



Official LYAA Rule Book

3rd through 5th Grade
Loveland Youth
Athletic Association

Revised July 20th, 2012

CONDUCT

INELIGIBILITY

Injuries are a part of the game. If a player is:

1. Injured they should be removed for at least one (1) play following the play in which the injury occurred. It is very important that the coach fully inspect the player before returning the player to the game or practice. If in doubt; sit them out!
2. Rendered unconscious or has had any medical attention for any reason after the start of the season, that player may not return to the program without written permission from their doctor. It is the responsibility of the coach to turn the permission slip into the LYAA grade supervisor or LYAA board member prior to the players return to any form of contact. There will be no exceptions to the above rules.
3. Removed from a game, regardless of the amount of time, due to a concussion or concussion like symptoms, then that player CANNOT return until they can provide clearance from a licensed practitioner before participating again.

EJECTIONS

1. The first time a player is ejected from the game they may not return to that game & must leave the facility for that day and report to the LYAA board before they can practice again.
2. If a player is ejected from a game twice in a season, the LYAA board may decide to dismiss the player from the league for the remainder of the year.
3. Once a player has been dismissed from the league, they must appeal to the board for reinstatement and explain why he/she should be allowed to participate in the future. The board must then vote on whether or not to allow the player back into the league.
4. All game ejections are reported to the board following the game.
5. It is the responsibility of the coach to inform game officials prior to the start of the game, of any previous game ejections for any of their players. Failure to do so will result in the forfeiture of any games where previous ejections were not reported.

CONDUCT

All spectators and coaches are urged to provide only positive encouragement to their teams by cheering them on.

Shouting in abusive language at players, officials or other spectators is strictly prohibited!

1. Any time a referee deems necessary he/she may halt play and:
 - a. Issue a ten (10) yard penalty for first infraction.
 - b. Second infraction will result in ejection from the field and or forfeiture of the game.
 - c. Or call for a board member
2. The coaches are responsible for keeping the spectators orderly and off the playing field.
 - a. Spectators must be on their team's sidelines.
 - b. Spectators must stay OUT of designated coach's box on their sideline.
3. Any player behaving in an un-sportsmanlike or abusive manner towards any other player, referee or league official may be ejected from the game or league.

The LYAA board reserves the right to suspend players, coaches, and spectators at any time without warning, cause, notification or justification.

PRACTICE GUIDELINES AND PLAYING TIME

Playing periods are defined as a practice or game in which the players are engaged in organized drills or play. (Informal chalk talks are considered practice)

1. The LYAA board will determine the number of games and practices per team.
2. Practices will consist of two hours during the designated days below.
3. Scrimmages may only occur on Thursday evenings after 6pm.
4. The LYAA board will designate which field locations are available to practice at the shed. Coaches are allowed to pick an area that they plan to meet at and have players picked up from each day.
5. Smaller practice areas will be numbered by the LYAA on a chart maintained in practice. Scrimmages can occur where space is available but all teams should migrate back to their designated practice area so parents have a consistent location to pick up their players.
6. The LYAA board may approve alternate practice times or designated days, as they deem necessary.
7. The LYAA board will notify coaches of when Helmet only practices and Full Pad equipment practices can be conducted. Please remember to check your coach's box **DAILY!**
8. Friday practices are allowed but they are **OPTIONAL** and **MUST** be conducted in **HELMETS ONLY**. They will **ONLY** last from five (5) to six (6), a total of one (1) hour. Attendance cannot be used to determine a players playing time.
9. Friday practices must be conducted at the teams regular practice location. Infractions or deviations of the above rules will result in the following:
 - a. First infraction will result in a warning.
 - b. Second infraction will result in dismissal of the coach.
10. Each player on the team whose attendance and conduct at practice is satisfactory MUST start on either the OFFENSIVE or DEFENSIVE side of the ball and play the majority of the offensive or defensive plays.
 - a. Officials are limited in their ability to enforce this rule and each head coach is required to follow it uniformly so that all players in the program receive the opportunity to play. Kicking game is not considered a play!
 - b. Coaches are not required to but are encouraged to keep an attendance log, which provides an opportunity to clarify playing time issues if they arise.

GAMES

OFFICIAL RULES

1. The official rules for the LYAA shall be the rules of the National Federation State High School Association (NFSHSA) where applicable, with the changes and additions listed hereinafter.
2. In the third (3rd) grade only, one (1) coach is allowed to be on the field during the game. Offensive coach can be in the huddle, but once the snap count starts, must be behind the referee for the remainder of the play. Defensive coach can setup his team and players, but once the snap count is started must be behind the Umpire for the remainder of the play. If either coach distracts or detours the game in anyway, it is a warning, the first incident, followed by a sideline infraction.

GAME EQUIPMENT

All game equipment (ball, down marker, chains) shall be provided by the LYAA. Each of the coaches is responsible for recruiting individuals to operate the equipment for 1 half each. The referee at his/her discretion may remove at any time the individuals running the down marker or chains.

LENGTH OF GAMES

1. Each game shall consist of two (2) thirty-minute (30) halves and a ten-minute (10) half time.
2. Each Team is given two (2) timeouts per half.
3. The game is played with a running clock and will only be stopped for time-outs, injuries and once each half at the two-minute (2) warning. The two-minute (2) warning timeout will last for one (1) minute. After the two-minute (2) warning, the game will be played with “stop clock” rules.
4. If a team is winning by twenty-one (21) points or more the two-minute (2) “stop clock” will be ignored.
5. If a team ever reaches a thirty-five (35) point margin, the clock will always run, except at timeouts or the two-minute (2) warning.
6. Time-outs are one (1) minute long.
7. Only one (1) coach is allowed on the field during a time-out.
8. Referees will start the play clock after one (1) minute of stoppage, and the game clock will start at the snap of the ball.
9. There is NO overtime.

GAME OFFICIALS

1. Officials will be supplied by the LYAA for each game. Many of the referees are local high school students and they WILL make mistakes. The LYAA does provide training and we want to retain the officials to build better consistency.
2. If you have comments about the officials please find a field supervisor after the game and CALMLY explain your concerns to them. The LYAA does it's best to provide constructive feedback to the officials.

PENALTIES

1. Under no circumstances are players allowed to engage in contact below the waste on the line of scrimmage. Coaches SHOULD NOT teach this technique even though it may be allowed in High School. The LYAA will remove coaches from their duties for teaching this technique or promoting its use in our program!
2. It is ILLEGAL to hit the offensive center when he is in the snapping position, and snapping to a “Quarterback/Punter” who is seven (7) yards or more from the center. IF a defensive player hits the center after a snap before he has the ability to start down the field, a 15yard penalty will be called and a possible ejection could occur depending on the severity of the hit.

All penalties will be enforced according to the following chart:

<u>Type of Penalty</u>	<u>NFSHSA Yardage</u>	<u>LYAA Yardage</u>
5 Yard Penalty	5 Yards	5 Yards
10 Yard Penalty	10 Yards	5 Yards
15 Yard Penalty	15 Yards	10 Yards

KICKOFFS

1. Kickoffs will occur at the beginning of each half.
2. The kickoff will be from the kicking teams thirty (30) yard line
3. There are no kickoffs following touchdowns, instead the ball will be placed on the receiving team’s Twenty (20) yard line after a touchdown.
4. Kickoffs that go out of bounds will result in the ball being placed on the (30) yard line.

EXTRA POINTS/FIELD GOALS

1. No field goals or extra points kicked
2. The ball is placed on the two (2) yard line for extra points.
3. All extra points are worth 1 point.

PUNTS

1. The punting team MUST designate that they are punting on Fourth (4th) down. Once you do this it becomes a dead play until the ball is kicked. The Punter gets a free kick. If the snap is bad or bobbled; they may stop pick up the ball reset and then punt the ball.
2. **NO FAKE PUNTS**
3. **NO RUSHING** the punter. The offensive and defensive line cannot leave the line of scrimmage until the ball is punted. Violation of this rule will result in a five (5) yard offside penalty and a re-kick if a first down is not achieved.
4. Punt team: Seven (7) linemen must be on the line and splits can be no more than 1 yard apart. Two (2) backs must line up one (1) yard off the ball. One (1) back must line up as a protector, and the punter lines up seven (7) yards deep.
5. Punt Return Team: MUST run a base defensive line, at least four (4) down linemen.
6. There is NO wedge blocking for the punt returner. This means that only two (2) blockers can be side-by-side blocking directly in front of the returner.
7. There is no advancing fumbles on punts.

CLOCK MANAGEMENT

INSIDE TWO (2) MINUTE WARNING

The clock shall be stopped during the last two (2) minutes of play when:

- The down ends following a penalty
- An official's timeout is taken
- The ball is out of bounds
- A legal or illegal forward pass is incomplete
- A score or touchback occurs
- A fair catch is made
- An inadvertent whistle is sounded

The clock shall start with the snap of the ball inside of 2 minutes if the clock was stopped because:

- The ball goes out of bounds
- A team is awarded new series (turned over on downs)
- Either team is awarded new series following a legal kick.
- The ball becomes dead behind the goal line.
- A legal or illegal forward pass is incomplete
- A team attempts to consume time illegally
- The penalty for a delay of game foul is accepted.
- The clock will also start inside 2 minutes when a free kick is touched.

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Rev 2 – 1983

Rev 3 – 1984

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Rev 6 – 1993

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