

# **2019 D6Cavs Football League Rules**

## **Coaches Certification**

All head and assistant coaches must be USAFOOTBALL Level 1 Tackle certified. Coaches should go to USAFootball.com and complete the Level 1 Tackle Certification Course before first practice. Email completion to [Kevin@harrisonsworkwear.com](mailto:Kevin@harrisonsworkwear.com). All coaches are required to submit to a background check.

## **Game Rules**

Rules and Penalties are South Carolina State High School Rules, with the following exceptions:

### **Time**

Four 8-minute quarters with a 5 minute halftime. Each team will have three timeouts per half. Clock will stop for two minute warning in Quarters 2 & 4. Time stops on all out of bounds, incomplete passes, and change of possession. Clock will be run by sub-varsity rules.

### **Minimum Players**

Must have at least 7 players to play (if this rule applies, only 6 required on offensive line)

### **Player Weight**

Players must make weight at registration. Player who does not make weight will be identified on their helmet with a sticker. Ineligible players cannot throw, catch, or advance the ball. If a player over the weight limit recovers a defensive fumble or intercepts the ball, the ball may be advanced. Players over the weight limit are allowed to kick-off or punt. All teams must present a copy of roster with weights and uniform numbers of all players to league to be distributed to all coaches in that division. Any league official may request a re-weigh. Any player who weighs 5 or more pounds over weight limit will no longer be eligible. Once a player is determined ineligible they will remain that way for the remainder of the season. Each affected league President/Football commissioner will attend the weigh-in. There is a fee (\$25) for requesting a re-weigh. This fee will be presented to the President/commissioner of the league whose team is being reweighed at the time of weigh-in.

## **Mercy Rule (16+ points)**

When a team scores and is leading by 16 points or more, following the extra point (all players are eligible for the extra point) the Head Coach of the trailing team will select 2 players from leading team that can no longer touch the ball on offense. These players become restricted players. The QB of the leading team cannot be selected to be a restricted player. Restricted player numbers will be provided by trailing team to referees before ensuing kickoff. The QB is allowed to stay in game at QB but they cannot advance the ball past the line of scrimmage or attempt a pass. If leading team changes their QB out, the player who was QB becomes a restricted player. The new QB will have no restriction on their play. If a player who has been identified as restricted touches the ball on offense or if the original QB advances the ball or throws a pass, the play will be blown dead immediately, the down will be lost and the ball will be spotted at previous line of scrimmage. If a restricted player fields a kick or punt, intercepts a pass or recovers a fumble, ball will be blown dead immediately and spotted where they took possession. If at any time later, the lead is less than 16 points, all players are again eligible. When a team is leading by 16 points, the clock will move to a running clock starting when the kickoff occurs. If at any time later, the lead is less than 16 points, clock will return to normal operation.

## **Down Marker and Chain Duties**

Visiting team is responsible for supplying volunteers for the chain markers and down marker. Chain crew will be set on visitor sideline.

## **Spectators**

Spectators and parents are to watch the game from the normal viewing area and not within 5 yards of the sidelines or within the 30 yard lines.

## **Overtime**

In case of tie, the ball is placed on the 10 yard line, after a coin toss, and each team is given 4 downs to score a Touchdown. Regulation time extra point rules apply. This is repeated until a winner is determined (alternating the team who is on offense first after the first coin toss).

## **Coach's Protests**

Protests on rules can only be filed by a team's head coach. Referee crew should be notified that game is being played under protest at time when issue causing the protest occurs. They must be communicated to the protesting coach's individual association commissioner who will then inform other commissioners of protests for a review of protest.

## **League Violations**

16 point lead or weight limit violation...

1st offense: 15-yard unsportsmanlike conduct penalty and loss of down.

1st offense applies to the entire season and is not "per game".

2nd offense: Forfeiture of game

3rd offense: Any team knowingly violating any of these rules will be suspended for the remainder of the season

**THESE RULES WILL BE ENFORCED!**

## **Code of Conduct**

All players, coaches, cheerleaders, parents, and spectators are expected to show good sportsmanship and conduct at all times. Each head coach is responsible for the actions of his player, coaches, fans, as well as himself (herself). No Profanity! Coaches, parents, or players using foul language will be asked to leave the premises! Referees have full authority to remove any person (or groups) who fail to comply with this code of conduct from the game and/or premises. School District policy applies based on the Home team or practice venue, including the use of tobacco products and alcohol, at all practices, games and inter-league scrimmages. At NO time is it appropriate for coaches, players, parents, or spectators to verbally or physically assault any referee! They deserve our respect regardless of any call made. There is no tolerance for this type of behavior and anyone who violates this is subject to immediate removal and possible permanent dismissal.

## **MAJORS (5<sup>th</sup>-6<sup>th</sup> Grade)**

- Weight limit of **145 lbs.** for QB, RB, WR and kick returners(TE's can be over weight limit, but cannot run the ball or catch a pass)
- No coaches may be on the field during play.
- **No kickoffs.** Ball starts out on the **30yd line**
- Football size is **TDJ**

### **No Covering of Center**

- No player can be “heads up” on the center anywhere on field. Any player that lines up over the center must be 4 yards off the line of scrimmage.
- Defensive players lined up on the line of scrimmage must be heads up or shaded outside of offensive guards.
- Offense cannot run a QB sneak while lined up directly under center. Defensive players lined up on the line of scrimmage between tackles must be in a down position.

## **OFFENSE**

### ***Downs 1-3***

- Formations must always have a minimum of 2 WR, no more than 3 backs in the backfield at any time (QB counts as one of the 3), no more than 1 TE and cannot be unbalanced.
- A WR is defined as a player split at least 5 yards from the outside of the box.
- A back is defined as a player set behind the Line of Scrimmage (LOS) and aligned no further than the outside hip of the furthest down lineman or TE.
- No Double Wing formations
- QB can be in shotgun or under center
- Line splits for OL and TE should be no wider than 3 feet
- Motion is allowed
- Shifts may occur, but formation rules are still in effect

### ***4th Down***

- Any legal football formation is allowed
- **No punting.** Walk off **30yds**

### **Extra Points**

- Running conversion 1 pt from 2.5 yds out, 2 pts from 5 yards out. Successful passing conversions score 2 pts, regardless of which location is selected.

## DEFENSE

### *Downs 1-3*

- A defense must consist of no more than 4 down linemen and a maximum of 3 Linebackers within the box.
- The box is defined as the area from the outside hip of the furthest down lineman on offense, not including the TE, to the furthest hip of the furthest down lineman on the other side of the LOS.
- No other defensive players are allowed on the line of scrimmage at snap unless they are heads up on a receiver including the TE. All other players must be 4 yards off the line of scrimmage. After snap, they are allowed to move forward. Shifts side to side are allowed pre-snap.
- No blitzing (defined as approaching the line of scrimmage before snap) is allowed on downs 1-3.
- Linebackers inside the box cannot be closer than 4 yards to the LOS, they may move side to side, but cannot be moving forward before the ball is snapped.

### *4th Down*

- Any defensive alignment is allowed, and players may blitz. No player is allowed over center.

#### Defense Rules:

- 1) The **BOX** is defined as the area from the outside shoulder of the tackles and extends **8yds** back from the line of scrimmage (LOS).
- 2) Any player lined up over center must be at least **4yds** off the LOS.
- 3) Players on LOS within the box must be heads up over Guard or shaded outside the Guard and in a down position.
- 4) No more than **4** down linemen and max of **3** linebackers within the box. (Max **7** defenders within the box.)
- 5) All defensive players must be at least **4yds** off the LOS unless they are lined up over an offensive player that is also on the LOS. (At minimum the defense must have at least **5** players **4yds** or more off the line of scrimmage.)
- 6) Players within the box **cannot** be moving forward until the ball is snapped. (**NO BLITZING**)
- 7) 4<sup>th</sup> Down – any alignment allowed and players may blitz. NO player is allowed over the center.

