

LAWRENCE TOWNSHIP FOOTBALL LEAGUE (LTFL)

3rd-4th RULES

SECTION I

Player Eligibility

- Item 1.** Any youth in 3rd & 4th grade that will not reach his 11th birthday prior to June 1st of the current season will be eligible to participate subject to such rules and regulations as specified herein or as otherwise provided for by the governing body of the LTFL.
- Item 2.** So as to minimize the possibility of injury, **all ball handling positions will be filled by players that do not exceed 95 pounds at weigh-in time.** Weights recorded at such time shall hold throughout the season and cannot be challenged. Example of ball handling positions: running back, full back, quarter back, tight end and wide receiver. Any player OVER 141 pounds will be considered a double striker. Double strikers will be limited to playing OFFENSIVE/DEFENSIVE LINE FROM TACKLE TO TACKLE.
- Item 3.** No player in LTFL may be a member of any other youth football league during any one season. Any such participation with the coaching staff's knowledge will result in immediate suspension of the player from the LEAGUE. Any coach with knowledge of such activity will be suspended for four (4) games.
- Item 4.** All eligibility questions with reference to player personnel shall be referred to LTFL's Board of Directors for final disposition.

LTFL SECTION II

Equipment/Injuries

- Item 1.** Helmets and face guards must be NOCSAE approved.
- Item 2.** Each team shall be responsible for players having adequate body padding. Minimum standards shall be shoulder pads, kneepads, thigh, tail, and shoes. (IHSAA rules).
- Item 3.** All players must be equipped with a mouthpiece, which is to be in the player's mouth when the ball is in play. (IHSAA rules).
- Item 4.** All players must be equipped with game jerseys, which are to be numbered front and back.
- Item 5.** All shoes must conform to IHSAA rules. STEEL CLEATS ARE NOT ALLOWED.
- Item 6.** **Only TDJ footballs will be used in ALL games.**
- Item 7.** Players are to be excused from participation in practice and/or games in the event of illness

or injury provided their parents require such absence. In the event of obvious injuries involving major joints, head, or fractures, players shall not be allowed to participate in practice and/or games until a doctor's certificate of fitness is furnished. All members, teams, and coaches must recognize that safety is of prime importance in LTFL and shall act accordingly in all situations.

- Item 8.** All major injuries as defined in Section II Item 7 must be reported in writing within 48 hours to LTFL BOARD OF DIRECTORS as soon as the extent of such injuries is known. This includes any unrelated football injury that prevents them from playing.

LTFL SECTION III

Team Rosters and Facilities

- Item 1.** No more than 15 players or less than 12 players and a maximum of 4 coaches excluding mascots and managers, shall comprise an LTFL team. Complete team rosters (with the names of the entire coaching staff) and corresponding photographs in game jerseys properly validated by a LTFL representative, noting date of birth, school grade, and weight of each player, shall be presented to LTFL Board of Directors as soon as each team has weighed in.
- Item 2.** Each 3rd & 4th Grade LTFL team shall be allowed Automatic Placement Players for Head Coach's children and one Assistant Coach's children. **PLAYERS WHO DO NOT ATTEND LEAGUE EVALUATIONS WILL NOT BE ELIGIBLE FOR AUTOMATIC PLACEMENT.** All other player's will be assigned through the draft. All head coaches must submit Auto-Placement Form (form must be signed by a parent or legal guardian) and given to the Football Director or 3rd & 4th Grade Commissioner by the date designated by the LTFL board. **All coaches are expected to participate in player evaluations.**
- Item 3.** Copies of each team's official roster with their official weights shall be given to the Head Coaches of each team before the first game is played.
- Item 4.** If for any reason the LTFL Board takes action, leaving a team with less than eleven eligible players (suspensions, non payment of fees, lack of documentation etc.) games will still be played. Teams shall not possess more than a one player advantage, on field. Example: Team has 3 players ineligible, leaving 9 eligible players. Their opponents can only place 10 players on the field. All playing time rules still apply for all eligible players
- Item 5.** The teams comprised of LTFL will utilize the facilities at 5602 North Glenn Road for all league games.

LTFL SECTION IV

Weigh-In Procedures

- Item 1.** Official team weigh-ins will be held at 5602 North Glenn Road prior to the first game of the season. Two different teams will weigh-in at the same time and the process continues until all teams have been weighed-in. Weights recorded at this time will hold throughout the season and cannot be challenged. At least one (1) member of the Board of Directors and a representative from each team must be present at each weigh-in.
- Item 2.** Each team shall have two (2) copies of a prepared official game and weigh-in roster along with one (1) copy of documented proof of birth (birth certificates), (1) copy of documented proof of grade (report card) as well as one (1) picture of each player. Such pictures must be recent and acceptable provided they meet identification requirements. One LTFL official shall be responsible for weight accuracy and age verification of each player & shall verify visual identification of each player through use of individual pictures, copy of birth certificates, AND report cards. The team shall retain one (1) picture, age verification and grade verification of each player (properly validated). Two teams will be scheduled to weigh in. Teams will line up single file, outside the east door of the office. Each team should be in order matching their TWO copies of prepared LTFL Team Roster & Weigh In Sheet. Both head coaches and an LTFL board member will witness weigh ins. Assistant coaches will remain outside the building, managing the flow of players. **TEAMS WILL NOT BE LATE FOR WEIGH IN!! IF WE ARE ALL PREPARED AND PROFESSIONAL, WEIGH INS WILL HAVE MINIMAL IMPACT ON PRACTICE TIME.**
- Item 3.** Players are not required to wear any equipment during weigh-in.
- Item 4.** Accurate, certified, upright scales of the counter-balance type or accurate digital scales shall be used at THE OFFICIAL weigh-in.
- Item 5.** Each team will be allowed up to five minutes access on the scales to check the weights of an unlimited number of players. Stripped weights will be permissible. Once a player steps on the scales, he must step off to remove clothing one time only. He must be reweighed immediately. Each team may have a maximum of two (2) "LATE" weigh-ins that must be weighed one (1) hour prior to their first game and must be listed on the original game roster. Any player not weighed-in by this time will be considered a double striker. "LATE" weigh ins are not a re-weigh opportunity, in order to make weigh. "LATE" weigh ins are to accommodate players not practicing on "OFFICIAL" day and late registrants. "LATE" weigh ins must be witnessed by one LTFL Board Member and one Head Coach, from a different team participating in the same grade league.
- Item 6.** All NON BALL CARRIERS (OVER 95 pounds but not exceeding 141 pounds) at the official weigh-ins shall have their helmets marked on the back (approximately 2" wide x 6" long tape) with a single strip. Any player OVER 141 pounds at the official weigh-ins shall have their helmets marked on the back with an "X". The tape shall be a distinctive, contrasting color so as to be readily identifiable by game officials and shall be placed horizontally on the helmet.
- Item 7.** Offensive backs and ends are not to exceed 95 pounds as recorded at the official weigh-ins and cannot be challenged.
- Item 8.** In the event possession of the ball is gained by A PLAYER WEIGHING MORE THAN 95 POUNDS, the ball is to be blown dead immediately.

LTFL SECTION V

Practices

- Item 1.** Practice sessions with your selected LTFL team may not begin BEFORE July 1st.
- Item 2.** Number of practices shall be (3) days per week on Monday, Tuesday, & Thursday. All practices shall NOT exceed 1.5 hours in length.
- Item 3.** Any coach given a practice plan, must follow plan in detail.
- Item 4.** Any player that has been suspended from school for disciplinary reasons will not be allowed to practice or play in a game during the week of his suspension.

LTFL SECTION VI

Scheduling and Playoff Structure

- Item 1.** Each team will play 8 regular season games.
- Item 2.** In the event of game postponement, the two teams shall reschedule the game on a mutual agreeable date. Any IHSAA rule or rules that might prohibit the rescheduled game will be waived. All rescheduled games will be played before the next regular game.
- Item 3.** Any team failing to show for a scheduled game within 15 minutes of start of game time notice shall be subject to a 6-0 forfeit as deemed appropriate by the Board of Directors.
- Item 4.** Team rosters, birth certificates, grade verification, properly validated, shall be complete before third game and turned in to office. Any team that fails to provide properly validated team book on game day will automatically forfeit said game. The game will still be played for the benefit of the players, parents, and fans but will be officially recorded as a 6-0 forfeit. If both teams fail to provide their properly validated team books, the game will be rescheduled.
- Item 5.** The playoffs will include every team from LTFL. Teams will be seeded based on their regular season record. If there is a situation where a team or teams are ineligible to compete in the playoffs, then all eligible voting members of LTFL should decide the seeding process.
- Item 6.** To determine team standing and break ties concerning team standings, the following procedure will be used:

TWO TEAMS

- 1. Won lost record
- 2. Head to head competition
- 3. Point system (total points allowed)

THREE OR MORE TEAMS

1. Won and lost record
2. Head to head competition
3. Point system (total points allowed)

LTFL SECTION VII

Game Officials

- Item 1.** LTFL shall be responsible for contracting with game OFFICIALS.
- Item 2.** A list of prospective game officials to be used during the season shall be forwarded to LTFL Board of Directors.
- Item 3.** A minimum of two (2) officials must be present for the game to be played. There shall be two (2) registered officials at all playoff games.
- Item 4.** Official's fees are to be negotiated and determined by the Board of Directors in a meeting not less than one (1) month prior to the first game of the season.
- Item 5.** The LTFL shall be responsible for the official's fees for all regular season games and playoffs.

LTFL SECTION VIII

Coaches

- Item 1.** Head Coaches of each LTFL team will be responsible for, but not limited to, the following:
 - A.** Head Coaches will be responsible for a mandatory fifteen (15) minutes of active/dynamic warm-ups and team stretches prior to any game.
 - B.** Head Coaches shall be responsible for:
 1. Actions of their coaching staffs
 2. Actions of their players
 3. Actions of their parents

Any behavior outside LTFL Codes of Conduct or not promoting sportsmanship shall result in the following: 1. A warning to modify behavior 2. A fifteen yard penalty, if warning is not obeyed 3. Ejection from the park, if behavior persists after penalty. If an individual is ejected from park a second time, they may not return for the remainder of the season. Warnings and penalties can be issued, from the game officials, or Board Members observing the game.
 - C.** Head Coaches and team captains are required to meet with Officials in the middle of the playing field before game time. The purpose of this meeting is the introduction of Officials and Head Coaches, and for Head Coaches to participate in the coin toss.
- Item 2.** Each team shall devote at least five (5) minutes of every practice session to promote the merits of good scholarship, citizenship, classroom conduct, and teamwork at home as well as on the football field. Youths are encouraged to confide in parents and coaches if and when they are having scholastic problems and are to be excused from practice, with no penalty

attached, until such problems are remedied to parental satisfaction.

- Item 3.** All LTFL head & assistant coaches MUST be USA Football certified.
- Item 4.** Verbal or physical abuse of players or referees is not to be tolerated regardless of circumstances. Cursing in the presence of team members and fans is strictly forbidden. It shall be incumbent on member teams to expel coaches and/or players for flagrant or continuing infractions of these regulations.
- Item 5.** Bullying Referees or another Coach inside or outside of LTFL competition will not be tolerated. If a Referee, Head Coach, or a person related to his team, feels that he is getting this form of harassment from another Coach or his staff, he must report it at once to the LTFL Board of Directors. If the accused is found to be guilty of such an act, he shall receive a one (1) game suspension and placed on one (1) year probation. If said accused is found guilty a second time, he will be suspended one (1) year from coaching in LTFL and the third time, he shall be banned for life. Win or Lose, Coaches shall show Good Sportsmanship by congratulating their opponents Players and Coaches after the game is finished.
- Item 6.** If a Head Coach, or a member of his coaching staff, knowingly allows an ineligible player to participate in LTFL, is caught cheating and by due process is found guilty, the team shall be banned for a period of two (1) year from competition in LTFL. After the one (1) year period has been served, said team (if they wish) shall have the right to resubmit their “Application for Coaching.” REMEMBER...KIDS COME FIRST!!!!

LTFL SECTION IX

LTFL General Rules

- Item 1.** All LTFL games shall be played under Indiana High School Football rules except as stated herein.
- Item 2.** A run or pass for the extra point will score one (1) point from the 3- yard line and two (2) points for the 5-yard line. The Head Coach must notify the Head Referee if he is attempting a one (1) point or a two (2)-point conversion.
- Item 3.** Quarters shall consist of four (4), timed, seven (7) minute periods. With two (2) time-outs per half. The game clock will be stopped for out of bounds plays, scoring of touchdowns, official time outs, and penalties.
- Item 4.** The game play will consist of eleven (11) players on a 100 yard field.
- Item 5.** There shall be no substitutions unless for injury. All players must have a starting position on either offense or defense. Any player, who started offense or defense ONLY in the first (1st) half, must have a new starting position on the opposite side of the ball in the second (2nd) half. This will ensure that ALL players will learn an offensive and defensive position. Each team will assign a coach or parent to serve as a spotter and a LTFL Mandatory Play Roster will be exchanged at the beginning of every game. Violation of this rule will result in disciplinary action by the LTFL Board of Directors AND a 15yd unsportsmanlike conduct penalty.

- Item 6.** Coaches shall be responsible for their own crowd control.
- Item 7.** ONLY one (1) coach will be allowed on the field during game. However, once the huddle has broken each coach must move ten (10) yards from the line of scrimmage and no further communication with the team will be allowed until the play is over. Violation of this rule will result in five (10) yard illegal participation penalty. This rule only applies to the first 2 regular season games. Starting game 3, no coaches will be allowed on the field during game play.
- Item 8.** Any player wearing a hard plaster cast or splint will not be allowed to play (IHSAA rules).
- Item 9.** It is recommended that teams be on the field 30 minutes before game time.
- Item 10.** Any team arriving 15 minutes after game time will automatically forfeit said game. A truncated game (played within time range scheduled for that game) will be played for the benefit of the players and their parents but the game will be officially recorded as 6-0 forfeit.

Special Team Rules

- Item 1.** In the event of a punt, the game officials will move the ball 15 yards forward from the line of scrimmage and ten (10) seconds shall be ran off the game clock.

If your team is inside the 20yrd line, punt ball will be placed on the 5yrd line

OR

Prior to the snap, the referee and the defensive team must be notified of the punt. The defensive team may not rush the ball and must keep eight (8) players within five (5) yards of the line of scrimmage.

If the ball is not kicked within five (5) seconds of the punter receiving the ball or if an offensive player crosses the line of scrimmage before the ball is kicked, a five (5) yard penalty will be accessed to the offensive team and the down will be replayed. NO FAKE PUNTS ARE ALLOWED!

- Item 2.** No team shall attempt to convert any 4th down and 5 plus play unless,
- The team has possession on or beyond the 50-yard line.
 - The game is in the 4th quarter
- Item 3.** If the ball is placed on the three (3) yard line and spotted on the ten (10) yard line, two (2) points will be awarded for a kick through the uprights.
- On any attempted field goal or extra point kick, the offensive team will have five (5) seconds to kick the ball. The holder must spot the ball directly behind the center. The defensive unit will not be allowed to rush. If the ball is not kicked in five (5) seconds, the ball will be blown dead and loss of possession will occur. No field goal may be attempted outside the ten (10) yard line. NO FAKE FIELD GOALS ALLOWED!!
- Item 4.** There shall be no kick off in the first three quarters. Ball will be placed on the negative 40 yard line, needing 60 yards to score.
- Item 5.** If kick off fails to travel 10 yards, a second kick will be attempted. If second attempt fails to travel 10 yards, receiving team takes possession on the plus 40 yard line, needing 40 yards to score.

Offensive Team Rules

- Item 1.** Unbalanced formations are illegal. An unbalanced line can be described as having more than 2 offensive linemen on either side of the center. You must have a minimum of 5 (5) offensive linemen to have a legal formation.
- Item 2.** Chopped blocking is banned in the LTFL. Any coach caught teaching this technique will be suspended immediately. A Chop is defined as any player blocking a player below the waist while he is engaged with another player.

Defensive Team Rules

- Item 1.** 6-2-1 and 4-4 are the ONLY acceptable defenses:
- A. All defensive linemen must be in a three (3) or four (4) point stance.
 - B. All defensive ends can be two (2) or three (3) point stance
 - C. All cornerbacks must be two (2) yards from defensive end and at least seven (7) yards behind LOS at the time the ball is snapped. Unless head up on a receiver.
 - D. All linebackers must be at least four (4) yards from the line of scrimmage in a two (2) point stance.
 - E. The safety must be a minimum of seven (7) yards from the line of scrimmage.
 - F. During goal line defense situations, defense may compress up to the goal line
 - G. There shall be no blitzing and/or line stunts of any kind. Lining head up on the center is prohibited. No more than one defensive player may intentionally engage the offensive center at any time. Determination if contact was intentional will be referee's decision. Violation will result in a 15 yard penalty
- Item 2.** All defensive players must be aligned inside the tackle box. Only the defensive end can play a half man or Shade technique on the EMOLOS outside shoulder. EXCEPTION: A defensive player may line head up when covering a wide receiver, tight end or wing back.

ANY TEAM VIOLATING THESE RULES WILL BE PENALIZED 10 YARD FOR ILLEGAL PARTICIPATION.

THE HOME TEAM SHALL HAVE AT LEAST 2 ADULTS OPERATE THE CLOCK AND SET THE FIELD FOR PLAY.

THE VISITING TEAM SHALL HAVE 3 ADULTS ASSIGNED TO RUN THE CHAINS. EACH SIDELINE IS RESPONSIBLE FOR CLEANING THEIR SIDELINES AFTER THE GAME IS OVER. FAILURE TO DO SO WILL RESULT IN A FORFEIT OF SAID GAME!

IF A RULE DUE TO WORDING OR CLERICAL ERROR CAN BE INTERPRETED MORE THAN ONE WAY THE BOARD OF DIRECTORS SHALL BE THE FINAL DETERMINING BODY AS TO THE RULE INTERPRETATION BASED ON THE LEAGUE INTENTION WHEN THE RULE WAS WRITTEN.