

**FAIRFIELD COUNTY FOOTBALL LEAGUE
SENIOR DIVISION - Seventh Grade
YEAR 2010 RULES AND REGULATIONS**

I. GRADE AND WEIGHT ELIGIBILITY REQUIREMENTS:

- A. All weights are game day weights - that is, player's weight while wearing his uniform and all game equipment, excluding his helmet and shoulder pads.
- B. Enrolled in the 7th Grade during the fall football season and will not turn 14 before December 1 of that same year.
- C. 170 Pounds Maximum.
- D. Players playing at "unlimited" positions (may play any position) must weigh no more than 135 pounds. This includes all equipment except helmet and shoulder pads.
- E. Players weighing over 135 pounds must play interior line "limited" positions and may not carry the ball on a designed play. A player's weight includes all equipment except helmet and shoulder pads. "Limited" positions include only OT/OG/C/DT/DG, and these positions are prohibited from carrying, passing or handing off the ball on a designed play. "Limited" players may NOT play either OE or DE. Each "limited" player must have orange circle not less than 1 inch in diameter on the front of his helmet, which shall be verified at weigh-in.
- F. The Head Coach must ensure that each player on his team meets the grade, age and weight requirements.
- G. Violations of the above eligibility rules will result in automatic forfeit of all games played in which the violation occurred and the coach will be subject to discipline.

II. WEIGH-IN PROCEDURE AND GAME DAY ELIGIBILITY:

Pre-Game weigh-ins are mandatory and should be conducted as follows:

- A. Each team must be weighed in the presence of both teams' coaches representatives no later than 15 minutes prior to start of the game. The final FCFL approved roster listing each player's name, DOB, jersey number, game weight with pads and whether "limited" or "unlimited" must be exchanged between teams and also be available on the FCFL website.
- B. Players must wear all game uniform and equipment, excluding helmet and shoulder pads but including hip pads, thigh, butt and knee pads. Players must then play in the equipment in which they were weighed as well as helmet and shoulder pads. (Example: Should a player elect to be weighed wearing sneakers, or no undershirt, or no additional pads for ribs, neck, or arms, he must play with or without that same equipment.) A mouth guard is mandatory during game play.
- C. Only one official weigh-in per player. That is, should a player fail to make weight on the first attempt, he is at once disqualified to play in that day's game. Unofficial weigh-ins are allowed prior to the official weigh-ins to be supervised only by that player's coach.
- D. Each hosting organization is responsible to provide a scale, calibrate using a standard-size free weight (minimum 20 lbs.) in the presence of the opposing team.
- E. The purpose of the weigh-in is to confirm each player's eligibility to play and status as "limited" or "unlimited". The exact weight of each player need not be recorded.

III. HEAD COACH RESPONSIBILITIES - GAME DAY:

- A. The Home Teams having the first game of the day will provide two (2) assistants to League Officials for field preparation, including placing yard line and goal markers.
- B. After the last game, the Visiting Team will ensure that the field and sidelines are clean and will assist League Officials in storing equipment.
- C. Head Coaches are responsible for fan control and deportment.
- D. Home Teams will provide a three (3)-man sidelines/first down crew. Where possible, the first down crew shall be stationed on the home team's sideline.
- E. Home Teams must provide the same accommodations to the Visiting Team that they have available for themselves. Home Teams who cannot provide the same accommodations to the Visiting team are prohibited from using them.

- F. No sideline coaches, parents or fans are permitted on the playing field or in the end zones for any purpose including filming the game.
- G. All coaches, fans and players are prohibited from using any wired or wireless mechanical communication devices, either directly or indirectly, to communicate with anyone observing the game.
- H. Refer to additional responsibilities in FCFL Policy and Procedures Coaches' Code of Conduct.

IV. REFEREES:

Referee responsibilities include:

- A. Knowing FCFL Rules
- B. Enforcing Rules
- C. Keeping Time
- D. Down Supervision
- E. Game Play
- F. Crowd Control
- G. An official game may not be played without at least two referees in attendance.

V. INJURIES - EMT COVERAGE:

- A. Host organizations must ensure that EMT or EMS personnel are present at their fields during every game and have radio access to ambulance service.
- B. Coaches are to cooperate fully with EMTs, recognizing that any injury should be considered potentially serious. The Head Coach (or his duly qualified designee) shall immediately attend to a downed player, solicit the opinion of the referees with regard to the circumstances related to the injury, and signal to the attendant EMT if assistance is required. As soon as the EMT arrives, the EMT will be responsible for the disposition of the injured player.
- C. An injured player must sit out a minimum of one (1) play.
- D. Injured players will be permitted to return to the game based on a decision made by:
 1. Medical doctor, if present; or
 2. Examining EMT

VI. MANDATORY PLAY RULE:

- A. Team size will be dependent upon the total number of participants in that grade as specified in the FCFL Policy and Procedures document, section VII, A.
- B. Each player is required to play a minimum of twelve (12) plays. Punts count as plays.
- C. At the end of both the second and third quarters, there will be an official time out, for player monitors to agree on any players who have failed to play 12 plays. If the minimum play rule has not been satisfied by the end of the third quarter, each player who has not played 12 plays must immediately start the fourth quarter and remain in the game until he meets the minimum play requirements. Once both coaches have agreed that all players have met the minimum play requirements, neither team may submit a protest. Coaches shall not agree to waive the minimum play rule.
- D. Each team must use the Player Participation Form as provided by FCFL and maintained during the game by each team's designated player monitor. Head coaches are to provide the opposing coaches/player monitors a minimum play sheet that clearly identifies the following separately: two-way starters, offense only starters and defensive only starters and substitutes.
- E. Exceptions to the minimum play rule for disciplinary matters or injury must be identified prior to the start of the game. The coach and disciplined or injured player will both be required to notify the opposing coach in person prior to the game to discuss the minimum play waiver.

VII. REMOVING PLAYERS:

- A. If a team has a sixteen (16) point or more lead, the opposing coach may elect to remove up to three (3) players from the leading team's offense without regard to position until the

lead is reduced to less than sixteen (16) points. Additionally, such players shall also be ineligible to participate on any special teams (kick-off or kick receiving, punting or punt receiving, and field goal or PAT attempts).

- B. If after the 3rd quarter ends, a team has a seventeen (17) or more lead, the opposing coach may elect to remove up to three (3) players from the leading team's defense without regard to position until the lead is reduced to less than seventeen (17) points.

VIII. PLAYING RULES:

FCIAC Rules, except as modified below, shall govern all play.

- A. Quarters will be 11 minutes each, timed in accordance with FCIAC rules. Half time will be limited to 5 minutes.
- B. Field of play is 53-1/3 X 100 yards, with additional 10-yard end zones.
- C. All fumbles are live and may be recovered and advanced by either team.
- D. Offensive Formations are unlimited in full accordance with FCIAC rules with the following exceptions:
 - 1. A player who weighs over the "unlimited" weight for their grade level, must play an interior line "limited" position. "Limited" positions include only OT/OG/C/DT/DG. All offensive formations must include Left OT/Left OG/C/Right OG/Right OT in a balanced line and these players, even if unlimited players are never eligible receivers, even if they are the last man on the line (uncovered). "Limited" players may NOT play DE or be more than 2 players away from the C. Limited players are never be eligible to be receivers or ball carriers regardless of where they line up,
 - 2. Eligible Receivers are as per FCIAC rules, except that an eligible receiver on the LOS must always be at least 3 players away from the Center.
- E. Defensive Team Formations and Restrictions
 - 1. Defensive Team Formations are limited such that 4 linemen are head up on offensive guards and tackles and there is a maximum of 1 additional linemen lined up on each side anywhere wide of the DT (a total of 2). The center (defined as the player who snaps the ball at the beginning of the play, regardless of his place on the line of scrimmage) is not to be covered by any defensive lineman. There may be 0, 1 or 2 additional defensive players on the line of scrimmage wide of the defensive tackles, but no more than 1 such player on each side.
 - 2. All other defensive players (5-7 players) must be at least 3 yards off the line of scrimmage. The defensive alignment can therefore have 4, 5 or 6 linemen (4 of whom are head up on guards and tackles, at least 1 safety (6 yards off the line of scrimmage) and the remaining 4 – 6 players at least 3 yards off the line of scrimmage.
 - 3. The linebackers and safeties may be no closer than three yards to the line of scrimmage. They may set up laterally anywhere between the sidelines. No linebacker or safety will be permitted to move inside of 3 yards of the Line of Scrimmage (LOS) prior to the snap; however, one linebacker or safety is permitted to shift as long as the offense deploys motion. The linebacker or safety mirroring motion may also 'relay' (i.e., hand off) his motion assignment to another linebacker or safety, but at no time will there be more than 1 defensive player in motion at any one time. If offense does not deploy motion, there can be no defensive movement or shifting prior to the snap.
 - 4. Interior defensive linemen must be in a three- or four-point stance.
 - 5. Defensive ends may be in a two-, three-, or four-point stance.
 - 6. The rules above restricting defenders' movements are designed limit the repositioning of players once they are set up but they are NOT contrary to the established rules of football that permit "flinching" by a defender as long as the movement does not result in an encroachment into the neutral zone of the line of scrimmage or a linebacker coming closer to 3 yards of the LOS.

- F. There are no kick-offs. To start the game, half or possession after a TD, the ball will be placed on the receiving teams 30 yard line.
- G. Punting is conducted as follows:
 - 1. Punt formations are limited to 5 interior lineman, 2 TEs/SEs, 3 up-backs and 1 punter. Linemen on either side of the ball must remain in a 3- or 4-point stance, must maintain "normal splits" (i.e. may not spread out to cover the width of the field), and no member of the punting team may go downfield until the ball is punted. If the ball is not punted within five seconds of the snap, the referee will flag for illegal procedure and a penalty will be assessed. **NOTE:** If a team elects not to punt the ball after declaring their intent to do so, the usual playtime restrictions are in effect and a delay of game penalty will be enforced. The Receiving Team may deploy one (1) blocker (DE) per wide out to defend the play.
 - 2. Receiving formations must all follow the regular defensive alignment as described above. Defense must line up head to head except the center is uncovered. There is no rushing. All down linemen must remain in a 3- or 4-point stance until the ball is punted. Everyone in the punting formation may release downfield once the ball is punted.
 - 3. Play is live per FCIAC rules once the ball is punted.
- H. After scoring a touchdown, the offensive team may elect to pass, run, or kick for an extra point(s). When the offense elects to kick the PAT, the ball is snapped from the 3 yard line. A kicked PAT is a live play, counts toward the Mandatory Play Rule, and defensive rushing is permitted. Faked kicked PATs are permitted. The kicker can be a limited or unlimited player but he cannot advance the ball on a fake, botch or muff. If a faked, botched or muffed kicked PAT results in a score, the team will get one (1) point. Teams that successfully kick the PAT will get one (1) point. Teams that successfully run or pass for the PAT will get one (1) point if they elect to start from the 3 yard line and two (2) points if they elect to start from the 5 yard line.
- I. An offensive team may kick a field goal at any time. They shall announce their intention to the referees, and a kick formation will be used. Defensive rushing is not permitted and all players must remain in a 3 point stance. If the ball is not kicked within five seconds of the snap the referee will flag for illegal procedure and a penalty will be assessed. Missed field goals will result in the opposing team taking possession at the line of scrimmage from which the field goal play was attempted.
- J. Safeties – If an offense gives up a safety, the defensive team gets the ball at midfield.
- K. Overtime – Will be used only in the playoffs. A coin toss will be called by the visitors. Winner of the toss can choose offense or defense first. Both teams start on the ten (10) yard line and attempt to score. In OT, all PATs will be played run or pass (no kicks) as per usual rules. If the score is tied after one (1) OT, another OT period will be played in the identical fashion, except the team will reverse the order of playing offense.

IX. EQUIPMENT:

- A. Only certified and properly reconditioned helmets may be worn.
- B. All players must have a colored mouth guard that must be worn while the ball is in play (Violations will be flagged and will incur a 5-yard penalty).
- C. Sneakers, rubber cleats or turf shoes must be worn.
- D. A jersey must cover the shoulder pads.
- E. All excess equipment must meet scholastic guidelines.
- F. Acceptable balls included; Wilson TDJ, GST Junior, Nike 705J, 1000J, Baden JR.