



2019 PR&CSYFL 3RD & 4TH  
GRADE TACKLE 8 VS. 8  
FOOTBALL RULES



## League Structure

1. 8 vs. 8 Tackle Football following USA Football Rule Book with minimal modifications – highlighted in yellow
2. All players will be officially certified and weighed during the League’s registration process
3. Players must play in the school Grade appropriate level.
  - a. Any exceptions must be approved by the Executive Committee provided written request was made.
  - b. If a player is deemed to be unable to protect themselves in their grade appropriate league, they can be placed in a lower league with the approval of the Executive Committee and parent(s).
    - i. Factors such as age, weight, height, ability, player evaluations, and coach recommendations will be taken into consideration.
4. Players over the official program Striper weight (**90lbs**) must wear a designated marking “stripe” on their helmet.
  - a. The stripe marking must go around the circumference of the players helmet (not front to back) so the player can be easily identified on the playing field
  - b. Once a player’s weight is certificated, the player will not be re-weighed unless there is an Executive Committee safety concern.
  - c. If the Executive Committee “challenges” a player’s weight and the player is over the allowed weight guidelines, the player will be striped of the balance of the season.
5. League Chain of Command
  - I. League Presidents
  - II. Executive Committee
  - III. Program Director
  - IV. Site manager

## Practice Policy

1. Legacy/Existing pre-game season practice schedule policies/rules will remain unchanged.
2. A maximum of 3 practices per week not totaling more than 6 hours per week during Game season.
3. For player safety, coaches are expected to practice a minimum of 2 practices per week, weather permitting.
4. The first week of practice (three practices) shall be in helmets and shoulder pads (“shells”) only with an emphasis on fundamentals.
5. The amount of contact at each practice will be reduced to a maximum of 25% of practice time.
  - a. No full speed head-on blocking or tackling drills in which the players line up more than 3 yards apart are permitted
    - i. Having two linemen immediately across the line of scrimmage from each other and having full-speed drills where the players approach each other at an angle, but not straight ahead into each other, are both permitted
    - ii. There should be no intentional head-to-head contact

## Game Rules

Park Ridge / CSYFL Football adopts all USA Football Rules & Regulations with minimal exceptions or adjustments:

- ❖ The Executive Committee reserves the right to modify/change rules at any time for the safety of League.

## Game Management

### General Governance

1. Games will be played in all weather conditions with the exception of lightning.
  - a. In cases where temperatures reach 90° or higher, additional “hydration” timeouts may be given at the referee’s discretion
2. The Home team will appoint a Site Manager for each game
  - a. They must present for the entire game and be wearing easily identifiable clothing
  - b. They are responsible for crowd control, briefing officials of any special circumstances, and arbitrating disputes between teams
  - c. They are to report any injury or disputes to League Director and Executive Committee within 24 hours.
3. Coaches are responsible for:
  - a. Abiding by the Leagues Code of Conduct Policy
  - b. Remaining in coaches’ box during the game.
  - c. Not argue with Officials.
  - d. The behavior of their team and parents.
  - e. Keeping the sideline clear of garbage.
  - f. Exchanging certified player rosters with opposing team and shaking hands after the game.
4. Parents are not allowed on sidelines during games.
  - a. If no stands are available at the game site, parents must be at least 20 feet behind the team bench.
5. No alcohol or fire arms are allowed at game sites.

### Clock Management

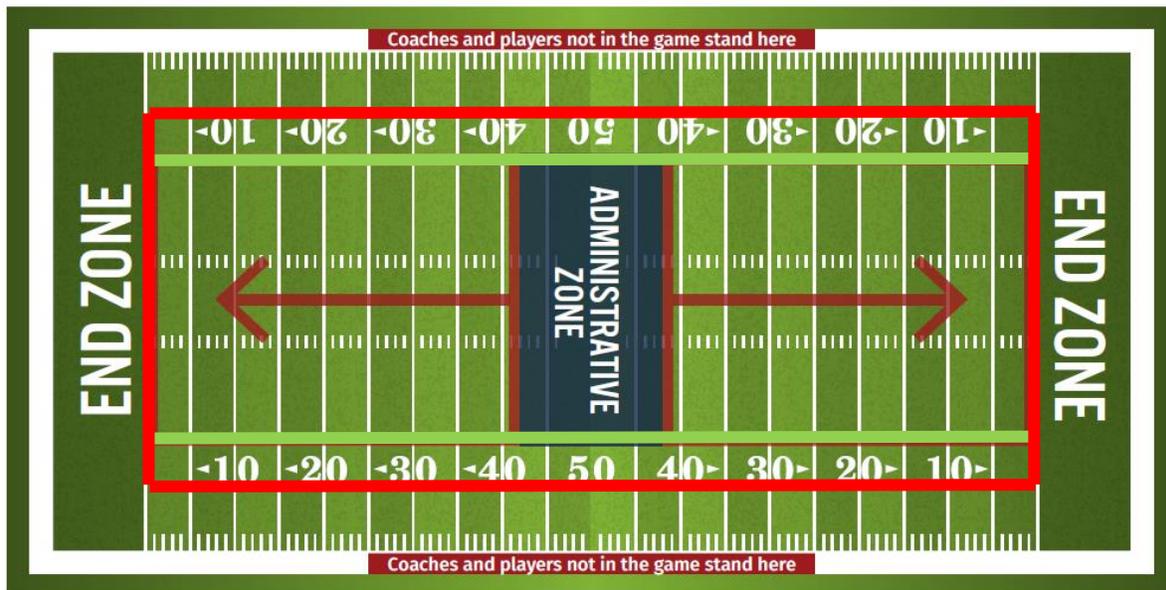
1. Each game shall consist of four (4) twelve (12) minute quarters, with a seven (7) minute half time. This allows 2 minutes for teams to kneel and observe cheerleaders where applicable.
2. During the first (1st) and third (3rd) quarters the clock starts again on the ensuing kick-off.
3. During the second and fourth quarters, in addition to the above, the clock will stop during the last two (2) minutes for an incomplete pass, a run out of bounds, quarterback grounding the ball, and to move the chains after a 1st down (once chains are set, clock starts running).
4. Injuries automatically stop the clock and the injured player must be taken out of the game for at least one (1) play. The clock will start at the snap of the ball.

### Timeouts

1. Each team will be allowed 3 timeouts per half.

## Playing Field Adjustments

1. The playing field is 40 x 40 1/3 yards, allowing for two fields to be created on a traditional 100-yard field at the same time – see diagram below.
2. The sidelines extend between the outside of the numbers on a traditional football field and should be marked with cones every five yards. Use traditional pylons, if available, to mark the goal line and the back line of the end zone.
3. Additional cones can be placed between the five-yard stripes and in line with the inside of the numbers to further outline the playing surface if desired.
4. All possessions start at the 40-yard line going toward the end zone
  - a. This leaves a 20-yard buffer zone between the two game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers and designated coaches are allowed in this space.
  - b. The offensive huddle may take place in the Administrative Zone.
  - c. Players not in the game stand on the traditional sidelines with one or more coach(es) to supervise.
  - d. The standard players' box should be used for sideline players. With the field split in two, this keeps players between the 25- and 40-yard line on each respective field and side.
5. First downs, down markers and the chain gang are administered in accordance with National Federation (NFHS) or local rules – starting from the 40-yard line.



## Player Rule Adjustments

1. Because of the “all players, all positions, all skills philosophy,” there are no restrictions on jersey numbers or player positions, with the exception of Striped players. See rule #2.
  - a. Not all players may play every position every game or even through the course of the entire season. All players should have at least one offensive and defensive line position as well as one offensive and one defensive backfield position to play each game with the exception of Striped players. See rule #2.
  - b. In practice, players should learn all skills of all positions for developmental purposes in accordance with the American Development Model principles.
  - c. All players must play from a two-point stance.
    - i. 3-point or 4-point stances are not allowed
    - ii. The offense’s center may only have his or her snapping hand down
2. Striper Rule
  - a. Striped players must play on the line of scrimmage covering an Offensive or Defensive lineman
    - i. Stripers shall be moving forward at the snap of the ball.
    - ii. Striped players cannot carry or receive the ball.
    - iii. Striped players can intercept a pass and recover fumbles; however they cannot Advance the ball.
    - iv. Rule Application: A five-yard penalty
  - b. Only if the 18pt Rule is in effect, the losing team can request that the opposing team’s “dominate” defensive striped players only play on offense.
    - i. A “dominate” defensive striped player is defined as a player that is so disruptive that the opposing offense cannot effectively run a play.

## Game Rules Adjustments

1. All game action takes place on one half of the field with all possessions starting on the 40-yard line going toward the end zone.
2. A turnover on downs brings the ball back to the 40-yard line, and the teams switch sides from offense to defense, defense to offense.
3. Turnovers on interceptions or turnovers on fumbles are blown dead immediately. No returns are allowed in order to protect players from running toward the 20-yard Administration Zone between the two fields. Play restarts on the 40-yard line with the recovering/intercepting team now on offense. There are no defensive touchdowns.

- a. Rule application: A fumble is not blown dead, only a turnover. A fumble is a live ball until it is recovered by a player, lands out of bounds or approaches the administrative zone and officials determine the play should be blown dead.
  - i. Defensive recoveries, as turnovers, are blown dead.
  - ii. An offensive player may recover and advance a fumble.
4. After each play, the ball is spotted in the middle of the field. Hash marks are not used.
5. There are no defensive safeties. Tackles behind the 40-yard line are res-potted at the 40-yard line with the offense still retaining the ball as long as a down remains.
6. All plays are blown dead and the ball is returned to the 40-yard line if an offensive ball-carrier or a fumbled ball crosses over midfield (50-yard line) or, at the official's discretion, if the action of the play penetrates too deeply into the Administrative Zone.
7. 18 Point Rule - Winning teams are prohibited from allowing "star" QB's, Running Backs or Wide Receivers from touching the ball.
  - a. Rule Application: First violation is a warning. Subsequent violations result in a 10yrd penalty.
8. No coach, team personal, or official are to touch an injured payer unless directed to by certified Trainer.
9. Teams must have an extra game jersey in case they have to replace a player's jersey as a result of excessive bleeding.

## Penalty Adjustments

1. Because of the limited field size, all 15-yard penalties are enforced as 10-yard penalties.
2. No penalty on the offense can take the ball beyond the 40-yard line to ensure the administration zone is free.
  - a. Rule application: A five-yard penalty called and accepted on the 38-yard line would result in a loss of two yards and the ball re-spotted on the 40-yard line.
3. Penalties on the offense called between the 40-yard line and the end zone in which yardage is lost, even if limited in enforcement by the 40-yard line, are enforced as written in terms of down lost or replayed.
4. Penalties on the offense that are called and accepted on or behind the 40-yard line result in a loss of down. A penalty that would normally include a loss of down would not result in a second loss of down on the same play.
5. All personal foul penalties include an immediate required substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. We call this a "cooling off period."

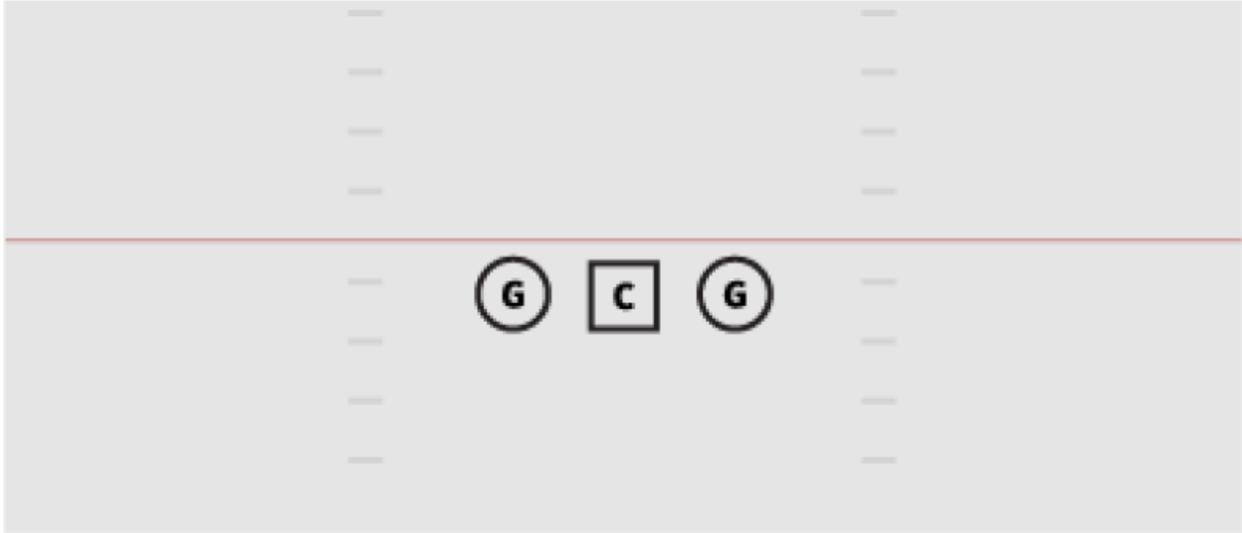
- a. Two personal foul penalties committed by the same player will result in ejection from the game.
  - b. If a team does not have any substitutes for the game, coaches and officials should discuss during the pregame meeting how to apply league standards for this situation.
6. Player safety rules:
- a. No “piling-on” a downed offensive player.
    - i. Rule Application: Violation results in a personal foul and 10 yard penalty.
  - b. In the grasp rule, once player is in control of defensive player, play will be called dead immediately.
  - c. Unless a Quarterback is acting as a blocker, they shall not be contacted in any manner once they complete a hand-off or releases a pass.
    - i. Rule Application: Violation results in a personal foul and 10 yard penalty.

## Special Teams Adjustments

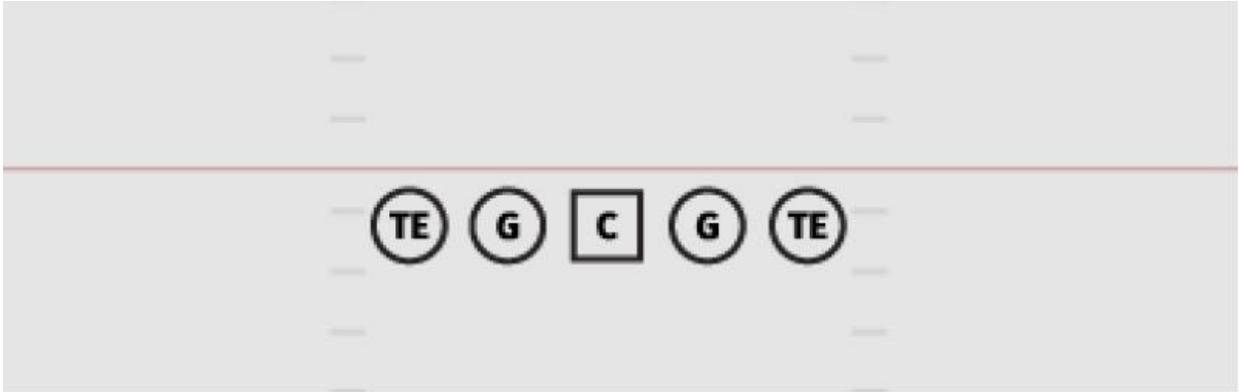
1. There are no special teams.
  - a. There are no kickoffs or punts. Each possession starts with the ball on the 40-yard line, regardless of whether there is a score, turnover or turnover on downs.
  - b. There are no extra points by a kick.
  - c. All PATs are attempted through a run or pass try. Coaches can choose to go for one point from the three-yard line or two points from the five-yard line.

## Offensive Adjustments

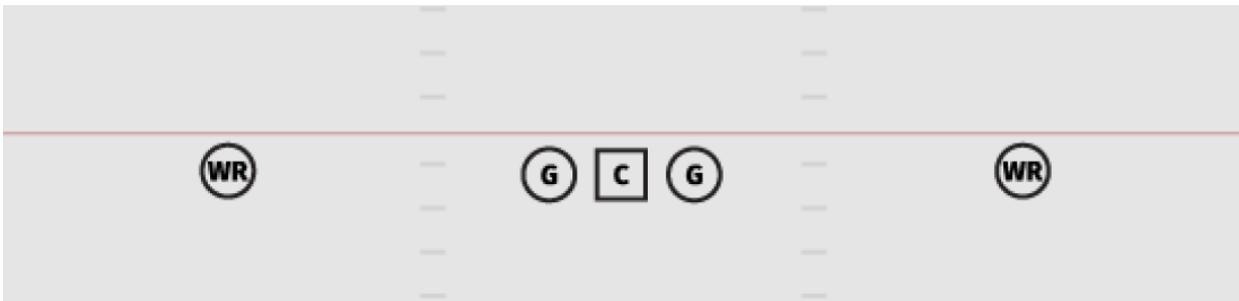
1. One offensive coach is allowed on the game field, but cannot adjust or communicate with players once the offensive huddle is broken.
  - a. Rule Application: First violation is a warning. Subsequent violations result in a 5yrd penalty.
2. Each play must include three offensive linemen – a center and two guards, one on either side of the center. These players are ineligible for first touch as the receiver of a pass.
  - a. Player rotations may result with traditional non-lineman numbers at these positions for the purpose of fundamental skill development.



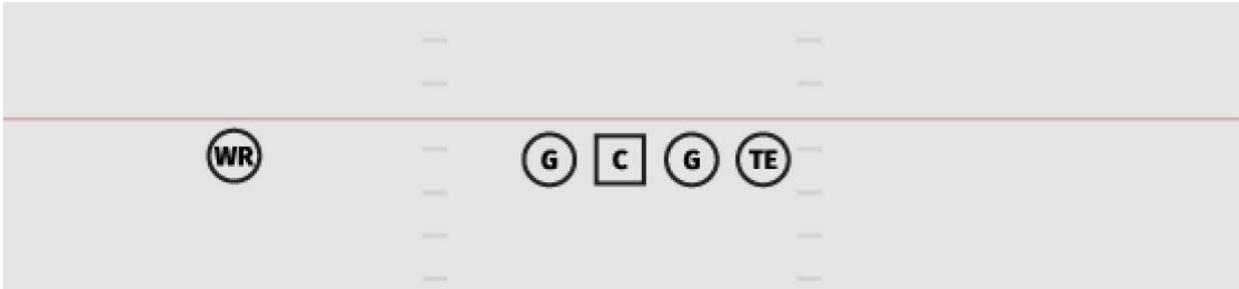
3. Guards are required to play from a two-point stance. There are no three-point stances.
4. The center may only have his or her snapping hand down.<sup>5</sup>
5. The distance between a guard and center may not exceed three feet (one-yard) but may be closer.
6. Because of the all players, all positions, all skills philosophy, players should change positions during the game. Therefore:
  - a. The three offensive linemen must identify themselves on each play by raising their hands as they break the huddle and approach the line of scrimmage.
  - b. Once identified as an offensive lineman, players may not shift to another position.
  - c. All three offensive linemen are ineligible for first touch on a pass.
7. The quarterback-center exchange may be direct, pistol or shotgun.
8. The quarterback is NOT allowed to run the ball after receiving the snap.
  - a. A handoff, pitch, or pass must be made.
  - b. Unless a Quarterback is acting as a blocker, they shall not be contacted in any manner once they complete a hand-off or releases a pass.
    - i. Rule Application: Violation results in a personal foul and 10 yard penalty.
9. The offense must have five players on the line of scrimmage. No more, no less. The fourth and fifth players can be tight ends, split ends or a combination of the two. Only the two end players on the line of scrimmage are eligible for first touching of a pass.
10. There are no unbalanced lines. The split ends/tight ends must be on opposite sides of the center.



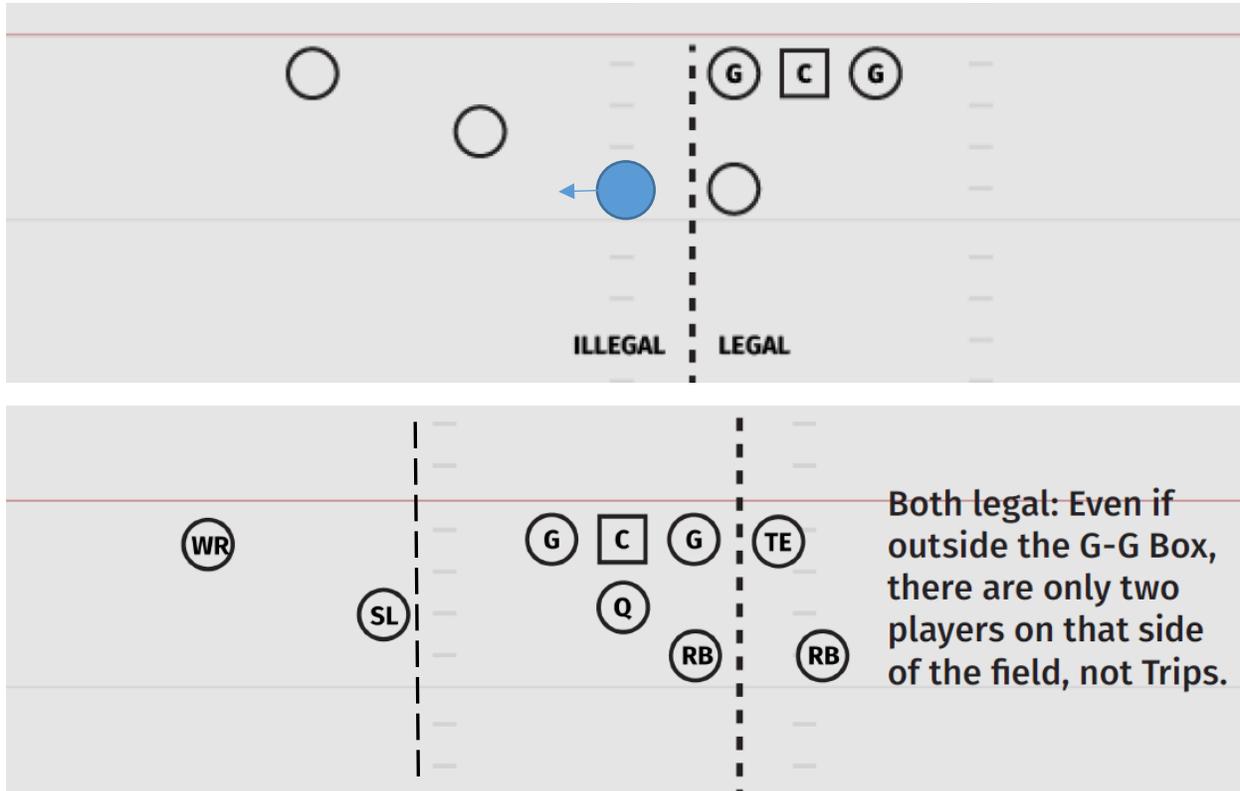
Or



Or



11. The five offensive players who are not playing guard or center may be deployed in positions at the coach's discretion as long as two are on the line of scrimmage.
  - a. Multiple running backs, slot receivers, wing backs, etc., are allowed but also must be balanced.
12. No trips formations are allowed.
  - a. A trips formation is defined as any three players outside the guard-to-guard box on the same side of the ball.



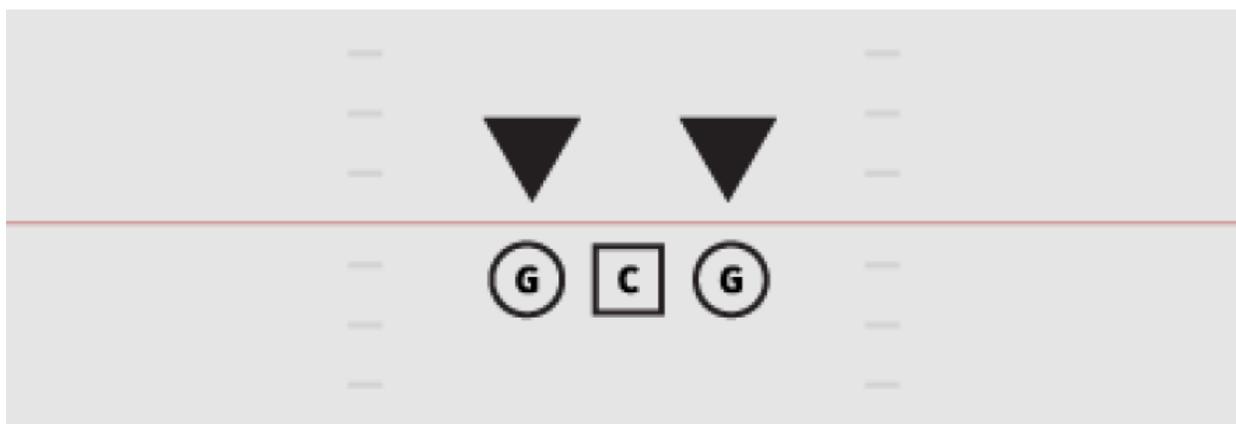
13. Motion is allowed as long as it does not form a trips formation.

14. All blocks below the waist by any player anywhere on the field are illegal.

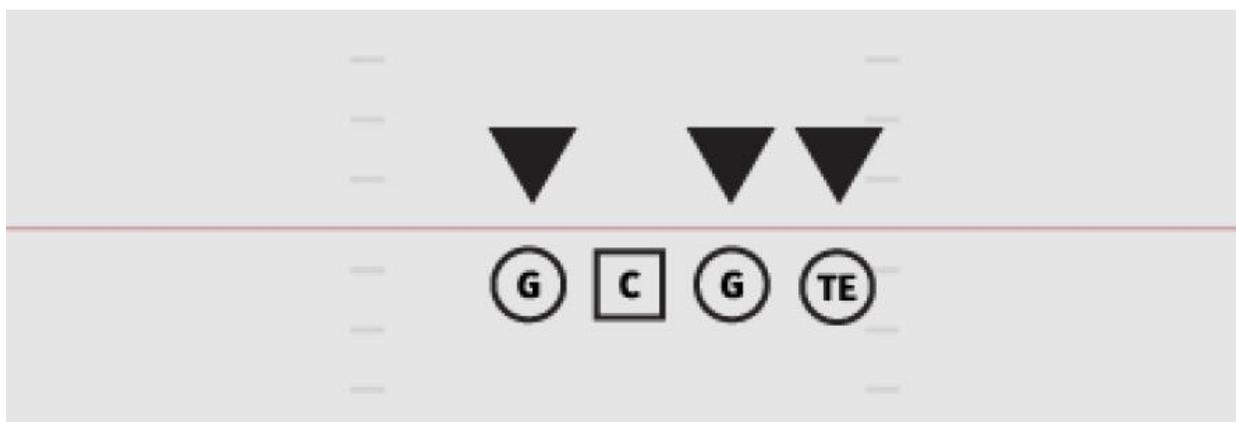
## Defensive adjustments

1. One defensive coaches is allowed on the game field, but cannot adjust or communicate with players once the offensive huddle is broken.
  - a. Rule Application: First violation is a warning. Subsequent violations result in a 5yrd penalty.
2. Defenses may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive player may line up over the tight end. Two tight ends allow the defense to use four defensive players on the line of scrimmage.

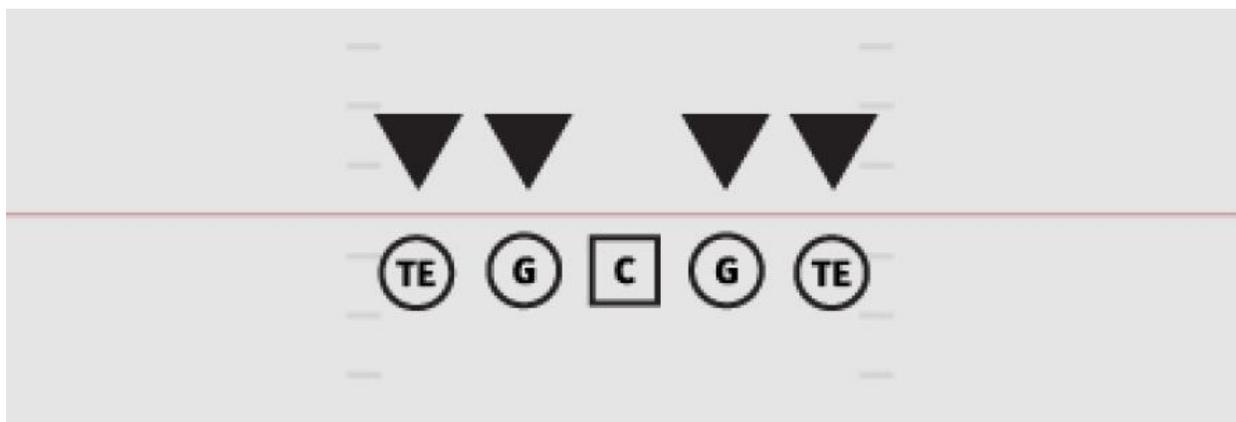
Base



One Tight-end

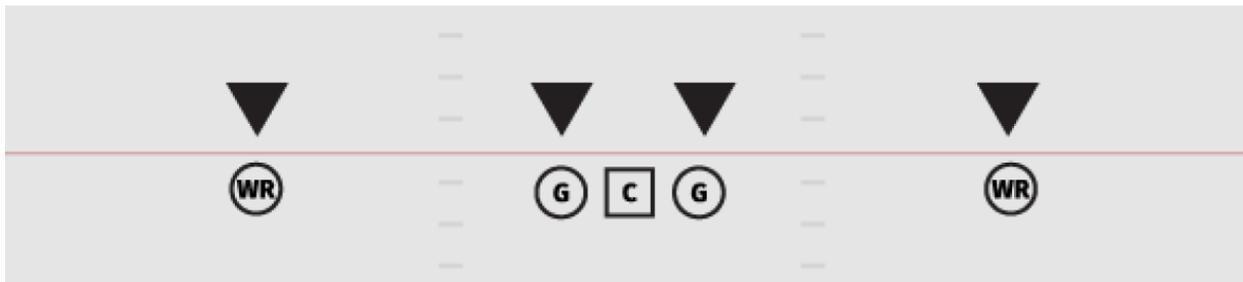


Two tight ends

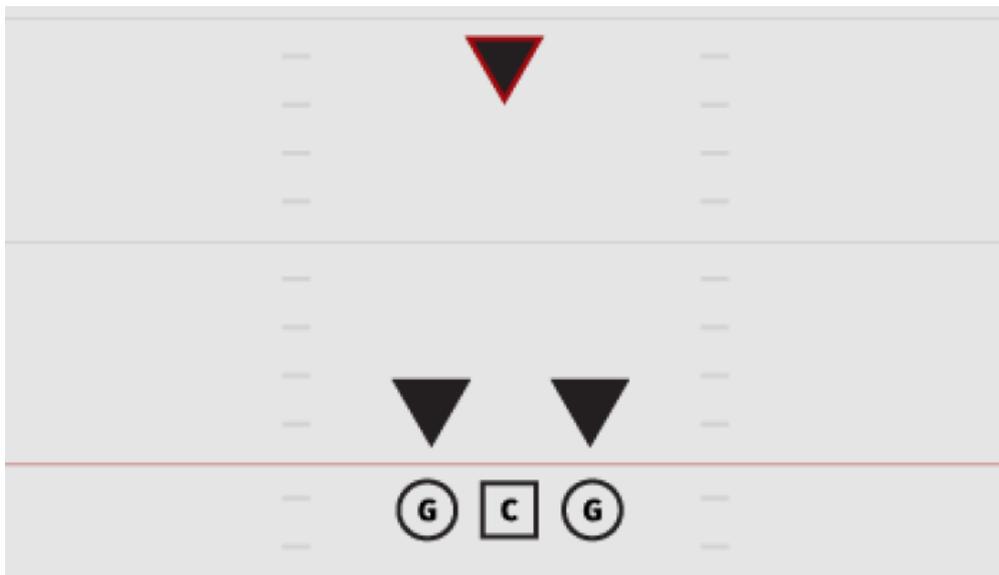


3. Defensive linemen must be in a two-point stance.
4. Defensive linemen must be aligned on the guards and/or tight ends in a head up or outside shade position.

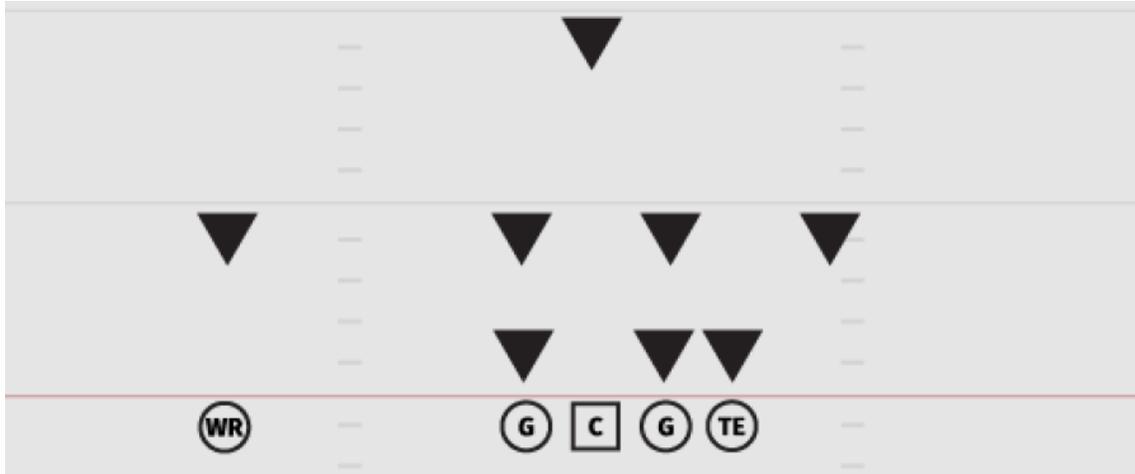
5. Players in an outside shade must always have one foot aligned inside the stance of the opposing player.
6. Defensive line of scrimmage players may not penetrate the A-gap.
  - a. Rule enforcement: Deliberate stunting into the A-gap is to be treated as an illegal procedure foul and enforced as a five-yard live ball penalty.
7. If the offense aligns with no tight ends, the defense may still align with four players on the line of scrimmage, but they must be positioned over the receivers they are covering.
  - a. With the exception of the players covering the guards, the defense is not required to have additional players on the line of scrimmage but has the option to do so.



8. The defense must have one player at least 10 yards from the ball.



9. All remaining players not on the line of scrimmage or at ten-yard deep safety must be a minimum of four yards off of the line of scrimmage.
  - a. Defenses that choose to not match the eligible receivers on the line of scrimmage may position those players on the second level as long as they are at least four yards from the line of scrimmage.



10. No blitzes are allowed. Players within the box at the snap can penetrate upon the snap. Linebackers, safeties and cornerbacks (both on the line and at depth) can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap is illegal.
  - a. The box includes offensive players who line up within two yards of the ball and on the line of scrimmage along with the defensive players lined up directly over them i.e. Guard to Guard, Guard to TE, or TE to TE
    - i. Rule application: The restriction on blitzing is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration.
    - ii. Rule enforcement: Illegal blitzes by a linebacker or defensive back shall be enforced as an illegal procedure foul and a five-yard live ball penalty. If continued blitzing is determined to be a product of coach encouragement, a 10-yard unsportsmanlike conduct penalty can occur.
  - b. On pass plays, anyone outside the box on the snap cannot rush the quarterback and must remain behind the line of scrimmage in pass coverage.
  - c. Coaches are encouraged to be creative with their formations but not use “the box” to delay defensive penetration.
11. If the ball is inside the four-yard line, the four non-linemen, non-deep players may align on the goal line.

## Scoring Adjustments

1. Offensive touchdowns are worth six points.
2. PATs are the coach's choice to attempt a one-point try from the three-yard line or a two-point try from the five-yard line.
3. With no special teams, there are no field goal attempts.
4. There are no defensive touchdowns as all turnovers are blown dead immediately. No returns are allowed to limit play back in the direction of the administrative zone.
5. There are no two-point defensive safeties. All tackles behind the 40-yard line result in a loss of down, but the offense retains the ball, and the ball is re-spotted at the 40-yard line to preserve the Administrative Zone.