



2009 Junior Rules

Every player must start on either offense or defense; the only exceptions will be due to either disciplinary action or medical reason. In either case, the officials and the opposing coach should be notified before the game begins.

Grade:

- Open to all students entering 4th, 5th & 6th for the 2009 school year. Players may be moved up (7th Grade Traveling) or down (Flag) a league due to size, skill or aggression upon approval by the WYFL Board of Directors.

Weight:

- Players over 110 pounds are ineligible to carry or catch the football. Players will be weighed in at time of registration. No exceptions.

Field:

- Field is 53 $\frac{1}{3}$ yards wide by 80 yards length

Time:

- All games will be 75 minutes in length: 10:30 am – 11:45 am
- Half-time is 5 minutes in length: 11:05 am – 11:10 am
- 35 second play clock – from time referee places ball ready for play – to snap of ball.
 - We will be enforcing this in 2009. Delay of game will result in 5 yard penalty.
- 2 time-outs per half, each time-out is one minute in length.
- Official's Time-out for:
 - Measurement of possible 1st down
 - Change of possession
 - Injured player

Coaches:

- Each team is allowed one Coach on the field, 5 yards behind deepest player at snap. Coach must remain silent after the Quarterback is under center.

Practices:

- Prior to school starting – teams may practice up to three times per week.
- After school starts- there will be no more than two practices per week.
- Practices will not exceed 90 minutes in length.

Number of Players:

- Both teams will field the same number of players. If less than 11 players are available to play, only 3 down-linemen will be on the defensive scrimmage line.

Fumbles:

- Fumbles may be advanced by either team.

Dead ball:

- Anytime a player with possession of the ball touches the ground with a knee, forward progress has ended, or the helmet comes off, the play ends.
- **Inadvertent Whistle** – the team with possession of the ball may choose to accept the play at the spot of the inadvertent whistle or replay the down.

Kicking:

- Kick-offs – the kicker will kick from their own 30 yard line to begin each half and after each score. No returns. Football is placed at position of first control. Kicking team players cannot leave line of scrimmage. If the receiving team causes the ball to go toward the original line of scrimmage, it is placed at spot of first touching by the receiving team. If the kickoff is caught mid-air, the receiving team will be rewarded by advancing the ball 10 yards. Only two players are allowed back to catch.
- Punts – center will snap the ball to the punter and punter will punt from at least 7 yards behind the line of scrimmage. No returns. Football is placed at position of first control. No defensive rush and offensive players cannot leave the line of scrimmage. If the receiving team causes the ball to go toward the original line of scrimmage, it is placed at spot of first touching by the receiving team. If the punt is caught mid-air, the receiving team will be rewarded by advancing the ball 10 yards. Only two players are allowed back to catch.

Offense:

- Offense will have **5 down-linemen**. Offensive down-linemen are not eligible receivers and can carry the ball only if a fumble has occurred. Once the Quarterback is under center, offensive linemen cannot shift positions.

Defense:

- Defense must play a **4-4 on all downs**. Players must line-up in positions exactly as outlined below. First infraction will be a warning to the head coach and all subsequent infractions a dead-ball foul and a 5 yard penalty.
- **Four (4) Defensive Down-linemen**
 - Two (2) Defensive Ends directly over the widest offensive down lineman, assuming a balanced offensive lineman.
 - Two (2) Defensive Tackles directly over the offensive guards
 - Only these four players are allowed behind the line of scrimmage until the ball is handed-off or the Quarterback is outside the starting position of the offensive tackles. Defensive linemen must be in a 3

or 4-point stance. Once the Quarterback is under center, defensive linemen cannot shift positions.

- **Four (4) Linebackers**

- (2) Outside Linebackers- at least four yards from line of scrimmage and 4 yards outside the end man on the line. The only exception is goal-line defense (<5 yards) or an unbalanced offensive lineman.
- (2) Inside Linebackers- at least four yards from line of scrimmage, aligned behind the defensive tackles. The only exception is goal-line defense (<5 yards)
 - Linebackers are not allowed behind the line of scrimmage until the ball is handed off or the Quarterback is outside the offensive tackles. Illegal Blitz is a 5 yard penalty.
 - Blitzing is not allowed. Only the (4) down-linemen are allowed behind the line of scrimmage, until after a hand-off or once the Quarterback is outside the starting position of the offensive tackles.

- **Three (3) Defensive Backs**

- (2) Cornerbacks- may play on the line of scrimmage but must be no closer to center than receiver. If no wide receiver on that side of the formation, must be at least 7 yards deep, off the end man on the line of scrimmage.
- (1) Free Safety- at least 8 yards from line of scrimmage, anywhere in the secondary
 - Defensive Backs are not allowed behind the line of scrimmage until the ball is handed off or the Quarterback is outside the offensive tackles.

- Blitzing is not allowed. Only the (4) down-linemen are allowed behind the line of scrimmage, until after a hand-off or once the Quarterback is outside the starting position of the offensive tackles. Illegal Blitz is a 5 yard penalty.

Tackling

- Head Tackling or Spearing- tackles initiating at the ball carrier's helmet, (head tackling or spearing) is to be completely avoided and will result in the same penalty as grabbing the face mask – 15 yard penalty.

Immediate Disqualification:

- Striking, kicking, or kneeling.
- Intentional *physical contact with an official*
- Any act unduly rough or flagrant.
- A second unsportsmanlike foul by a player or non-player.

5 Yard Penalties:

- Delay of Game

- Encroachment
- False Start
- Illegal Formation (including Defense not properly aligned)
- Illegal Blitz (linebacker or DB behind Line of scrimmage before hand-off or QB is outside Tackle starting position)
- Illegal Shift or Motion
- Snap Infraction
- Ineligible receiver illegally downfield
- Failure to properly wear required equipment
- Illegal Forward Pass - and loss of down if by offense
- Illegal Touching - and loss of down
- Intentional Grounding - and loss of down

10 Yard Penalties:

- Holding
- Illegal Block – blocking in back, below the waist, chop block

15 Yard Penalties:

- Unsportsmanlike conduct – by a player or non-player* - such as profanity, trash talk, derogatory remarks, taunting, kicking or swinging at a player or official, or spiking the ball.
- Face Mask or “Head Tackling”– any and all infractions
- Late Hit
- Clipping
- Roughing – Passer, Kicker, Holder, or Snapper
- Spearing
- Tripping
- Unnecessary Roughness
- Pass Interference - and loss of down if by offensive player.

Game Administration:

- No use of tobacco/alcohol by any WYFL coach, official, or spectator during any practice, scrimmage or game.
- Only WYFL approved coaches and the players are allowed on the team’s sideline. Absolutely no parents or spectators are allowed on the sideline of the playing field that the teams are using.
- Each team must have at least 2 coaches but no more than 4 on the team’s sideline during the game. All coaches and their assistants must be on their roster listing with the WYFL.

Injuries

- If the officials stop the game for an injured player for any length, the involved player must sit out the following **two plays**, no exceptions. If a

player loses consciousness, the player will not be allowed to participate any further in that practice, scrimmage, or game and must be cleared by a Physician in writing prior to participating in future youth football activities.

Player Required Equipment:

- Players must properly wear all required equipment during any practice with contact, scrimmage or game:
 - Helmet, Shoulder Pads, Pants with all pads in place, and a mouth guard.
 - WYFL issued game jersey.
 - No bandanas or any other clothing worn under the helmet.
 - No jewelry of any type, including but not limited to, watches, necklaces, earrings, bracelets, or rings.
 - Cleats must be molded rubber – no metal cleats.
 - All use of braces, casts, or splints must be authorized by a licensed medical physician in writing, and padded with at least ½” thick closed-cell polyurethane foam.