

2018 Andover Junior Football League Rules and Regulations

Sunday Games to be played on Regulation Size Football Field

The following playing rules are the changes to the 2018 season.

All league rules prior to 2018 are still binding.

NEW RULES:

Format:

- 8 vs. 8 Format – 8 Offensive and 8 Defensive players on the field.
- 4 downs per possession, regular offensive/defensive football
- All coaches will coach from the side line.
- No Kickoff...Ball will be spotted on the 30 yard line

Weight Limits for “A” and “B” Team:

- “A Team” weight limit to carry the ball from behind the line of scrimmage is 130 lbs.
A player who is over the weight can “receive” the ball (end around, jet sweep, etc. not permitted) 1 yard beyond the line of scrimmage.
- “B Team” weight limit to carry the ball from behind the line of scrimmage is 110 lbs.
A player who is over the weight can “receive” the ball (end around, jet sweep, etc. not permitted) 1 yard beyond the line of scrimmage.
 - “B” team offense primarily consists of 4th and 5th graders.
 - If a 6th grader needs to play down, they must play tackle to tackle on offense and must be a down lineman on defense.

“A” and “B” Teams Offensive Alignments:

- QB may be in shotgun or under Center.
- 1 Center and 2 Guards. Guards must be lined up on either side of the center. (Hand in Sand)
- Every player (except the Center and Guards) will be eligible to receive passes
- 2 players must line up on the line of scrimmage on either side of the guards (balanced)
- They must line up on the line of scrimmage. No shifting allowed once QB starts cadence.
- These two players are considered to be eligible to catch a pass (no weight restriction)
- These two players can be considered Tackles, Tight Ends or Wide Receivers.
- 2 players must line up off the line of scrimmage on either side of the QB (balanced)
- Unbalanced formations are illegal and subject to penalty before the ball is snapped

Scoring:

- Touchdown counts as 6 points
- 2 point conversion (Kick), ball snapped from 3 yard line back to the 10 yard line. (no rush)
- If kick conversion is blocked or fumbled, no offensive or defense advancing (dead ball)
- 1 point conversion (Run or Pass), ball placed at the 10 yard line.
- If 1 point conversion is fumbled or intercepted – it may be returned by the defense for 1 point (live ball)

For All Offensive and Defensive Alignments – please refer to the added pages

- **Motion** - no motioning into unbalanced.*****discussed at coaches meeting
- **Defense** - Defenses must be considered balanced. No lining up in gaps. Must be “Head On” for down lineman and inside linebackers. Please refer to added pages.
- “B” team defense primarily consists of 4th and 5th graders. 6 graders playing on “B” Team defense may participate in the game but only as a defensive lineman (Hand in Sand).
- **NO BLITZING** (A or B)...Any player that does not have their “hand in the sand” must be at least 3 yards (9 feet) off the line of scrimmage. No exceptions!
- There is no rushing the QB or crossing the line of scrimmage unless you are “hand down”
- Up to 3 defensive linemen allowed per play. *****discussed at coaches meeting
- Punting is a free kick. No fumble recovery. Ball will be spotted where it was first touched by the defense or where the ball goes out of bounds.

3rd Quarter Rules:

- Running Time (20) minutes.
- 4 ways the clock stops: 1) Charged Time Out. 2) Touchdown. 3) Injury 4) Delay of game.
- Delay of Game Penalty. Strictly enforced 45 second clock. If 45 seconds has elapsed, 10 yard penalty.
- 10 Minute Circuit Breaker. If the offensive team that starts with the ball in the 3rd quarter has not scored in the first 10 minutes – the ball is turned over to the defense. It doesn’t matter if you are advancing the ball down the field or not – no scoring in first 10 minutes, you lose possession. Breaker is taken off if there is a score, turn over on downs or a recovery of a fumble or interception by the defense.
Please note that this breaker is only for the first 10 minutes of the 3rd quarter.
- Overtime: 2 minute periods, 4 plays from 25 yard line, each team has an opportunity to score.