

YANKTON SERTOMA FOOTBALL RULES AND REGULATIONS

The Yankton Sertoma Football program will attempt to provide an opportunity for youth ages 12 and under who are in 3rd through 6th grades to participate in the sport of football. The goal of this program is to help build teamwork, character and good sportsmanship, with the emphasis on fun, equal participation, football fundamentals and skills.

COACHING GUIDELINES

- 1) Remember this program is for the kids to have fun and help develop their football skills and a sense of fair play. It's not about winning.
- 2) Keep the players safety and well being in mind at all times.
- 3) Ensure all players participate in every game, we strongly recommend each player gets the opportunity to play a minimum of two (2) quarters.
- 4) Refrain from cursing and using tobacco in front of or around players during games and practices.
- 5) Do not criticize players, opposing players/coaches and officials verbally or by gestures in front of or around your players.
- 6) Accept the decisions of the officials on the field as being fair and called to the best of the official's judgment.
- 7) Do not suggest to your players in any manner to injure or hurt another player.
- 8) Refrain from "running up the score" of the game.
- 9) Conduct yourself in a manner that will reflect positively on yourself and the Yankton Sertoma Football program. Aid in fan/parent conduct and sportsmanship.

GAME GUIDELINES

- 1) Games are to start promptly at 6:00 & 7:00 pm Mondays thru Thursdays. Have your team there and ready to play. Games will be played at Sertoma Park and other fields listed on the schedule.
- 2) Home team is the team listed first on the schedule and will take the south side of the field at Sertoma Park.
- 3) Weather cancellations will be made by 4:30 pm, then called to the local radio stations.
- 4) Make up games will be decided by the coaches. Program coordinator(s) must be advised.
- 5) Games are played as 11-man football; if for some reason a team cannot field enough players Then a 9-man game will be played. 11-man games need to have 7 players on the offensive line and 9-man games need 5 players on the line.
- 6) This is a full contact flag football program, game flags will be provided. The players will wear helmets and shoulder pads. Knee and thigh pads are optional.
- 7) All players must have a mouth piece strapped to the face mask of their helmet. Mouth pieces without a strap are not allowed. Special mouth pieces require a written note from the player's doctor or dentist.
- 8) All players must be in full uniform with shirts tucked in at all times. This means wearing team shirts and the pants that are provided by the program.
- 9) Absolutely NO sharing of personal equipment or uniforms.
- 10) No cursing, tobacco or alcohol use by players, coaches and referees.
- 11) Only one (1) coach will be allowed on the field at a time to assist your team in calling plays. All other coaches and players are to remain on the sideline between the 20-yard lines.
- 12) Only players, coaches, officials, scorekeeper and persons running the chains or down marker should be in the sideline area during games. All parents, spectators and children should remain behind the player bench area.
- 13) Any player's equipment that cannot be quickly fixed during the game must go to the side line.
- 14) No dark visors on helmets, clear are acceptable.
- 15) A half cannot end on a defensive penalty or double foul, one untimed down will be played.
- 16) Scoring: Touchdown = 6 points, Field goal = 3 points, Safety = 2 points, extra points, kicked or ran, = 1 point.
- 17) There will be no tie breakers/overtime if score is tied at the end of the 4th quarter. Game ends.

FOOTBALL RULES

- 1) We will use a coin toss to determine the start of the game, visitor calls. The winner of the coin toss may choose one of 3 options; receive, kick or defend a goal. The loser has the remaining options. You will only switch ends of the field at half time. The team that kicked off the first half will receive the second half. Receiving team will line up at mid-field (50 yard line) & kick-off team 10 yards back (40 yard line).
- 2) Officials will provide the game ball. No personal footballs are to be used as the game ball.
- 3) If a team is behind by 3 touchdowns (18 points or more) that team has the option of the ball being placed on their 40 yard line and to begin play from there or to receive a kick.
- 4) **3&4th grade** games will consist of 4 (four), 10 (ten) minute quarters running time, the clock will stop only for the following exceptions:
 - A) Touchdowns and extra points - clock will remain stopped for extra point try.
 - B) Timeout - each team is allowed 3 (three), 30 (thirty) second timeouts per half.
 - C) Player injury - player must leave the game for one play if this timeout is called for him.
- 5) **5&6th grade** games will consist of 4 (four), 10 (ten) minute quarters running time. The clock will stop for the following exceptions:
 - A) Touchdowns and extra points - clock will remain stopped for extra point try.
 - B) Timeout - each team is allowed 2 (two), 30 (thirty) second timeouts per half.
 - C) Player injury - player must leave the game for one play if this timeout is called for him.
 - D) Two minute warning of each half (see rule #6)
 - E) Half time will be a period of 3 (three) minutes
- 6) **5&6th grade timing, only during the last 2 (two) minutes of each half.**
 - A) The clock will be stopped as listed in rule #5 for following; first downs, incomplete passes, going out of bounds, change of possession and penalty enforcement.
 - B) The clock will start on the ready for play after first downs, equipment problems, player injuries and penalties which caused the clock to stop.
 - C) The clock will start on the snap after change of possession, out of bounds and time outs.
- 7) Teams must make an effort to hustle between downs and scored. 30 seconds is allowed to call plays and start the next down. A team will be warned and then penalized if they consistently take too much time.
- 8) A fumble is a live ball and either team may recover and/or advance the ball, except on an extra point try, the ball will be dead.
- 9) There is **NO** blocking below the waist at any time.
- 10) No player is to leave their feet (dive) to gain yardage, block or grab flags.
- 11) No player is to fasten their flag belt in a manner that will not allow it to be pulled off easily.
- 12) On-side kicks or planned pooch kicks (referee discretion) will only be allowed in the 4th quarter and only by the team that is behind.
- 13) On kick offs that go out of bounds and illegal on-side/pooch kicks (less than 10 yards), the receiving team will have the following options;
 - A) 5 yard penalty and re-kick.
 - B) Take the ball where it went out of bounds or was recovered.
 - C) Put the ball in play on the 30 yard line.
- 14) Offense:
 - A) Guards must line up within one arm length of the center, i.e. guards must be able to touch the shoulder of the center.
 - B) Ball carriers are to avoid running into or over defenders.
 - C) Ball carriers will not lower their shoulder or head, stiff arm (push away a defender), push away or swipe a defenders hand to avoid having their flags pulled.
 - D) Ball carriers will not guard (have their hand on their hip) or hold onto flags or belt to avoid having their flags pulled.
 - E) If a ball carrier's flags drops off his hips or does not have flags on when they gain possession of the ball, the play will end and the ball will be placed at that spot.
 - F) The referee needs to be notified if you are going to kicking the ball (see rule #16).
 - G) Any overhand pass, forward or lateral, not caught will be ruled an incomplete pass. Any underhand pitch not caught will be considered a fumble and a live ball.
 - H) No bunch formation more than 2 (two) players is allowed and no more than 2 (two) receivers are allowed on 1 (one) side of the line.

15) Defense:

- A) No lineman can line up over the center or in the gap between the center and guard.
They must be head up on the guards or on the outside shoulder of the guards.
Linebackers need to be 3 (three) yards back when lining up over the center.
- B) Defense must line up with 4 (four) down linemen inside the tackles.
- C) Blitzing: Outside of guards only and the player cannot be more than 3 (three) yards from the line of scrimmage when blitzing. Player over the center cannot move until ball is snapped.
- D) When rushing on passes and kicks, the player should be instructed to go for the flags.
Passes may be blocked, but if the player runs into the passer there will be a 10 yard penalty.
- E) Players must go for the flags of the ball carrier. They cannot grab, hold or wrap an arm around to slow a runner up to get the flags.
- F) No player may push/shove out of bounds, trip or tackle a ball carrier. Go for the flags!
- G) No player can intentionally strip or knock the ball out of the hands of the ball carrier.

16) Punts, field goals and extra points: the referee will be notified of kicks then will advise the opposing team of the kick, the following rules will apply.

A) **3&4th grade**

- 1) No fake kicks are allowed, once you notify the referee you must kick the ball unless a penalty has occurred. Depending on the out come of the penalty, you may re-evaluate your options.
- 2) No player on offense or defense can move (rush or go down field) until the ball is kicked.
The referee will tell the players when the ball has been kicked. A 5 yard penalty and a re-kick will be assessed if any offensive player advances down field before the kick. An encroachment penalty will be assessed for defensive players advancing down field before the kick.
- 3) Bad snaps & fumbles:
 - a. Punts - The punter is allowed to pick up the ball then punt, as no one is allowed to move until the ball is kicked.
 - b. Field Goal - Bad snaps (a ball within reasonable reach of the holder) may be picked up and placed for the kick. If the ball goes out of reach of the holder or over the holder and to the kicker, the play will be called dead.
 - c. On an extra point try a bad snap (a ball not within reasonable reach of the holder) is a dead ball and the play is over.

B) **5&6th grade**

- 1) No fake kicks are allowed, once you notify the referee you must kick the ball unless a penalty has occurred. Depending on the out come of the penalty, you may re-evaluate your options.
 - 2) a. Defensive team may rush 2 (two) players, one on each side of the ball, outside of tackles.
Rushers cannot block the kick, they must go for the flags of the kicker.
All other players cannot move until the ball is kicked but they can attempt to block the kick.
An encroachment penalty will be assessed for players other than the rushers advancing down field.
 - b Kicking team players cannot advance down field. They may block the rushers until the ball is kicked. The referee will tell the players when the ball has been kicked. A 5 yard penalty and a re-kick will be assessed if any offensive player advances down field before the kick.
 - 3) Bad snaps & fumbles:
 - a. Punts and Field Goals – Are live balls and either team may recover or advance the ball.
 - b. On an extra point try bad snaps (a ball not within reasonable reach of the holder) is a dead ball and the play is over.
- 17) The officials have the authority to rule on any situation not specifically covered by SDHSAA or the Yankton Sertoma Football Program.