sitting in the bleachers is still

## **ARTICLE XII - EQUIPMENT AND OFFICIALS**

A. The Association will furnish all footballs, kicking tees, shoulder pads, helmets, and game jerseys for all teams and players and said equipment shall remain the property of the Association. The Association will furnish such other equipment as deemed advisable by the Board of Directors.

B. At all scheduled league games; officials shall be furnished in accordance with the rules of the respective leagues. In all inter-league Association, experienced licensed officials will be provided where possible and in the absence of manpower or funds, the coaches of the two respective teams may select and appoint officials for that game

C. For tackle leagues, a player must have a helmet, shoulder pads, football pants (with pads), mouth guard, tennis shoes or rubber cleat shoes, in order to play in any game or practice. All headgear will be white, unless otherwise approved by the BJFL Board. Only league approved, colored, pressure sensitive tape or removable decals may be places on helmets. The League Coordinator must approve all helmet markings.

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