

Jr Raider Sports Inc

Division 3 FOOTBALL RULES

(Updated July 18, 2013)

The Hillsborough Football League will abide by the *National Federation of State High School Association* (NFHS) rules, which can be found at www.nfhs.org, unless amended, added or changed in this document.

Division 3 (3rd & 4th Grade):

PHILOSOPHY: The organizers, administrators, and coaches of youth sports organizations need to have a clear definition of success that is not predicated solely on winning a game or having the best stats. A winning season must not be measured by wins and losses alone. Players and coaches alike should understand that participation, performance, effort, and improvement count as much, if not more, than the final score of any game.

At the D3 Level the goal is to combine fun, while at the same time teaching good football fundamentals and proper techniques. This is to be accomplished through positive reinforcement during both practice and games. Winning is not a priority, but a product of proper technique, good fundamentals, hard work and an increasing understanding of the game.

RULES OF PLAY:

a) **OFFICIALS**

There will be officials for Division 3 games. All referees must be a carded official or cadet in the officiating crew present at each game. There will be a minimum of two and maximum of three officials in each crew. The game clock and play clock will be kept on the field by the officials.

If less than 2 officials are present for a single game it will be the sole decision of the directors of each league as to whether or not to continue with the game or who will officiate in the absence of an officiating crew.

Penalties will be enforced in the following manner: Warnings are allowed on false starts, off sides and alignment issues. The play stands unless penalty is blatant and affects outcome of play or is a safety risk, it is enforced without warning. This rule can be changed by an official for a specific play if the infraction is blatant and in the official's opinion affects the outcome of a play or is a safety risk for the children. For example, a sweep away with backside holding will never be enforced; however, on a sweep where the play side cornerback, who is in position to make the play, is tackled by an offensive lineman with the offense scoring a touchdown should be enforced.

On first and second infractions after completion of the play, officials should instruct the players of the infraction and instruct him in the proper technique to be employed in the future.

b) **FIELD COACHES**

There will be No Coaches allowed on the field at the Division 3 Level. However, during a time out a **single coach** will be allowed on the field to instruct his team.

c) GAME DURATION

All Division 3 games will consist of four 20-minute running quarters with a 10-minute half time. The clock can only be stopped via a time out or serious injury.

d) COIN TOSS

- A. Each game shall begin with a coin toss.
- B. The coin toss takes place prior to the start of the game at midfield
- C. During the coin toss, the Head Referee will identify himself to all the Head Coaches along with Referee responsibilities on the field.
 - Which Referee is keeping the running clock.
 - Which Referee is keeping the between playtime.
 - Which Referee is in charge of the down and distance marker.
 - Which Referee is charge of spotting the ball.
- D. The away team calls the coin flip.
- E. The winner of the coin flip has the right to defer to the second half.
- F. The winner of the toss has the following options for the first or second half:
 - Which team kicks off or which goal line to defend
- G. The loser of the toss has the same options for the half the winner of the toss did not select.
- H. Teams will defend the opposite end of the field after each quarter.

e) OVERTIME

- A. Coin Toss (Overtime) will take place prior to the start of Overtime.
- B. Home Team calls the Coin Flip / Winner has choice of ball or defense
- C. Team starting on Defense has last opportunity to score
- D. Ball is spotted at the 10 yard line.
- E. If no winner has been determined, Ball moves to the 5 yard line.
- F. If no winner is determined, Ball moves to the 3 yard line.
- G. If no winner is determined game ends as a tie.
- H. During Play-Offs, the ball will remain at the 3 yard line until a winner is determined.

f) TIME OUTS

Each team will be allocated two 30 sec. time outs per half. They can be used at the discretion of the coaches, or not at all.

* Clock will only stop for Time Out / Official Time Out / Delay of Game Penalty and Major Injuries

g) SCORING

Touchdown = **6** points

Field Goal = **3** points

P.A.T. = will start at the **3** yard line and **2** points will be awarded for a kick and **1** point for scoring via the run or completion of a pass

h) LOPSIDED SCORE RULE

Once a team is up by 12 points they must switch out their entire starting backfield including their quarterback. Coaches must make an effort to get backups in for both offense and defense.

i) KICKING Game

A. There will be no kickoffs, kick returns.

- a. At the start of the game after a coin toss whoever elects to receive the ball will start on their 35 yard line on offense.

- b. After a touchdown is scored the team that was scored upon takes over on offense from their 35 yard line.
- c. On fourth down and long a team must declare if they are punting the ball or going for it. If a punt is declared inside the Offense 20 yard line the ball will be moved 25 yards downfield and the opposing team will start on offense from that point.
- d. If a Team declares they are going to try for a first down the play is run and if a first down is not made the opposing team takes over from the line of scrimmage at the end of the fourth down play.

B. Field Goals and Kicking PAT's are allowed however, they are treated as a free kick. Everyone lines up on offense and defense as if a play is to be run. The only players who participate in the play are the center, holder and kicker. All other players remain in their position on the snap of the ball. They are permitted to hold their hands up and jump up to block the ball when it is kicked. There is no rush on the play. The holder and kicker can take their time in setting up and attempting the kick. Rushing before the ball is kicked will result in an offside call and a re-kick. Fakes are not permitted.

j) SAFETY

A safety will award the defense with **2 Points** and the offense will take the ball over at **50 yard line**.

k) OFFENSE

- A. Players must be in a two or three point stance before the start of every play at this level.
- B. Standard offensive formations may only be used. No unbalanced lines or over shifts are permitted.
- C. The only offensive plays that can be run are the Legal Plays as set forth by the League.
- D. The ball can only be handed off once at this level. (**No Reverses**)
- E. When lining up at the line of scrimmage all linemen must take at least one arms length splits (approximately 18 inches) before setting for the play.
- F.

l) DEFENSE

- A. All teams will run a standard 5-2 defense, TNT and Goal Line D (when inside the 10)
- B. All linebackers must be lined up 5 yards from the line of scrimmage and cornerbacks must be lined up 3 yards from the line of scrimmage and 3 yards from the Defensive End.
- C. Safety's should be 8 yards from the line of scrimmage.
- D. Except Defensive Ends, All defensive lineman must be in a 3-point stance and will be aligned head up or shaded on their offense lineman one yard off of the tip of the ball. There will be NO gap play.
- E. Defensive Ends can use either a 2-point or 3-point stance and can align themselves head up or on the outside shoulder of the last man on the offensive line.
- F. At the start of every play all defensive lineman must engage their offensive counter parts before pursuing to the ball.
- G. There is no blitzing of any kind at this level.
- J. Goal line defense should be but not mandatory when the ball is on your 10 yard line or closer toward Goal line. In goal line D you can have a maximum of 7 men on the line of scrimmage and 9 in the box (7-2 Defense). Must be head up the guards and tackles and outside shade for the defensive ends. 2 linebackers must be 3 yards deep at the snap of the ball even if it means they are standing in the end zone. Safety must be 5 yards back, CBs 3 yards outside the last man on the LOS and 3 yards off the ball.

m) PROTESTS

There are no protests for games. The decision of the league directors is final. These games are played for fun and to teach the kids the fundamentals of the game.

n) FOOTBALL

The Division 3 level will use a Wilson K-2 football or a similarly sized ball as provided by the League.

o) CAPTAINS

All rostered players shall get at least one opportunity during the year to be a captain to start the game.

p) PLAYING TIME

ALL players must play at least half of every game. If they do not start on offense they must start on defense. They also must get some playing time on each side of the ball. No single player can get all of his playing time only on offense or only on defense. Coaches should make every effort to have players play more than one position on both sides of the ball.

q) REQUIRED EQUIPMENT

All players must have all their equipment with them in order to participate in any given game or practice. This equipment is to include: helmet, shoulder pads, rib guards, mouth piece, jersey, athletic supporter and cup, football pants, 2 knee pads, 2 thigh pads, girdle, 2 hip pads, a tail pad and football cleats.

r) WEIGH-IN's

There are weight restrictions for running the ball and playing Linebacker. Any child weighing more than 95 lbs must play from tackle to tackle on offense and cannot run the ball or catch passes. On defense, he must play on the defensive line. He is ineligible to play cornerback or safety. A list of kids that are ineligible to run the ball will be posted on a secure area for coaches only on the Patriot League website.

Prior to every game both head coaches should meet to discuss their individual team players that are ineligible to run the ball. During warm ups each coach should make an effort to inspect the players on the opposing team. During the pregame discussion with the opposing coach any questions as to size and weight should be brought up. If there are players either coach still feel are questionable then it should be brought up to the site director at least 15 minutes before the scheduled start of the game. This will allow ample time for the player or players in question to be weighed without causing a disruption to the regularly scheduled start time of any game or having a child be embarrassed by being kept out of the start of a game to be weighed and checked for eligibility. The weight allowance with pads and no helmet is 95 lbs.

s) COACHES TEAM OFFICIALS CONDUCT

The conduct of **COACHES, PLAYERS, CHEERLEADERS, OFFICIALS (i.e.; Chain gang, Trainer, Statistician etc.) and PARENTS** at games is of critical importance.

The following points must be observed.

No spectators are permitted beyond the 20 yard line or closer than 5 yards to the sideline.

Players and coaches must refrain from open, loud, visible criticism of players, cheerleaders, coaches, parents and officials during the game. Penalty for violation could be 15 yards at the discretion of the game or league official. Offending party may be suspended from the game.

A second unsportsmanlike conduct call on the same person during the season will be considered grounds for expulsion from the league for an individual player, cheerleader, coach, parent or official involved pending League approval.

Coaches must take special efforts to see that the conduct of parents reflects favorably on their team. Harassment of Officials and unruly conduct of parents will be subject to 15 yard penalties. In the case of abusive conduct on the sidelines, officials will warn the offending team. Repeated violations will result in penalties or forfeiture of the game.

Anytime it is necessary for an official to penalize a team 15 yards for unsportsmanlike conduct on the part of any non-player (coach, parent, cheerleader, statistician, etc.), the offending adult will be asked to leave the playing field immediately.

The consumption of drugs, alcoholic beverages, or tobacco products on a game or practice field by anyone is prohibited.

Any player ejected from a game will be suspended from the next scheduled game. Any player ejected from 2 games in a season will be suspended for 2 games.

Any coach ejected from a game will be suspended from the next scheduled game. This suspension will apply to all levels of play and games scheduled. Any coach ejected from 2 games within a single season shall be banned from coaching in the League indefinitely pending an application to be re-admitted.

Readmission is solely at the discretion of the Directors of the offending party's league. There are no appeals to this process however the offending party is permitted to reapply on a yearly basis for readmission. Decisions on any reapplication is again solely at the discretion of the Director's of the offending party's league.

NOTE: It is the duty of the head coach to see that all players, cheerleaders, parents, and assistant coaches are fully aware of these rules.

t) TEAM NAMES

Individual teams in the Division 3 may choose their team name based on the NCAA.

u) POST SEASON PLAY

Every Team makes the Play-offs.

v) PRACTICE

Once practices begin each D3 team will be allowed a maximum of 10 hours of practice time per week with no single practice exceeding 2 1/2 hours in length for a total of 4 practices per week. Once school begins each team will be allowed a maximum of 6 hours of practice time per week with no single practice exceeding 2 hours in length for a maximum of 3 practices per week. A practice will be defined as a meeting of more than 4 players with a coach and can occur at the practice field or a coach's home.

For 1/2 hour of practice all players must be allowed a 5-minute water break.

w) **COACHES**

- 1) All Coaches must be: 1) Rutgers S.A.F.E.T.Y. Certified 2) Complete USA Football Level 1 Certification Course 3) Pass Background Check . The league offers training for a nominal fee. No other certifications will be accepted. Each Coaching Candidate will submit to the National Center for Safety Initiatives.
- 2) Only Four Coaches in Box during Games; It is Every Coaches Responsibility to Maintain their Sideline.
- 3) There is No Limit to the Number of Coaches Allowed for Practices provided that they are Rutgers Trained and a productive Part of the Practice.
- 4) Head Coach: As Manager of the team; Oversee and Delegate responsibilities; Instruct Proper Technique in Tackling, Blocking etc.; Communicate with Parents and League Directors.
- 5) Assistant Coach/ Bench Coach: Primary Responsibility is to Ensure each Player gets Maximum Playing Time on Both Sides of the Ball
- 6) Assistant Coach/ Equipment Manager: Primary Responsibility is to Ensure each Player is Properly Equipped
- 7) Assistant Coach/ Trainer: Primary Function is to Maintain Medical Supplies, Administer Ice Packs; Band Aids etc.

MAINTAIN YOUR SIDELINES

- * Water Bottles are Away from Playing Field toward the back of the Coaches Box
- * Non-Active Players are 1 or more yards from Sideline
- * Spectators are at least 10 yards from Sideline / No Spectators inside or around End Zones
- * Non Active Players, Spectators or Coaches are on the Field of Play or beyond the 20 yard line
- * Maintain a Civil, Healthy, Positive and Sportsmanship Environment