



LOUISIANA YOUTH FOOTBALL

2005 Rules & Regulations

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The National Federation of State High School Athletic Association football playing rules are the basic Louisiana Youth Football rules. Louisiana Youth Football modifies these rules to adjust to the ages, weights, and psychology of the student athletes participating in its' program. All rules and regulations will be enforced and governed by the Louisiana Youth Coaches Alliance Sports & Rules Committee. Modifications are as follows:

1. Divisions

1.1. Age Divisions

'A'	(Ages 7-8)	Cannot turn 9 on or before January 1 st of the current year
<i>Note: Must be the age of 7 by the first full team practice. No exceptions.</i>		
'AA'	(Ages 9-10)	Cannot turn 11 on or before January 1 st of the current year
'AAA'	(Ages 11-12)	Cannot turn 13 on or before January 1 st of the current year

2. Weight

2.1. Weight Restrictions for Skilled Positions

'A'	(Ages 7-8)	Max Offensive/Defensive Skilled Position Weight 100 lbs
'AA'	(Ages 9-10)	Max Offensive/Defensive Skilled Position Weight 130 lbs
'AAA'	(Ages 11-12)	Max Offensive/Defensive Skilled Position Weight 150 lbs

2.2. No Weight Limit for Offense or Defensive Lineman (X-Man Rule)

All Players over the Max Offensive Skilled Position Weight will be marked as an X-man. X-Men will have a sticker denoting their distinction and this sticker must be shown at all times.

X-Man Rules:

An X-Man can only play the offensive positions of center, guard, or tackle. He can also act as kicker or punter as long as he abides by the punting and kicking rules outlined herein. He may not be in a position that would otherwise make him an eligible receiver.

An X-Man can line up in the tight end position but is not an eligible receiver.

An X-Man can only play the defensive positions of guard, tackle, or ends and cannot advance the ball either by running or passing it. In the event that an X-man takes possession of the football (e.g. recovered fumble, intercepted pass, received kick, etc.) the ball is declared dead at the point.

3. Skilled Positions

3.1. Offense:

- ◆ Quarterback
- ◆ Running Backs
- ◆ Wide Receivers
- ◆ Tight Ends

3.2. Defense:

- ◆ Linebackers
- ◆ Defensive Backs

4. Practice Schedules

4.1. Pre-Season

Mini camp practices maybe held starting June 15th. Mini camp practices shall consist of any combinations of offensive backs, wide receivers, offensive linemen, defensive linemen, linebackers, defensive backs, or special teams. No mini camp practice shall consist of a full team or more than three (3) of the above groups. No equipment or contact is allowed at any mini camp practices. Non-contact / no equipment full team practices maybe held starting July 23rd. The first (1st) official day for full team contact practices is August 8th, if the following condition is met. Teams must complete a two (2) week conditioning period before equipment or contact is allowed. No exceptions!!!

4.2. Season

Practices are held at the discretion of the coach during the season. No practice should last longer than two (2) hours. No practices shall be held during school hours.

5. Team Registration Process

5.1. Rosters (Min & Max)

The minimum number of players needed to register a team will be eleven (11). The minimum number of players needed to participate will be fifteen (15). The maximum number of players allowed on a roster will be thirty five (35). *See League Calendar for registration deadlines and fees associated with them.*

5.2. Pre-Season

Prior to the first game of the season, every team will be required to participate in a pre-season registration process. After all completed registration packets have been submitted. During this time, each team will present their roster forms and each player will be weighed and will have league pictures taken. Each team member (coaches and players) must physically appear. The information gathered about the players during this process will be used throughout the season. There will be no weigh-ins during the season, unless a player is changing his X-Man status or being added to a roster. That type of request must be made prior to the game day check-in time, see sections 5.4 and 5.5. The coaches will also be required to take a photo during this registration process. The coaches' photos will be used to create their league credentials (badges). These credentials (badges) MUST be worn at all times during league events. Coaches' access to certain areas will be limited during the season if credentials (badges) are not presented. There will be a five dollar (\$5) fee to replace lost, damaged, or stolen credentials (badges). Temporary credentials (badges) will be available on game day for a five dollar (\$5) rental fee until replacement credentials (badges) is acquired. These temporary credentials (badges) will only be available for previously registered coaches and must be turned in at the end of the renters' game. Limited two (2) temporary credentials (badges) per team.

5.3. Team Booklets

A league booklet will be created from all information gathered during the pre-season registration. This booklet will contain every registered team's team picture, team name, team contact information, and roster information. This booklet will be sent to all registered Louisiana Youth Coaches Alliance coaches. There will be a five dollar (\$5) fee to replace lost, damaged, or stolen booklets.

5.4. During Season (Roster Changes)

Any roster changes (addition or deletion) must be made at least five (5) days before game day of eligibility. Absolutely, no roster addition or deletion changes will be made on game day. X-Man status changes will be allowed on game day. This request for X-Man status change must be made during game day check-in time to the Eligibility Official (Site Managers) and opposing coaching staff. A notice of any roster changes during the season will be sent to all coaches.

5.5. Game Day

Each head coach will be required to check-in, with the Eligibility Officials (Site Managers), at the start of the first (1st) quarter of the game before their scheduled game time. Each head coach & team will be required to check-in, with the Eligibility Officials (Site Managers), at the end of the first (1st) quarter of the game before their scheduled game time. If scheduled game is the first game of the day, each head coach & team will be required to check-in, with the Eligibility Officials (Site Managers), at least 30 minutes before their scheduled game time. During check-in, each player's eligibility will be verified using league booklet. Once the eligibility process is completed for each participating team, every eligible player will receive a wrist band. The Eligibility Officials (Site Managers) will verify player's eligibility & X-Man status and participating teams' coaches will be responsible for placing wrist bands & X decals on the opposing teams' eligible players. Each team will have their own distinct color and the colors will change for each team each game day. These wrist bands will signify to all officials that this player is eligible to participate in that day's game. These wrist bands must be wore at all times in order for the player to participate in that day's scheduled game. Regardless of the reason, if a player does not have a wrist band, wrist band is not the color of his team, or is a classified X-Man and does not have a X decal on their helmet, the player automatically becomes ineligible. X decals will be placed on the helmets once during initial check-in. No new X decals will be given to players after initial check-in. X decals must be wore, by eligible X-Men, at all times in order for the player to participate in that day's scheduled game. There will be a two dollar (\$2) fee to replace lost, damaged, or stolen X decals. Each team should have their team captains ready for the coin toss during the halftime of the game before their scheduled game time. If scheduled game is the first game of the day, each team should have their team captains ready for coin toss during check-in.¹

6. Season

6.1. Regular Season

The regular season shall consist of a minimum of eight (8) games and a maximum of twelve (12) games.

¹ Amendment 2 – September 19, 2005

6.2. Playoff System and Championship Bowl Game

A playoff system and a championship bowl game, for each division, will be incorporated into the regular season schedule and will be considered as post season. The top four teams of each division will advance to the two game playoff systems. First (1st) place will play fourth (4th) place and second (2nd) place will play third (3rd) place. The two (2) teams in the championship bowl games will be decided based on the results of the playoff games. The champion of each division will be decided based on the winner of their championship bowl game. The loser of the championship game will be in second (2nd) place, and the losers of the playoff games will be placed in third (3rd) & fourth (4th) place based on their final records, including playoff game lost.

7. Game Times

7.1. Game Clocks

Game times are as follows:

'A'	seven (7) Minutes per Quarter (4 Quarters per Game)
'AA'	seven (7) Minutes per Quarter (4 Quarters per Game)
'AAA'	seven (7) Minutes per Quarter (4 Quarters per Game)

During the first (1st) & third (3rd) quarters, the clock does not stop, i.e. running time. The clock stops on time outs only. During the second (2nd) & fourth (4th) quarters, the clock stops on last two (2) minutes of each half (2-minute warning), first downs, incomplete passes, out of bounds, time outs, and penalties. Clock will not start again until the ball is snapped.¹

Games will not end in a tie. Both teams will go into overtime, extra periods. In extra periods, the ball will be placed on the 10-yard line, and each team will have four plays to score. A flip of a coin will decide who gets the ball first in each extra period. After 1st extra period, the games will be decided by sudden death. First team to score will win the contest in this 2nd extra period. If no scores by the end of the 2nd extra period, the games will then be considered a tie.

7.2. Time Between Plays

Once the ball is marked ready for play, the offensive team has a maximum of twenty five (25) seconds to snap the ball.

7.3. Time Outs

Each team will have 3 time outs per half; in the case of overtime each team will be awarded 1 additional timeout. Timeouts will not carry over if not used.

8. Official Game Balls

'A'	(Ages 7-8)	Spalding J5PW, Wilson K2, or equivalent size
'AA'	(Ages 9-10)	Spalding J5PW, Wilson K2, or equivalent size
'AAA'	(Ages 11-12)	Spalding J5J, Wilson TDJ, or equivalent size

¹ Amendment 1 – September 1, 2005

9. Scoring

A Touchdown is worth 6 points, extra point (run or pass = 1 point) and, kick = **2 points**
All age groups are eligible to kick field goals and extra points after touchdowns. All field goals and extra points are uncontested. All defensive players will be eligible to hold hands up and jump vertically unassisted. If the snap is fumbled and causes the holder or kicker to move from their original spot, the ball will be declared dead. The ball will then be placed at the spot where the holder was originally located and possession will then be given to the opposing team.

10. Punting

A team cannot rush the punter. If they do, they will be given a five (5) yard penalty with a replay of the down. The punting team must stay in position until the ball is punted. All defensive players will be eligible to hold hands up and jump vertically unassisted. If the snap is fumbled and causes the punter to move from their original spot, the ball will be declared dead. The ball will then be placed at the spot where the punter was originally located and possession will then be given to the opposing team.

For Division 'A': Offensive teams, in possession of the football, will be allowed to declare a punt, instead of physically punting. Upon this declaration, the official will mark off twenty five (25) yards. If the ball is located on the defensive team's forty five (45) yard line or less, the football will be placed on the defensive team's twenty (20) yard line. After the yards have been marked off, the possession of the football will then be given to the defensive team. During this mark off timeframe, the clock will run in a normal play capacity.¹

11. Blocking Rules (Interior Lineman Only)

Crack back blocking is allowed, but the blocker must block above the waist and blockers head must be in front of the defender. There will be no blocking ("chop blocking") below the waist at any time. All violations will result in a 15 yard penalty. Blocking in the back will result in a 10 yard penalty.

12. Center Protection

All age levels will have the **center protected** on declared shotgun, punts, field goals, and extra points. Rushing will only be allowed in gaps on either side of center at all times, except in the 'AAA' Division. Rushing the center and all gaps will be allowed in the 'AAA' Division. **VIOLATIONS will be given a fifteen (15) yard penalty with an automatic first down.**

13. Officials

Each site will have the following officials present for all games:

- Four (4) Field Officials (A minimum of one (1) LHSAA registered official – Head Official)
- One (1) Clock Official
- One (1) Eligibility Official (Site Manager)

¹ Amendment 3 – October 1, 2005

A game will not be sanctioned as a Louisiana Youth Football game or start unless the minimum of three (3) Field Officials (one (1) must be LHSAA registered – Head Official) and one (1) Clock Official or one (1) Eligibility Official (Site Manager) is present. Any game not meeting the minimum Officiating requirement will be considered a scrimmage by Louisiana Youth Football and will be rescheduled at a later date.

All officials will be registered by the Louisiana Youth Coaches Alliance and Louisiana Youth Football.

14. Protests & Appeals

All protests must be made *Before Game Starts, At the End of Each Quarter, During Halftime, or After Game Ends*. Protests can be made on eligibility only; no protests can be made on calls. These protests must be made to the game officials on duty. The officials on duty will then investigate the protest before the start of the next quarter or game. If the protest can be validated before the start of the next quarter or game, the appropriate actions will be taken and enforced from that point forward. If the protest cannot be validated before the start of the next quarter or game, no actions will be taken until further investigations are possible. Once the required investigations have occurred, the appropriate actions will be taken and enforced from that point forward. No actions will be retro. All protests will be forwarded to the Louisiana Youth Coaches Alliance Sports & Rules Committee for official reviewing and documenting. All on field rulings are FINAL, unless overturned by the Louisiana Youth Coaches Alliance Sports & Rules Committee. This can only be done by an appeal to the Louisiana Youth Coaches Alliance Sports & Rules Committee originated by the protesting team. There will be a twenty five dollar (\$25) filing fee, referred to as an *Appeal Fee*.

15. Uniforms

All Players must be uniformed the same with non-duplicate numbers, preferably Offensive & Defensive Lineman be numbered 50 and above.

16. Equipment Standards

- ◆ Players:
 - Helmet
 - Face Mask
 - Mouth Guards
 - Chin Strap
 - Shoulder Pads
 - Pants Pads
 - Cleats

17. Bench Area

The Bench Area is reserved for participating players and team coaches (not to exceed seven (7) football coaches per team). Credentials (badges) will be distributed at the team registration time, prior to beginning of season. Only four (4) coaches in the coaching box (25 yard line to 25 yard line).

For Division 'A': During the first three games of the season, two (2) coaches per team will be allowed on the field ten (10) yards behind their respective teams to help teams call plays. On Offense: the Head Coach & the Offensive Coordinator. On Defense: the Head Coach & the Defensive Coordinator. Only one (1) coach will be allowed in the huddle during any series of plays.¹

All sideline personnel (coaches, water boy, and team dad/mom) must have badges to enter sideline area. Security will be manned at each entrance to the field to verify credentials.

18. Awards

18.1. Final Standings

First (1st), Second (2nd), Third (3rd), and Fourth (4th) Place team trophies will be awarded at an end of the season ceremony following the championship games. First (1st), Second (2nd), and Third (3rd) Place individual trophies will be awarded at the same ceremony.

18.2. Academic Awards

Any student athlete who maintains a 3.0 or better GPA during the season will be named to the All State Academic Team for each division. These student athletes will be nominated by their coach for consideration. An official report card or progress report must accompany the nomination. These All State Academic Teams will be recognized during halftime of the 'AAA' championship game.

19. Spectators and Fans

All fans and spectators are there to enjoy the games and govern themselves accordingly. Unruly behavior will be dealt with swiftly and immediately. If any individual continually refuses to abide by these rules, the individual will be removed from the premises by game officials or law enforcement agents. The goal of the games is to promote a safe and wholesome environment for the kids. Each head coach or team representative is ultimately responsible for his fans' conduct and behavior.

¹ Amendment 1 – September 1, 2005