

2018

North Alabama American Youth Football



OFFICIAL RULES AND REGULATIONS

23 July 2018



NAAFY – 2018 Rule Book

23 JULY 2018

1. General

NAAFY rules will be consistent with current rulebook for national AYF rules. The national AYF rules are published each year by American Youth Football, Inc. and can be referenced by member AYF associations at www.myAYF.com.

The local NAAFY variations to the national AYF rules for 2018 are contained in this document.

2. Order of Rule Applicability

In the NAAFY, all procedural and gameplay rules for the execution of the football season shall be applied in the following order:

1. 2018 NAAFY Rules (local rules) contained within this document supersede all rules;
2. 2018 National AYF Rulebook supersedes NFHS rules;
3. 2018 NFHS Football Rulebook covers everything else.

3. Divisions of Play

INSTRUCTIONAL DIVISION (per AYF Rulebook, Section 5-A)

Division	Protected Ages	Weight Restrictions
6U (Tiny Mite)	CANNOT TURN 7 BEFORE 8/1/18	UNLIMITED WIEGHT
8U (Mighty Mite)	CANNOT TURN 9 BEFORE 8/1/18	UNLIMITED WIEGHT

ALL-AMERICAN COMPETITIVE DIVISIONS OF PLAY (per AYF Rulebook, Section 5-C)

Division	Protected Ages	Weight Restrictions
10U Division	CANNOT TURN 11 BEFORE 8/1/18	UNLIMITED WIEGHT
12U Division	CANNOT TURN 13 BEFORE 8/1/18	UNLIMITED WIEGHT

For 2018, NAAFY will not have any teams in the 6U Division.

North Alabama American Youth Football

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DIVISION CLARIFICATIONS

1. There will be NO older/lighter players playing down for any division.
2. The 8U Division will play under the Mighty Mite instructional rules referenced in Section 5-J and Section 6 of the 2018 National AYF Rulebook.
3. The 10U and 12U Divisions will play under the National Federation of State High Schools Association (NFHS) rules for football.
4. There will be 4 referees on the field for each division.

4. Restricted Weight Players and Division Ball Size

For the 2018 season, the following rules will apply concerning Restricted Weight Players (RWP) and the specific ball size used per division of play.

Division	Restricted Weight Player (RWP) - Restrictions	Maximum Weight (RWP)	Ball Size
6U Division	Offense: The RWP may only play Center, Guard, or Tackle Defense: The RWP may only play Nose Guard, Tackle, or Defensive End	80 lbs.	K2
8U Division	Special Teams: The RWP may punt or kick the ball as the punter or place kicker on kicking plays from scrimmage. The RWP may play any position on kickoffs and kick returns.	100 lbs.	K2
10U Division	Notes: <ol style="list-style-type: none"> 1. If RWP gains possession of the ball, in any circumstance, the play is blown dead immediately. 2. If at any time there is a mismatch by formation, play can be stopped by officials or head coach going to the officials. 3. There will be no blitzing by RWPs. 4. There will be no offensive line pulling by RWPs. 5. RWPs must start in a 3-point or 4-point stance 	120 lbs.	K2
12U Division		135 lbs.	TDJ

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Any and all movement of players to a higher or lower division of play or sign up of new players must be completed by Sept 15.

RESTRICTED WEIGHT PLAYER – JERSEY NUMBER RESTRICTIONS

1. All Non-RWPs that qualify to carry the ball (based on weight restrictions) must wear jersey numbers 1 thru 49 to carry the ball.
2. All RWPs must wear jersey numbers 50 through 99.
3. A Non-RWPs may wear a jersey larger than number 49, however they must comply with all rules governing the RWPs due to the number worn.
4. If a player's weight is certified on or prior to the 15th of Sept at a number 1 thru 49, they are a regular player at that number for the season.
5. There will no changing of numbers from week to week. If the regular player goes over the max weight for their division, they do not play that week.
6. If this occurs two weeks in a row, the second week the player will be automatically moved to a RWP. He must be issued a number from 50 thru 99 and cannot drop back to a regular player.
7. A RWP will remain a RWP even if they lose weight later in the season.
8. After Week 4, starting with games held on 06 October, we will add 5 pounds to the maximum weights for each division:

6U will be 85 lbs.

8U will be 105 lbs.

10U will be 125 lbs.

12U will be 140 lbs.

This weight increase only pertains to certified regular weight players (Non-RWPs). The intent is no RWP can become a regular player because of the weight increase. Once a player is certified as RWP, he cannot go back to a regular player this season.

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Rationale for this rule:

- (1) A player should not ever have to miss 2 consecutive games because they cannot maintain their certified weight.
- (2) All players are still growing and this is inadvertently pushing certified players close to the weight limit. Therefore, a growth allowance is being made mid-season during a time most/all teams have a bye week.

5. Coaching Staff Requirements

As mentioned in Section 9-C of the 2018 National AYF Rulebook, the following rules apply for NAAAF:

- At least one coach must be present during every practice.
- Each and every coach must have a background check performed and reviewed/approved by the process established by the Association.
- The Head Coach & All Assistant Coaches **MUST** be Human Kinetics/Coaching Youth Football the AYF Way Certified or have been previously ASEP Certified and taken the Coaching Youth Football the AYF Way Refresher Course for 2017. 2 Million Dollar Liability Insurance included. The courses can be found at www.ayfcoaching.com.
- There shall be at least one person holding a Red Cross Card, or of similar equivalency, present at all practices. This can be a coach or any volunteer approved by the Association.

6. Pre-game Procedures (Weigh-In / Minimum Play Record)

Head Coaches will be held responsible for the actions and/or inactions of all team personnel at the scales.

At a maximum 2 individuals per Association are allowed at the scales during weigh-in. It is the responsibility of the Head Coach to ensure all other individuals (staff, family members, etc.) leave the area.

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The goal is to conduct weigh-ins one-hour before start of the day's first game or at half time of the previous game.

If a player does not make the required weight during the team weigh-in, the player will not be allowed to weigh-in again. Teams will not be allowed to turn jerseys inside-out if the player does not make weight.

A Field Boss must conduct all weigh-ins and have players produce the proper ID as mandated in the Team Book.

At a minimum, the Head Coach will have in possession at every game the certified team books with all required documentation.

Players number 1 thru number 49 will weigh-in before every game, and players not there or injured must be listed on the Minimum Play Requirements (MPR) sheet as such for that game.

All teams will weigh-in in full gear except shoulder pads and helmet, and must have their game jersey on. A coach may opt to have a player weigh-in stripped (down to underwear) in order to meet the weight requirement, however the player's parent or guardian **MUST** be present and provide verbal permission to the coach and Field Boss to do so.

If a player is not present during the team weigh-in, he or she has until half time of the scheduled game to be weighed-in and will play if they make weight and have the proper ID as mandated in the Team Book.

NOTE: The late player will still be required to meet the MPR as if the entire game was played.

If a player does not weigh-in prior to the end of half time... they **WILL NOT PLAY IN THE GAME!**

Head coach will ensure the late player meets the minimum play requirements.

Each team must have one copy of the MPR sheet completely filled out to be used for recording plays during the game.

7. 6U / 8U – NAAFY Gameplay Rules (Local Rules)

Coaches on the Field.

Two coaches may be present on the field for instructional purposes during all 6U games.

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One coach may be present on the field for all pre-season 8U games and the first three regular season 8U games. It is NAAAF's philosophy that 8U players can and should learn to function on the field without the presence of an instructional coach out on the field of play.

Coaches with a scheduled BYE during the first three regular season 8U games will be allowed to be present on the field for instructional purposes during their week four game to ensure ALL teams get their allowed three weeks of instruction.

Coaches must cease all instruction, physical contact and/or verbal communication with their players once the quarterback is under center and must be 5 yards behind the deepest player on the field of play.

If a coach's presence on the field unduly delays the play of the game, a referee may prohibit that coach from coming on to the field for instructional purposes.

Clock, Quarter Length, and Timeouts.

The clock for 6U games will run continuously. There will be 4 quarters of 10 minutes each for 6U games.

Each 6U team gets 2 timeouts per half.

Game Clock in 6U game only stops for timeouts, injuries and halftime.

In 8U Games a 10-minute regulation clock will be in effect and will stop per normal NFHS football rules.

Each 8U team will have 3 timeouts per half.

Field Length.

The 6U field will be 80 yards, with 10-yard end zones.

The 8U will be a standard regulation 100 yards, with 10-yard end zones.

Turnovers.

No fumbles will be allowed during a 6U football game. A fumbled ball will result in the referee blowing the play dead.

Interceptions will result in a turnover and can be advanced in a 6U game.

All standard turnovers will be allowed in a 8U football game.

Tie Games.

6U and 8U games will be allowed to end in a tie.

In bowl games, and similar to AHSAA rules, tie games will be broken by the 10-Yard Line Overtime Procedure as outlined in the National Federation of High Schools rules book.

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Special Teams – Kickoffs and Kick Returns

6U teams will not kickoff - the ball will be placed on their own 35 yard line to start the possession.

8U teams will kickoff and return kickoffs per standard NFHS rules.

Special Teams – Punts

6U teams MUST 'mark-off' a punt and 8U teams have the option.

8U teams must notify about their intent to punt before the play clock expires.

All punts will be marked 30 yards from the line of scrimmage (LOS).

8U teams have the option of going for it, punting, or moving the ball 30 yards from the line of scrimmage on fourth down. When the ball is on or inside the 30-yard line, the ball may only be advanced half the distance to the goal (at the 15 yard line). However, no punt can enter inside the 10-yard line.

When punting, no rushing is allowed and the kicking team must remain stationary until the football is kicked.

NOTE: This is a practice that **ONLY NAAAF** recognizes. Regional/National levels **DO NOT** adhere to this rule. This rule is intended to encourage younger players to attempt to learn punting and kicking as young as possible in a safe gameplay manner.

Pulling RWP Penalty

Pulling of an RWP playing Center, Guard, or Tackle is not allowed. The penalty for this will be a dead ball penalty, illegal procedure, and the play will be stopped at that point for safety. The penalty will be a 5-yard penalty, and replay the down, same as any other illegal procedure call.

CLARIFICATION: Angle blocking defensive players lined up in gaps, or cross blocking by RWPs is allowed and will not be penalized.

Defensive Line

6U and 8U games will not have more than 6 defensive players on the line of scrimmage from end to end.

ALL defensive backs must be at minimum 3 yards from the line of scrimmage. "Blitzing is not allowed".

ALL defensive linemen must be start in a 3-point or 4-point and may not start the play standing up.

Defensive Ends CANNOT be lined up any further than 3 yards from the last down offensive lineman on the line of scrimmage. If a referee sees that the DE is lining up further than 3 yards from the TE or T on that side, he will stop play for safety.

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Lining up over the Center is PROHIBITED during all 6U and 8U games. This is defined as head up over center and lining up in the “A” gaps. Be smart. If a kids shoulders are in the “A” gap but he is head up on a guard then the player is fine. Best rule of thumb is line up head up on the guard.

8. 10U / 12U – NAAAF Gameplay Rules (Local Rules)

Coaches on the Field.

No coaches may be present on the field during 10U or 12U games.

Clock, Quarter Length, and Timeouts.

In 10U / 12U Games a 10-minute regulation clock will be in effect and will stop per normal NFHS football rules.

Each team will have 3 timeouts per half.

Field Length.

The 10U / 12U field will be standard regulation 100 yards, with 10-yard end zones.

Turnovers.

All standard turnovers will be allowed in a 10U / 12U football game.

Tie Games.

10U / 12U games will **NOT** be allowed to end in a tie. Tie games will be broken by the 10-Yard Line Overtime Procedure as outlined in the National Federation of High Schools rules book.

Special Teams – Kickoffs, Punts, and Returns

10U / 12U teams will kickoff, punt, and return kickoffs and punts per standard NFHS rules.

Pulling RWP Penalty

Pulling of an RWP playing Center, Guard, or Tackle is not allowed. The penalty for this will be a dead ball penalty, illegal procedure, and the play will be stopped at that point for safety. The penalty will be a 5-yard penalty, and replay the down, same as any other illegal procedure call.

CLARIFICATION: Angle blocking defensive players lined up in gaps, or cross blocking by RWPs is allowed and will not be penalized.

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9. Jamboree Procedures (Team Book and Initial Weigh-In)

For the jamboree, all teams must have the weigh-in form completely filled out before coming to the scales. Also, the team book must be in the following order:

1. Registration form w/current headshot photo
2. Physical/medical clearance form
3. Waiver of liability/consent form
4. AYF emergency medical treatment, consent form
5. Copy of birth certificate or passport
6. Coach's concussion form and background check
(A team may have one sheet listing all the team staff with background checks and all with concussion training)

Teams **MUST** be brought to the scales the order found in the team book.

ALL players **MUST** weigh in at Jamboree, regardless of previously recorded weight by the coach.

All teams will weigh-in in full gear except shoulder pads and helmet, and must have their game jersey on. **NO EXCEPTIONS.**

Only 1 coach at scales and no parents.

10. Jamboree Gameplay and Rules

Regular season rules from NAAFY will apply except where noted below:

All games are played on a 100-yard field.

No special teams in any division. All punts will be marked 30 yards from the line of scrimmage (LOS).

No walk-off punt can enter inside the 10-yard line. Teams must notify about their intent to punt before the play clock expires.

Extra points will be limited to a 1-point try from the 3-yard line. We are not kicking any extra points.

All ages will start at the 35-yard line after a score or at the beginning of the half.

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Timing rules will be (2) 12-minute (continuous clock) quarters per game match up, with a 2-minute timeout for the change of quarter.

The game clock will run continuous, stopping in the final 2 minutes of the half for normal timing rules.

ALL TEAMS WILL ONLY BE ALLOTTED (1) 60-second timeout per half. *For the beginning of the second quarter, game play will resume at the same Line Of Srimmage.*

Field access is limited to up to five (5) members of cleared coaching staff. All coaching staff must be documented in the coaches' Team Book. No one under the age of 18, that is NOT a player and participating in that game, can be on the field.

Pregame warm up area will be designated outside of the playing area. ONLY use the designated areas. Field warm up time will be based on game schedule.

No parents are allowed on the field.

No photographers allowed on the field except those cleared by the NAAFY Commissioner or League President.

11. Game and Play Clock

6U Clock Instructions

- QUARTER LENGTH = 10-minute quarters – 4 quarters
- RUNNING CLOCK -

The clock does not stop on penalties.

The clock only stops on timeouts (2 per half), injuries, and change of possession.

Change of possession occurs when there is a turnover or a player scores a TD. At this point, the clock stops, and ball is then placed on the 35yd line marked ready for play, Then the clock starts.

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- PLAY CLOCK = 30 seconds

The coaches are on the field, and the first infraction of delay of game will be a warning to the coach. Subsequent infractions will result in delay of game.

- NO PATs

8U, 10U, and 12U Clock Instructions

- QUARTER LENGTH = 10-minute quarters – 4 quarters
- 8U PLAY CLOCK = 30 seconds

For the games where the coach is on the field, the first infraction of delay of game will be a warning to the coach. Subsequent infractions will result in delay of game.

When coaches are no longer on the field, there will no longer be a warning, and all infractions will result in a delay of game penalty.

- 10U / 12U PLAY CLOCK = 25 seconds
- CLOCK STOPPAGE:

Clock stops on Injuries, timeouts (3 per half), penalties, TDs and point after tries.

After point after, clock starts again on kick off.

* When score reaches a 28-point difference, the clock becomes a running clock and only stops on Injuries and time outs. (See Mercy Rule)

* Mercy Rule: Clock does not stop on penalties, TD's, or point-after try.

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12. Mercy Rule (all Divisions)

For 8U, 10U, and 12U teams, the following rules will be enforced when the score reaches a **28-point** spread:

Winning Team **cannot** execute onside kicks at kickoff.

Winning Team **must** make every effort to replace starting players with reserves.

Winning Team **must** use ball-carriers that **HAVE NOT** scored in the game at the time of the Mercy Rule taking effect.

Winning Team **cannot** run outside the tackles, do sweeps or trick plays, and cannot pass.

NO BLITZING by either team (pertains to pass plays).

To clarify the intent of the rule, the DB's and LB's cannot be moving forward at the time of the snap.

No advancement of a turnover (fumble or interception) **by either team.**

Neither team can line up more than 6 players on the line and 8 players in "the box". "The box" shall be defined as 5 yards outside of the Defensive Ends (left/right boundary), and 10 yards from the line of scrimmage (top boundary).

LBs must line up 5 yards off the ball, with no forward motion prior to the snap.

Continue clock only stopping on Injuries, time outs, or discretion of a referee. Clock does not return to normal even if the score gets under a 28 point differential.

If the score drops below a 28 point difference, the game reverts back to regular gameplay rules, but the clock will continue to run **as the game outcome has already been decided.**

This Mercy rule replaces all previous Mercy rules from previous years.

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13. Gameday Home / Visiting Team Requirements

Home Team Requirements.

The home team must provide the following during the game of play:

- Clock operator (unless covered by the host venue)
- Chain Crew

3 people **over the age of 18 years-old.**

NOTE: Unlike NFHS rules, the chain gang is **always** located on the Home side of the field.

Volunteer chain crew is to refrain from "coaching" and "excessive cheering". Violation of this etiquette will result in removal from the field at the discretion of the referee or field boss.

- Minimal Play Requirement (MPR) personnel (2 people, one on each sideline). Turn in MRP sheets to the assigned field boss following each game.

2 people **over the age of 18 years-old.**

Visiting Team Requirements.

The visiting team must provide the following during the game of play:

- Minimal Play Requirement (MPR) personnel (2 people, one on each sideline). Turn in MRP sheets to the assigned field boss following each game.

2 people **over the age of 18 years-old.**

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14. Host Venue Requirements

All host venues must provide a 100-yard field ready for play, with appropriate down markers, field markers, and goal posts. Additionally, the host venue must provide:

- At least one trained medical personnel on-site
- At least one uniformed security guard

The hosting venue is responsible for all expenses incurred during the day of play:

- Medical personnel
- Security
- Referees
- Field Boss

15. Referee Fee Schedule

Each association will pay a one-time \$45 assigning fee. The \$45 fee **must** be paid by Jamboree.

Checks are to be made out to: **Mark Myers**

The referee game fees are as follows...

More than 1 game on a single day at the same venue:

- 6U - \$40 per official (x3 officials)
- 8U, 10U, 12U - \$45 per official (x4 officials)

Only 1 game on a single day at the same venue:

- 6U - \$50 per official (x3 officials)
- 8U, 10U, 12U - \$55 per official (x4 officials)

Referees **do not** get paid for transportation - NO MILEAGE.

If a game is cancelled mid-day, each official will be paid ½ of the game fee for that game. (unless it is the last game of the day)

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 992 Jefferson St.
 Courtland, Al. 35618

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16. Fine Schedule

The following fine schedule will apply across the league for all associations in violation.

HOST FINE: For not having a medical person and/or security person

Game 1 – A warning for the first week hosting only.

Game 2 and all games following - \$50 for each game for each (medical person and/or security person)

GAME FINE: Failure for a team not to show for a game***

6U Game = \$180

<u>8U, 10U, and 12U Game -</u>	<u>\$220</u>
• Field Boss Fee	\$30
• Medical Cost	\$30
• Security Cost	\$30
• Referee Fees	\$100 (\$25 x 4)
OR Refs (6U)	\$60 (\$20 x 3)
• Concession Loss	\$30

If it is the last game of the day - \$100

*** For no shows, the NAAAF Commissioner and League President will look at each case as to the reason why. The same for a medical personal or a security personal not showing. Contact info as to name and phone number will need to be furnished.

17. Other Rules

Electronics / Cell Phones / Cameras.

Cell phones, cameras, and electronic devices in general are prohibited from the sidelines.

If a coach needs to use his cell phone, he is to remove himself, then re-enter when action is complete.

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Game Protests.

Head Coach or designated Assistant Coach may protest a game if such coach reasonably believes that a game official (Commissioner, Field Marshal or Game Official) error in a decision that affected the outcome of the game (i.e., the Coach's team would have won the game but for the decision).

All protests must be submitted to the NAAFY Commissioner or the Executive Board, in writing, no later than midnight of the day following the game being protested.

NOTE: Age/Weight protests MUST be made prior to the initial kick-off of the game or such protest shall be barred.

The NAAFY Commissioner shall review the protest, interview relevant personnel, and decide to uphold or deny the protest.

Any protest decision may be appealed to the Executive Board for a decision.

The Field Boss will have a protest form at the game location to be filled out, if the game is being played under protest.

The Field Boss will be the final say on game day for rule interpretations.

Middle School Eligibility.

NAAFY strict prohibits any player that has dressed out for a middle school game from playing for a NAAFY team during the same season.

Any player that has dressed for a middle school game and NAAFY game during the same season, the game(s) is a forfeit and the coach will be suspended.

Any violation of this rule results in suspension of coach for up to 1 year.

NOTE: Per AHSAA eligibility rules –

A student may not participate on a non-school team or in an outside sport activity (including camps, tryouts, showcases, etc.) in his/her sport during the school sport season.

No student can participate more than six years (seasons) in any one sport after entering the seventh grade.

Bottom line: put the interest of the player first! Attempting to play a player who is playing for Middle School can jeopardize the player's future eligibility in varsity sports in Alabama.

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Photos.

Take Your Pic has always been very good to our league, but the police action has been a headache and parents can be rude. A few notes and suggestions:

- Everyone that gets on ANY NAAF field must be cleared by the NAAF Commissioner or League President. (includes EVERYONE)
- All photographers on "the field" must be cleared by NAAF. This is an insurance and board liability issue.

Take Your Pic has always made donations to the league to help offset league costs, including discounts on badges.

Coaches' Badge Photo.

All coaches' badge photos will be taken at the Jamboree, or arrangements need to be made during the following two weeks prior to the first week of games to get a coach's photo taken by Take Your Pic.

Take Your Pic will not accept anyone for coach photos after the first game without approval from the NAAF Commissioner or League President.

18. Out of Conference Games

In 2018, NAAF teams across all age divisions will play regulation games against teams from the Limestone Youth Football League. When these games are played, some rules specified in this document may be different or not applicable, depending on the agreement between NAAF and other leagues.

For clarification, reference the NAAF Inter-League Rules table.

Out of conference games **WILL NOT** be applied to the NAAF division win-loss record when determining bowl game seeding at the conclusion of the regular season.

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NAAFY – Inter-League Rules Clarification

The following table juxtaposes the NAAFY and other league rules, and the rules listed in GREEN will be what will be enforced when playing other teams. If a minor NAAFY rule is not listed below, then assume that it will not be enforced when playing other teams. Clock and Mercy Rules are applied per venue – play at other league venues will be per the corresponding league rules, play at NAAFY venues are per NAAFY rules.

	NAAFY	Limestone YF
Divisions (Age Restrictions)		
6U	Unlimited, no older/lighter	Unlimited, no older/lighter
8U	Unlimited, no older/lighter	Unlimited, no older/lighter
10U	Unlimited, no older/lighter	Unlimited, no older/lighter
12U	Unlimited, no older/lighter	Unlimited, 13yo play down up to 155lb
Divisions (Weight Restrictions)	ROSTER REVIEW	
6U	Unlimited; ball carrier limited to 80lbs.	Unlimited (roster review to ensure safety)
8U	Unlimited; ball carrier limited to 100lbs.	Unlimited (roster review to ensure safety)
10U	Unlimited; ball carrier limited to 120lbs.	Unlimited (roster review to ensure safety)
12U	Unlimited; ball carrier limited to 135lbs.	Unlimited, 13yo play down up to 155lb **135lb ball carrier restriction for 13yo (performing roster review to ensure safety)
Ball Size		
6U	PeeWee (K2)	PeeWee (K2)
8U	PeeWee (K2)	PeeWee (K2)
10U	PeeWee (K2)	PeeWee (K2)
12U	Junior (TDJ)	Junior (TDJ)
Quarter Length		
6U	10 minute (running)	8 minute (running)
8U	10 minute (standard stoppage)	8 minute (standard stoppage)
10U	10 minute (standard stoppage)	8 minute (standard stoppage)
12U	10 minute (standard stoppage)	8 minute (standard stoppage)
Mercy Rule		
Point Limit	28	21 (running clock) / 28 (blank score)
Ball Carrier Restriction	Must be a back that has not scored	No restriction
Kickoff Restriction	Cannot be an onside kick	No restriction
PlayCalling Restriction	Must run between the tackles; no passes	No restriction
Jersey Numbering		
#'s 1-49	Unrestricted Players	No rule ** will attempt to accommodate
#'s 50-99	Restricted Weight Players	No rule ** will attempt to accommodate
Offensive Linemen Restrictions		
Tight-ends	Must meet ball carrier weight restrictions	No restriction
Linemen Pulling	No pulling RWP linemen	No restriction
Unbalanced Line	No restriction	No restriction
Defensive Linemen Restrictions		
Positioning	Can only play down lineman in 3-/4-point stance	No restriction
Turnovers	Cannot advance a turnover	No restriction
Substitution Restriction		
Allow defense to substitute if offense substituted in hurry-up	No restriction	Considering allowing defense to substitute on hurry-up and holding up offense for 5 seconds

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