

GARRETT YOUTH FOOTBALL LEAGUE PLAYING RULES FOR BOTH DIVISIONS

1. All games will be played following IHSA rules and regulations, unless spelled out otherwise in this document.
2. "A" and "B" division games shall consist of **four 15-minute quarters with 1-minute between quarters 1-2 and 3-4**, with the clock running continuously with the following exceptions. Time will be kept on the field, by the referee, in both "A" and "B" level games.
 - a. The clock should stop for injuries and time outs **ONLY**. No other instance shall the clock be stopped. Injury time outs will be called by the head official.
 - b. There will be a ten (10) minute half time period.
 - c. If, at the end of the fourth 15-minute quarter there is a tie, an over time will take place. The ball will be placed on the ten yard line, with each team receiving 4 downs to try and score. The first possession will be decided by coin toss. If, after each team has finished their possession, the game is still tied, the game will end in a tie.
3. Each team will be allowed 3 one-minute time outs per half.
 - a. **Each team will have one (1) timeout in overtime.**
4. **Acceptable Football Size**
 - a. **2nd/3rd – Peewee**
 - b. **4th/5th – Peewee or Junior.**
5. Each player should receive significant playing time in each half (6-8 plays, minimum). Exceptions to this rule are only for players who are injured or under disciplinary action by the coach. The league president will have the authority to address this situation, should violations consistently occur.
6. **No fake kicks, fake punts or quick kicks will be allowed.**
7. Scoring on the extra points will be **2 points for kicks and 1 point for successful scrimmage plays**. This follows current middle school rules for our conference and is intended to encourage the development of kickers.
8. The ball may be snapped on any or no sound.
9. Coaches in the "A" Level are restricted to one coach only in the huddle on offense and defense. At the "B" Level, two coaches are allowed on the field, but must align themselves as to not interfere with the game action.
10. Delay of Game Penalty: For the "A" level, there will be 35 seconds allowed between plays. For the "B" level, there will be 45 seconds, after the ball is set, before a delay of game is called. 2 warnings will be given before a penalty is assessed.
11. **No Blitzing!** Players not on the defensive line of scrimmage must stay back at least **4 yards** and cannot advance forward until the snap of the ball. The referee will give 1 warning, and then each additional occurrence will result in a 5 yard penalty. No more than six defensive players may line up **inside the box** (from tight end to tight end); 1 player may line up from "A" gap to "A" gap. If the ball is inside the defensive 10 yard line, this situation will be considered a goal line situation and 8 defensive players may line up inside the box.

12. **No Trap Blocking, pulling of a blocker, or stunts.** The referee will give 1 warning and each additional occurrence will result in a 10 yard penalty.

SPECIAL GAME RULES BY DIVISION

“A” Division Special Rules

1. **All players entering 4th and 5th grades must play in the “A” Division**
2. **Players weighing over 125 pounds and under 150 pounds** must be identified with a Red Stripe on their helmet, approximately one inch in width and running from the front to the back of the helmet.

Offensive Restrictions:

- a. Player may not line up in the backfield (QB, FB, RB, FL)
- b. Player may not line up as a wide receiver (SE, FL)
- c. Player may line up as a TE, but must not leave the line of scrimmage on pass routes. He can, however, be used as a blocker.
- d. He may never advance the ball.

Defensive Restrictions:

- a. Player may not line up in the defensive backfield or at outside linebacker.
- b. Player may never advance the ball.

Special Teams Restrictions:

- a. Kick-off – Player may not advance the ball at any time other than as the kicker.
- b. Punt – Player may not advance the ball at any time.

Players weighing over 150 pounds must be identified with a Black Stripe on their helmet, approximately one inch in width and running from the front to the back of the helmet.

Offensive Restrictions:

- e. Player must line up at an interior line position (C, G, T)
- f. Player may not advance the ball at any time.

Defensive Restrictions:

- a. Player must line up at an interior line position (DT, NT)
- b. Player may not advance the ball at any time.

Special Team Restrictions:

- a. May only participate as an interior lineman on PAT/FG – offense or defense
 - b. No such players shall be allowed to play on kick-offs or punts.
3. Any legal offensive or defensive formation may be used. This would include unbalanced lines and multiple receiver sets on offense. The offense must maintain seven men on the line of scrimmage, with the last man on each end of the line an eligible receiver. The defense must maintain not more than 6 men in the box (from tight end to tight end), except in goal line situations where 8 men in the box are allowed.
4. **Kick-Off Situations:**
- a. Kick-offs will only occur at the start of the game and after halftime.
 - i. The ball will be placed at the 30-yard line for all other normal kickoff situations.
 - ii. If a safety occurs, the ball will be placed at the 45-yard line.
 - b. The point of kick-off will be the 40-yard line
 - c. The ball will be live following 10 yards and can be recovered by either team.
 - d. If the kick-off goes into the end zone, a touchback will be called automatically and the ball will be placed at the 20-yard line.
 - e. If the kick-off goes out of bounds along the sideline, an illegal procedure penalty will be called. The receiving team will have the following options:
 - i. Take possession at the point the ball went out of bounds
 - ii. Take possession at their 45-yard line or 15 yards from the point of the kick-off, should the kick-off spot be the result of a prior penalty.
 - f. Player with 'Red Stripes' may be used on the kick-off team or the return team, but may only be blockers or tacklers. They may not advance the ball.
 - g. A 'Red Stripe' player may be used as a kicker
 - h. **'Black Stripe' players may not be on the Kick-off or Return team at any time.**
 - i. Penalties on the Return Team will be enforced from the spot of the foul.
 - j. Kick-Off Team penalties will be enforced from the end of the return
5. **Punting Situations:**
- a. The offensive team must inform the official of their intention to punt. Fakes are not allowed.
 - b. The offensive team must line up in a double wing formation – no outside gunners.
 - c. The defensive team must line up in a base defensive formation following the 6 man in the box rule. A single or double safety formation may be used.
 - d. There will be no rush of the punter or return of the kick. The deep safety is encouraged to make all attempts to catch the punt on the fly. The play will be whistled dead immediately if the punt is muffed and the ball placed at the point of contact. The ball will be placed at the point of reception or at the end of its unimpeded roll.

- e. If the snap is muffed by the punter, he will be given an **8** second opportunity to recover the ball and kick; otherwise the play will be ruled dead by the official and possession will be given at the fourth down line of scrimmage point to the defense. The **8** second count will be made by the referee.

6. PAT/FG Situations:

a. A team scoring a touchdown will have the option of running a play from the 3 yard line for a single extra point or to “go for two”. A kicked PAT will count as two points. The defense will not be allowed to rush the kicker. The ball must be snapped, held and kicked through the uprights for a successful attempt. A bad snap or fumbled hold will be blown dead immediately. A team may also attempt a field goal at any time. Again, the same rules will be applied, but a successful kick will count as three points.

SPECIAL GAME RULES BY DIVISION

“B” Division Special Rules

1. Only players entering 2nd or 3rd grade will be allowed to play in the “B” division, regardless of their age, size or experience.
2. Players weighing over 95 pounds and under 125 pounds must be identified with a **Red Stripe** on their helmet, approximately one inch in width and running from the front to the back of the helmet.

Offensive Restrictions

- a. Player may not line up in the backfield (QB, FB, RB, FL)
- b. Player may not line up as a wide receiver (SE, FL)
- c. Player may line up as a TE, but must not leave the line of scrimmage on pass routes. He may, however, be used as a blocker.
- d. He may never advance the ball.

Defensive Restrictions:

- a. Player may not line up in the defensive backfield or at outside linebacker
- b. Player may never advance the ball.
3. **Players weighing over 125 pounds must be identified with a **Black Stripe**** on their helmet, approximately one inch in width, and running from the front to the back of the helmet.

Offensive Restrictions

- a. Player must line up at an interior line position (C, G, T)
- b. Player may not advance the ball at any time.

Defensive Restrictions:

- a. Player must line up at an interior line position (DT, NT)
- b. Player may not advance the ball at any time.

4. Any legal offensive or defensive formation may be used. This would include unbalanced lines and multiple receiver sets on offense. The offense must maintain seven men on the line of scrimmage, with the last man on each end of the line an eligible receiver. The defense must maintain not more than 6 men in the box (from tight end to tight end); 1 player may line up from "A" gap to "A" gap. In goal line situations, 8 men are allowed on the line of scrimmage.
5. Two coaches per team are allowed on the field at a time, during the game.
6. Special Team Situations:
 - a. **Kick-Off:** A simulated kick-off will be used. The ball will be placed on the offense's 40-yard line, 60 yards from the goal line. The offensive possession will begin at that point.
 - b. **Punt:** A simulated punt will be used. After the offense has indicated its intention to punt, the officials will walk off 20 yards from the line of scrimmage, or to the defense's 25-yard line, whichever comes first, and place the ball. The defensive team will take over the ball at that point.
 - c. **PAT/FG:** A team scoring a touchdown will have the option of running a play from the 3 yard line for a single extra point or to "go for two". A kicked PAT will count as two points. The defense will not be allowed to rush the kicker. The ball must be snapped, held and kicked through the uprights for a successful attempt. A bad snap or fumbled hold will be blown dead immediately. A team may also attempt a field goal at any time. Again, the same rules will be applied, but a successful kick will count as three points.