

RECREATION SERVICES
FOOTBALL RULES AND REGULATIONS
2007

1. The purpose of this program is to offer youth an organized football activity with an opportunity to improve one's playing ability and to learn good sportsmanship.
2. Age Division:
 - A. Freshman: 7-8 year old, 7 minute quarters. Five year olds are not eligible to play. Players cannot have reached their 9th birthday prior to August 1, 2007, and must have reached their 7th birthday by August 1, 2007. The field length will be 80 yards. Football Wilson K-2.
 - B. Sophomore: 9-10 year old, 7 minute quarters. Players cannot have reached their 11th birthday prior to August 1, 2007. The field length will be 100 yards. Football Wilson TDJ
 - C. Junior: 11-12 year old, 8 minute quarters. Players cannot have reached their 13th birthday prior to August 1, 2007. The field length will be 100 yards. Football Wilson TDY

3. Weight Restrictions:

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| Freshman Division: | Any potential ball carrier (offense or defense) May weigh a maximum of <u>80 pounds</u> at their initial weigh-in. |
| Sophomore Division: | Any potential ball carrier (offense or defense) may weigh a maximum of <u>100 pounds</u> at their initial weigh-in. |
| Junior Division: | Any potential ball carrier (offense or defense) may weigh a maximum of <u>125 pounds</u> at their initial weigh-in. |

All players listed on the regular season roster must weigh in prior to the beginning of the season at a site and time designated by the Recreation Services Department. Players will not come to the weigh-in wearing their football uniform. Players may not register at weigh in. Players not on the weigh in roster will not be weighed.

All potential ball carriers may gain a maximum of 10 pounds during the current season. All **players with a non-restricted numbers will be weighed prior to each game**. If a player is found to be over the limit, he may either be given a lineman's number or he must sit out the entire game. Players found to be over the weight limit must qualify at a site and time determined by Recreation Services. If the player fails to meet the weight requirement for a second time, the player will be disqualified as a ball carrier for the remainder of the season.

4. League Directors must verify date of birth and proper boundary for all players and turn in team rosters to their designated Zone Coordinator before August 13th, 2007. **No roster changes may be made after September 4th, 2007. Exceptions, if any, will be made by the Recreation Services Department.**
5. Boundaries are established by Recreation Services. Players must register in the league which they are zoned. No two leagues that have 18 or more players on a team can combine to make up 1 team. Any team found using an illegal player who does not live within league boundaries will forfeit all games in which that player participated. The player will then be placed in the proper boundary on an appropriate team.

EXCEPTION: In the current season any player who starts out playing in a league and then moves out of the league area can still play in the same league area he started with or change to the other league. This applies only until the player completes their age group.

Any out of boundary player must be approved by the Recreation Services Department prior to being added to the roster.

6. All players participating in the Recreation Services Football League must have their age verified by a state certified birth certificate or must have a city I.D. number. This must be turned in before a player is added to the roster. Any player entering the league after the season starts will be expected to meet these same age regulations.
7. A League may not register player's that are out of their league's boundaries. No League may take players from outside their boundaries place them on a team and put their own players on a waiting list.
8. Player may not transfer from one team to the other, after they have played in a regulation game. **PENALTY** – forfeit of game.
9. Each player must turn in a ***PARENTS PERMISSION FORM*** to play. All players are expected to be physically fit and passing all school work in order to play.
10. All participants are required to present evidence of physical examination to the League Director before being allowed to join the team or to practice. The League must keep this form on file during the current season.
11. All injuries should be seen by a licensed physician and the participant should re-enter competition only with written consent of that physician. All injuries during practice will be reported by the head coach to the league director. The league director must report the injury to the Recreation Services Department Zone Coordinator. All injuries during a game must be reported by the field manager to Zone Coordinator.
12. A team must have a minimum of 18 players on the roster in order to have a legal team. ***No more than 30 players per team.** Any exception will be made by the Recreation Services in writing. A league that registers 35 participants in an age group must split into two (2) teams by August 16th. When a league reaches 30 players, number 31-35 must be placed on a waiting list. Players on the waiting list must be released one week after practice in shorts begins. This must be done through the Zone Coordinator.

13. No pads will be worn until five practices have been completed in shorts and helmets and gradual increase in conditioning has taken place, regardless of when to player joins the team. As correlated to this, every thirty minutes of practice will be followed by five minutes of break time wherein the participants are allowed to obtain some form of electrolyte solution.
 14. Any player appearing in an official game or on an official roster in any other organized football program in the city or county this season will not be eligible to participate in any division in this league. This is to avoid conflicting schedules and switches from one sponsorship to another during the season. **PENALTY** – forfeit of game.
 15. Practice will begin August 6th, 2007, with only shorts and helmets allowed. Practice in full equipment will begin on August 13th, 2007. The season will start on August 27th, 2007.
 16. Practice will never exceed two hours. All drills and scrimmages should be preceded by at least 15 minutes of calisthenics and stretching with recommended drills. Teams may only practice (4) times per week if they do not have a scheduled game and only (3) times per week if they have a scheduled game.
 17. After August 13th and prior to September 4th, all players added to the roster must comply with rule # 13.
 18. All football equipment used by participants must be approved by the Recreation Services Department. Any equipment not standard or faulty will be removed.
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GENERAL PLAYING RULES

19. All games will be played by official high school rules except such rules as may be initiated by the city of Huntsville Recreation Services Department.
20. Each team should have at least one official game per week, the season depending on the number of teams in each division.
21. No game will be postponed without permission of the Recreation Services Department. Both coaches will be notified. If a team forfeits a regular scheduled game that team/league will be responsible to pay the cost of officials prior to their next game.
22. No game will be started without a full team of 11 players. Game will be forfeited by a team without 11 players at scheduled game time.
23. Only the players in uniform and five (5) coaches will be allowed on the field during a game. Coaches name must be on the roster and must display a coaches card with photo. Two (2) Cheerleader sponsors, League Chairman, and Football Directors (With photo I.D.) will also be allowed on the sideline.
24. No video or still cameras will be allowed on the sidelines or in the press box while the game is in progress.

25. No player may enter the game without headgear, shoulder pads, pants pads, and acceptable clothing. All will be required to wear mouth pieces. No player may enter the field without shoes. Only molded rubber cleats will be permitted for all divisions. Officials will be required to check all cleats during the warm up prior to each game.
26. To begin each half of the game, the ball will be placed on the 35-yard line for 7-8 & 9-10, and 30 yard for 11-12; **No kickoff.**
27. **(Safety Rule)** The team who received the two points for the safety, shall take possession of the ball at the defense's 45 yard line for 7-8, and the 50 yard line for the 9-10 & 11-12.
28. Punts will be done by the Alabama High School Athletic Association Rule for Middle School Athletic Association Rule for Middle School Football with the following exceptions: **Teams have the option of taking a 20 yard walk off for the 7-8 and 9-10 age group and a 30 yard walk off the 11-12 age group. The 11-12 age group will also have the option to use a punter under the following conditions:**
 - A. The punter will take a position (7) seven yards directly behind the center, who will be positioned at the midpoint between the hash marks. The receiving team may not advance the football. Muffed catches are considered to be a dead ball at the point where the ball was first touched. There will be no rushing the punter. Both offensive and defensive players must remain in a two point stance. Any snap not fielded by the punter may be punted from the point of recovery by the punter. Neither offensive nor defensive players may advance past the line of scrimmage during the play. Infractions will result in a 5-yard walk off. The punting team will retain possession if the walk off results in a first down. If the walk off does not result in a first down, the punting team will have the option of going for the first down or re-declaring their intention to punt. If the receiving team fails to field the punt, the ball will become dead at the point where it stops. The receiving team may designate one player to receive the punt. The receiving team will take possession of the football where it is fielded, rolls dead, or is touched, regardless of its position on the field. The clock will stop once a punt has been declared, and will restart when the ball has been marked ready for play.
29. The Recreation Services Department Staff reserves the right to remove **any** dominant player (offence or defense) from the game, that has met their minimum play obligation. This rule does not apply unless there is a **21** point deficit. Any coach whose team has a margin of victory greater than **42** points will be suspended for the next scheduled game.

NOTE: THERE WILL BE NO PASSING BY THE TEAM LEADING AFTER THAT TEAM GAINS A 21 POINT LEAD Penalty: 15 yard unsportsmanlike conduct penalty assessed to the head coach.

30. **Each team must complete and turn into a Recreation Service Official the offensive and defensive starting lineup and substitutes. All lineups must be turned in to the field manager 10 minutes prior to game time. Failure to comply will result in a 15 yard penalty to the offending team and the game will not start until line up is in.**

31. All Guards, Centers and tackles (offense and defense) will have no weight restriction. These players may not carry the ball at any time nor may they be used as a blocking back.. Should they recover a fumble or intercept a pass, the ball will become dead immediately at that point. These players must wear numbers in the 50's, 60's and 70's. "Sweating" players to meet weight limits will not be tolerated by Recreation Services. Anyone found to be in violation of this policy will be suspended permanently from coaching and the player involved will be suspended for that season.
 32. All games that are tied at the end of regulation play will have a maximum of two (2) overtimes to determine a winner. The ball will be placed on the 10 yard line and each team has an opportunity for an offensive series of downs (4 plays).
 33. Any game protested because of an ineligible player, must be protested before the end of that game in writing to the field manager. Proof of ineligibility must be shown to the Zone Coordinator by the protesting coach and accompanied with a \$50.00 non-refundable cash fee within 24 hours for the protest to be considered.
 - A. A protest committee of three (3) league football directors will be established to hear any grievance.
 - B. Judgment calls are not protest able.
 34. Freshman Division ONLY: One coach per team may be on the field on offense and defense. **The coach must position himself behind the referee or at least 10 yards behind the deepest player.**
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COACHES REQUIREMENTS AND CONDUCT

35. It is mandatory that a Coaches Application be submitted, approved by the League Director and be on file prior to being assigned to a team and being placed on a roster.
36. The conduct of the team, its coaches and spectators should be closely controlled. Any coach who enters the field to approach the officials without their permission should draw an immediate 15 yards penalty for the first offense. The second offense will result in forfeiture of the game. A parent who approaches an official during a game shall be given one warning. The second offense will result in forfeiture of the game by that parent's child's team.
37. A player or coach will be permanently band from Recreations Services activities for striking an official, player or coach. No profanity on the field.
38. Any coach who pulls his team off the field will be permanently dismissed from coaching another football team in the City of Huntsville Recreation Services.

UNSPORTMANLIKE CONDUCT RULE:

1. If a coach receives one unsportmanlike penalty before, during, or after a game for any reason, that coach will be suspended for the next game.
2. The second penalty on the same coach during any other game that season will result in that coach being suspended for the remainder of the season.
3. If the second offense occurs during the last game of the season, the suspension will carry over to the next season.
4. During the time a coach is suspended, they may not associate themselves with team in any manner of practice or game. A suspended coach will be allowed to attend games in which his child or children are participants so long as his behavior is deemed proper by the field manager. At no time will he be allowed on the field during the suspension (practice or game).
5. Any coach whose team has a margin of victory greater than 42 points will be suspend for the next scheduled game.
6. Any coach found to have illegally changed a players jersey before or during a game will automatically be suspended for the season.

League: _____
Football Director: _____
Team Name: _____
Coach: _____
Coach: _____
Coach: _____
Coach: _____
Coach: _____

NOTE: THIS FORM MUST BE SIGNED BY ALL THE COACHES AND RETURNED TO THE ZONE COORDINATOR WITH THE ROSTER.