

WFL FOOTBALL RULES

Revised July 15, 2009

Player Requirements:

2009-2010 Football Season Division/Age Chart

AGE	DIVISION	Weight Limit To Run The Ball	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug
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TACKLE FOOTBALL

U12	Senior	120	96 / 97	96 / 97	96 / 97	96 / 97	97 / 98	97 / 98	97 / 98	97 / 98	97 / 98	97 / 98	97 / 98	97 / 98
U11	Junior	105	98	98	98	98	99	99	99	99	99	99	99	99
U10	Sophomore	90	99	99	99	99	00	00	00	00	00	00	00	00
U9	Freshman	75	00	00	00	00	01	01	01	01	01	01	01	01

FLAG FOOTBALL

U7/6	SR. FLAG	N/A	01 / 02	01 / 02	01 / 02	01 / 02	02 / 03	02 / 03	02 / 03	02 / 03	02 / 03	02 / 03	02 / 03	02 / 03
U5/4	JR. FLAG	N/A	03 / 04	03 / 04	03 / 04	03 / 04	04 / 05	04 / 05	04 / 05	04 / 05	04 / 05	04 / 05	04 / 05	04 / 05

Breakdown of leagues/age groups is dependent upon the number of children registered. Leagues may be combined at the Boards' discretion to best meet the needs of the WFL.

Team Size:

All teams must have a minimum number of players established by the Football Board, with a maximum of eighteen (18) players. Teams may be required to add players from the open registration to their roster to ensure that all open registration players are assigned to a team. A team can play a game with as few as 9 players. The opposing team will NOT be penalized and will play with a full team of 11 players. If the team does not have at least nine (9) players they will have to forfeit the game.

Practices:

- Six (6) hours of practice time per week is allowed. **NO MORE.**
- Games count as two (2) hours practice time. Each practice session is not to exceed two (2) hours.

Coin Toss:

Coin toss will occur 5 minutes prior to game time with Captains from both teams. Team winning toss will have the following options:

1. Receive
2. Kickoff
3. Defend either goal
4. Defer option of 1st half to the other team, and exercising team option in 2nd half.

Kickoffs:

- Freshman/Sophomore League – Will have an optional kickoff for the first 2 games. (Ball will be placed at the Team B 40 yard line as the alternative to exercising a kickoff. Accepted penalties may result in relocation of Team B's starting yard line.) After the second (2nd) game the kickoff becomes mandatory.
- Junior/Senior League – Will have regular kickoffs from the start of the season.

All kickoffs will be from the team's 40 yard line, unless relocated as a result of a penalty.

Punting:

- Any player may punt the ball. (Weight limit does not apply.)
- A punter over the weight limit for any reason may not advance the ball beyond the line of scrimmage.
- Junior/Senior League will have the option the first two (2) games to punt or to advance the ball 25 yards down field and give the opposing team possession. Team may not exercise punt option within the 26-yard line.
- Freshman/Sophomore League will have the option to punt or to advance the ball 20 yards. Down field and give the opposing team possession. Team may not exercise punt option within 21-yard line.

If a Freshman/Sophomore League team elects to punt the ball:

- They must notify the defense that they intend to punt the ball.
- There will be no fake punts.
- Defense cannot rush the punter.
- Defense must have eight (8) players on the line of scrimmage.
- Players on the line of scrimmage must stay in place until the ball is kicked.

Junior/Senior League will have regular punting rules and formulations.

Scoring:

Scoring is as follows and is the same for all leagues:

- Touchdown = 6 points
- Safety = 2 points
- Point after touchdown - RUN = 1 point
- Point after touchdown - PASS = 2 points
- Point after touchdown - KICK = 2 points
- Field goal - KICK = 3points

Lining up:

- Offensive/Defensive linemen must be in a minimum of a three (3) point stance from the tackle to tackle position.
- Middle linebackers (between the tackles) must remain a minimum of three (3) yards off of the line of scrimmage until the ball is snapped.

Freshman/Sophomore League Only:

Nose guards & Middle Linebackers

- Nose guards (defensive lineman positioned directly over center) are not allowed.
- Middle linebackers (between the Tackles) must remain a minimum of three (3) yards off the line of scrimmage until ball is snapped.
- First contact **initiated** by a defensive lineman immediately at the snap cannot be with the center.
- Defensive lineman must be lined up heads-up or outside of guard.

Weight limits:

- Weight limits for carrying the ball for each League are:
 - Freshman League – 75 lbs
 - Sophomore League – 90 lbs
 - Junior League – 105 lbs
 - Senior League – 120 lbs.
- A player not weighing prior to that player's first game will be required to wear a 90 number.
- A player's weight on weigh-in day will be his/her playing weight for the season.
There will be designated dates for weigh-ins. Players should weigh in on weigh-in days after they sign up. All weigh-ins will be conducted and observed by members of the Football Board. Players will have one chance to weigh in, and there will be no re-weigh. Once a player steps on the scales, they are done!
- On offense, any player exceeding the weight limits will be required to play a down lineman position. (Center, Guard, Tackle, or Tight End_ and Kicker or holder positions on offense. A team in violation of this rule will be charged a 15 yd. Penalty for unsportsmanlike conduct.
- Any player wearing 90 series number and playing offensive center, guard, or tackle will be considered an illegal receiver or ball carrier.
- Any player wearing a 90 series number, may kick punts, but cannot run, hand-off, or pass the ball while in punt or formation.
- Any player wearing a 90 series number can kick extra points and field goals but cannot advance the ball in any other method other than a kick.
- Exception: A player wearing a 90 series number will be recognized as an eligible receiver if they line up on the line in a Tight End position and must comply with rules governing eligible receivers, except numbering.
- If an offensive or defensive player over the weight limit possesses a forward or backward pass or recovers a fumble the ball will be dead at the point of completion or recovery.
- The mandatory numbering rule is to be expected for All Leagues. Players over the ball carrying weight must wear 90 series numbers on jersey. Any player wearing a 90 number may not carry the ball or line up in the backfield or as an eligible receiver (except for holding for extra point or field goals). A Coach/Team in violation of this rule will be charged a 15 yd. Penalty for unsportsmanlike conduct.

Time Outs:

- Each team has 3 time outs per half.

Game Clock:

- Freshman/Sophomore League – will play 8 – minute quarters with a regulation clock.
- Junior/Senior League – will play 10 – minute quarters with a regulation clock.

Clock will stop for the following reasons

- Charged time out.
- Official time out. (Injuries, measurements, coaches / Officials conference, Etc.)
- After a score.
- Incomplete pass.
- Ball out of bounds.
- Change of possession.

Running Up the Score:

- All coaches must be aware that “running up the score” is not acceptable. All attempts should be made to keep the score from getting out of hand. Running up the score is defined as exceeding a 28 point differential. Failure to comply will result in a warning to coach. Second offence will result in a 1 game suspension for coach.
- By the end of the 3rd Quarter, if a team is ahead by 28 points or more the “Clock” becomes a running clock (stopping only for injury). When the point spread becomes less than 28 points, the “Clock” then returns to regulations. The opposing coach has the option to run clock sooner.
- The Football Board **will** impose sanction on teams who have a score differential (winner score – losing score) of 28 points or more in a game (only 8 points maximum per game are allowed for the position tie breaking rules).

Chain Crews:

- Visitor will supply three (3) people (16 or older) for the chains.
- Chains will run on visitor’s sidelines in all games.

Mouthpieces:

- Mouthpieces are mandatory. No warning, 5yd penalty will apply.

Facemask Violations:

- A 2nd facemask violation (flagrant or non-flagrant) by the same player will result in that player being sent to the sideline for the coach to emphasize the importance of this rule. Coaches are asked to emphasize this rule and other rules for safety during their practices.
- A 3rd violation by the same player will result in player ejection.

Breaking a Tie:

- If game is tied at end of regulation play, the overtime format will be:
Ball will be placed on the 10 – yard line. The offensive team will have 4 downs to score a touchdown. Possession will change and the other team will then have 4 downs to score. If, after 4 overtimes, the score is still tied, the game will remain a tie.
- If at the end of the season 2 teams are tied the standings will be determined by a playoff.

Playing time for Each Player:

Every player shall be assigned a position on offense, defense, or both. That player will start and play the entire game at that position with the only exceptions noted below:

- A player misses one or more practices during the week without a valid excuse.
- A player misses both practices.
- A player is substituted for due to injury (the player must return to the game when deemed that he/she is ok)
- A player may occupy another position on the field provided he/she remains with the same starting unit (offense/defense)
- A player with starting positions on both offense and defense may be substituted for on either offense or defense, but not both.
- A coach may assign two players to occupy the same starting position on offense for the purpose of shuttling plays. These two players should rotate every play and must be on all special teams.

In the event that a player has violated the practice rule requirement and a coach intends to limit the players game time, the coach must report the intention to the WFL when checking in prior to the game. The league will keep a coaches check in log at the press box, so that all coaches have access to any notification of reduced playing times. In addition, the player whose playing time is being reduced will have a parent also report to the press box prior to the game for their signature acknowledging the notice, and reason for reduction of playing time.

Other Rules:

- The Head Coach and Assistants will be the only non-players authorized in the team area. An additional person may be designated to help with water or film the game. The team area will be defined as an area within the 25 yard lines and 5 yards from the sideline. The Head Coach will keep all authorized personnel inside the team area.
- Only coaches and players will be allowed within 5 yards of the sidelines. The Head Coach is responsible for keeping the five-yard side zone cleared. The officials may call a 5-yard penalty for sideline interference after one warning to the Head Coach for any violation listed above.

Protests

- Under no circumstances can any Coach protest a game unless they and their assistant coaches attended the mandatory Coaches Training as determined by the Football President prior to the start of the season.
- No protest based on an official's judgment call will be allowed.
- The League Commissioner or another Football Board member must be notified of the protest immediately after the game involved.
- A \$50.00 cash/money order deposit must be presented to the Football President within twenty-four (24) hours of the protest.
- The Football Board will meet as soon as is reasonably possible to discuss the protest.
- If the Football Board finds in favor of the protest, \$25.00 of the deposit will be refunded and whatever steps are necessary will be taken to correct the problem. If the Board does not find in favor of the protest, the \$50.00 will be put into the WFL Scholarship Fund.

Games cannot be replayed. If rule is not covered by WFL rules, UIL rules will apply. A coach may ask for a conference with the referee regarding rules interpretation, but will be charged with a time-out if ruling is not reversed. The coach must have a time –out available to ask for a conference. A conference can only pertain to a **RULE**. All judgment calls will stand as called.

Coach Conduct:

Any coach showing unsportsmanlike conduct (per the discretion of the Commissioner or the Board) will be issued 1 verbal warning. In the event of a second offense for the same or different reason, the coach will be dismissed and not allowed to complete the season with WFL Football. Other Conduct Rules are issued and stressed in the Official Coaches Letter given out at the draft.

Spectator, Coach, and/ or Player ejection from the park:

- Any spectator, coach, or player participating in verbal abuse or conflict with other coaches, referees, or players will result in the abusive party being ejected from the game.
- The abusive party may be asked to leave the park area.
- Ejection from the game and/or park is entirely up to the Board or referee's discretion.
- If a player is ejected, they are out for the remainder of the game.

Additional consequences may apply to any of the aforementioned instances at the Board's digression.

Parent and Coach Complaints

Parents are encouraged to take care of any problems that come up with their coach. In the event that a resolution cannot be found complaints will be handled in the following order:

1. Coach
2. League Commissioner
3. Football Board President
4. Football Board

Cheerleaders/ Drill Team:

- Only WFL sponsored cheerleaders/drill team members are allowed on sideline during game and half time show.

Injuries

Due to the type of activities that occur in youth football injuries are a part of everyday activities. These injuries range from minor scrapes and bruises to serious injuries requiring medical attention.

Known Medical Conditions

Coaches need to poll the parents about any possible medical conditions the players might have (asthma, allergies etc).

The parents should inform the coaches of any medical conditions that their child has. At no time should any coach provide any type of medication to a player. The parents of the player must assume this responsibility and provide all medications to their child.

First Aide Kit

Each team should have a simple first-aide kit at each event. This kit should have bandages, antiseptic spray, tape and a few “quick ice” bags.

Emergency Plan

Each team is required to have an action plan ready in the event a serious injury occurs. This plan needs to be conveyed to the parents on their team. The action plan should cover the following:

- What coaches will go on to the field to help players?
- Who will evaluate the player’s condition?
- Who will get the parents of the player if needed?
- In the event emergency personnel are needed who will contact them?

When a player is injured the coaches should move to them as quickly as possible. In most cases the injury will be minor and only require a few moments for the player to recover. Players should only be moved off the field if they can move themselves or with minimal assistance.

Medical Release

If a player is under doctor care for asthma or a heart condition, a medical release from the doctor is required.

Any player whose injury requires medical treatment should provide a medical release to the coach to the **WFL Football Commissioner**.

Remember to NEVER do the following:

- Move a Player Who Is Not Alert or Responsive
You should only do so if their position is potentially life threatening
- Remove Equipment
If the situation is serious it is best to leave the equipment on. The paramedics will do what they need to do when they arrive.
- PANIC, Remain calm!

EXCEPTIONS

- Any item not covered by the Policies and Procedures will be decided by the Football Board.
- Any rules not covered are deferred to UIL rules.

SAFETY BULLETIN

The Wylie Football League is committed to providing children with not only the best sports' experience possible but also the safest possible experience. We offer these basic guidelines:

1. **DROP OFF AND PICK UP** -- If you are unable to stay with your child during his/her game or practice, please do not leave your child at the field, unless you are 100% certain that there is a responsible adult (i.e., coach, another parent, etc.) who will remain there until you pick up your child. Make sure that you know what time you need to pick up your child.
2. **NAMES ON JERSEYS** -- WFL and all area police departments strongly discourage putting your child's first name on the backs of the jerseys. If their name is already on the jersey, please do not allow these jerseys to be worn away from the playing field.
3. **SMALL CHILDREN** -- Please keep small children with you at all times while watching a WFL event.
4. **"BUDDY SYSTEM"** -- If your child must walk to or from a WFL practice or game, please insist that they do this with a "buddy".
5. **PASSWORD** -- Have a "password" for your child. If an adult doesn't know your password, the child should know to run away.
6. **COMMON SENSE** -- All the rules, regulations and guidelines will never replace good commonsense when it comes to the safety of your child.