

OFFICIAL YOUTH FOOTBALL ASSOCIATION RULES & REGULATIONS

2011

LAFAYETTE RECREATION AND PARKS DEPARTMENT

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LEAGUE CLASSIFICATION

NINER LEAGUE: 9 YEAR OLDS:

To be eligible for participation in the Niner League, a player must be 9 years of age before September 1st of the current year and he cannot turn 10 years of age prior to September 1st of the current year. Eight (8) year old players are not eligible. The minimum weight for this league is 50 lbs. There is no maximum weight for 9 year old players, however, those 9 year olds weighing over 100 lbs. **MUST PLAY** interior line (tackle to tackle), on offense and/or defense, in a 3 or 4 point stance and cannot receive or carry the ball. A 9 year old player cannot play in more than one league.

MITE LEAGUE: 9-10 YEAR OLDS:

To be eligible for participation in the Mite League, a player must be 9 years of age before September 1st of the current year and he cannot turn 11 years of age prior to September 1st of the current year. Eight (8) year old players are not eligible. The minimum weight for a 9 year old in this league is 100 lbs. There is no maximum weight for 9 year old players, however, those 9 year olds weighing over 130 lbs. **MUST PLAY** interior line (tackle to tackle), on offense and/or defense, in a 3 or 4 point stance and cannot receive or carry the ball. Those 10 year olds weighing over 100 lbs. **MUST PLAY** interior line (tackle to tackle), on offense and/or defense, in a 3 or 4 point stance and cannot receive or carry the ball. A 10 year old player cannot play in more than one league.

JUNIOR LEAGUE: 10-11 YEAR OLDS:

To be eligible for participation in the Junior League a player must be 10 years of age before September 1st of the current year and he cannot turn 12 years of age prior to September 1st of the current year. The minimum weight for a 10 year old in this league is 100 lbs. There is no maximum weight for 10 and 11 year old players, however, those 10 year old players over 140 lbs. and those 11 year old players weighing over 110 lbs. **MUST PLAY** interior line (tackle to tackle) on offense and/or defense in a 3 or 4 point stance and cannot receive or carry the ball. No 10 year old players nor any 11 year old players can play in two leagues. Once the season has started a player has to stay in his league (cannot move to another league).

SENIOR LEAGUE: 11, 12, 13 YEAR OLDS:

To be eligible for participation in the Senior League, a player must be 11 years of age before September 1st of the current year and he cannot turn 14 years of age prior to September 1st of the current year. The minimum weight for an 11 year old player in this league is 100 lbs. There is no maximum weight for 11 and 12 year old players. An 11 year old player weighing over 160 lbs. and a 12 year old player weighing over 130 lbs. **MUST PLAY** interior line (tackle to tackle) on offense and/or defense, in a 3 or 4 point stance and cannot receive or carry the ball. A 13 year old cannot weigh more than 140 lbs. to play with the Senior League. A 13 year old who weighs over than 110 lbs. **MUST PLAY** interior line (tackle to tackle) on offense and/or defense in a 3 or 4 point stance and cannot receive or carry the ball. Once the season has started a player has to stay in his league (cannot move to another league).

INITIAL QUALIFICATIONS:

Eligibility will consist of weight, age and place of residence with a player having to meet all three criteria to be considered as an eligible player, intent has no bearing. All qualifying weight will be in P.E. shorts or stripped, at the initial weigh-in held by the Recreation Coordinator. Once a player has established qualifications at the initial weigh-in, that weight becomes that player's official weight. If a player is designated as an interior lineman at the initial weigh-in, that player must be an interior lineman for the entire season. Players who are not designated as interior lineman at the initial weigh-in, must make the designated weight each game to be a running back or to be able to play any position. No player may play for a Recreation League team and a School based team during the same season.

OVERWEIGHT PLAYERS

There will be a 15-yard unsportsmanlike conduct penalty assessed to the coach for every time an overweight player is used in an illegal manner, as listed below. There will be no ejection of a Coach for this particular violation of the rules.

1. Overweight players may punt and kick (field goal and try for point after a touchdown), but are not allowed to advance the ball. They may not participate on Free Kick plays with the exception of being the kicker. Once they have kicked the ball they must leave the field.
2. Any overweight player must play interior line (tackle to tackle), and is not allowed to drop back into pass coverage. If he is spotted by an official out of the neutral zone on a pass, the penalty will be unsportsmanlike conduct by the player. If the overweight player intercepts the ball beyond the neutral zone, the ball will be awarded back to the offensive team and an unsportsmanlike conduct penalty (15 yards from the previous spot and replay the down) will be assessed.
3. Overweight players must play tackle to tackle on defense. Tackle to tackle is defined as two (2) slots right and left of the center (not counting the center). On an unbalanced line, two (2) slots to the weak side and three (3) slots to the strong side. The penalty will be an unsportsmanlike conduct.
4. On offense there must be a player (down line) on each side of the center. Offensive lineman are allowed to be in a set position (2 point stance).

A deadline of Friday prior to the start of the season will be enforced for new players added to the roster. This day will be the last day a player will be weighed for an initial weigh-in. Once a player has established qualification at the initial weigh-in, he becomes locked into that league for the entire season unless his weight requires him to move up to the next league. This would apply to a 10 year old who has gained too much weight for the Mite League or an 11 year old who has gained too much weight for the Junior League.

WEIGH-IN

All players must attend the "Official Weigh-In", scheduled by the coordinator or must be weighed by the Friday prior to the start of the season. They will be weighed in P.E. shorts or stripped. They must have a copy of their birth certificate at weigh-in. All players must make the official weigh-in by the Friday prior to the start of the season. The only exception

to adding a player after this deadline; is if it can be proved that a player moves into Lafayette Parish after this date and before the end of the third playing week of the season. All players will be placed in their proper classification and league at this weigh-in. Players will be allowed a 5-pound weight gain **after the first three games** of the season. This allowance for weight gain **will not** change a player's initial weigh-in classification. The teams will be weighed weekly prior to each game with uniforms and equipment (*) that will be worn during that game (* does not include helmet). All running backs must make weight each game to participate as a ball carrier. Prior to the first game to be played each night, teams will be weighed no sooner than 30 minutes prior to the game time, and no later than 15 minutes prior to game time. The opposing coach may be present at weigh-in. Teams scheduled to play the second game will be weighed at half time of the first game only. A 15-yard unsportsmanlike penalty, for any team not at weigh-in at the assigned time. There will be a **10-pound weight allowance** for equipment without helmet. Overweight players will be identified by a decal, to be placed on the helmet. Any intentional violation of weigh-in rules will be subject to severe action from the Youth Programs Committee. (See Youth Guide).

REGISTRATION FEES

All fees must be paid by weigh-in date. Team fees will be \$150.00 per team for Mite, Junior and Senior.

TEAM ROSTERS

Rosters will be collected at pre-season weigh-ins. All rosters will then be sent to all other teams. All rosters must be turned in at the official weigh-in. Each team will have a hard cap maximum roster of no more than thirty-two (32) players. Exceptions will be made to this rule only when justified to the Recreation Staff and only with the written consent of the Recreation Staff.

TEAM NEIGHBORHOODS

All players will be required to play in their own neighborhood. If two or more teams in a specific league can be formed in the same neighborhood, **LEAGUE OFFICIALS** will decide upon inner Neighborhood Boundaries and/or drafting procedures. These drafting procedures must attempt to disperse the talent as evenly as possible as is the intent stated in the LRPD Youth Guide. Each neighborhood must adhere to the boundaries. Any neighborhood that violates this policy will be reprimanded. It is the responsibility of the football coordinator and coaches to assure that Recreation policies are adhered to. No players shall play for a team out of their league area. A participant must play in the neighborhood of their actual residence. If a neighborhood does not offer a team in an age group, then the Recreation Coordinator in charge of the program will assign the participant to a neighborhood. No team will be allowed to forfeit any regularly scheduled game (whether the game is scheduled before or during the season) except for extenuating circumstances. In such case, the reasons shall be stated in writing and given to the Recreation Coordinator seven days before the game. Under such circumstances the Athletic Staff will rule on the request for a forfeit. If the team does not play the game then the Athletic Staff at its sole discretion, has the option to enforce sanctions against the team and/or its coaches. Sanctions, which can include prohibiting that team from playing a post-season or bowl game.

PARENTAL CONSENT FORMS/ACKNOWLEDGMENT OF RESIDENCY

All players in the program must have parental consent cards (registration application) signed, and in the hands of their coach or Neighborhood Coordinator before they can be issued playing equipment or before they can participate in any kind of contact.

PLAYER CALL-OUTS

The Neighborhood Coordinator is to make his own arrangements for a facility at which to hold his call-outs, set by the Recreation Department.

BIRTH CERTIFICATE

Players participating in the program must have their age verified by a birth certificate or other certified proof of age. The Football Coordinator will be responsible for verifying the ages of all of his neighborhood's players and submitting a copy of birth record(s) at weigh-ins. No approval of birth certificates can or will be made at game site. It must be done through the Youth Football Coordinator at Girard Park.

PRACTICE SESSIONS

Teams may begin conditioning practices on August 22, 2011. Conditioning practices must include running and/or calisthenics, no offensive or defensive schemes, sets or drills are allowed. These practices are strictly for conditioning and are not allowed to be used for preparing game plans for the season. Practice with pads may not begin until August 29, 2011. Prior to the first week of the season, a team may practice a maximum of four (4) times a week with each session not to exceed 2 hours. There **MUST** be at least a 12-hour rest period between each practice session. Beginning with the initial week of the regular season, a team may practice a maximum of two (2) times a week with each session not to exceed 2 hours. There must be at least a 12-hour rest period between each practice session. No player is to be permitted to engage in any type of contact work, with or without equipment, until he has undergone a minimum of three (3) days of conditioning exercise. This is mandatory, regardless of when the player has registered for the team.

GAME REGULATIONS

1. Games shall consist of four 8-minute quarters with a 1-minute rest between quarters and a 10-minute rest at halftime.
2. Each team shall get 3 one-minute time outs per half.
3. Scoring shall be as follows:

6 points	-	Touchdown
3 points	-	Field Goal
2 points	-	Safety
2 points	-	Kick for Extra Point
1 point	-	Run or Pass for Extra Point
4. The ball will be set on the 2-yard line for an extra point attempt. This is an exception to Rule 8-3-1.
5. An injured player must leave the field for at least one play.
6. **A MOUTHPIECE IS REQUIRED** of all players on both offense and defense. The mouthpiece must be in the mouth of all players at the time of the snap.

7. A free substitute rule is always in effect. Coaches are required to PLAY ALL of their players in EVERY GAME. Each player is required to play in four (4) scrimmage plays each quarter, this does not include kickoffs, punts or extra points. We enlist the cooperation of parents and coaches in policing this rule. If video evidence is provided to show a violation of this rule, penalties will be enforced. These penalties may include but are not limited to; forfeiture of games, suspension of coach and prohibition from participating in post-season games.
8. **ALL MAJOR PENALTIES** will be 15-yards; they will not be shortened because of the length of the field.
9. **SPEARING** will not be tolerated. The guilty party will be charged with unsportsmanlike conduct, **EJECTED** from the game, and his team will be assessed a **MAJOR PENALTY**.
10. Players ejected will be reported to League Officials by the Recreation Department Representative in charge at that particular facility. This player will sit out the next game his team plays. If the player has occasion to be ejected from a game for a second time, he will not be permitted to return to action in the program until such time that his case comes before the Youth Football Association and the Recreation Staff for review and disposition.
11. The coaches' area will be marked off. Officials will ask the coach **ONLY ONCE**, to keep off the field, after that, the coach will be assessed a **MAJOR PENALTY**.
12. Only molded rubber football cleats or flat soled sneakers will be approved for league play. Hard rubber, metallic, or other type or screw on cleats will not be permitted.
13. No player **MAY PRACTICE OR PLAY** with a **SCHOOL TEAM** and a **LEAGUE TEAM** during the same season.
14. All Mite, Junior and Senior League games will be played on a 40 X 80 or 50 X 100-yard field. Kickoffs will be from the 30-yard line when playing on the 80-yard field and the 40-yard line when playing on the 100-yard field if no penalties are involved. (No kickoffs in Niner League).
15. The use of walkie-talkie headsets, telephone and/or spotters with or without runners is permitted in all leagues, playoff and bowl games.
16. Teams may film games, however, they cannot be viewed by the team members until after the completion of the game being played and filmed.
17. Exception to Rule 7-1-2, the ball may be placed in any manner desired by the snapper, prior to the snap.
18. The numbering system used under LA. High School Association Rules and Regulations shall not apply, but are recommended.
19. In case of a tie game after 4 quarters, the ten-yard overtime procedure will be used under LA High School Association Rules.
20. In a situation where two teams are wearing the same color jerseys a coin toss will determine which team will wear pullovers.
21. The use of tobacco in any form by players or coaches is not permitted on the field of play.
22. The use of alcoholic beverages is also not permitted.
23. If an overweight player intercepts the ball or recovers a fumble, the play will be blown "dead" at that spot. No **ADVANCEMENT** of the ball may be made by an overweight player in any situation.
24. No player will be allowed to participate in a game if that player has a fractured bone

which requires a cast to protect it. Players wearing a cast, or other hard substances, to protect an injury, other than a fracture, will be required to adhere to Rule 1-5-3-b, except that a Doctor's written authorization will not be required.

25. Only Lafayette Parish based teams from the seven Youth Associations in Lafayette Parish are eligible to compete in the Turkey Bowl Championship games.

SPECIAL RULES:

NINER LEAGUE

Regular rules shall apply, with the following exceptions.

- a. No kickoffs, first offensive possession on their own 30-yard line.
- b. No punts. If a team chooses to punt, the ball is moved 25-yards. No punt brings the ball past the 20-yard line.
- c. A standard (5-4) or (6-3) defense **MUST** be utilized. Blitzing will not be allowed. (See page 8 on rule clarification).
- d. The play clock will be set at 35 seconds. If the ball is not snapped before this time elapses a delay of game penalty will be assessed.
- e. On attempted PAT kicks:
Only the holder and kicker will be allowed on the field. They will line up with the ball on the 10-yard line where they will attempt to kick it through the uprights.

MITE & JUNIOR LEAGUE

Regular rules shall apply, with the following exceptions.

- a. On attempted punts:
If a team chooses to punt, both teams will field the required 11 players. They must line up in regular formation, with the defense being required to have 5 players on the line of scrimmage between the tackles. No rush is allowed and no fake punts are allowed. No player may move to block an opponent or pursue the ball until after the ball has been kicked.
- b. On attempted PAT kicks:
Both teams will field the required 11 players. The ball will be snapped to the holder on the 10-yard line where the kicker will attempt to kick the ball through the uprights. No rush will be allowed and no fake kicks are allowed.

GAME EQUIPMENT

The Recreation Athletic Staff must approve all neighborhood jersey colors. All teams must wear an approved color jersey. There cannot be a change unless going through the Recreation Department. Players must wear the same number in every game. The Department will provide game balls, with the neighborhood having the option to use their own ball, as long as the minimum specifications are met of the standard football used. ALL Leagues will use the "K2" model football or an equivalent of another brand.

PROTESTS

There are **NO PROTESTS** in the Youth Football program. The only things that can be questioned are players age, residence or weight. **NO PROTESTS** on rules, judgment situations, clock or any other items. Games cannot be played under protest.

GAME OFFICIALS

Game officials will be supplied by the Lafayette Area Football Official's Association. A representative of the Association will meet with the Coaches and Football Coordinators prior to the season each year to go over the rules and regulations, changes in the High School Rules, etc. We ask that all of you Coaches and Coordinators exert every effort to control your fans, and cooperate with game officials at all times. If a crowd appears to be getting out of control, the Recreation Department Representative will speak to the coach and will ask the coach to try to control the crowd. If this fails, the representative of the Recreation Department will be empowered to forfeit the game to the opposition.

PRACTICES

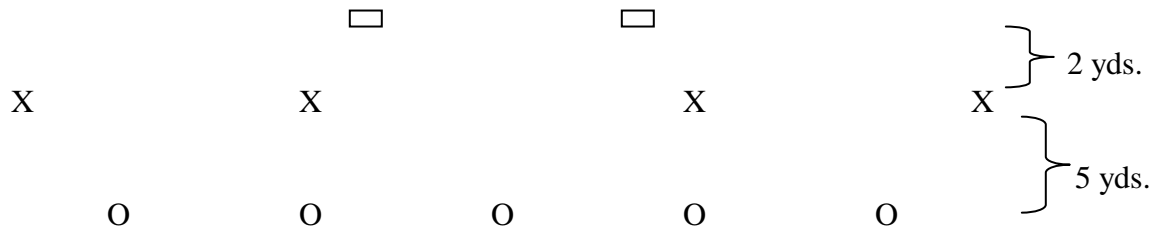
No team or player from an LRPD League may practice or scrimmage against or with any other team or player(s) that play in any League other than the one their team or themselves play in. Any Coach who allows their team to practice or scrimmage against another team that is not in their same League will be disciplined.

DISCRIMINATION

IF ANYONE BELIEVES HE OR SHE HAS BEEN SUBJECTED TO DISCRIMINATION ON THE BASIS OF RACE, COLOR OR NATIONAL ORIGIN, HE OR SHE MAY FILE A COMPLAINT ALLEGING DISCRIMINATION WITH EITHER THE LRPD OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240.

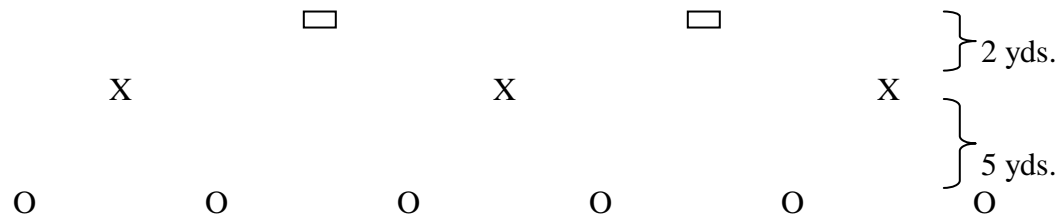
RULE CLARIFICATION**NINER LEAGUE**

1. Defense: A standard (5-4) or (6-3) must be utilized:

5-4 Defense

- (o) - 5 players must be on the line of scrimmage Heads-Up opposite an offensive player (a defensive player is on his line of scrimmage when he is within one (1) yard of his scrimmage line at the snap).
- (x) - 4 players must line up no less than 5 yards behind the deepest defensive lineman.
- (□) - 2 players must line up no less than 2 yards behind the linebackers (x).

All players **must stay** in position until the ball is snapped. (Clarification: NO pre-snap shifting which changes the defense from a 5-4 to a 6-3 or vice versa is allowed.)

6-3 Defense

- (o) - 6 players must be on the line of scrimmage Heads-Up opposite an offensive player (a defensive player is on his line of scrimmage when he is within one (1) yard of his scrimmage line at the snap).
- (x) - 3 players must line up no less than 5 yards behind the deepest defensive lineman.
- (□) - 2 players must line up no less than 2 yards behind the linebackers (x) at the snap.

All players **must stay** in position until the ball is snapped. (Clarification: NO pre-snap shifting which changes the defense from a 5-4 to a 6-3 or vice versa is allowed.)

2. Heads-Up: A player is considered Heads-Up when the midline of their body is positioned so that it is even with the midline of the player directly across from them.
3. No defensive player will be required to slide down the line so that they will be heads-up if the offense is in a formation without 2 tight ends.
4. No second tier defensive player will be required to start a play deeper than their own Goal line.
5. Blitzing is defined in our League as: a player other than one of the front 5 or 6, depending on which defense is utilized, who penetrates the offensive line of scrimmage and makes

contact with the ball carrier in or near the tackle box prior to the ball leaving the tackle box and/or player possession being lost. Also, no defensive player who is other than one of the front 5 or 6 may cross the line of scrimmage while the ball is in player possession within the tackle box and wait for the ball carrier to meet them outside of the tackle box.

6. The tackle box is defined as that area from outside shoulder to outside shoulder of the two players immediately adjacent to the snapper and from the line of scrimmage to the offensive team's end line they are moving away from.