

CARPENTER CENTER JUNIOR TACKLE FOOTBALL LEAGUE COACH INFORMATION PACKET

2023

MISSION STATEMENT

It is the intent of the Carpenter Center Junior Tackle Football League to instruct the youth of our area on the fundamentals of the game of Heads Up tackle football. The league's goals are teaching the athletes and coaches **good sportsmanship, teamwork, and good clean football**. This league will not be used as a platform for dads to showcase their child. Each player needs to play 2 full quarters or consequences to the coach will be made. This is a YOUTH sports activity. Please coach accordingly. **Show good sportsmanship, positive and appropriate demeanor, and distribute playing time fairly!!**

REMEMBER YOU ARE IN A POSITION AS A COACH AND 'ROLE MODEL'.

Any decision made by the Director is FINAL.

EQUIPMENT

Players are required to have a NOXY rated helmet, shoulder pads, 7 piece pad and pant set, mouthpiece, team jersey with numbers, and cleats. Other pads are optional. **PLAYERS WILL NOT BE ALLOWED TO PRACTICE OR PLAY WITHOUT PROPER EQUIPMENT.**

INSURANCE

Players are not required to have medical insurance to play in this league. If their family does not have insurance, they must sign a waiver that places all liability upon their family to provide medical care if the player is hurt while participating in the Carpenter Center Junior Tackle Football League. We do carry supplemental accident insurance.

PHYSICALS

Players do not have to get a physical to participate in this league; however, it is recommended.

COMBINE & DRAFT

The combine will be held on Friday, August 4, at 5:30 p.m. for the 3rd and 4th grade league and at 6:00 p.m. for the 5th and 6th grade league. The players will be tested for speed only. The players will be timed on a 40 yard dash. This will shed a little insight on the overall athleticism of each player. The draft will take place on August 7th at 6 p.m. for 3rd & 4th grade league, and 7 p.m. for the 5th & 6th grade league. There will only be 3 coaches (preferred players) per team during the draft. Players who have a dad coaching will **NOT** be drafted and will be placed on a team with their dad. Coaches will be allowed to make contact with players immediately after the draft is completed. This is for Scottsbluff and Gering teams only. If teams from outside of Scottsbluff/Gering have more than 24 players, a draft will be conducted by the league director and the coaches before the season starts.

PRACTICE MAY OFFICIALLY BEGIN AUGUST 10

A maximum of **three** practices each week will be permitted until school starts. Once school starts each team can practice **two times** each week. The first 2 practices will be non-contact to focus on conditioning. After the first two practices, full contact practice may begin. No team may practice more than **3 hours per week**. Each practice must include a minimum of 10 minutes of stretching exercises, which should include the neck, legs, back, shoulders, stomach, and hips. **Stretching must take place before any contact drills.** Practices can take place anywhere, if permission is granted from the land owner. All practices must be completed before

8 p.m. Monday through Friday, and by noon on Saturdays. No practices will be allowed on Sundays.

ALL COACHES ARE REQUIRED TO BE HEADS UP CERTIFIED.

CONTROLLED INTER-SQUAD SCRIMMAGE

After the first 2 practices, players can wear pads and contact is permitted. After the second week of practice, teams are permitted to engage in one joint practice session with another team in what is called a controlled inter-squad scrimmage.

In a controlled inter-squad scrimmage, there is a prior agreement between coaching staffs that:

1. Coaches will be permitted on the field.
2. Long time-outs are taken between plays so that coaching staff can instruct and critique their players.
3. Coaching staff may inform each other of the plays they are going to run so one team can concentrate on its offensive sets while the other improves its defensive sets and vice-versa.
4. There are no officials present.
5. No official time is kept other than to assure the practice maximum is not over the two hour time limit. A mandatory ten minute break is taken at the end of the hour, said break not to be counted against the allowed practice time.

RECORD KEEPING & PLAYER ELIGIBILITY

After a player has completed 7 practices, which will include 2 non-contact practices, the player will become eligible to compete in games

PLAYS

Coaches may construct any play they desire for offense. **However, it should be cautioned that the simplest plays will in most cases be the most effective.** Keep these principles in mind when choosing your plays.

1. There must be 5 players on the line of scrimmage for every play.
2. Motion is allowed, but must be only one offensive player that may be in motion at the snap and then only if such motion is not toward his opponent's goal line.
3. All handoffs must be backward.
4. Passing is permitted, however, linemen may not be downfield and must maintain a block at or behind the line of scrimmage while the quarterback has the ball. All passing must take place behind the neutral zone.

GAME OFFICIALS

Each game we will have 3 officials, if possible, on the field. An umpire, 1 side judge and referee will be used for all games. These individuals will be high school students that are trained in the rules of junior tackle football. They may be questioned in regards to a rule interpretation with a coach and official conference, **but they in no way will be questioned regarding judgement. Their decisions are final and they will be treated with respect. They have been instructed to give unsportsmanlike penalties to coaches who choose to disrespect them and their decisions.**

GAME DAY

All Carpenter Center Junior Tackle Football Games will be played at the Carpenter Center fields. A complete schedule will be issued when it is certain as to how many teams we will have in the league. Each team will need to provide one person each for operating the chains. **Please note that providing chain operators will be the responsibility of the coaches.**

GAME TERMINATION

When one team is 24 or more points ahead during the first half or it takes this lead during the second half, the game clock will run continuously.

END OF GAME

Regardless of score, disagreement with officials or any other unfavorable act, coaches and players are **expected to raise helmets** to show respect. Handshake lines are highly encouraged. **No single game is more important than the integrity of sportsmanship.**

RULES FOR CARPENTER CENTER JUNIOR TACKLE FOOTBALL LEAGUE

It is important that you as coaches and officials read these rules. If you have any questions or suggestions, please contact league Director, Matt Carpenter, at 635-8422.

THESE RULES ARE EFFECTIVE FOR THE 2023 FOOTBALL SEASON

All teams will play using an 8-man format:

1. Playing field will be 80 yards long and 40 yards wide for the 5th and 6th Grade league. Playing field for the 3rd & 4th grade is 60 yards by 35 yards.
2. Coin flip will be made before the game to determine the team that will be on offense first. 5th and 6th grade will start on the 20 yard line and 3rd and 4th will start on the 20 yard line. **No kick-offs.** Extra points will only be scored from a run or pass for 1 point. You may go for a 2 point conversion from the 8 yard line and 1 point from the 3 yard line.
3. Quarters will be **12 minutes** in length. The referee will be the timekeeper. Continuous running of the clock for the first and third quarter and the first 10 minutes of the second and the fourth quarter. The last 2 minutes of the second and fourth quarter the clock will be stopped on the first down, incomplete passes, and out of bounds. Intermission length between 1st & 2nd; 3rd & 4th quarters will be **2 minutes**. Between 2nd and third quarters (halftime) is 5 minutes. Teams must change ends at the end of each quarter. The clock will stop after any score, punt, or timeout. The clock will start again at the snap of the ball.
4. **There will be a 15 yard penalty and automatic first down for unsportsmanlike conduct and unnecessary roughness on the field.** All face masks and horse collars will be ruled unsportsmanlike and will result in a 15 yard penalty. Unsportsmanlike conduct penalties will be documented by the referee and reported to the league director. Two unsportsmanlike conduct penalties in one game will result in ejection and the player and/or coach will be removed from the next game as well.

5. One coach will be allowed on the field during the game. Other coaches must do their coaching on the sidelines while the game is in progress. There will be a maximum of 1 coach per team on the field and all coaches on the sidelines must be Heads UP Certified, no exceptions. I will have the list on the first game and will let the teams know who is certified. However, all parents are welcome to help coach during practices.
6. There will be no blitzing and only 4 defensive linemen on the line of scrimmage, except when the ball is inside the 5 yard line.

NO BLITZ RULE – Teams are allowed to rush up to 4 defensive linemen at the snap. Any other defensive player crossing the offensive line of scrimmage between tight end to tight end before an established running play, i.e., handoff or pitch, is ruled to be blitzing. An outside linebacker may cross the line at a point beyond the widest offensive interior lineman, (tackle or tight end) but only to run containment or cover a running back on a pass route. If the linebacker interferes with a handoff or pitch or rushes the quarterback trying to throw, he will be ruled to be blitzing. NOTE: An option play down the line of scrimmage will free linebackers and defensive backs to come up and make the play. Also, a halfback pass is not protected by this rule. After the handoff or pitch or fumble, all defensive players can go for the ball. **Penalty for blitzing is 10 yards. Clarification:** Only 4 defensive linemen on the line of scrimmage can rush, all other DB's and LB's must be 3 yards off the line of scrimmage. If you choose to run with 3 linemen then the rest must be 3 yards off the line of scrimmage.

7. Punt Rule: If a team is going to punt, they must declare to the referee they are punting. The defense cannot rush the kicker. Once the punting squad is set, the defense cannot cross the line until the punt is kicked.
8. Excluding all other rules:
 - a. Punts: No more than two men can be more than 10 yards deep back to receive. On the snap of the ball, two punt coverage men can go down field. Once the punter has received the snapped ball he must immediately punt the ball. If the punter chooses to hold the ball to allow his punt coverage men to run down field, a flag will be thrown. **A 10 yard penalty from the line of scrimmage will take place, and a replay of the down.** Referees will distinguish if a punter is holding the ball to allow coverage men to go downfield. **However, due to the referees' determination if a team is repeatedly fumbling or holding the ball before the punt to allow coverage men to go downfield, there will be a 10 yard penalty from the line of scrimmage and replay of the down.**
 - b. No fakes; you must let the opposing team know if you are punting. If you decide not to punt, outside the 30 yard line, you can choose to move the ball 20 yards downfield of the line of scrimmage and the other team takes control of the ball. If the offensive team elects to punt, you can choose to move the ball normal punt situations apply.

9. Tie Breaker Rule: Regular season games may end in a tie. Year end tournament games, in event of a tie at the end of the game, will have a coin flip to determine who has the ball first. The loser of the flip will decide what end of the field the overtime will be played on. The ball will be placed at the 10 yard line and the offensive team will be given 4 downs to score. You must then decide to go for 1 or 2. After the first team has possession, the other team will be given 4 downs to score. After both teams have had an opportunity to score, the team with the highest point total wins. If both teams remain tied at the end of the 1st overtime, the team that was on offense the first overtime will start on defense for the second overtime and so forth. If a fumble or interception occurs during overtime, the defensive team will get the ball at their opponent's 10 yard line and will then be on offense. The fumble and the interception cannot be advanced.
10. Huddle time will be **30 seconds(coaches please call a new play as quick as possible)** from the time the ball is spotted, and the ref blows his whistle. Too much time will result in a 5 yard penalty.
11. Only 2 timeouts per half will be allotted and cannot be carried over. Only 1 timeout per overtime will be allowed. Timeouts are 60 seconds long unless both teams are ready before then.
12. Carpenter Center Junior Tackle Football League suggests a minimum of 2 practices per week. A maximum of 3 practice hours per week is available to each team.
13. **A player must complete 7 total practices before they are eligible to play in a game. A player must complete 2 non-contact practices with helmet, pad & pant set only for the purpose of conditioning.** After they have completed their three non-contact practices, they are allowed to participate in contact drills. The 2 non-contact practices begin on August 9, 2023.
14. Although a physical is not required for the Carpenter Center Junior Tackle Football League, it is ***highly suggested!***
15. All players must have the following information turned in before a practice or game can be played:
 - A. Completed registration form.
 - B. Parental authorization and release of liability form signed.

***6 DEFENSIVE PLAYERS ON LINE** – This is permitted only when the offensive team has the ball at the 5 yard line or less as they are marching toward a touchdown and are in their red zone. All six players are allowed to rush if they start on the line of scrimmage. No linebackers or other secondary players can blitz with this defensive front. If the players are on the line when the ball is snapped, they can rush when the ball is snapped.

****RULE REVISED: THERE WILL BE NO BLOCKING BELOW THE WAIST AT ANY TIME! PENALTY FOR BLOCKING BELOW THE WAIST WILL BE 10 YARDS.**

***LATE HITTING- 15 YARD PENALTY**

1. A penalty will occur immediately if the offense is the one with the late hit. The play will be stopped.
2. A penalty will occur after the play if the defense is the one with the late hit.
3. Coaches please do not condone or teach late hitting.

Code of conduct rules

*****Parent Violations*****

Any parents involved in poor sportsmanship will be asked to leave the Carpenter Center grounds and will not be allowed to attend any remaining Jr. Tackle Football activities for the season.

If the parent in question refuses to leave the grounds, the player of the said parent will be pulled/benched until compliance happens.

*****Player Violations*****

Players that show poor sportsmanship will be asked to leave immediately and will no longer be allowed to participate in Jr. Tackle Football activities for the remainder of the season, with NO refund given.

Sportsmanship will be expected at all times!

REGULAR SEASON GAMES AND YEAR END TOURNAMENT.

1. There will be 5 regular season games on Saturdays starting Sept. 9th. First games will start at 8:00 or 8:30 am.
2. All teams will be in the year-end tournament.
3. The year end tournament seedings will be based on your win/loss record. Make sure every player has plenty of playing time during the regular season and year end tournament.
4. The year end tournament for both grade levels will be single elimination.
5. The first round games will begin the next Saturday after the last regular season game. Time to be determined.

SPECIAL 8 MAN RULES

1. OFFENSE: 5 lineman (no unbalanced lines) and 3 backs/wideouts.
2. DEFENSE: must have 4 lineman on the line of scrimmage. No linemen over center or center gap. Everyone else minimum 3 yards back.
3. A 4- 4 defense is allowed.

ALL COACHES ON THE SIDELINES, ON SATURDAYS, MUST BE HEADS UP CERTIFIED.

PLEASE PICK UP ALL TRASH AFTER YOUR GAME IS COMPLETE.

PLEASE MAKE THIS A POSITIVE EXPERIENCE FOR YOUR TEAM.

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