

GENERAL RULES

- A. Field Dimensions:** 80 yards X 40 yards
- B. Football Size:** Junior Size Leather Footballs
- C. Game Length:**

Games will be played on the basis of thirteen (13) minute quarters. The clock will not stop except during the last two minutes of each half. It will then stop for all items listed in the WIAA rules.

- D. Offense:** All teams will run only those offensive plays approved by the League.
- E. Defense:** All teams will run the same defense, with four linemen, three linebackers and four defensive backs: 4-3-4. **Stunting is not allowed.**

F. Substitution Rules:

1. First Half: The coach has an offensive team and a defensive team. The Players on the defensive team are different from those on offense. The Players must remain on offense or defense for the full half. The longest a Player will sit out is two ball exchanges; i.e., one series for the Player's offensive or defensive team.
2. Second Half: The offense now becomes the defense and the defense now plays offense. Any Players who were rotating at ball exchanges in the first half must not rotate again until every other Player has rotated a half.

Note #1: If a team has **twenty-two (22)** Players for a game, then each Player must be on either offense or defense in every half.

Note #2: When a team has **less than twenty-two (22)** Players Note #1 applies and each player can play on both the offensive team and the defensive team for only one half.

Note #3: When a team has **more than twenty-two (22)** Players, all Players will rotate at ball exchanges for one half of a game. No one Player will rotate a second half until **all** Players have been rotated. Coaches must maintain a log of when each Player rotated. Game absences do not count as a rotation period.

3. Rosters: The Coach of each team will submit a list of

Players to one of the Officials. This roster will include:

- a. Identification of which Players are not present for the game.
- b. Identification of the Players on the Offensive and Defensive teams for each half.
- c. Identification of which Players are rotating each half.

Failure to provide rosters results in a forfeit, as does failure to assure that no Player rotates a second time, if another Player has not yet rotated.

G. Red-Stripe Rule:

Players who exceed a weight limit set by the Executive Committee will have their helmets marked with red tape and that Player (a "Red-Striper") will be limited to playing Center, Guard or Tackle and will not be allowed to carry the ball on Offense. Defensively, a "Red-Striper" can play any position but cannot run with the ball after recovering a fumble or intercepting a pass. On special teams, a "Red-Striper" can play any position, but cannot carry the football.

GAME RULES:

WIAA rules will be enforced with the following exceptions:

1. Shoes worn by all Players will be gym shoes or all purpose rubber spiked shoes, bearing approximately 20 non-removable cleats per shoe.
2. The Offensive team must have seven (7) Players on the line of scrimmage (LOS) when the play begins. All Offensive Players must remain set until play begins. If a "lineman" is more than one yard behind the LOS when the ball is snapped the team will incur a five (5) yard penalty.
3. Each team is allowed two (2) time-outs per half. Injury related time-outs are not charged to the team.

One coach will go to the huddle during a time-out. No Players will go to the sidelines.

4. Punting: WIAA Rules, except as follows:
 - a. The Defensive team will remain in the defense established by the League. The Defense can not rush the punter. Therefore, there will be no movement on the line of scrimmage until the ball is kicked.
 - b. One or both safeties will drop back to receive the punt.
 - c. No player substitutions can occur.
 - d. The Offensive team must declare if they will punt or attempt to reach a first down. No fake punts are allowed.

5. Points:

Touchdown: 6 points

Points After:

Running: 1 point

Passing: 2 points

(Points after touchdown will be attempted from the three (3) yard line.)

Safety: 2 points

6. Tie Games: Games will not end in a tie. Each team will receive four (4) downs with which to score from the ten yard line. This will continue until the tie is broken, after each team has had the same number of series.

7. Penalties inside the 15 yard line result in marking the ball half the distance to the goal, if appropriate.
8. Mouth guards must be in, otherwise, a 15 yard penalty will result.
9. Plays will be called by the quarterback. Coaches can only call the play if a time-out has been called.
10. No games will be replayed because of protests. Any complaints should be brought to the attention of the Executive Committee, via the Coaches Committee or the Parents Committee.
11. Red-Strippers will not carry the football. If a Red-Striper intercepts a pass the Official will whistle the play dead. This is for safety reasons only.
12. All Players will remain five (5) yards behind the side lines at all times. All Coaches will stay between the twenty (20) yard lines.
13. Teams will align on one side of the field. Spectators will be on the opposite side, but on the same end of the field that their team is on. Spectators are not allowed on the field until after the game is over. Officials have authority to stop the game anytime there is a problem with Players, Spectators or Coaches.
14. The Offensive line may adjust its personnel to better handle the Defense's personnel. The Defense cannot re-adjust once the Offense has.
15. A fumbled ball, or a muffed snap from Center, which will be treated as a fumble, cannot be advanced. The only exception is for dropped snaps on punts and for attempted catches of punts or kick-offs. Punts and kick-offs can be fielded on the hop, but a muffed catch is considered a fumble. **Players should be instructed to cover the ball in the "fetal" position to avoid injury.**
16. Kick-offs are made from the 35 yard line. The kicking team and receiving team will start on their 35 yard lines. A kick-off that goes out of bounds will result in the Offense starting from its own 30 yard line.