



# PSA Tackle Football League Rules

(updated July 7th, 2022)

## ARTICLE 1: PREAMBLE

1. The following Rules, Policies & Procedures (“Football Rules”) apply to all teams, players, parents and coaches participating in the combined tackle football league administered by the Plano Sports Authority (PSA) for the annual registration period.
2. Prior to May 1 each year, the PSA Volunteer Football Director (“Board Director”) will review this document with current PSA Volunteer Football Board (“Board”), agree to all modifications thereto, and certify the Football Rules contained herein for the upcoming season.
3. The most current certified version of the Football Rules will be posted to the PSA website and be made available for download at all times.

## ARTICLE 2: SPORTSMANSHIP

4. The PSA Tackle Football League exists to promote the ideals of sportsmanship, fellowship, recreation and competition through voluntary participation in youth sports. This league is recreational in nature and is intended to give children a safe environment to participate in the tradition of tackle football.
5. As such, all participants (*including, but not limited to, coaches, players, parents and fans*) are expected to demonstrate good sportsmanship and adhere to the letter and spirit of league rules and regulations at all times.
6. **PSA has a ZERO-TOLERANCE policy** with regard to poor sportsmanship, abusive language, willful violations of league rules and violent behavior.
7. Each Head Coach is responsible for the actions of his/her Assistant Coaches, players, parents, and fans during both practice and games. Good sportsmanship should be encouraged and demonstrated at all times without exception.
8. Coaches, players, parents and fans that use verbally abusive language, engage in violent or threatening behavior, and/or repeatedly and willfully violate league rules will be ejected from the game, asked to leave the field, and will face disciplinary action up to and including removal from the league without refund. Local police will be notified in the event of criminal behavior.

## ARTICLE 3: LEAGUE ADMINISTRATION

9. A Volunteer Football Board will share the administrative duties associated with the PSA, and actively collaborate to resolve discrepancies in rules interpretation, conflicts between teams, and/or any other issues as required. Members of the Board include:

10. The **PSA FOOTBALL MANAGER** is a full-time paid employee of PSA, and owns all responsibility with creating, managing, and distributing both game and playoff schedules for all teams and in all divisions of PSA Tackle Football.
  - a. The PSA Football Manager will coordinate with local parks departments and or school districts to ensure field availability, review reported conflicts with the individual Sports Specialists and confirm any/all schedule revisions and the timing with which these are to be published to member organization websites.
11. The Football Board
  - a. A group of volunteers compromise the guiding body of the league, known as the Football Board (“The Board”). The members may be current or former coaches, parents, or employees of PSA who have shown the leadership, good will, and interest in promoting football to our youth.
  - b. The Board will be primarily responsible for ensuring consistent rules interpretations, review of the master game schedule, communications routed to teams, conflict resolution, review of player transfers, maintaining team rosters and official player weights, and birth dates, agreeing to final league standings/playoff seeding, and ensuring overall coordination for the smooth flow of the league. The Board posts are:
    - c. The **FOOTBALL BOARD DIRECTOR** (Football Director) – this role is a nominated and PSA-approved Head of the Board, with over-arching authority on all matters related to the rules, interpretation, rules guidance, and evaluation of all matters related to the operation of the football league not otherwise reserved by PSA.
    - d. The Football Director is voted on and approved annually by the current board, with the nomination advanced to PSA for approval each year, with term of office running from January 1<sup>st</sup> to Dec. 31<sup>st</sup> annually.
    - e. **DIVISION COMMISSIONERS** are nominated appointments to the Football Director, who serve as immediate liaisons between the Football Director and the Coaches in each division, based on assigned Grade.
12. The Football Board is the convening authority in all questions of eligibility regarding players, coaches, teams, disputes and appeals and shall be the final authority on all matters for any given division.
13. The Football Board decisions **ARE NOT ELIGIBLE FOR APPEAL**.
14. Any issue raised in or pertinent to PSA that is not otherwise covered by this rules document **SHALL BE LEFT TO THE SOLE DISCRETION OF THE PSA FOOTBALL SPORT MANAGER**.
15. PSA is responsible for ensuring that the structure, composition, and level of authority of its Football Board is appropriate to support the teams it registers and is consistent with organizational rules and by-laws.

#### **ARTICLE 4: COACHES REQUIRMENTS, DUTIES, NUMBERS**

16. Head Coaches are the point of contact and representative for their team in all matters related to the PSA.
17. The Head Coach is directly responsible for the behavior of his/her assistant coaches, players, parents and fans and for all team interactions with the league, football board members and game officials.
18. The Head Coach has a duty of candor to inquiries from the Football Board. Where a coach is requested or required to meet with his/her Football Board for any reason, including disciplinary investigations, the coach is expected to answer questions honestly and in a forthright manner.
19. The Head Coach is entitled to responsiveness from their Football Board including, but not limited to,
  - a. An explanation of rules in question,
  - b. A rationale for any decision rendered by the Football Board,
  - c. A reasonable right to appeal decisions in accordance with PSA rules and by-laws.
20. In an effort to promote clear and direct communications Head Coaches must be the voice of the team and should follow the following communication process.
21. **ALL INQUIRIES SHOULD BE ORIGINATED BY THE HEAD COACH** and directed to the appropriate Division Commissioner as assigned by the Football Director.
  - a. If the Division Commissioner is unable to resolve the issue, or is unresponsive, the matter is to be escalated to the Football Director for review. The Football Director, at his/her discretion, may refer the matter to a Football Board Commissioner at large, the full Board, or may rule on the issue independently for resolution.
  - b. Each member of the Football Board has a duty to review and respond to inquiries raised in good faith and through appropriate channels in a timely manner, hopefully prior to the inquiring team's next game.
  - c. Each member of the Football Board has a duty to treat all inquiries raised in good faith and through appropriate channels in an appropriate and professional manner based upon fact. Specific communications regarding the inquiry shall be kept confidential, and the identity of the inquiring team is to be protected. Retaliation against teams making inquiries in good faith is expressly forbidden.
  - d. Inquiries raised outside of the protocol specified above (including, but not limited to, phone inquiries to PSA Customer Service) will result in a delayed response.
22. All coaches must be meet the minimum age requirements set forth by PSA, who then issues his/her **2-YEAR COACHING CREDENTIALS AFTER PASSING A BACKGROUND CHECK.**

23. All coaches must have a valid coach's badge issued by PSA. **BADGES MUST BE WORN AND VISIBLE AT ALL TIMES DURING GAMES** and must be submitted for inspection per the request of game officials, representatives of the Football Board and or facility and field supervisors. Coaches without a valid badge will be asked to leave the sideline.
24. Teams are authorized have up to **FIVE (5) COACHES (INCLUDING HEAD COACH)** on the sideline during games. All coaches must have and display current badges,
  - a. For purposes of this guideline, game officials will consider any adult inside the players' box to be a coach. Adults without a valid coach's badge will be asked to leave the sideline.
  - b. All coaches must be prepared to show their badge to any PSA official, Board Member, Referee or opposing coach prior to game play. If a coach cannot produce a badge, he will be required to leave the sidelines prior to kickoff.
25. All coaches must have a valid and current USAFootball.com Contact Level 1 Certification from USA Football. The USAFootball website maintains a database of all certified coaches and that database become the official repository of proof of certification if a coach cannot produce a hardcopy certificate of completion.
26. All coaches must comply with any and all terms and condition requirements as specified by PSA including, but not limited to, submission to a background check and/or completion of a coach's contract and application.
27. **ALL COACHES ARE REQUIRED TO DEMONSTRATE GOOD SPORTSMANSHIP AT ALL TIMES WITHOUT EXCEPTION.** The Head Coach has primary responsibility for correcting poor sportsmanship and violations of rules among his team's Assistant Coaches, players, parents and fans.
28. Head Coaches are directly responsible for all team interactions with the PSA organization's Football Board, board members and game officials.
29. The Football Board reserves the right to revoke a coaching badge and terminate a coaching assignment at any time for willful or repeated and documented violations of these Football Rules and/or failing to demonstrate proper sportsmanship.
30. PSA is composed of Divisions formed based upon school grade subject to maximum age limits consistent with UIL rules followed in Texas high school sports. Certain rules may differ between grade divisions, including, but not limited to:
  - a. Ball carrying weight limits and player ages
  - b. Field dimensions
  - c. Ball size
  - d. Extra points
  - e. Number of Referees

31. The Football Board is responsible for ensuring that Division-specific rules are age appropriate and are applied consistently throughout PSA. Age-specific rules are discussed in detail in subsequent sections of this document. The key differences between age groups are summarized in Table 1:

**TABLE 1:**

DIVISION	GRADE	GAME BALL	Max Age on Aug 31st	Player Per side	Max Roster Size	Ball Carrier Weight	Field Size	Ref per Game
D2	2nd	K2	8y-6m	7 v 7	14	80 lbs	50yd x 30 yd	3
D3	3rd	K2	9y-6m	11v11	22	90 lbs	Standard 100 yd	3
D4	4th	K2	10y-6mo	11v11	22	105 lbs	Standard 100 yd	3
D5	5th	TDJ	11y-6mo	11v11	22	125 lbs	Standard 100 yd	3
D6	6th	TDJ	12y-6mo	11v11	22	135 lbs	Standard 100 yd	3

*Note that balls other than WILSON brand are allowed, as long as they meet the same size & weight as TDJ and K2 models. Teams may provide their own ball, provided it is Laced, inflated correctly, and has stitched/sown panel construction. No “molded” balls may be used in game play. All team-provided balls must be inspected and approved by the game referees before play, and if the opposing coach chooses, he may also use that same ball when his team is on offense.*



**TDJ™ TRADITIONAL**  
 STOCK NO. \_\_\_\_\_ SIZE \_\_\_\_\_  
 WTF350B JUNIOR (6-12 Y.O.)  
 899 WE Leather™ - Grip Stripes - Approved for play in all major youth leagues - Official Ball of AYP™ WE Leather



**K2™ TRADITIONAL**  
 STOCK NO. \_\_\_\_\_ SIZE \_\_\_\_\_  
 WTF332B PEEWEE (6-9 Y.O.)  
 899 WE Leather™ - Grip Stripes - Approved for play in all major youth leagues - Official Ball of AYP™

32. All Games regardless of Grade are played as Four (4) Quarters of eight (8) minute length, with a ten (10) minute half-time, and two (2) 60-second timeouts per half.
33. Teams will play games against opponents within their age appropriate division.
34. All games will be governed by UIL rules that are modified for age-appropriate play, as determined by the Board
35. All divisions will play an eight (8) game regular season. The specific format of the regular season will vary based on the number of teams enrolled in a division, field availability, weather, scheduling conflicts with school events, etc. While most games are scheduled for weekends, weeknight games are possible.
36. PSA reserves the right to adjust the regular season format as needed based upon field availability, weather, and the competitive balance in each division.
37. All divisions with at least three teams will have post-season play.
38. The Football Boards reserves the right to adjust postseason format and split playoff brackets as needed based upon the number of teams enrolled in each

division, field availability, weather, and the competitive balance within each division.

39. Weather permitting; the eligible teams will have the opportunity to play in at least one postseason game.
40. The **VISITING TEAM WILL NEED TO SUPPLY THREE VOLUNTEERS TO SERVE AS THE CHAIN CREW** on game days. Chains and field markers are provided by PSA for each game.
41. The PSA is responsible for providing clock operators, referees, and functioning scoreboard systems for all games played on the designated game field.

#### **ARTICLE 5: SCHEDULING, CANCELLATIONS, & TIERBREAKERS**

42. All game schedules are maintained by the PSA Football Manager. The Football Board does not participate in setting regular season schedules, determining team match-ups, or scheduling “make-up” games.
43. The PSA Football Manager will work directly with local parks departments and/or schools to ensure field availability and to confirm the safety status of field conditions. Field closures due to inclement weather are at the sole discretion of local parks departments and/or local schools.
44. Please note that cancellation notices may be received late in the day. Notification of game cancellations will be posted on the PSA website as soon as received. See Link: [Cancellations \(psaplano.org\)](http://psaplano.org).
  - a. Games canceled prior to kickoff will be rescheduled as quickly as reasonably possible.
  - b. Games in progress that are halted after the mid-way point of the third quarter will be deemed officially complete, and the score at the time of cancellation will be recorded as the final score.
  - c. Games in progress that are halted with a point differential of 14 points or more will be deemed officially complete regardless of the point of stoppage, and the score at the time of cancellation will be recorded as the final score.
  - d. Games in progress halted prior to the mid-way point of the third quarter and with a point differential of 13 points or less will be resumed from the point of stoppage.
  - e. Coaches from both teams and the game officials must record the down, distance, spot of the ball and the time remaining and report to the PSA Football Manager.
45. Incomplete and canceled games will be rescheduled as quickly as possible based upon field conditions, weeks remaining in the season, availability of game officials and available field space.

- a. While the PSA Football Manager will make every effort to handle rescheduled games as fairly as possible, PSA cannot honor any requests for specific days, times or locations for rescheduled games.
46. For purposes of seeding playoff brackets, PSA will use the following process for season record tiebreakers and determine final standings:
- a. Win/Loss Percentage
  - b. Results of Head-to-head match-ups
  - c. Fewest
  - d. Points Allowed Head-to-Head
  - e. Coin Flip

#### **ARTICLE 6: SET-UP AND TAKE DOWN OF FIELDS**

47. **HOME FIELD COACHES PLAYING THE FIRST GAME OF THE DAY AND LAST GAME OF THE DAY SHALL BE RESPONSIBLE FOR THE SET-UP AND TAKE-DOWN** of all field equipment, markers, goal post pads, yard markers, chain/box sets, scoreboard, controllers, and goal line pylons. Please make every effort to replace the equipment in the storage area in a neat, organized and gentle fashion to minimize the wear and tear on the equipment.
48. The HOME team playing the first game of the day on a field is totally responsible for field set-up before the scheduled game time. Both coaching staffs shall ensure that the fields are properly set-up, and ready for play.
49. The HOME coaching staffs of the team playing the last game of the day on a field shall be responsible for take-down and **PROPER STORAGE** of all field markers, goal post pads if any, chains/box sets score boards, and power cords in the field container(s). While parents may stack the equipment at the storage container, **THE COACHES ARE RESPONSIBLE TO ENSURE THAT THE EQUIPMENT, MARKERS, AND HAND TRUCK ARE STORED NEATLY AND EFFICIENTLY.**
50. If equipment carts are provided for fields please ensure that in fulfilling your take-down responsibilities, that all field equipment is neatly organized in the cart assigned to your field and that the cart is placed in the appropriate storage location.
51. All teams, coaches, players, parents and fans are responsible for cleaning up the trash they produce while at the fields.

#### **ARTICLE 7: SCOUTING, USE OF ELECTRONICS, CAMERAS & NOISE**

52. Coaches, players, and parents are prohibited from scouting or making any recording of the practice(s) of any other team, for any reason. Coaches, players, and parents are prohibited from scouting or making any recording of any practice or scrimmage held at a league-provided practice field for any reason. **THIS DOES NOT APPLY TO SCHEDULED LEAGUE GAMES.**
53. Coaches, players, and parents may scout or record video of any PSA game subject to the following guidelines.

54. Only scorekeepers and authorized personnel will be allowed in the press box during games held at stadium locations. Teams will not be allowed to video from the press box.
55. Drones cannot be operated within 500 feet of a game field or practice field for any reason. The use of drones to record games or practices is expressly prohibited.
56. Coaches and/or parents may record games in which their team plays from the bleachers on their sideline, from behind either end zone, or from any other location approved by game and league officials. Under no circumstances will a coach or parent be allowed to record games from the opponent's sideline.
57. Coaches and/or parents may record league games in which other teams play for scouting purposes, provided that the Coach/parent videotapes such game(s) from a neutral location (end zone location or bleachers in a stadium setting). Under no circumstances will anyone be allowed to make a scouting video from immediately behind another team's sideline, without the permission of the opposing Head Coach.
58. All cameras must be kept a safe distance from the playing surface. Game and league officials reserve the right to require videographers to move their equipment for safety reasons or to comply with these rules at any time.
59. **PORTABLE MUSIC SYSTEMS AND/OR NOISE MAKERS SUCH AS BELLS, HORNS, ETC., MAY NOT BE USED** by parents, fans or cheer squads to disrupt another team's communications at any time. Such sound producing efforts may be used **only during halftime** of the game, when cheer squads are present and performing a routine.
60. When portable sound systems are in use, music selection must be appropriate for a family environment where children are present. **GAME AND LEAGUE OFFICIALS RESERVE THE RIGHT, AT THEIR SOLE DISCRETION, TO RESTRICT AND/OR PROHIBIT THE USE OF PORTABLE SOUND SYSTEMS, MUSIC PLAYERS AND OTHER NOISE MAKERS.**
61. Inappropriate use of portable sound systems and /or noise makers in a manner that disrupts a game will be treated as a sideline violation, and the offending team will be penalized 15 yards.

#### **ARTICLE 8: PLAYER ELIGIBILITY**

62. All teams, players, and coaches must be fully and properly registered and approved by issuance of an official badge through PSA in order to be eligible to participate in the PSA.
63. The Football Board is responsible for ensuring the eligibility of all players registered. Any questions regarding player eligibility should be escalated to the appropriate Grade Division Commissioner as soon as they arise.
64. The Football Board is the convening authority in all questions of eligibility regarding players and coaches and shall be the final authority on all matters of eligibility.

65. Representatives of each team and at least two PSA Board Members should be present at any sanctioned weigh-ins and checking of birth certificates of players, so that both feel that the processes were conducted equivocally.
66. **PLAYER AGE REQUIREMENTS ARE BASED UPON SCHOOL GRADE, SUBJECT TO MAXIMUM AGE LIMITS** consistent with stated information contained in this document. Maximum ages for each division are reflected in **Table #1**.
67. Notwithstanding the requirements above, a player may “play up” one (1) year above the division for which he/she otherwise qualifies at the discretion of the Football Board, and with the approval of the player’s parent or legal guardian.
68. PSA requires proof of player age via birth certificate and/or verification of school enrollment as a condition of registration. Once a player’s birth certificate has been recorded in the PSA database, it is no longer required for that player to show a birth certificate at future weigh-ins or registration, although new player face photographs will be recorded anew each season.
69. As described in Table 1, there are specific **WEIGHT LIMITS** applicable in each grade to the ball carrying positions. All players must be weighed by league officials to be eligible to play.
70. Specific procedures and provisions for league-mandated weigh-ins are published each year as a separate procedures document.
71. The following rules apply with respect to the posted ball carrying weight limits:
  - a. The weight recorded for any player at the time he/she is weighed by league officials will be deemed official for the entire season, and is entered into the player database, along with a facial photo and confirmation of age certification.
  - b. All players with official weights less than or equal to the ball carrying weight limit may play any position without restriction subject to minimum participation rules.
  - c. Any player weighed initially within 2 lbs over or under the ball carrier weight will step off the scale, and a second witness will be brought over to re-weigh the player immediately. Both officials will verify the agreed weight together and that is the player’s established weight.
  - d. All players with official weights above the posted ball carrying weight limit, even by a fraction of a pound will be required to wear an approved sticker or marking on the back of their helmet.
  - e. On defense, players with official weights above the posted ball carrying weight limit may play any position without restriction subject to minimum participation rules.
  - f. All such defensive players may advance a fumble or interception until tackled or forced out of bounds. On Offense, a player over the weight restriction recovering a fumble but do so, but may not advance the ball.

- g. On offense, players with official weights above the posted ball carrying weight limit must play a “lineman” position (specifically center, offensive guard, offensive tackle, or tight end) and be completely set at the snap of the ball.
- h. Players over the weight limit **CANNOT LINE UP IN THE OFFENSIVE BACKFIELD** or as a wide receiver, take a snap, go in motion, accept a hand-off or lateral, or advance a fumble, although they may recover a fumble, dead at that point.
- i. A player over the weight limit **PLAYING TIGHT-END** may catch a forward pass thrown beyond the line of scrimmage and may advance the ball after completing the catch. A “Tight End” is considered within 3 yards of the nearest Offensive Tackle.
- j. **ON SPECIAL TEAMS**, players with official weights over the ball carrying weight limit may not return kick-offs, or line up as a holder for field goals or extra points in leagues with live kicks.
- k. A player over the weight limit may be used a kicker on kick-offs, field goals and extra points.
- l. Kickers weighing over the weight limit cannot participate in a fake field goal or advance the ball via run or pass.

**72.** Any player over the ball carrying weight limit on the kick-off return team must line-up on the front line of the return team. The player may recover any kick, but is not allowed to advance the ball beyond the point at which he took control.

#### **ARTICLE 9: FORMATION OF TEAMS, TRANSFERS, PLAYTIME, TRYOUTS**

- 73.** No player may play on any team in PSA if he/she plays in any other organized fall football tackle league. **THERE ARE NO EXCEPTIONS TO THIS RULE.**
- 74.** If a player participates in a game and is found to also play on a team in a different organized fall football league then:
  - a. The Team for which the player played will forfeit each game in which that player participated.
  - b. Coaches that knowingly use a player that plays on multiple teams will be subject to disciplinary measures in accordance with the rules and by-laws of the football board.
- 75.** Teams will be formed in accordance within the rules and by-laws of PSA, through which the coach and players are registered.
- 76.** Each member organization is responsible for ensuring that all team registrations are consistent with organizational rules and by-laws and comply with the provisions set forth in the rules.
- 77.** The PSA Volunteer Football Board reserves the right to review team formation procedures and to propose changes as necessary to ensure a reasonable level of consistency across member organizations.

78. The Oversight Committee is the authority in all questions of eligibility regarding Team formations and Team Structure and shall be the final authority on matters of eligibility
79. Given the recreational nature of PSA Football, it is the intention of the Football Boards not to allow “select” teams to participate in PSA tackle football.
80. The Football Boards reserves the right, **IN ITS SOLE DISCRETION**, to determine what constitutes a “select” football team. The board reserves the right to review team rosters, leagues in which the team has previously participated, and any other information deemed pertinent in determining whether or not a prospective team meets the criteria of a “select” team as set forth in PSA rules and by-laws.
  - a. Any team deemed a “select” team by the Football Board will be considered to be turned away, and funds collected, if any, will be returned prior to the start of the season.
81. The Football Board is the convening authority in all questions of eligibility regarding all new and returning teams and shall be the final authority on all matters of eligibility.
82. **TEAMS MAY NOT ADVERTISE NOR HOLD “TRYOUTS”** to qualify or assess the desirability of any players to join the team roster for an upcoming season. **LIKEWISE “FOOTBALL CAMPS” MAY NOT BE OFFERED, ADVERTISED, NOR CONDUCTED**, unless it is made widely known and open to all players from any other teams of the camp ages. This is to insure that coaches are not using “camps” as a shadow tryout to evaluate talent.
83. For the purposes of this rules document, all tackle teams registered thru PSA for the previous football season are considered to be **“returning teams”** unless the Football Board confirms otherwise.
84. PSA reserves the right to establish criteria for returning teams including, but not limited to, **A MINIMUM OF EIGHT (8) RETURNING PLAYERS** and eligibility of returning coaches.
85. While team status will be reviewed on a case-by-case basis, any such criteria used to determine whether or not a team is considered “returning” are to be applied uniformly to all teams in the applicable age Division.
86. The Football Board reserves the right to disband or combine teams based on League enrollment.
87. Disbandment or combination decisions rendered by the applicable Football Board will be honored by all teams without exception.
88. Coaches **MAY NOT ACTIVELY RECRUIT ANY PLAYER FROM ANY RETURNING TEAM** regardless of that team’s status or expected status for the upcoming season.
89. If a player played on a PSA team in the prior year, all Coaches will consider such player a returning player to such team and may not actively recruit such player unless or until the applicable Division Commissioner confirms otherwise.

- 90.** Any dispute arising out of the recruiting or assignment of such returning player to another team may be appealed to the Football Board by registering a complaint or challenge with the appropriate Division Commissioner.
- a. The PSA Volunteer Football Board is the convening authority in all questions of disputes and shall be the final authority on all matters of disputes and appeals
  - b. Any Coach is found to be actively recruiting players from a returning team, will be subject to disciplinary proceedings in accordance with the applicable member organization's rules and by-laws.
- 91.** Subject to the process and limitations set forth below, any player wishing to return to the same team from the previous season will be guaranteed a spot on that team's roster for the upcoming season. Coaches may not "Cut" players.
- a. No later than June 15 (prior to the upcoming season), the Head Coach of a returning team shall send an email to the parents of all players (or to each player, individually) inquiring as to the player(s) intent to return to the team for the current season.
  - b. All players responding in the affirmative will be guaranteed a spot on the returning team's roster for the current season.
  - c. The Head Coach must give a reasonable deadline of at least 15 days for the parent(s) of each player to respond, and must state the final date to reply in the email memo sent.
  - d. The Head Coach may assume that any player answering in the negative, or not responding by the deadline, will not be included on the returning team's roster for the current season.
  - e. In no case, should the deadline for response be prior to the first fifteen (15) days of registration for the coming season.
  - f. The Football Boards reserves the right to contact the parent(s) of any player, confirm the Coach has met his obligation to invite all players from the previous season to return, and verify the choice of the parent(s) or player.
  - g. Any dispute between a player (or the player's parent(s) and the Head Coach regarding whether that player has the right to return to the team's roster for the upcoming season shall be reviewed and resolved by the Football Board prior to the close of registration.
- 92.** Any player who played for a PSA team in the previous season has the option to request placement on a different team for the upcoming season, with certain conditions:
- a. Players requesting a transfer will be considered as an "individual registration player" and a new team assignment determined based upon the rules and by-laws of PSA.

- b. In order to protect the overall competitiveness of the league, requests to transfer to a specific team cannot be guaranteed, unless that desired team had a lower winning percentage the prior season.
  - c. A transferring player's new team assignment will be dictated by the applicable rules and by-laws of the member organization through which the player is registered.
- 93.** The Football Board reserves the right to initiate changes in team assignment to remediate any rules violations that arise from player transfers.
- 94.** Prospective players who did not play for an PSA in the previous season and have not already registered through PSA for the upcoming season are eligible for active recruitment to join any team participating in PSA.
  - a. Once a player has registered with PSA he/she becomes an "individual registration player" and is no longer eligible for recruitment, but will be assigned to a proper team within the league, as per standing policy.
- 95.** Team placement for all players in individual registration will be determined by the Football Board through in accordance with applicable procedures, rules and by-laws.
- 96.** The Head Coach is responsible for confirming the eligibility of all players being recruited by any representative of his/her team including, but not limited to, assistant coaches, parents, players and fans.
- 97.** The Football Board reserves the right to review team assignment procedures followed by all participating member organizations and propose changes as needed to protect the competitiveness of the league.
- 98.** Individual Registration players are those players that sign up to play football through PSA's open registration, and pay the individual player registration fee.
  - a. All such players will be placed on a team in accordance with the procedures, rules and by-laws of the member organization that accepted the registration.
  - b. Players in the individual registration pool are not eligible for recruitment by any team
- 99.** PSA may at its discretion, choose to maintain a "waiting list" for players registering after team rosters are set.
  - a. Waiting List players will be placed at the sole discretion of the PSA Volunteer Football Board in accordance with applicable procedures, rules and by-laws.
  - b. Players on a "waiting list" are not eligible for recruitment by any team in PSA.

## **SECTION 10: REQUIRED EQUIPMENT AND GAME UNIFORMS**

- 100.** Each Head Coach is responsible for ensuring a well-maintained and properly inflated game ball is available for use in each game.
- a. The game officials are responsible for ensuring that all game balls comply with the provisions above and may at their sole discretion disallow any ball deemed to be the wrong size or improperly inflated.
- 101.** All equipment should be in accordance with Texas UIL High School rules and NOCSAE safety standards and regularly checked by the coach and player's parents.
- 102.** Player equipment is subject to inspection by game and league officials at any time. As a matter of safety, any player with missing or non-confirming equipment will be removed from the game until the non-conformance is remediated to the satisfaction of the game officials.
- 103.** All football players must provide their own equipment to include the following:
- a. Appropriate footwear. All cleats should be molded rubber or plastic.
    - i. Metal cleats or "screw on" cleats are not allowed on any field.
  - b. A properly fitted football helmet that includes a face mask, 4-point chin strap, and a mouthpiece. All helmets must meet NOCSAE safety standards.
  - c. Properly fitted football shoulder pads with functioning straps and clips.
  - d. Football pants that include hip, tail, thigh and knee pads.
    - i. All helmets, pads and mouthpieces must be worn during any contact period, practice or game.
    - ii. Tinted visors and eye shields are expressly forbidden. Only clear visor shields will be allowed for use in games per UIL and league rules.
- 104. GAME UNIFORMS** are not included in player registration fees. Uniforms are determined by the Head Coach, with input of the team parents, as they bear the burden of payment. League recommendation for uniforms, not including helmet, cleats, or padding should not exceed \$150 US Dollars, and must cover the full cost at a minimum of one pair of game pants with pads, one dark game "home" jersey and one light colored "visitor" jersey, both with identical team numbers and other markings. If teams wish to raise funds or gain a financial sponsor, this recommended amount may be waived.
- a. In order to prevent jersey color conflicts, each team must have two jerseys of different colors that can be used during games at Coach's discretion or in order to resolve a color conflict with the opposing team. Teams may elect to use numbered practice jerseys as their secondary jersey.

- b. All jerseys must be clearly numbered on the **front and back** at least 6” inches in size, and each player’s number should match the official roster on file with league officials.
- c. All players should wear the same (or similar) color jersey to the rest of their teammates

**105.** The designated HOME team will wear their **DARKER COLOR** jersey in each game.

- a. It is the responsibility of the designated VISITING team to wear a lighter or contrasting color jersey. Coaches should talk to confirm colors during the week.
- b. The game officials shall be the judge of fact in determining whether or not a jersey color conflict exists.
- c. The referees, at their sole discretion, may require the visiting team to change jerseys or use a scrimmage “Penney” vest as needed to resolve a color conflict. Orange Penney vests are provided by the league.
- d. Helmet decals and spirit awards must not cover the league approved helmet marking for players with official weights above the posted ball carrying weight limits..

**106.** Because PSA is recreational in nature, all players are required to play in accordance with **MINIMUM PLAY TIME REQUIREMENTS** specified by PSA rules.

- a. Each player must, at a minimum, start on either offense or defense and play on that unit for the entire game (including any overtime period).
- b. A player may, at the coach’s discretion, change units only at the end of a half.
- c. A player may play both offense and defense so long as minimum play time is satisfied for every other player present on game day.
- d. Coaches, at their discretion, may designate one starting position on offense and one position on defense as “shuttle position” that is **SHARED BY TWO PLAYERS ROTATING EVERY OTHER PLAY (NOT SERIES)**, and are considered to remain in compliance with minimum play time requirements. This insures that Players designated as shuttle players play during the entire game while their assigned unit (Offense or Defense) is on the field. Both players must be utilized the entire game, although they may be changed every week.
- e. Use of a Shuttle Position as described above – the Head Coach is encouraged to identify the use of a shuttle player with game officials and the opposing coaches and prior to the game to help avoid confusion.
- f. Roster rotation with a big lead – In “**HOT CLOCK SITUATIONS**”, a team that is winning by more than 24 points at any time may elect to rotate stronger players to the bench and give less experienced players and back-ups more

game reps. See “Provisions for Lopsided Scores All Divisions” and “Prohibition Against Running up the Score” found on page 22.

- g. **INJURY OR ILLNESS** – A player leaving the game due to injury or illness should not be returned to play until he/she is fit to do so. Coaches are required to remove the player’s helmet and/or shoulder pads if an injured or ill player won’t return to play, but prefers to remain on the sidelines.
- h. In-game **UNSPORTSMANLIKE CONDUCT** – If a player is removed from a game at the coach’s discretion due to unsportsmanlike conduct, the coach must provide a written explanation to the parent and the appropriate Division Coordinator.
- i. **ABSENTEEISM FOR PRACTICE AND/OR OTHER MISCONDUCT** – If a player will not be allowed minimum play time due to unexcused absences from practice or other misconduct, the coach must notify the parent and appropriate Division Commissioner **BY EMAIL** at least twelve hours prior to the game in which discipline is being imposed.
- j. Players with **SPECIAL NEEDS** – Reasonable modifications to minimum play time requirements to accommodate players with special needs may be approved by the PSA Volunteer Football Board as deemed appropriate.
- k. **MINIMUM PLAY TIME CANNOT BE DENIED ARBITRARILY.** The coach’s criteria for denying any player minimum play time must be consistently and uniformly applied to all players on the roster.
- l. If a violation of minimum play time is noted by league or game officials during the course of the game, the following process will be followed:
  - i. First noted violation: offending coach is **WARNED** and told to correct the violation immediately.
  - ii. Second noted violation: **15-YARD PENALTY** is imposed; offending coach is required to correct the violation immediately.
  - iii. Third violation: The game will be declared a **FORFEIT**. The Coach will be required to appear before the PSA Volunteer Football Board before being allowed to coach again.
  - iv. Violations that are reported after the fact will be reviewed by the applicable PSA Volunteer Football Board with appropriate disciplinary measures imposed for confirmed violations.
  - v. Coaches that intentionally violate the minimum play time rule will face disciplinary sanctions **UP TO AND INCLUDING FORFEITURE OF GAMES AND TERMINATION OF HIS/HER COACHING ASSIGNMENT.**

**107. PRACTICE SCHEDULES** are set by the Head Coach, who is responsible for scheduling, planning and conducting practices in accordance with guidelines set forth by **USA FOOTBALL** and the provisions contained within this document. For the purposes of practice guidelines contained herein, the “League Week” is defined as Sunday through Saturday.

- 108.** The Head Coach is responsible for ensuring that essential football skills and fundamentals are taught in a safe and organized manner. USA Football defines “**LEVELS OF CONTACT**” that provide the basis for teaching football fundamentals in a step-by-step manner that allows players to build skills and confidence in a controlled environment while working their way up to live contact.
- 109.** The essential football skills are to be taught using five levels of gradually increasing intensity as described below.
- a. **AIR:** Drills are run unopposed and without contact.
  - b. **BAGS:** Drills are run with contact against a blocking dummy, shield, or other soft contact surface.
  - c. **CONTROL:** Drills are run with contact against another player at a reduced speed with a pre-determined winner. All players are expected to stay on their feet.
  - d. **THUD:** Drills are run against another player at a competitive speed with no pre-determined winner. All players are expected to stay on their feet and a quick whistle ends the drill.
  - e. **LIVE:** Drills are run in game-like conditions at full speed. This is the only time players are taken to the ground.
- 110.** For the purposes of these rules, “Contact Drills” is any activity involving player-on-player contact run at Control, Thud, or Live levels of intensity.
- 111. PRESEASON PRACTICE** begins the last week of June, and allow for a maximum of three (3) preseason practices per calendar week. Practices are limited to 2 hours inclusive of warm-ups, rest periods, cool down and post-practice coach’s remarks. All players should have access to fluids at all times, and rest periods should be built into each team’s practice plan. Consecutive Two-a-day practices are not allowed for any reason.
- 112.** Per guidance from US Football, each team’s practice plan should treat the **FIRST THREE WEEKS OF PRACTICE AS AN ACCLIMATIZATION** period designed to help young players adjusted to the challenges presented by the Texas heat.
- 113.** During the acclimatization period, coaches may gradually increase the intensity of practice and gradually add the amount of equipment worn by the players. **NO “CONTACT DRILLS” ARE ALLOWED DURING THE ACCLIMATIZATION PERIOD.**
- 114.** Beginning August 1, teams may add “Contact Drills” including controlled scrimmages to their practice routines after completing the three-week acclimatization period. Coaches must ensure that their practice plan includes a step-by-step progression from non-contact work against air and bags to live action. Once cleared to begin contact drills, teams must spend no more than 30 minutes per practice conducting drills at Thud or Live speed.
- 115.** Once the regular season begins and games commence, the number of allowable practices per week will decrease as shown in the table below to account for the weekly game(s). Two-a-day practices are not allowed for any reason.

**Table #2**

Games Per Week	Full 2 hour Practice	90-minute Walk-through
Zero games – Bye Week	2 practices / Contact Allowed	2 practices / Air & Bags Only
One Game (standard)	2 practices / Contact Allowed	1 practice / Air & Bags Only
Two (additional makeup)	1 practice/ Contact Allowed	1 practice / Air & Bags Only

- 116.** Although **SCRIMMAGES** are important to a team’s preparation, please remember, the point is to practice in game-like conditions (not to play and win “extra games”).
- 117.** Regardless of format, the following rules shall apply to all inter-squad scrimmages conducted by teams participating in PSA.
- a. The coaches of the teams participating in are responsible for ensuring that the scrimmage is conducted in a controlled manner and on a safe and suitable field of play.
  - b. Only scrimmages between teams that are properly registered for the current season by PSA are permitted. **TEAMS MAY NOT SCRIMMAGE AGAINST OPPONENTS FROM OTHER ORGANIZATIONS** for any reason.
  - c. Scrimmages are considered “Contact Drills” conducted during a team practice. As such, all scrimmages should be limited to one (1) hour inclusive of rest periods and teaching moments.
  - d. League standards of sportsmanship apply at all times including games, practices and scrimmages. Abusive language and violent or threatening behavior is never acceptable.
- 118.** Teams and coaches that violate league rules regarding conducting scrimmages disciplinary sanctions up to and including practice limitations, removal from the League, and/or termination of coaching assignments.
- 119.** All **PRACTICE FIELDS** must be held at a site or location that is appropriate for use, free of debris, and presents a safe environment for football activities. Access to city parks and school practice fields may be restricted by local ordinance and/or school district policy.
- 120.** Teams assume responsibility for finding a location and observing regulations if they are not use a league-provided practice facility on **TUESDAY AND THURSDAY EVENINGS AT HOBLITZELLE PARK FIELD A& B**. Practice Field information will be provided to all teams at the mandatory PSA coach’s meeting.
- 121.** Teams that are granted access to Hoblitzelle lighted practice fields are expected to comply with all rules, regulations and ordinances governing field use at all times.
- 122.** The Head Coach will be held individually liable for any fines or penalties assessed for misuse or unauthorized use of practice fields.

## ARTICLE 11: GAME RULES

- 123.** All games in PSA will be officiated by at least three (3) referees and governed by UIL Rules modified to allow for age-appropriate play. In 5th and 6th grade divisions, four (4) Referees may (or may not) be used, to reflect the fact that more passing in older divisions makes an extra referee in the defensive backfield more logical for downfield judgments such as catches, interference, and ball placement. Rules modifications and special provisions by Division are summarized in following table and described in greater detail below.
- 124.** Any issue raised or pertinent to PSA that is not otherwise covered by these Rules, Policies & Procedures shall be left to the sole discretion of the PSA Football Sport Manager.
- 125.** The Volunteer Football Board reserves the right to make exceptions to the rules, policies and procedures contained herein in special cases or under special circumstances.
- 126.** The Volunteer Football Board reserves the right at any time to modify or apply any rule or item listed with the approval of PSA
- 127.** Rules and provisions regarding minimum participation, ball-carrying weight limits, and prohibitions against running up the score will apply to all age Divisions (See Table 3 below).

Table #3

ITEM	D2	D3	D4	D5	D6
Coach allowed on Field	All game, on offense and defense.	1st game only, onr coach on offense and defense	Not allowed	Not allowed	Not allowed
"HOT" CLOCK	When +/- 24 points at any time in the game or 20 points in 4th qtd.	When +/- 24 points at any time in the game or 20 points in 4th qtd.	When +/- 24 points at any time in the game or 20 points in 4th qtd.	When +/- 24 points at any time in the game or 20 points in 4th qtd.	When +/- 24 points at any time in the game or 20 points in 4th qtd.
Punts	Declared = 20 yards from LoS.	Dead ball kick to spot of control			
Extra Points	Pass=2 Run =1 and no kicks	Pass=2 Run =1 and Frozen Kick =2	Pass=2 Run =1 and Frozen Kick =2	Pass=2 Run =1 and Frozen Kick = 2	Pass=2 Run =1 and Live Kick = 2
Field Goals	Not allowed	Frozen, 3 points	Frozen, 3 points	Frozen, 3 points	Live Kick, 3 points
Kickoff spot	Offense takes ball at 10, no kick	40 yd line	40 yd line	40 yd line	40 yd line
Ball Size	Wilson K2 or similar	Wilson K2 or similar	Wilson K2 or similar	Wilson TDJ or Similar	Wilson TDJ or Similar

- 128.** All field goal attempts in divisions that are FROZEN, allow for no rush by the defense, but the kicker has only 4 seconds to kick the ball from the time it is snapped. There are neither fumbles nor fake kicks allowed.
- 129.** In divisions where **LIVE KICKING** is permissible, the defense may rush a field goal attempt at the snap of the ball in an effort to block the kick, and return for a touchdown.
- 130.** Field goal attempts are not permitted in D2.

- 131.** Provisions for **LOPSIDED SCORES** – All Divisions. A game is considered to have a “lopsided” score if
- a. the score differential is 24 points or more at any time during the game, or
  - b. the score differential is 20 points or more in the 4th quarter
  - c. In the event of a lopsided score, normal timekeeping rules will be superseded, and “Hot Clock” (also referred to as “Mercy Clock”) procedures will apply as follows:
  - d. The game clock will stop only in the event that the team behind on the scoreboard calls a timeout.
  - e. The game clock will not stop for incomplete passes, first downs, ball out of bounds, dead ball punts, declared punts, extra points or changes of possession.
  - f. The team that is ahead on the scoreboard may call timeout to avoid a delay of game penalty or to rotate players; **however, the game clock will continue to run.**
  - g. In the event of an injury during a hot clock situation, the referees may elect to keep the game clock running at their sole discretion.
  - h. During “hot clock” situations, the team that is ahead will not kick off; the team that is behind will be awarded the ball on the 40-yard line (30-yard line in D2) in lieu of having to return a kick-off.
- 132.** Game officials may, at their discretion, end a game in a hot clock situation at any time if they perceive an abnormally high risk of injury.
- 133.** All Coaches must be aware that PSA consider intentionally "**RUNNING UP THE SCORE**" to be unacceptable and unsportsmanlike behavior. In the event of a lopsided score, coaches are encouraged to do the following:
- a. Teams with the lead in a hot clock situation should rotate their stronger players to the bench and give less experienced players and back-ups more game reps. **This is especially pertinent to offensive backfield players.**
    - i. *Teams that are ahead in a Mercy Rule phase and DO NOT ROTATE OUT their starting backfield will find that referees will begin calling much tighter interpretation of playing rules.*
  - b. Avoid calling any trick or gadget plays when ahead in a hot clock situation.
  - c. Give players under the ball carrying weight that do not normally carry the ball the chance to do so.
  - d. Substitute the starting QB in favor of a backup, allowing the original QB the option to play just defense.
- 134.** It is considered an **ILLEGAL DEFENSE** if any defensive player lined head-up or inside the offensive tackles and on the line of scrimmage (LOS) must be in a 3 or

- 4-point stance at the snap of the ball. The players hand must CLEARLY be in contact with the ground in the eyes of the game officials.
- 135.** A defensive player is not considered a down lineman and, thus, is not required to be in a down lineman position, if he/she is set back from the LOS such that his/her helmet is at least one yard off of the line of scrimmage and/or behind the buttocks of any down lineman on the defensive LOS.
- 136. NO DEFENSIVE PLAYER MAY BE MOVING FORWARD TOWARDS THE LINE OF SCRIMMAGE PRIOR TO THE SNAP;** Just as the offensive line, all defensive players must be “set” prior to the ball being put into play. A player may move, as long as he/she is fully set and stationary for a full count prior to the ball being hiked.
- 137.** No defensive player may “hurdle” an offensive lineman.
- 138.** The penalty for illegal defense is 5 yards.
- 139.** Barring cancellations due to weather, no tackle football game will end in a tie. Games tied at the end of regulation will be decided using the UIL **OVERTIME** rules modified in the following manner:
- a. A coin-toss will determine order of possession, with the winner of the coin toss having the option to play offense or defense first.
  - b. Each team will be given a chance to score from a first and goal situation beginning at the 10-yard line. A team’s possession ends after a score, a turnover on downs, a fumble or an interception.
  - c. Whichever team is ahead after each team has had a possession is declared the winner. If teams are still tied, the process is repeated until a winner is determined.
  - d. If the game is tied after 2 overtime periods, possession will begin at the 5-yard line for all subsequent rounds until a winner is determined.
  - e. There is no requirement to “go for two” in any overtime round.
  - f. Each team will be allowed one timeout per overtime round.

## **ARTICLE 12: SPECIAL PREVISIONS BY DIVISION / GRADE**

### **140. SPECIAL PROVISIONS FOR GAMES IN D2**

- a. The game will be played 7 v 7. As such, a legal offensive formation must have at least 4 players on the line of scrimmage.
- b. Games will be played on an 50-yard x 30 yard field marked by cones in 5-yard increments.
- c. There are no kickoffs in D2, and barring penalties, the offense takes the ball from the 10-yard line to begin play.
- d. One coach per team will be allowed on the field during all regular and postseason games. The on-field coach may give verbal instructions in the huddle and prior to the snap (provided that the coach does not interfere with quarterback signals or the snap count)

- e. The on-field coach must be positioned at least 10 yards behind the line of scrimmage at the snap and cannot physically or verbally intervene or interfere in play at any time, once the center touches the ball at the line of scrimmage.
- f. Touching a player while play is in progress and or providing on-field instructions while a play is in progress will result in a 15-yard illegal participation penalty. Game officials reserve the right to issue a warning prior to assessing illegal participation penalties (similar to sideline warnings).
- g. The on-field coach may not protest calls, argue with game officials or disrupt the game in any manner. Any unsportsmanlike conduct call against an on-field coach will result in an automatic ejection. Any point of order with a referee must be raised by a sideline coach.
- h. On offense, D2 teams may declare a punt at any time. If a team declares a punt, the official will move the ball 20 yards downfield (but no further than the receiving team's 10-yard line) and award possession to the receiving team. Unless the game is in a "mercy clock" situation, the game clock will be stopped when the "kicking" team declares punt.
- i. In D2, extra points may be attempted via one offensive play from the 3-yard line. A successful conversion via forward pass thrown beyond the line of scrimmage will result in 2 points being awarded to the offense. A successful conversion via run or pass completed behind the line of scrimmage will result in one point awarded to the offense. Any return of an extra point attempt for score by the defense will result in 2 points awarded to the defensive team.
- j. There are no kicks for extra point or field goals allowed in any game in D2.

#### **141. SPECIAL PROVISIONS FOR GAMES IN D3**

- a. The game will be played 11 v 11. As such, normal rules regarding the legality of offensive formations will apply.
- b. Games will be played on a regulation 100-yard field with marked in 5-yard increments.
- c. Barring penalties, kick-offs will be from the 40-yard line. An onside kick must travel 10 yards before the kicking team may legally recover it.
- d. If a winning team is ahead by more than 20 points at any time in a game, and recovers their own on-side kick attempt, the ball is NOT awarded to the recovering team, but is considered down at that point, and the losing team takes possession at that point.
- e. One coach per team will be allowed on the field during the first regular season game. The on-field coach may give verbal instructions in the huddle and prior to the snap (provided that the coach stops instructing

once the center places his hand on the ball at the line of scrimmage, and does not interfere with quarterback signals or the snap count).

- f. The on-field coach must be positioned at least 10 yards behind the line of scrimmage at the snap and cannot physically or verbally intervene or interfere in play at any point. Touching a player while play is in progress and or providing on-field instructions while a play is in progress will result in a 15-yard illegal participation penalty. Game officials reserve the right to issue a warning prior to assessing illegal participation penalties (similar to sideline warnings).
- g. The on-field coach may not protest calls, argue with game officials or disrupt the game in any manner. Any unsportsmanlike conduct call against an on-field coach will result in an automatic ejection. Addressing the referee must be done by a sideline coach.
- h. After the first regular season game, coaches are not allowed on the field during the game.
- i. All punts are an elected free kick. Unless the game is in a “hot clock” situation, the game clock will be stopped when the offensive team announces their intention to punt. All offensive players except the center and the punter must take a knee along the LOS and remain in that position until the punt play is blown dead. All defensive players except two punt return players must take a knee within five (5) yards of the LOS and remain in that position until the punt play is blown dead. After the punt, the ball is spotted where it is first controlled by the defense/receiving team. If not controlled, the ball will be marked where it stops rolling or goes out of bounds.
- j. In D3, extra points may be attempted via one offensive play from the 3-yard line. A successful conversion via forward pass thrown beyond the line of scrimmage will result in 2 points being awarded to the offense. A successful conversion via run or pass completed behind the line of scrimmage will result in one point awarded to the offense. Any return of an extra point attempt for score by the defense will result in 2 points awarded to the defensive team.
- k. In D3, teams will have the option of attempting an extra point via a free (“frozen”) kick from field goal formation. The ball will be snapped at the 3-yard line and must be spotted no closer than the 7-yard line. All offensive players except the center, holder and place kicker will take a knee on the LOS. All defensive players will take a knee within 5 yards of the LOS. The kicker will have four (4) seconds from the snap of the ball as counted by the head referee to attempt the kick. The defense may not attempt to distract the kicker in any way. A successful conversion via free kick will result in one point awarded to the offense. There is no opportunity for the defense to return an attempted free kick for points.

- l. There are no fake punts or fake kicks for extra points in D3. Any “fake kick” from a dead ball situation will result in a 15-yard penalty.
- m. Field Goal attempts are conducted the same as free (“Frozen”) extra point kicks, with the ball snapped from the previous play’s line of scrimmage. Field Goals are worth 3 points.

#### **142. SPECIAL PROVISIONS FOR GAMES IN D4**

- a. The game will be played 11 v 11. As such, normal rules regarding the legality of offensive formations will apply.
- b. Games will be played on a regulation 100-yard field with marked in 5-yard increments.
- c. Barring penalties, kick-offs will be from the 40-yard line. An onside kick must travel 10 yards before the kicking team may legally recover it.
- d. Coaches are not allowed on the field during the game.
- e. All punts are an elected free kick. Unless the game is in a “hot clock” situation, the game clock will be stopped when the offensive team announces their intention to punt. All offensive players except the center and the punter must take a knee along the LOS and remain in that position until the punt play is blown dead. All defensive players except two punt return players must take a knee within five (5) yards of the LOS and remain in that position until the punt play is blown dead. After the punt, the ball is spotted where it is first controlled by the defense/receiving team. If not controlled, the ball will be marked where it stops rolling or goes out of bounds.
- f. In D4, extra points may be attempted via one offensive play from the 3-yard line. A successful conversion via forward pass thrown beyond the line of scrimmage will result in 2 points being awarded to the offense. A successful conversion via run or pass completed behind the line of scrimmage will result in one point awarded to the offense. Any return of an extra point attempt for score by the defense will result in 2 points awarded to the defensive team.
- g. In D4, teams will have the option of attempting an extra point via a free kick from field goal formation. The ball will be snapped at the 3-yard line and must be spotted no closer than the 7-yard line. A successful kick is worth 2 points. All offensive players except the center, holder and place kicker will take a knee on the LOS. The kicker will have four (4) seconds from the snap of the ball as counted by the head referee to attempt the kick. All defensive players will take a knee within 5 yards of the LOS. The defense may not attempt to distract the kicker in any way. A successful conversion via free kick will result in one point awarded to the offense. There is no opportunity for the defense to return an attempted free kick for points.

- h. There are no fake punts or fake kicks for extra points in D4. Any “fake kick” from a dead ball situation will result in a 15-yard penalty.
- i. Field Goal attempts are conducted the same as free (“Frozen”) extra point kicks, with the ball snapped from the previous play’s line of scrimmage. Field Goals are worth 3 points.

**143. SPECIAL PROVISIONS FOR GAMES IN D5 AND D6**

- a. The game will be played 11 v 11. As such, normal rules regarding the legality of offensive formations will apply.
- b. Games will be played on a regulation 100-yard field with marked in 5-yard increments.
- c. Barring penalties, kick-offs will be from the 40-yard line. An onside kick must travel 10 yards before the kicking team may legally recover it.
- d. Coaches are not allowed on the field during the game.
- e. All punts are an elected free kick. Unless the game is in a “hot clock” situation, the game clock will be stopped when the offensive team announces their intention to punt. All offensive players except the center and the punter must take a knee along the LOS and remain in that position until the punt play is blown dead. All defensive players except two punt return players must take a knee within five (5) yards of the LOS and remain in that position until the punt play is blown dead. After the punt, the ball is spotted where it is first controlled by the defense/receiving team. If not controlled, the ball will be marked where it stops rolling or goes out of bounds.
- f. In D6, teams will have the option of attempting an extra point via a live kick from field goal formation. The ball will be snapped at the 3-yard line, and the defense will have the opportunity to rush the kick. A successful conversion via live kick will result in two points awarded to the offense. A defensive return of a blocked extra point attempt will result in 2 points awarded to the defensive team.
- g. There are no fake punts in D5 or D6. Any “fake punt” from a dead ball situation will result in a 15-yard penalty.
- h. In D6 Field Goal attempts are conducted under live rush by the defense, with the ball snapped from the previous play’s line of scrimmage. Field Goals are worth 3 points.
- i. Fake field goals and extra point kicks are allowed in D6; however, any place kicker over the ball carrying weight limit cannot participate in the fake in any manner.