

## **2010 Tackle Football Rules and Regulations**

### **A. General Information**

1. Equipment must be issued through the City of Fort Collins Parks and Recreation. Any equipment provided by the participant must be approved by the league coordinator. All helmets must be entirely white.
2. **Practices begin the week of August 23<sup>rd</sup>** and will include 11 practices between August 23<sup>rd</sup> and September 11<sup>th</sup>. **Three practices per week after September 11<sup>th</sup>.** (One practice per week MUST be limited contact...no pads if you hold 3 practices) **PRACTICES CANNOT EXCEED 1 ½ hours.**
3. Official's clinics are to be announced.
4. First games are scheduled for September 11<sup>th</sup> and we schedule six (8) games. Some games will be played on Mondays or Wednesdays after 4:00 P.M. The season will end no later than Saturday, October 23 (longer for rainouts).
5. Players will turn their own uniforms in immediately following the final game. **COACHES ARE NOT TO ACCEPT UNIFORMS!!!**
6. No player is permitted to play in the Fort Collins Soccer League during the youth football season without approval from the league coordinator.

### **B. Eligibility**

1. Physicals are strongly recommended. The league coordinator reserves the right to make physicals mandatory to any participant.
2. If any player lists a false grade on his card so he can play on a certain team, he will be subject to disciplinary action. Including possible expulsion from the league.
3. Players may be transferred from one team to another by the Program Coordinator only! Coaches may not request players to form a team!!!
4. **All players in the program shall receive equal playing time.**
5. **Ineligible player:** If any player plays in a game for which he is ineligible, the player shall be removed at the time of discovery. The player will then be ineligible for the next game.

### **C. Weights**

1. Players will be divided into heavy and light weight leagues following equipment handout.
2. All players are eligible for all positions. However, coaches are encouraged to have players play several positions.

### **D. Equipment**

1. **Shoes:** Any canvas type tennis shoes any soft molded sole style of soccer shoes, and turf shoes are legal. Cleats that expose metal are illegal.
2. **Mouthpieces Mandatory:** All players must wear a mouthpiece during practice and games. Failure to do so will dismiss the player from practice or a game until he returns wearing a mouthpiece. (*If a player fails to wear his mouthpiece, he will sit out a minimum of one play*). 2<sup>nd</sup> offense: 15 yard unsportsmanlike conduct penalty. 3<sup>rd</sup> offense: 15 yard penalty and expulsion from the game and 1 additional game suspension.  
**Mouth guards may not be clear or white.**

3. The following football equipment will be issued to all players:
  - ◆ Helmet
  - ◆ Shoulder Pads
  - ◆ Jersey
  - ◆ Pants (including pads)

All equipment must be returned to the football room at the conclusion of the season. Each coach is responsible for all of his team's coaching equipment (i.e., blocking dummies, balls, etc.) to be returned to the Parks and Recreation office.

**Equipment Turn In:**

Players will turn their own equipment in immediately following the final game. Coaches are to remind players to bring a change of clothes to their last game.

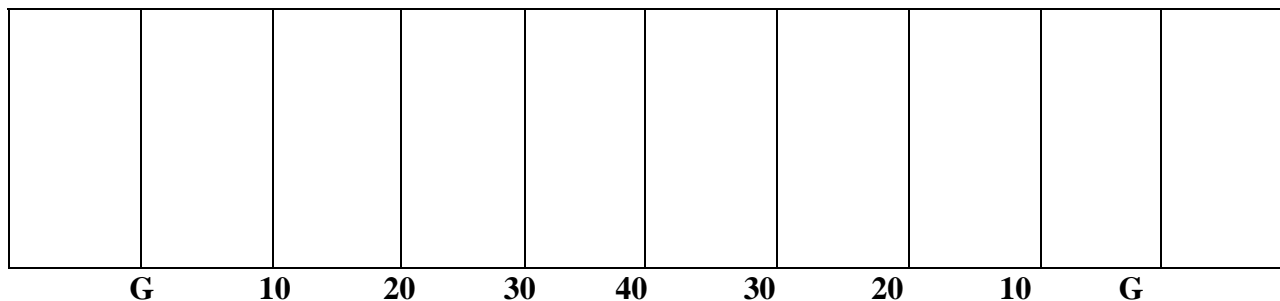
*NOTE: Players are asked **not** to wear their helmets while riding bikes to and from any practice or game. Coaches are to keep players from sitting on their helmets.*

4. **Equipment purchased by parent:** Any equipment that is purchased by the parent for the player must be approved by the program Administrator before any player is allowed to use said equipment in any scrimmage or regular game. All protective equipment must meet the guidelines set forth by the National High School Federation. Helmets purchased by parents must be white with no decals. NOCSAE Sticker must be present and up to date.
5. Players that abuse or deface equipment are subject to disciplinary action, which includes but is not limited to sitting on helmets.
6. **All jewelry is considered illegal equipment.**
7. **Decals:** ALL DECALS ARE ILLEGAL TO ADD TO HELMETS. THIS INCLUDES AMERICAN FLAGS AND ALL INDIVIDUAL AWARDS. TEAMS OR PLAYERS THAT ALTER THEIR HELMETS WILL NOT BE ALLOWED TO PARTICIPATE. PLAYERS OR COACHES THAT ADD STICKERS TO THE HELMET WILL BE RESPONSIBLE FOR THE COST OF THE REMOVAL OF THE ADHESIVE.

5. Please note on the following diagram: We will be using an 100-yard field. The field will be divided into 10-yard intervals. (80 yards + 20 yards for end zones)

**The Game**

**The National Federation Football Rules shall be followed, except for the following rules, which will be utilized in Fort Collins Parks and Recreation's Youth Football Program.**



SIZE: The football field shall be 100 yards long and 45 yards wide, with end zones extending 10 yards behind each goal line.

1. **Starting Times:** Games will be played in City Park, Spring Canyon Park and at Rocky Mountain High Schools French Field. Weekday games may start at 4:00 P.M. Saturday

games will begin at 8:00 or 9:00 A.M. Check the schedule closely. City Park and Spring Canyon map will be included on the game schedules

2. **Games Lengths:** Games are to be 40 minutes long - 3 minute half-time. There are four quarters, each lasting 10 minutes. Teams change ends of field at half-time only. The clock runs except for the last three (3) minutes of the 4th quarter. During the last three (3) minutes of the game, if a team is up by more than 22 points, the clock will remain running if the winning team has the ball. Officials will give warning to both benches. Clock will be stopped on all dead ball situations during last 2 minutes only. There are two (2) time outs per half. Time outs are 45 seconds in length and only one coach is allowed in the huddle, if in the center of the field. Teams and coaches may have timeouts near the sideline and an unlimited number of players and coaches may enter the field. The referee will blow whistle to start play at 45 seconds.
3. **Kickoff:** The kickoff will be made from the 30-yard line and the receivers will line up to, but not over, the 40-yard line.
4. **Touchback and Safety:** A touchback is called when the kickoff, punt, recovered fumble by defense, or when an offensive player muffs the ball and the ball goes out of bounds in the end zone. After a touchback, the ball is put in play on the 20-yard line with a snap by the offensive team. After a safety, the team scored on must free kick the ball. Receivers must line up on the 30-yard line. The ball is to be placed on the 20-yard line after a touchback and a safety. Once a kick crosses the opponent's goal line it is automatically a touchback and will be declared a dead ball.
5. **Kickoffs Out of Bounds:** If the kick goes out of bounds, the ball will be placed on the receiver's 30-yard line if the ball goes out of bounds on the kickoff beyond the receiver's 30-yard line. If the ball goes out of bounds prior to reaching the receiver's 30-yard line, spot the ball on the nearest hash mark where the ball went out of bounds.
6. **Extra Point:**
  - A. **One (1) point from the 3-yard line.**
  - B. **Two (2) points from the 10-yard line.**
7. **Punts:** On any punts, the snapper is protected and cannot be hit until he has had a *reasonable opportunity* to protect himself and regain balance. (If the center snaps the ball then attempts a block, or has a reasonable opportunity to regain his balance, his protection has ended.)
8. **Penalties:** Penalties will be 5-10 or 15 yards.
9. **Football Penalties and Enforcement:**
  - Loss of 5 yards*
  - 1) Failure to wear equipment during down (i.e., mouthpiece).
  - 2) Delay of game (25 seconds from ready signal).
  - 3) Illegal substitution.
  - 4) Invalid or fair catch signal.
  - 5) False start or illegal act by snapper.
  - 6) Less than seven players on offensive line.
  - 7) Illegal formation or procedure at snap.
  - 8) Illegal shift or illegal motion.
  - 9) Planned loose ball infraction (i.e., fumble roosky).
  - 10) Illegally handing ball forward (also loss of down).
  - 11) Illegal forward pass (also loss of down).
  - 12) Intentional grounding (also loss of down).
  - 13) Ineligible receiver down field.
  - 14) Illegal touching (also loss of down).
  - 15) Helping runner.
  - 16) Sideline interference.

17) Non-player outside of team box, but not on field (this includes coaches and players).

***Loss of 10 yards***

- 1) Illegal blocking techniques.
- 2) Illegal use of hands or arms.
- 3) Interlocked blocking.
- 4) Holding.
- 5) Runner grasping a teammate.

***Loss of 15 yards***

- 1) Kick catching interference.
- 2) Illegal block after valid or invalid fair catch signal.
- 3) Forward pass interference (loss of down if by offense).
- 4) Illegal block below waist or on kicker.
- 5) Clipping.
- 6) Chop block.
- 7) Tripping.
- 8) Charging into an opponent.
- 9) Piling, hurdling, unnecessary roughness etc., and other personal fouls.
- 10) Grasping an opponents face mask (or any helmet opening).
- 11) Butt block, face tackle, or spear.
- 12) Roughing the passer (also automatic first down).
- 13) Roughing kicker (also automatic first down).
- 14) Unsportsmanlike conduct by player or non-player.
- 15) Illegal participation.
- 16) Illegally kicking or batting ball.
- 17) Sideline interference (third and subsequent).
- 18) Non-player illegally on field.
- 19) Roughing the snapper.

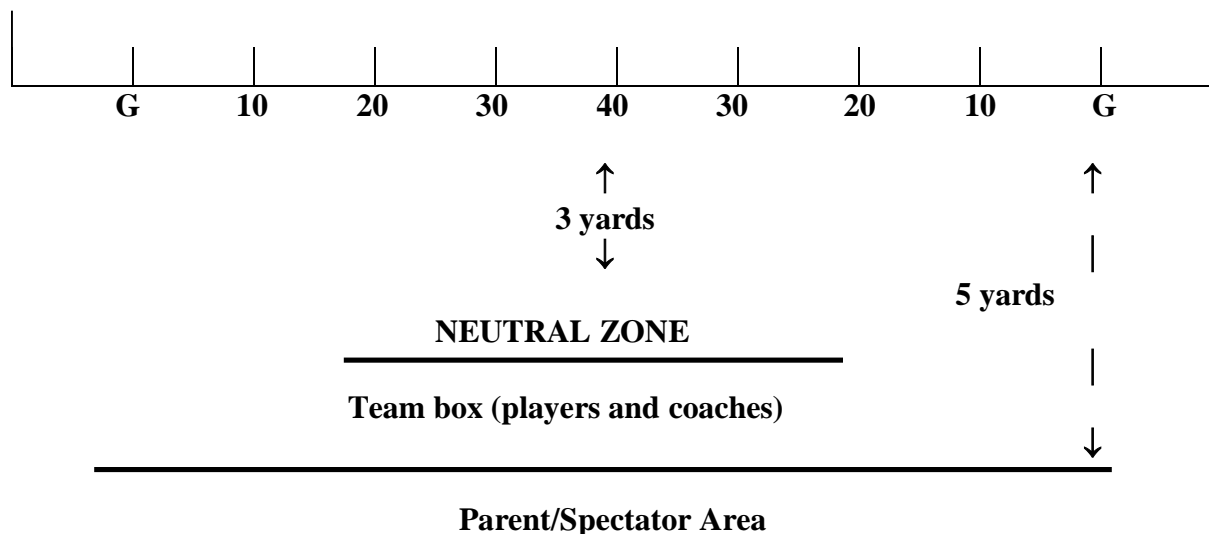
***Disqualification Associated with 15-yard penalties***

***(Minimum of additional one game suspension in addition to current game)***

- 1) Fighting by player or non-player.
- 2) Striking, kicking, or kneeing.
- 3) Intentionally contacting an official.
- 4) Any act if unduly rough or flagrant.
- 5) A substitute leaving team box during fight.
- 6) A second unsportsmanlike foul by player or non-player.

11. **Offensive Spearing:** The ball carrier is not permitted to lower his head into a tackler. This act will result in penalty. Flagrant acts may constitute ejection. **Coaches should not teach players to lead with helmet or facemask.** (This rule is to protect the offensive player)
12. **Positioning:** No interior linemen tackle-to-tackle may carry the ball from an offensive set, unless that lineman has made a turn of 180 degrees.

13. **Coaches on Field:** Coaches are allowed to come on the field and visit with their team during a called time out, in front of the team box. All coaches and players must remain in the team box during the game. Only one coach is allowed on field during time out. Coaches (maximum of 3) can enter the neutral zone. See below:



15. **Spectator Area:** Coaches are responsible for keeping parents and spectators behind the parent line. Failure to do so will result in a 15-yard penalty.
16. **Blitzing:** Blitzing will be allowed in all games
17. **Line to gain** - once the ball is set the line to gain is established by the 2<sup>nd</sup> - 5 yard increment.
18. **8 Man** – No more than 8 players must play at all times.
19. **Unsportsmanlike acts:** Any player displaying unsportsmanlike behavior, which includes, but is not limited to: Swearing, taunting, arguing with an official or supervisor, or arguing with other team, will be ejected from the game, receive an additional one game suspension, and be placed on probation for the remainder of the year.
20. **Fighting:** Any player who throws a punch, pushes or makes other unsportsmanlike contact with a player will be ejected from the game and will receive an additional game suspension. He will immediately be placed on suspension until the ruling comes from the league coordinator.
21. **Coaches shall act in a sportsmanlike manner at all times.** This means no arguing with the official or displaying other unsportsmanlike acts. If a coach cannot display himself in a sportsmanlike manner, the head referee and/or field supervisor can end the game at that point. That head coach will then be put on suspension until ruling comes from the program coordinator.
22. **Injury Time-outs:** Coaches may not speak with his team during an injury time-out unless the official tells both teams to vacate the field.
23. **Official Score:** The Head Referee will keep the official score on the field. This score is for the officials' use only.
24. **Mercy Rule:** Any time one team is ahead of its opponent by 22 points or more, there shall be no more kickoffs from the team that is ahead. Rather the trailing team will be awarded the ball at midfield after each score. This procedure shall continue until such time as the point difference is less than 22. The trailing team will continue to kick if they score.
25. **Line of Scrimmage:** 5 players must be on the line of scrimmage at the snap.

26. **Eligible Receivers:** Only players on the end of the line, and in the back field are eligible to go down field on a pass. (If 6 players are on the line of scrimmage at the snap, then 4 players are ineligible).
27. **Shifts:** High School rules allow players to shift (not simulating a snap) several times before the snap. However; 1) only one player may be in motion at the snap and must not be moving toward the line of scrimmage. 2) If two players are shifting at the same time (or in motion) both players must be set 1 full second before the snap occurs. 3) Once the interior lineman set in a three or four point stance shifts are not allowed by them.
28. **Free Blocking Zone:** Is a zone that is from tackle to tackle (maximum of four yards) and makes all blocks legal to players who a) are in the zone at the snap b) use the block on their initial charge only. The zone does not extend into the backfield, so offensive backs must use the legal blocking frame.
29. **Downfield blocking:** Defensive players may block down field until the ball is in the air. Offensive receivers may not block on their routes.
30. **Pass Interference:** Defensive players may not interfere with an eligible receiver on the first forward pass of a down. National Federation Rules do not have an uncatchable pass clause. Offensive players interfering with the pass will be penalized from the previous spot and loss of down.
31. **Encroachment:** Unlike college and pro rules. Once a defensive player crosses the neutral zone the play is blown dead the defense is charged with offside.
32. **Facemasking:** Anytime a facemask is grasped but then let go a 5 yard face-mask penalty will be enforced. If the player is tackled or if the offender did not release the facemask at 15 yard penalty will be enforced. This is in the sole decision of the official whether it is a 5 or 15 yard penalty.
33. **Head Tackles:** Defensive players must be taught to tackle the body not the head. Initiating contact with the head is a 15 yard penalty and can result in expulsion from the game. Offensive players must be taught to run with their head up to avoid head tackles.
34. **Coaches Sportsmanship:** Any excessive arguing from a coach or assistant coach at the field supervisor, official or program coordinator will lead to that coach or assistant coach excused from game and must leave the park immediately. That coach is then on suspension until a ruling comes from the program coordinator.
35. **Elastic Clause:** Officials and Field supervisors may change rules that create a travesty of the game. Both Coaches will be notified at the time of the change. All officials and field supervisors' decisions are final!!!!
36. **Scouting:** While coaches are encouraged to watch other teams in the league they should NOT be scouting. This includes, charting plays, videotaping etc. Remember this is a recreational league.
37. **All rules are covered under National Federation Guidelines, if you have a question please ask a certified official or call the sports office.**