

NORTHSHORE
YOUTH RECREATION
FOOTBALL



2025
**YOUTH SPORTS POLICY AND
PROCEDURE MANUAL**

NORTHSHORE YOUTH FOOTBALL PROCEDURES AND GAME RULES 2025

The following procedures and game rules are specific to the Northshore Youth Football Organization. Any Park participating in this league MUST adhere to the following.

MISSION STATEMENT

The mission of the Northshore Youth Football is to:

- Teach and allow players to develop the fundamentals of the game of football.
- Introduce the team concept to participating children, coaches, and parents.
- Teach the values of sportsmanship, teamwork, promoting self-esteem and confidence
- Establish an understanding of the commitment necessary by the parents and the athletes to enhance their success, both on and off the field.

We ask that all parties involved, including parents, do their part in ensuring the Northshore Youth Football League is successful in completing this mission.

PROGRAM OBJECTIVES

The objectives of the Northshore Youth Football Program are to:

- Develop the physical and mental skills of individual responsibility and teamwork through playing the game of football and its related activities. Instruction in proper techniques, attitudes and character development are the top priorities of this football program.
- To provide a safe, fun, equitable recreational environment for all participants ages 5-12, which will foster the teaching of sportsmanship, fundamentals of the game, social interaction, participation, and a fun positive experience.

ORGANIZATIONS

The Northshore Youth Football under the rules as recommended and approved by Pelican Park, Coquille Park, Slidell Titans Youth Organization, St. Bernard Rage, Covington Recreation, Chappapeela Sports Park, Ponchatoula Rec Park, and Lacombe Rec Park

CURRENT FOOTBALL Board Members

Chad Glover, Recreation Supervisor, Pelican Park

Kelsie Gassen, Director of Programs, Coquille

Ryan Barker, Executive Director, Chappapeela

Todd Jabbia, President, Slidell Titans Youth Football Organization

Duane Deblonde, President, St. Bernard Rage Football

Bryan Shrake, Recreation Supervisor, Covington Rec

DISCIPLINE BOARD

The Northshore discipline board comprises the football board members listed above

HEAD COACH SELECTION

All individuals interested in becoming a head coach or an assistant coach shall make their name, and desired age group available to their park by completing the Head Coaching Application prior to the end of registration. The criteria for the selection of Head Coaches are set by the Parks. Should there be more than one team offered in an age group, and we have more coaches than teams, Parks will use criteria set to determine the selection of the coaches. Background Checks must be completed on every coach participating in NYFL.

ASSISTANT COACH ASSIGNMENTS

In all age groups, head coaches may designate two (2) assistant coaches-prior to the start of the draft and cannot be assigned until the Parks have granted approval. The 3rd and 4th assistant coaches and 2 managers will be picked from your team, and Parks will have to approve. Approval will not be granted for any coach until the coaches have filled out a coach's application and a successful background check has been done. Should any assistant coach fail the background check, they cannot be used during practices or games.

All coaches must wear coach's shirts and ID badges at all practices and games.

CODE OF CONDUCT

Any coach, parent, player, or director who threatens, harasses, curses, or engages in physical attacks towards an official, coach, player, or other parent will be immediately suspended from league games, practices, league activities, and all league fields, and will remain so until the Discipline Committee can meet and conduct a hearing to resolve the matter. Code of conduct applies to coach/parent/ player for any football function and will be adhered to at any facility that the team plays at.

A player cannot curse, fight, taunt, etc. on the game field. These are considered unsportsmanlike behaviors and are evitable offenses. The game officials have the right to remove the player(s) from the game, by way of ejection. The player will be ejected from the current game and automatically be given a one (1) full game suspension for the next game. Code of conduct applies to coach/parent/ players for any football function whether playing a game, scrimmage, or practice. Ejections must be reported to the board by the following day. Coaches are subject to serve one (1) full game suspension as well if coach is ejected from the game. Coaches are required to take a Sportsmanship Class before suspension is lifted. If the course is not passed, the suspension will remain in place until the course is completed, and the coach has passed. The park must then email the certificate of completion to the board of commissioners for the league. Any additional reprimand will be determined by that respective park and supported by the rest of the league.

Sportsmanship Course:

https://nfhslearn.com/courses/sportsmanship-2?gad_source=1&gclid=Cj0KCQjw5ea1BhC6ARIsAEOG5pz3MPuigtcfvdhds2ocUvC89LU0TLX_Yawq6ckWQBibQFs0yCE3vTUaAto5EALw_wcB

The referees will be on the disciplinary committee for determination of punishment

Any parent, coach or player who is ejected from a game will be:

First time: will serve a minimum of one (1) game suspension which means the entire next game. The discipline committee reserves the right to add more than one (1) game suspension due to the severity of the infraction

Second time: Suspension for the remainder of the season, pending an investigation by the Discipline Committee.

ANY PHYSICAL ALTERCATION THE OFFENDER OR OFFERENDERS WILL BE REMOVED FOR THE SEASON

The parents' code of conduct, coaches' creed and code of conduct are attached to this document. The code of conduct must be read, signed, and returned to the Parks before a coaching application can be accepted. Code of conduct applies to coach/parent/ player for any football function whether playing practice, scrimmage, or game.

The parents' code of conduct is attached to this document. Parents are required to read and sign the code of conduct before their player's registration will be accepted by the Parks. Violation of any portion of the code of conduct will result in disciplinary action. Coaches are encouraged to report parents that are not adhering to the code of conduct. The Recreational Sports Discipline Committee is the body responsible for disciplinary issues.

Video Submission Rules:

There will be no videos accepted by parents or coaches.

League Registration Rules:

All participants should be directed to their local park based on their physical address. Any participant that has been part of the respective program previously are grandfathered into that program. Any concerns about a participants' ability to participate in their program will need to be brought to the disciplinary board of the league.

AGE GROUPS

The following age groups have been determined for this current season of the Northshore Youth Football League football program recreational league:

5/6 -Year-olds – non-competitive – age as of date June 1st

7/8-Year-olds– age as of date June 1st

9/10 -Year-olds– age as of date June 1st

11/12-Year-olds– age as of date June 1st

Players in the age groups described above are subject to the age cut-off dates and rules described herein first and rules governed by LHSA second. These age group determinations can be modified upon recommendation of the Northshore Youth Football.

PLAYER/COACH/PROGRAM EVALUATIONS

Post-season evaluation of coaches and the football program in general will be conducted. The results from these evaluations will be utilized to assess the success of the recently – completed football season, and to solicit assistance for the next year.

TEAM FORMATION (DRAFT) PROCESS

Draft day will be open to the public. Only one (1) coach is allowed at the draft table. If the head coach is unable to attend the draft day, then he can designate someone to take his place.

Drafts will consist of a blind serpentine draft. To create teams that are as even as possible, the players are placed onto teams based on the scores that they receive from the evaluations.

- The evaluations scores for each child cannot be changed.
- The coaches will be allowed by majority vote of those present, to adjust the players adjustment is only done for fairness and only prior to the start of the team formation for any player.
- Any player that did not evaluate may be adjusted for fairness by the majority vote of those present, based on the previous year's scores or knowledge of the players from the coaches at the team formation table.
- Any player that is adjusted will be done by the majority vote.
- Movement should only be for major discrepancy in scores or ability
- Typical movement by majority vote of coaches would be in moving players and out of rounds.
- Smaller adjustments can only be done with staff's approval.
- Any unevaluated player will only be adjusted by the majority vote. Players who the coaches are not familiar with and who do not evaluate will be drawn out of a hat.

Recreation supervisor will prepare team names with team numbers prior to team formation day. The coaches will then pick an envelope with their team's name and number. The only trades that will be allowed are for the head coach's child, 1st assistant coach's child and siblings or the legal equivalent. No other trade will be made.

If the Head Coach's child and his designated assistant coach's children both fall in the same round the following will apply:

- If the head coach's child and designated assistant coach's child fall in the first round by their evaluations scores, they will not be allowed to coach together.
- If the head coach's child and designated assistant coach's child fall in the first round by the adjustment of the coaches, they will not be allowed to coach together.
- If the head coach's child and designated assistant coach's child fall in the same round, other than the first round, the team will give up the higher round player to obtain the designated assistant's child.

GENERAL INFORMATION

1. A player's age as of June 1 of the current year, will determine the age group to which a player will be assigned.

2. **GAME RULES:**

The current Northshore rules will govern the LHSAA rules of football following should NYFL not cover the rule, except as modified herein.

There must be 11 players to start a game. If teams have less than 11 players, it will be a forfeit.

3. **TEAM ROSTERS:**

- a. **OFFICIAL TEAM ROSTERS:** Will be turned into the league representative, Friday, August 29th, 2025. Date each year to be set by NYFL.
- b. Rosters will be turned in to the Score Keeper before each game including team name, head and assistant coaches' names, players' names, numbers, ages (Ineligible or not), and weights (Ineligible or not).
- c. Coaches must have official team rosters, birth certificates and verified weights by the Park Representative at every game.
- d. Rosters will be signed by the team coach and area director. One to be kept in team binder and the other to be held by each park.
- e. Team rosters are limited to (1) One Head Coach, (4) Assistant Coaches, and (2) Team manager/Photographer

4. **PROTEST:** A protest will be accepted on a rule violation only if it must be formally filed with Parks representative in writing within 24 hours of violation to be considered.

- a. The game official must be notified at the time of the violation.
- b. A notation must also be made on the official score sheet, stating the date and time of the protest.

- c. After a rule protest is declared and documented, the game will resume until completion.
 - d. NOTE: Protests on judgment calls are not acceptable.
5. No play-ups will be allowed due to dual age groups as per Northshore youth Football League policy regarding play-ups. Requests for ‘play-down’ must be made at the time of registration and are approved/ disapproved by Northshore youth Football League. Play-downs are rarely granted and are generally considered for medical reasons only. Players that “play-down” shall not play any offense skill position (i.e.: positions that may include ball-handling such as quarterback, running backs, ends), but may play any defensive position.

GAMES/PRACTICE SCHEDULE

The Parks shall establish the practice schedules and the game schedules. Team practices may not commence prior to the established date. Each team will be assigned weekly practice times on the available football fields. The practice times will be distributed as follows, but may be adjusted depending on the number of registered teams (regular season practice is considered to begin on the Sunday after the first regular season game):

Age Group Pre-Regular Season Regular Season & Playoffs

5-6s 3 minimum 2 minimum, 3 maximum

7-8s 3 minimum 2 minimum, 3 maximum

9-10s 3 minimum 3 maximums

11-12s 3 minimum 3 maximums

Consideration will be given to assigning the 7-8-year-old age group to the earlier time slots.

The football season generally consists of six (6) – eight (8) regular season games. After the conclusion of the regular season games, playoff and championship games will be played for all age groups in accordance with Northshore Youth Football rules.

ADMISSION FEES

Admission fees may be charged for games at any park. The fee is \$5.00 for ages 12 and up and 11 and under will be free.

Police presence is required at every host park while games are taking place. One police officer per field.

EQUIPMENT

Football is a contact sport. If a park does not disperse equipment, it is the parents/players’ responsibility to provide and ensure that all protective football equipment is properly fitted, and of appropriate design and adequacy to protect the player during all practices and

games. The basic equipment to be provided by the parks/parent/players shall include a helmet with a face mask, shoulder pads, football pants with knees, thigh, hip and lower back pads, and football cleats. Other protective equipment, including neck, arm and hand pads may be considered. The use of athletic supporters with protective cups is strongly recommended.

MOUTHPIECES ARE MANDATORY

All player equipment will be in accordance with LHSAA rules with ONE EXCEPTION - SHOES CAN ONLY HAVE RUBBER NON-REMOVABLE CLEATS. No player may play barefoot or with street shoes.

The official league balls for each age group are:

5/6: Wilson K2 or equivalent

7/8: Wilson K2 or equivalent

9/10: Wilson K2 or equivalent

11/12: Wilson TDJ or equivalent

BIRTH CERTIFICATES

Each player is required to provide the Parks with a copy of the player's birth certificate at the time of registration as per the Parks policy. The player must have a picture attached to the birth certificate and the coaches are to always have this in their possession. Failure to have this will result in a forfeit and suspension of future game(s).

These documents will be kept in files at the Parks and the coaches are required to have this on hand at any game the team is participating in.

PRACTICE & SAFETY

Players will be provided with adequate water/rest breaks during all practices and games. It is the parent/players' responsibility to report to the coaching staff all health-related issues or injuries, which may affect the performance or health of the player. Unless otherwise informed, the coaching staff will assume that players are injury free and capable of fully participating in all practices and games.

Should a serious injury occur during practice or game the local E.M.T. the unit will be contacted immediately. Additionally, the parent or head coach shall fill out an injury report form, provided by the Parks staff or located in the coach's binder, and file the completed form with the Parks at the time of the incident or within 48 hours.

Heat/Humidity: Mandatory official time outs will be given during the 4-minute mark in every quarter for water breaks. These timeouts will be for water breaks only. Officials can also call official timeouts in addition to these at their discretion.

INSURANCE

All players are provided with secondary medical insurance through their Parks. This insurance will cover any participant playing at their park or at another facility. Proof of the insurance coverage is required to be always with the coaches.

PLAYER PARTICIPATION

The league has established a mandatory player participation policy to ensure fair playing time for each participant.

- ALL players attending the games MUST play – 10 plays minimum
- This is a mandated rule for ALL ages.
- The coaches MUST meet the minimum play time for each player.

Plays are defined as live kickoffs, live kick return plays, live punt plays, extra point plays, offensive plays, and defensive plays. At the end of the third quarter, ANY PLAYER(S) WHO HAVE NOT MET THE PLAYER PARTICIPATION POLICY will immediately be placed into the game, until the minimum number of plays is completed. Those players may not come out of the game, except for injury, in the fourth quarter until their play minimum has been satisfied.

Head coaches shall designate a person (team manager) responsible for tracking player participation for their team for all games. The head coach must turn in after every game into your park representative within 24 hours of the game being completed, the amount of playing time each player had during the game. A form will be given to the coaches in their coach's packet prior to the season starting. The Park will need to know who is participating in the games for insurance purposes.

Coaches can NOT reduce the minimum playing time even if a player does not attend practice or as a discipline method

Failure to comply with this rule may result in disciplinary action of the Head coach, i.e. removed from position, forfeiture of game(s), etc.

It is the responsibility of the head coach to ensure his assistance coaches or other volunteers are aware of the mandatory play time rules

WEIGH-IN

There will be an official weigh-ins prior to the first season game for the football program:

Each organization must have another organization representative present at their weigh-ins. This weight-in will be mandatory and will determine the weight used for the entire season. The commissioner must be present at all weigh-ins.

The regular season weigh-in will occur on a date set by NYFL. Any player who does not get weighed in will not be able to play a skill position (see below) or advance the ball for the regular season. If a player does not attend the first game, they must have an official weigh in before they can play a skilled position. Players will have their pants and cleats on at the weigh in. If the player is in full pads, then four (4) pounds will be subtracted for helmets and pads.

AGE GROUP SKILL PLAYER WEIGHT LIMITS

Regular Season

- 5/6 yr. old = 75 lbs.
- 7/8 yr. old = 95 lbs.
- 9/10 yr. old = 120 lbs.
- 11/12 yr. old = 140 lbs.

A skill position player is defined as a running back, end, receiver, or quarterback (in other words, an offensive player that can advance the football during a play from scrimmage).

INELIGIBLE PLAYERS

- Any player who exceeds the weight limits for a skill position within the age group is not eligible to play a skill position at any time.
- All ineligible players due to weight must have an identifying sticker (typically a round red weightlifter decal or a special sticker/stripe) affixed to the front or back of his helmet. It is
 - the coach's responsibility to make sure that Prohibited Players always have the sticker affixed to their helmet.
 - ***Penalty for not having the sticker is forfeiture of the game.***
 - An ineligible ball carrier can NOT advance the ball on offensive or defensive. On defensive, the play will be called dead, where the ineligible player first touched the ball.

FIELDS

Coaches must remain in their box between both 30-yard lines, and NO one is permitted beyond the restraining barrier and/or behind the end zone. Coaches are required to assist in the enforcement of this rule. All spectators MUST remain on the fenced bleacher side of the field.

ALL GAMES WILL BE PLAYED ON A REGULATION SIZE 100-YARD FIELD (7-12).

- All fields must be marked - burned, chalked, or painted – including goal line, end zone, and sidelines. Officials must be able to distinguish all lines.
- If a field does not have hash marks, the pylons or cones must be placed in the end zone at the proper location.
- PENALTY: VIOLATION OF SECTION A OR B RESULTS IN A FORFEIT OF THE GAME BY THE HOME TEAM.
- Football fields, if not fenced, must have a restraining barrier, or must be roped off a minimum of (3) three feet from the sidelines to keep the spectators off the field. The rope must be 3/8" or larger. Officials may ask coaches to assist in getting spectators behind the restraining barrier. All coaches are required to assist the officials.
- Fans should be able to sit on the same side as their team or at least be able to stand there. Fans are not allowed on sidelines or end zones.

SIDELINE RULE

On game days no team will be allowed to have more than (7) people other than players on their team on the sideline (this includes head coach, (4) two assistant coaches, and (2) helpers). The two (2) helpers will have to wear a designated shirt, jersey, or vest to be on the sideline. The chain gang will be provided by the visitor team. The chain gang will be on the visitor team side with the markers. The home team side will always be on the press box side and must provide the clock keeper. The sideline is considered the entire length of the field. If there is no restraining barrier (such as a fence) then spectators must be at least five (5) yards off the field. Any team in violation will receive a warning on the first violation. Each subsequent violation will result in a fifteen (15) yard unsportsmanlike penalty enforced by the official. Multiple violations may result in the suspension or removal of the head coach. Coaches must remain in the coach's box, which is between the thirty (30) yard lines.

GAME PERIODS, TIME FACTORS

- The game times will consist of (4) four, (8) eight-minute quarters.
- Officials will stop the clock and notify each coach at the end of the first (1st) and third (3rd) quarters. Time between halves will be (10) ten minutes.
- The clock will stop at all regular points of football, according to High School football rules. A (4) FOUR-minute warning will be given if there is no visible clock on the field. If a field has a visible clock, the official will not stop the clock at the (4) FOUR-minute time or advise the teams of (4) FOUR-minute remaining in the game.

- Clock operators must be (18) eighteen years or older. The official may shut off the field clock if officials deem necessary.
- Double or triple-header games will follow immediately following a prior game if games are behind schedule. If games are ahead of schedule, a game can begin 10 minutes early, only if both coaches agree to do so. Otherwise, games will follow their assigned times.

GAMESMANSHIP

For one reason or another, a game score can become lopsided. The head coaches are encouraged to remember that Northshore Youth Football is a recreational football league and to keep the game score and time remaining in their coaching strategy.

OVERTIME PROCEDURE

Regular Season: Games will end in a tie

Playoffs: Games will follow the overtime rules below

Each team will have (4) four downs, starting at their opponents (10) ten-yard line, to score. Following a score, or the (4) four downs being completed, without a score the opponent will be given the same opportunity. If neither team scores, they will continue overtime until (1) one team prevails, the winner. Following the score of a touchdown, the offensive team will be given the normal try for the extra points.

POST-SEASON PLAYOFFS

All teams will qualify for the playoffs using a single elimination seeded bracket. Ties in league standing will be decided as follows:

- Head-to-Head Competition
- Record against Common Opponents
- Points Allowed against Common Opponents
- Points scored against Common Opponents
- Coin Toss.

PROCEDURE/ RULES FOR 5 & 6-YEAR-OLD

The 5 & 6-year-old League is an instructional league whose sole purpose is to prepare the players for football. This age group is to be viewed as an instructional league for the players to learn the game at an early age & therefore will be more knowledgeable when reaching the 7-8 age group of the game of football. During the regular season, there will be no score kept. Playoff seating will be randomly drawn. We will play a

normal 8 minute/4 quarters game, and score will be kept during playoffs to determine winners.

General Rules:

- 3 officials for games – this to keep the game moving and in control – there will be a tournament at the end of the season where scores will be kept.
- 1-hour game time
- No scores kept
- Minimum play time of 10 plays per player
- Each team will have 10 players completed or score to switch the ball over. ○ No downs will be kept
- Weight limit of 75 lbs. to play a skills position
- to develop positions and players it is recommended to have a rotation of the quarterback
- 5/6 will play on an 80-yard field

Coaches on the field: Only two coaches per team will be on the field during play. Coaches can have a clipboard, towel, or playbook with them. They must be behind the player after the huddle breaks. Coaches can speak and align the players as needed before the play is started. Once the play is started coaches can move with the play if they are behind and not involved in the play. Coaches will officiate the game for the first three games with the thought in mind that this is a non-competitive age group, and this is a teaching/ instruction league.

Kicking and Punting: There will be no kickoffs in this age group

OFFENSIVE RULES FOR 5-6-YEAR-OLDS: (8 v 8)

- May have a slot receiver. Slot receiver must be one (1) yard wide and one (1) yard behind the offensive tackle.
- Must have backs inside the offensive tackles outside shoulders.
- A Shotgun formation is allowed if there is a Running Back on each side of the QB in the formation. Running Backs cannot be in any other position besides next to the QB in the Shotgun formation.
- No unbalanced offensive lines.
- No motion.
- No more than two (2) foot splits between offensive linemen.
- Violations of the above will result in a 5-yard penalty.
- Blocking rules are in accordance with LHSA.
- After the referee signals the ball is ready for play, the offensive team will be given 45 seconds to put the ball in play.
- Extra point after touchdown: One (1) point will be awarded for an extra point that is made from running or passing from the 3 yd line. Two (2) points will be awarded for an extra point that is made by running or passing from the 5 yd line.

DEFENSIVE RULES FOR 5-6-YEAR-OLDS: (8 v 8)

- Rules are in accordance with LHSAA except as follows
 - The defensive formations are:
 - 4-2 with 2 cornerbacks and no free safety.
 - 4-4 Defense (GOAL LINE)

4-2 defensive formation may be used only between the twenty (20) yard lines.

- Defensive guards and tackles must be aligned head-up on the offensive guards and tackles.
- Linebackers must align and can only line up from the "B" gap to the sidelines. The "B" gap is between the guard and the tackle.
- Cornerbacks must align five (5) yards off the line of scrimmage and may not be coming forward at the time of the offensive snap. Cornerbacks may align at any width from outside the offensive tackle to the sideline. Cornerbacks may align at three (3) yards off the line of scrimmage if a receiver is split more than one (1) yard outside the offensive tackle or tight end.

4-4 defensive formation may be used inside the twenty (20) yard lines.

- Defensive guards and tackles must be aligned head-up on the offensive guards and tackles.
- Defensive ends may play at any width but must remain outside the offensive tackles.
- Linebackers must align three yards off the line of scrimmage and may not be coming forward at the time of the offensive snap. Linebackers may align anywhere sideline to sideline.
- Cornerbacks may align three (3) yards off the line of scrimmage and may not be coming forward at the time of the offensive snap. Cornerbacks may align at any width from outside the offensive tackle to the sideline. Cornerbacks may align at one (1) yard off the line of scrimmage if a receiver is split more than one (1) yard outside the offensive tackle or tight end.

Scoring Rules: There will be no keeping of the score between teams. This is a teaching / instruction age group, and coaches or players are encouraged to not communicate the score, or anything related to such during the game.

RULES FOR 7- & 8-YEAR OLDS

4 Officials for all games at all parks

- **COACHES ON FIELD:** Two coaches per team will be allowed on the field during play. Coaches can only have a clipboard, towel, or playbook with them. They must be 10 yards behind the deepest player after the huddle breaks. One coach is to

help to get them into position the second coach is to instruct them on plays. Coaches may not speak, except to position players correctly, after the offensive huddle has broken. This also applies to kickoffs. **THIS RULE WILL BE STRICTLY ENFORCED. ANY VIOLATION OF THIS RULE WILL RESULT IN A 15 YARD UNSPORTSMANLIKE PENALTY. NO WARNINGS.**

KICKING AND PUNTING:

- There will be no kickoffs/ punting in this age group. The ball will start on the 35-yard line.

OFFENSIVE RULES FOR 7-8-YEAR-OLDS:

- One end may be split a max of ten (10) yards from offensive tackle.
- May have a slot receiver. Slot receiver must be one (1) yard wide and one (1) yard behind the offensive tackle. If a split end is used, you may use a slot receiver on that side as well, if the slot receiver is one yard.
- May have a flanker receiver if the formation has two (2) Tight Ends. Flanker receivers may be no wider than ten (10) yards from the Tight End and must be one (1) yard off the line of scrimmage.
- Must have three (3) backs inside the offensive tackles outside shoulders. Quarterback is considered a back. If the return man touches the ball and the ball moves forward, the ball will be returned to where the ball was originally touched by the return man.
- Will allow unbalanced offensive lines.
- Will allow motion.
- No more than two (2) foot splits between offensive linemen.
- Violations of the above will result in a 5-yard penalty.
- Blocking rules are in accordance with LHSAA.
- After the referee signals the ball is ready for play, the offensive team will be given 45 seconds to put the ball in play.
- Extra point after touchdown: One (1) point will be awarded for an extra point that is made from running or passing from the 3 yd line. Two (2) points will be awarded for an extra point that is made by running or passing from the 5 yd line.

DEFENSIVE RULES FOR 7-8-YEAR-OLDS:

Rules are in accordance with LHSAA except as follows

- Defensive ends outside the tackles
- Linebackers 3 yards off the football
- Can head up guard tackle
- No Nose guards
- Linebackers can blitz on snap
- Behind defensive line cannot hit gaps till the ball is snapped

The defensive formations are:

- 5-3 with no nose guards
- 6-2 with 2 cornerbacks and 1 free safety.

- 6-5 Defense (GOAL LINE)

5-3 defensive formation may be used only between the twenty (20) yard lines. ▪

Defense will consist of 5 players on the line, reminder not playing nose guards means you will have to line up 3 players to the strong right or strong left side

- 3 linebackers, middle linebacker can line up in the gap but needs to be 3 yards off the football.
- Defensive guards and tackles must be aligned head-up on the offensive guards and tackles.
- Defensive ends may play at any width but must remain outside the offensive tackles. ▪ Cornerbacks must align five (5) yards off the line of scrimmage and may not be coming forward at the time of the offensive snap. Cornerbacks may align at any width from outside the offensive tackle to the sideline. Cornerbacks may align at three (3) yards off the line of scrimmage if a receiver is split more than one (1) yard outside the offensive tackle or tight end.

6-2 defensive formation may be used only between the twenty (20) yard lines.

- Defensive guards and tackles must be aligned head-up on the offensive guards and tackles.
- Defensive ends may play at any width but must remain outside the offensive tackles.
- Linebackers must align and can only line up from the “B” gap to the sidelines. The “B” gap is between the guard and the tackle.
- Cornerbacks must align five (5) yards off the line of scrimmage and may not be coming forward at the time of the offensive snap. Cornerbacks may align at any width from outside the offensive tackle to the sideline. Cornerbacks may align at three (3) yards off the line of scrimmage if a receiver is split more than one (1) yard outside the offensive tackle or tight end.
- The safety must align seven (7) yards off the line of scrimmage and may align anywhere sideline to sideline. Safety may not be coming forward at the time of the offensive snap.

6-5 defensive formation may be used inside the twenty (20) yard lines.

- Defensive guards and tackles must be aligned head-up on the offensive guards and tackles.
- Defensive ends may play at any width but must remain outside the offensive tackles.
- Linebackers must align three yards off the line of scrimmage and may not be coming forward at the time of the offensive snap. Linebackers may align anywhere sideline to sideline.
- Cornerbacks may align three (3) yards off the line of scrimmage and may not be coming forward at the time of the offensive snap. Cornerbacks may align at any

width from outside the offensive tackle to the sideline. Cornerbacks may align at one (1) yard off the line of scrimmage if a receiver is split more than one (1) yard outside the offensive tackle or tight end.

- The safety may align three (3) yards off the line of scrimmage and may align anywhere sideline to sideline. Safety may not be coming forward at the time of the offensive snap.

EXTRA POINTS FOR 7-8-YEAR-OLDS:

- One (1) point is scored on an extra point attempt from the three (3) yard line.
- Two (2) points are scored on an extra point attempt from the five (5) yard line.
- No extra point field goal attempts are allowed.

RULES FOR 9- & 10-YEAR OLDS

4 Officials for all games at all parks

COACHES ON FIELD:

Only one coach is allowed on the field for each team during the first three games of the season.

On field coaches must be 10 yards behind the deepest player. Coaches may not speak, except to position players correctly, after the offensive huddle has broken. Any violation will result in a 15-yard unsportsmanlike penalty. No warnings.

KICKING:

- Kickoffs are live.
- Kicking team will kick from the forty (40) yard line.

PUNTING

- Every player on the Offense and Defense must be on one knee except: the Punter, the Snapper, and the Return man.
- If a bad snap occurs, the Punter may retrieve the ball and kick it from his original location on the field.
- No rush from the defense is allowed.
- Once the ball is kicked, it will be considered dead where the return man catches it or where it comes to a complete rest. If the return man touches ball and ball moves

forward the ball will be returned to where the ball was originally touched by the return man.

- Optional walk off punt is allowed. Optional walk off will be thirty (30) yards. Optional walk off will not be allowed inside the thirty-five (35) yard line.

OFFENSIVE RULES FOR 9- & 10-YEAR OLDS:

Offensive formations are in accordance with LHSAA

DEFENSIVE RULES FOR 9- & 10-YEAR OLDS:

Defensive formations are in accordance with LHSAA

EXTRA POINTS:

- One (1) point award on extra point attempts if run or passed from the three (3) yard line.
- Two (2) points awarded on extra point attempts if kicked from the three (3) yard line.
- Two (2) points awarded on extra point attempts if run or passed from the five (5) yard line.
- Fields goals are allowed and are in accordance with LHSAA

RULES FOR 11- & 12-YEAR OLDS

4 Officials for all games at all parks

COACHES ON FIELD: Coaches are not allowed on the field during play.

KICKING AND PUNTING:

- Kick offs are in accordance with LHSAA rules.

OFFENSIVE RULES FOR 11 & 12-YEAR-OLDS:

Offensive formations are in accordance with LHSAA

DEFENSIVE RULES FOR 11 & 12-YEAR-OLDS:

Defensive formations are in accordance with LHSAA

EXTRA POINTS:

- One (1) point award on extra point attempts if run or passed from the three (3) yard line.
- Two (2) points awarded on extra point attempts if kicked from the three (3) yard line.
- Two (2) points awarded on extra point attempts if run or passed from the five (5) yard line.

- Fields goals are allowed and are in accordance with LHSAA

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