



## Elkhart Youth Football League 2014 League Rules

### ○ GAME TIME

- 4 Quarters, 8 minutes per quarter.
- Continuous clock with the exception of:
  - Game clock with stop on penalties at any point during the game. Once an explanation of the penalty has been given, and penalty yardage assessed, the game clock will resume when the referee spots the ball and winds the clock. The play clock will not restart within the last two minutes of each half.
  - Game clock will stop on 3<sup>rd</sup> down when coaches decided whether to make a controlled punt or placed punt. Game clock will restart when ball is snapped to begin the following series.
  - Final two minutes of each half:  
Game clock will stop on out of bounds, incomplete pass, and change of possession.

### TIMEOUTS

- (2) 30 second time outs first half, (3) 30 second time outs second half.

### ○ COACHING INVOLVEMENT:

- 3/4 Div. Coaches on the field at all times assisting players and teaching.
- 5/6 Div. Coaches on the field at all times assisting players and teaching for the first two weeks.
- No more than 2 coaches on the field at a time.

### ○ COIN TOSS

- 15 minutes prior to the start of the game, each team should provide one coach and two players at midfield to participate in the coin toss with the officiating crew.

### ○ Officiating will be by licensed officials, assisted by HS players.

- There will be a High School licensed official serving as Head Official
- **No yelling at the refs to try and change and/or influence the calls**
- Coaches should speak to the licensed "Head Official" if they have a question/comment

### ○ OFFENSIVE FORMATIONS

- Must always have a TE on the line of scrimmage.
- Pro/Con (TE with a receiver on one side, receiver on the opposite side, 2 RBs)
- Twins Right/Left (one receiver and one slot receiver opposite of the TE side, 2 RBs)
- Ace Right/Left (RB must be behind QB, TE on line of scrimmage, single wide out to TE side and wide out and slot receiver will be lined up on the opposite side of the TE)
- Backs can be in I formation (FB with RB directly behind)

- Backs can be in Split formation (one RB right and one left of Center, lined up no wider than a guard / tackle split). This will be the only formation allowed where two running backs simultaneously are allowed to line up other than behind the QB.
- Backs can be in Offset I formation (FB offset right or left of Center, lined up no wider than guard /tackle split, with the RB in normal I formation relationship)
- Shot Gun is allowed
- NO Motion
- NO CRACK BACK BLOCKING
  - WR can only block CB and/or Safety
  - Slot Receiver can only block CB, Safety, or Outside LB
- NO CUT BLOCKING
  - All blocks must be at or above the waist, up to and including the shoulders.
- Stiff Arms are not allowed to the head or neck area (An open hand may be placed on the shoulder pad or chest of a defender trying to make a tackle)
- Single hand off, toss, or pass is required, unless the QB runs the ball.
- This does allow for a reverse direction play (QB hands off, pitches, tosses, or passes to eligible player going in the opposite direction in the backfield)
  
- DEFENSIVE FORMATIONS
  - **ALL AGE GROUPS:**
    - 4-3 base, Cover 3: Bump coverage is not allowed. Formation examples are included with coaching packets.
  - Zone or Man pass coverage is allowed
  - All down linemen will align on an offensive guard, tackle, or TE (no lining up in a gap-DE is allowed to align inside shoulder on outside shoulder of last OL on LOS)
  - 6-2 is allowed for goal line situations
    - LB 3 yards from the ball.
    - DB 2 yards from the ball.
    - This is allowed only inside the 5 yard line.
  - Blitzing is not allowed and will be watched closely. Again, linebackers must be 5 yards from the LOS. A QB outside the pocket can then be rushed by linebackers and cornerbacks. If the QB attempts to run and/or roll for a pass, he can be rushed and tackled by any defensive position.
  - Fumble recovery may be advanced. (same as IHSAA)
  - Any interception may be advanced or returned.
  
- TACKLING
  - There is no head and/or neck tackling allowed.
    - Any infraction of this rule (deemed by the officiating crew) will result in a 15 yard personal foul penalty.
  - There is no slamming of players on the ground with excessive force. If a defensive player wraps up a ball carrier and continues to lift the ball carrier off his feet, then purposefully slams that player into the ground, it will be considered an illegal tackle. This infraction will also result in a 15 yard personal foul penalty. This is much different than a defensive player wrapping up a ball carrier and pulling him to the ground. Excessive and unnecessary force will not be tolerated.

**\*\*MORE THAN TWO OF THE ABOVE MENTIONED INFRACTIONS BY THE SAME PLAYER MAY RESULT IN SAID PLAYER'S REMOVAL FROM THE GAME.\*\***

- Play Calling: There will be 30 seconds allowed for play calling and ball snap. This will be governed by the Head Official.
- SPECIAL TEAMS
  - There are no special teams for the 3/4 Division, with the exception of: Point After Touchdown – teams may elect to try for one point from the three yard line, or two points from the five yard line.
  - For 5/6 Division, we will have an extra point and will allow two points for a made kick and one point for a run/pass conversion.
  - We will have a controlled punt with the clock stopped. The only players involved in a controlled punt are: SNAPPER, PUNTER, PUNT RETURNER. The returner will field the punt and possession will begin at that touch point. If the ball rolls and comes to a stop, that is the determined touch point. If the returner drops the punt it is not a live ball. The initial touch point will be where possession takes place.
    - Coaches may still option for an automatic 25 yard placed punt.
  - There are no kick off or kick returns for either division.
- SAFETIES
  - If a safety is scored by a team, two points will be awarded to that team, then the ball will be given to that team on their own 25 yard line.
- WEATHER DELAYS
  - If a game is delayed for weather (lightning strikes, unplayable conditions, extreme heat, etc), a 30 minute window will begin from the time of delay. If conditions do not permit the continuance of play at the conclusion of this 30 minute window, the game will be called. If the game is called in the first half, see below for postponement actions. If the game is called in the second half, the official final score will be the score at the moment of delay.
  - If a given Sunday's games are canceled due to weather conditions, the following Monday will be the makeup date for those games to be played. If the following Monday's weather conditions are not conducive to playing games, that week's games are canceled.
  - EXTREME HEAT
    - The EYFL uses the Heat Index given by the NFHS and IHSAA. Based upon this index, any EYFL activity taking place is governed by the following conditions:
      - A reading between 91-105 on the Heat Index is an area of caution. Any practice or game falling in this condition requires a water break every 10 minutes (no exceptions), and the length of activity cannot exceed one hour. Games may run slightly longer than one hour, as there is already a built in halftime period to allow for extra rest and hydration.
      - A reading above 105 (106+) on the Heat Index ceases all activity for the EYFL. If this is a practice time, there is no practice allowed. If this is a game time, see the EYFL guidelines for weather delays.
- OVERTIME
  - There is no overtime period. Games end when time runs out in regulation. If teams are tied at the end of regulation, the game result is a tie.

- **WEIGHT LIMITS**

- Player Weight Limits for RB, QB, WR and TE or catching and advancing the ball;
- RB, QB, WR; 3/4 Div. 100 pounds without uniform on. (This includes FB)
- RB, QB, WR; 5/6 Div. 120 pounds without uniform on. (This includes FB)
- TE; 3/4 Div. 110 pounds without uniform on.
- TE; 5/6 Div. 130 pounds without uniform on.
- All players will be weighed once and either pass or don't. They will not be weighed again.

**FOR COACHES: WARNING SIGNS FOR YOUR PLAYERS**

The following are the most common exercise/heat induced concerns your players may encounter, based upon information obtained by the National Athletic Trainers' Association. The EYFL is committed to providing a safe environment for players. It is part of your responsibility as a coach to be on the lookout for players who may be exhibiting signs of the following conditions. It is understood you are not medical professionals, however this information will help you combat common issues that, when recognized, will not become serious problems. For more information, you may visit [www.nata.org](http://www.nata.org).

**Condition: Dehydration**

When athletes do not replenish lost fluids, they become dehydrated.

**Signs and Symptoms:**

- Dry mouth
- Thirst
- Being irritable or cranky
- Headache
- Seeming bored or disinterested
- Dizziness
- Cramps
- Excessive fatigue
- Not able to run as fast or play as well, without any specific injury

**Treatment:**

- Move athlete to a cool environment and hydrate
- Maintain normal hydration
- Begin exercise sessions properly hydrated. Any fluid deficit should be replaced within one hour post activity.
- Hydrate throughout practice to maintain proper hydration levels and minimize dehydration.
- Seek immediate medical attention for intravenous fluid replenishment if athlete is vomiting or not conscious.

**Condition: Heat Exhaustion**

Heat exhaustion is a moderate illness characterized by the inability to sustain adequate cardiac output, resulting from strenuous physical exercise and environmental heat stress.

**Signs and Symptoms:**

- Athlete finds it hard or impossible to keep playing
- Loss of coordination, dizziness or fainting
- Dehydration
- Profuse sweating or pale skin
- Headache, nausea, vomiting or diarrhea
- Stomach/intestinal cramps or persistent muscle cramps

**Treatment:**

- Remove athlete from play and immediately move to shaded or air-conditioned area.
- Remove excess clothing and equipment.
- Cool athlete until rectal temperature is approximately 101°F (38.3°C)
- Have athlete lie comfortably with legs propped above heart level.

-If athlete is not nauseated, vomiting or experiencing any CNS dysfunction, rehydrate orally with chilled water or sports drink. If athlete is unable to take oral fluids, implement intravenous infusion of normal saline.

-Monitor heart rate, blood pressure, respiratory rate, core temperature and CNS status.

-Transport to an emergency facility if rapid improvement is not noted with prescribed treatment.

### **Condition: Heat Cramps**

Muscle cramps are not well understood. Heat cramps are often present in athletes who perform strenuous exercise in the heat. Conversely, cramps also occur in the absence of warm or hot conditions, which is common in ice hockey players.

#### **Signs and Symptoms:**

-Intense pain (not associated with pulling or straining a muscle)

-Persistent muscle contractions that continue during and after exercise

#### **Treatment:**

-Reestablish normal hydration status and replace some sodium losses with a sports drink or water.

-Some additional sodium may be needed (especially in those with a history of heat cramps) earlier in the activity.

-Light stretching, relaxation and massage of the involved muscle may help acute pain of a muscle cramp.

### **Condition: Exertional Hyponatremia**

When an athlete's blood sodium levels decrease, either due to overhydration or inadequate sodium intake, or both, medical complications can result in cerebral and/or pulmonary edema. This tends to occur during warm/hot weather activities. Hyponatremia may be completely avoided if fluid consumption during activity does not exceed fluid losses.

#### **Signs and Symptoms:**

-Excessive fluid consumption before, during and after exercising (weight gain during activity)

-Increasing headache

-Nausea, vomiting (often repetitive)

-Swelling of extremities (hands and feet)

#### **Treatment:**

-If blood sodium levels cannot be determined onsite, hold off on rehydrating athlete (may worsen condition) and transport immediately to a medical facility.

-The delivery of sodium, certain diuretics or intravenous solutions may be necessary. All will be monitored in the emergency department to ensure no complications develop.