

## **2010 Season**

### **Northern Hills Youth Contact Football Standardized Rules**

#### **MISSION STATEMENT, CODE OF CONDUCT AND RULES OF PLAY**

##### **MISSION STATEMENT**

The Belle Fourche Area Youth Football Association, Inc. ("BFAYFA"), Spearfish Youth Football Association, (SYFA), Sturgis Area Youth Football League, (SAYFL), Newcastle Youth Football (NYF) and Lead/Deadwood Youth Football (LDYF) believe that athletic competition conducted with honor and good sportsmanship, builds character and thus improves the lives of our children. The BFAYFA, SYFA, SAYFL, NYF, and LDYF are committed to providing each child with an enjoyable learning experience. We understand the primary reason children participate in sports is to have fun while competing with each other. We believe every child matters and should be given the opportunity to learn and improve his/her knowledge and skills. The BFAYFA, SYFA, SAYFL, NYF, and LDYF mission is to provide the opportunities and training necessary for each child to learn and compete at his/her greatest ability. While competing to win may be important, the greater value lies in competing with honor, practicing good sportsmanship, and being gracious in victory and defeat. The BFAYFA, SYFA, SAYFL, NYF, and LDYF will strive to maintain the highest standards of health and safety for all involved in athletic competition. No child will be asked or forced to engage in risky or unhealthy behavior above the normal requirements of the sport.

##### **CODE OF CONDUCT**

The Code of Conduct applies to any person, player, coach, referee, administrator, parent, or spectator associated in any way with the Belle Fourche Area Youth Football Association, Inc., Spearfish Youth Football Association, and Sturgis Area Youth Football League. The intent of this Code is to protect the health and welfare of the youth participating in the association's program. This "Code of Conduct" is intended to provide a guideline for participation in the association's program, and is not intended to be inclusive of all situations that may arise in conducting the activities of the association.

All persons participating in the association's program, however, agree to obey the following Code of Conduct while participating in the association's activities. It is intended that any event sponsored by the association, whether within the community or outside the community, at any time and place, shall be governed by this code of conduct. Any violation of this Code will cause the person to be ineligible to coach, play, referee, participate, or otherwise involved in the activities of the association until such time as this violation can be investigated, reviewed, and a determination made by the BFAYFA, SYFA, SAYFL, NYF, and LDYF Boards of Directors ("BOD") guidelines.

1. At all times, both on and off the field, he/she will display good sportsmanship.
2. He/she will control their temper at all times and will help others to do the same.
3. He/she will do their best to continue to improve their skills or increase their knowledge required to perform the function they have assumed.
4. The needs of the team come before the needs of the individual.
5. He/she will represent themselves, their family, and their team with honor and dignity.
6. He/she will not argue or harass game officials.
7. He/she will not use profanity and/or language interpreted to be degrading.
8. He/she will not use drugs.
9. He/she will not consume alcohol in the vicinity of playing/practice fields. Persons under the influence of alcohol will not be allowed to participate or perform their assigned function at that time. The use of tobacco in any form will not be allowed on/off the field.
10. He/she will treat teammates and members of other teams with respect.
11. He/she will win with honor, and if they should lose, they will exhibit dignity and decorum.

## **RULES OF PLAY**

### **Tackle Football (5th and 6th Grade)**

#### **Overview of Tackle Football Rules**

With specific exceptions, Rules of Play shall be as listed by the South Dakota High School Activities Association (S.D.H.S.A.A.) covering High School Football. Exceptions to S.D.H.S.A.A. rules are specifically outlined herein and in the by-laws of the BFAYFA, SYFA, SAYFL, NYF, and LDYF. It is important to remember that unless a specific exception to S.D.H.S.A.A. rules is outlined herein than S.D.H.S.A.A. rules are the applicable rules in all applications.

#### **GENERAL RULES**

- 1) A player shall wear tennis shoes or soft resilient cleats with no sharp edges. Cleats are preferred for performance and safety.
- 2) A player shall wear only equipment approved and provided by the BFAYFA, SYFA, SAYFL, NYF, and LDYF except for shoes and mouthpieces. The wearing of mouthpieces is mandatory and shall be provided by the player.
- 3) Player jersey numbers do not have to match their positions.
- 4) If a jersey extends below the top of the pants, *it must be tucked in.*
- 5) The junior size ball of any approved manufacture shall be used.

- 6) It shall be the goal of the BOD that all players shall have as equal playing time as possible. The playing time for all players shall be determined by the coach, at the coach's sole discretion. However, the coach shall take into consideration the player's desire, the position to be played, the safety of the player, and as much as possible, provide an equitable distribution of playing time among all players.
- 7) All players must complete the conditioning practices before they can wear pads in practice or play in any games. Before a player is allowed to participate in a game, they must have participated in a sufficient number of practices as determined by the coach. A player may be withheld from game participation if he/she has not participated in practices without adequate excuse for their absence. A coach shall conduct no more than three practices of two hours or less per week during the playing season.
- 8) Contact football players (grades 5 and 6) shall be at least ten years old as of September 15 of the year in which the child is participating, and shall not be older than thirteen years old as of that same date. Exceptions may be considered by the BOD on a case by case basis.
- 9) The BOD is responsible for recruiting and the placement of all coaches. There shall be at least one coach 18 years or older assigned to each team.
- 10) The BOD shall be responsible to maintain a "master roster." This roster shall serve as the official record of the player's participation for all matters that may require such verifications. It shall be the coach's responsibility to see that the players on his/her team are on the master roster. The master roster shall provide the basis for the insurance coverage for the season and therefore, shall be complete by September 15.
- 11) A completed registration form and a registration fee shall be submitted to the BOD at the beginning of each season prior to the child being allowed to participate in the program. A registration fee shall be determined by the BOD and announced to the players and parents at the beginning of the season. A scholarship fund is available to any child who cannot afford either the registration fee or other charges that may be required for participation. No child shall be denied the opportunity to participate because they cannot afford to pay the fees. Upon application, the BOD at its sole discretion shall determine which players are eligible for this scholarship.
- 12) Referees shall be selected and assigned by the BOD.
- 13) Physicals are strongly recommended before the season begins. Physicals shall be solely at the parents' expense. The BOD may arrange for group physicals but only for the convenience of the children and the parents and the BOD does not accept responsibility for payment or for quality of the physicals. The BOD, at its discretion, reserves the right to require physicals if it believes that it is in the child's best interest and safety.
- 14) All players are responsible to provide their own water for practices and games.

## **RULES OF PLAY**

### **Timing of the Game**

Four quarters shall be played and will be twelve (12) minutes in length. The clock will stop only when a team takes a time-out, an official calls an officials time out for equipment repairs or an injury. Officials **may** also stop the clock for penalty ball adjustments or other adjustments that are deemed by the official to be of a time length that may impact the game. The clock does not stop for out of bounds plays. The game may end early due to darkness or weather if deemed necessary by the game officials.

Each Team shall be allowed three (3) thirty-second time-outs per half.

The offense must snap the ball within 45 seconds from the time the official spots the ball ready for play. Coaches, whether on the field or on the sideline, should have their plays prepared to be delivered. Coaches shall not design (sandlot style) plays in the huddle. No coach shall deliberately make use of the fact that the clock is continual to abuse the 45 second time frame. **Delay of game penalties will be enforced.**

### **Stripers**

Stripers are the players that weigh more than 110 lbs. without their equipment on at the beginning of the season at the official weighing in and equipment hand out meeting. Any player that starts the season under 110 lbs. will remain a non-striper if they stay under 115 lbs. during the season. Stripers are designated by a stripe on their helmets. Stripers are restricted to playing positions on the offensive and defensive lines. Stripers may not line up as wide receivers. Stripers are not allowed to advance the ball, with the following exceptions:

1. Stripers may catch a pass, beyond the line of scrimmage, and advance the ball as a tight end.
2. Stripers may advance the ball if they intercept a pass or recover a fumble while on defense. They may not advance an offensive fumble.
3. Stripers may only be in the front line of a kickoff receiving team and may only advance the ball from that point.
4. A striper may be a punter and can pass the ball as a punter but may not advance the ball past the line of scrimmage as a runner in a punt situation.

## **FIELD OF PLAY ALLOWANCES**

The following field allowances should be followed whenever possible, with the understanding that some facilities simply will not allow for exact measurements to be followed. Extreme variations from the allowances should be reported to league officials prior to play.

1. The field of play shall be 60 yards in length and 40 yards in width.
2. End zones shall be 10 yards in length.
3. Normal S.D.H.S.A.A. rules shall be modified by a 60% factor for ball placement and penalties to allow for the adjusted field size. Effects of this shall include the following:
  4. Kickoffs shall be made from the 24-yard line.
  5. On safeties and touchbacks, the ball shall be placed on the 12-yard line.
  6. A 15-yard penalty will be assessed as 9 yards.
  7. A 10-yard penalty will be assessed as 6 yards.
  8. A 5-yard penalty will be assessed as 3 yards.

### **OFFENSIVE FORMATIONS**

1. The quarterback must line up under center or receive the hike in the shotgun formation. Hiking the ball to any other back is not allowed except for punts.
2. One end only may split more than 2 yards from the Offensive Tackle. The Split End may not, however, be a striper.
3. Pre-snap motion is allowed by the backs and receivers.
4. Unbalanced offensive lines are prohibited.
5. Offensive line splits (except as noted above) may not exceed 1 yard between the center and guard, 1 yard between guard and tackle, and 2 yards between tackle and end, except as noted herein.

### **DEFENSIVE FORMATIONS**

1. Defensive sets are restricted to 6 - 1 and 6-5 formations as exhibited on the attached illustration.
2. The 6-1 defense shall consist of four Down Linemen, two Defensive Ends, a Middle Linebacker, two Corner Backs, and two Safeties.
3. The 6-5 defense shall consist of four Down Linemen, two Defensive Ends, and five Linebackers.
4. The 6 - 5 defense shall only be used when the offense is inside the ten-yard line or on fourth downs.
5. Defensive players will line up as follows:
6. The four Interior Linemen must line up head to head with the corresponding Offensive guards or tackles. They can not line up in the gaps.
7. Defensive Ends may line up in a standing position. The Defensive End may either line up head to head with the corresponding Offensive End or may "cheat" outside the Offensive End but the Defensive End's foot closest to the Offensive Center must be no further outside than the Offensive Ends outside foot. In the event the Offensive End is split, the Defensive End may line up no further than 3 yards from the Defensive Tackle.
8. Linebackers and Cornerbacks may line up no closer than 2 yards from the line of scrimmage. Cornerbacks must line up outside the Defensive Ends.
9. Safeties may line up no closer than 5 yards from the line of scrimmage

10. Linebackers, Cornerbacks, Safeties and unopposed Defensive Ends may not blitz, scrap, or stunt on a pre-designed or premeditated play upon the snap of the ball. Linebackers, Cornerbacks, Safeties and unopposed defensive ends may, however, respond to an offensive play, i.e. a ball carrier or passer, and cross the line of scrimmage to make a tackle. Simply put they may not execute a pre-designed stunt or blitz.

### **SCORING**

1. Scoring will be done in accordance with S.D.H.S.A.A. rules with the following exceptions:
2. Extra points scored as a result of a running play will be scored as one point.
3. Extra points scored as a result of a passing play will be scored as two points.
4. Due to lack of goal posts at most facilities, no kicking extra points shall be used.

### **UNSPORTSMANLIKE CONDUCT**

1. Unsportsmanlike conduct can be called for swearing, fighting, hitting, kicking, striking, or otherwise abusing opponents while down during the course of or after play or out of bounds, and/or arguing with an official or any act that detracts from the purpose of the game.
2. When such conduct occurs, a major penalty will be assessed and the player or players involved will be removed from the game for the remainder of the quarter. If the same player commits the same violation, a major penalty will be assessed and the player will be disqualified for the remainder of the game and suspended from the team for 1 week and the next game.
3. In those cases, a league official should be notified immediately after the game so that proper action can be taken.
4. This same rule also applies to coaches, parents or spectators.
5. The discretion of the attending officials will prevail.
6. If coaches or parents demeanor warrants it, action can and will be taken by the BOD against that parents related team, as deemed appropriate by the BOD of directors.
7. Spectator Conduct: It shall be the responsibility of each coach to maintain proper spectator conduct. Spectators must remain three feet off the line or behind fences at fenced fields.

### **GAME PROCEDURES - DUTIES OF THE REFEREES**

The referee will be in complete charge of players, team officials, and playing grounds from the time he enters the field or play until he leaves the field of play. He shall determine the fitness of the field and, in consultation with the coach/manager of the home team shall satisfy himself that the rules of use of playing surface set forth by the field owner are not violated.

### **FINANCIAL DISCLAIMER**

The BFAYFA, SYFA, or SAYFL specifically disclaims financial responsibility for, and shall not assume nor be held liable for, the debts or financial obligation, either expressed or implied, of any member team, coach, manager, or other team official that has not been authorized by the BOD.

## **REFEREE**

Referees shall:

1. Meet the criteria of the BOD.
2. Referees must be a minimum of 18 years of age.
3. Officiate using the Northern Hills Youth Contact Football Standardized Rules and methods.
4. A substitute referee may be chosen upon the agreement of both coaches, and his/her decision shall be final. In any case, the home coach will notify the Coordinator that no referee announced himself/herself to the game on that date. It is recommended that each have at least one experienced referee affiliated to it.
5. In the event a referee cannot be chosen to the agreement of both coaches, the coaches themselves, or designated assistant coaches, shall referee. The coaches (one from each team) shall not coach while refereeing. They shall both be on the field as a team and strive to call an impartial and fair game with no deference to the team they represent.
5. A minimum of two (2) referees is required and three (3) is recommended.

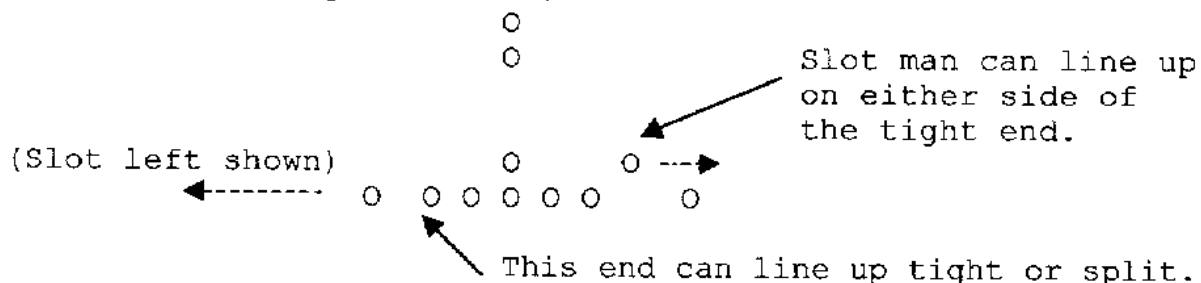
**Northern Hills Youth Contact Football Standardized Rules**  
 5th and 6th Grade  
 Offensive Formations

**Straight "I"**



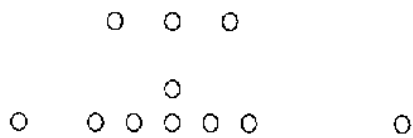
NOTE: Only one end can split and cannot be a striper. Tight Ends can line up 1 or 2 yards from tackles outside foot.

**Straight "I" Slot (Right or Left)**



NOTE: When using a slot man, he must line up off the tight end only and must be 1 yard off tight ends left or right foot and 1 yard off the line of scrimmage.

**"T" Formation**



NOTE: Only one end can split.  
 1 or 2 yard split

**"T" Formation slot (Right or left)**

