

Tri-County Sports Authority Football Rules and Regulations

The purpose of this league is solely for the development and enjoyment of the game of football. Coaches, league officials, parents and our community shall partner in providing a safe environment for the youth in this league. Coaches pledge to coach according to the league bylaws, treating players fairly as they develop the skills necessary to be a productive part of the team. League officials, as members of the football sports authority, shall strive to organize league practice and play to make sure each individual participant has a rewarding experience in the game of football.

1. Organization

- a. Little League age range 5th and 6th grade.
- b. Junior League age range 3rd and 4th grade.
- c. Flag League age range K - 2nd grade.
- d. Age cut off date for each league is August 1st. KHSAA rules will be followed.

2. Eligibility

- a. All late sign ups will be required to participate in 5 days of practice before their first game.
- b. All participants must have a valid physical.

3. Weight

- a. Little League will require an initial weigh in with shorts and t-shirts only on evaluation day. Players weighing more than 129 pounds cannot fill any position in which he may advance the football on offense from a backfield position. Players weighing 129 pounds or more cannot line up in a backfield position regardless of their role (ex. Blocking back only). However, Little League is permitting players who weigh between 129 and 150 pounds to be allowed to assume a tight end position of a split/wide-out position on offense if a team wants to utilize that as an option.

Effective 2022 Season: The Little League will have a second weigh-in that will occur after the 6th game (or the mid-point of the regular season schedule) Players who weigh below the permitted weight (129 lbs) would then be allowed to advance the ball from a backfield position if the team chooses to do so. Players who qualify in first weight in stay backfield eligible from the initial weigh in to the end of the season.

- b. Junior League will require an initial weigh in with shorts and t-shirts only on evaluation day. Players weighing more than 115 pounds cannot fill any

position in which he may advance the football on offense from a backfield position. Players weighing 115 pounds or more cannot line up in a backfield position regardless of their role (ex. Blocking back only) However, Little League is permitting players who weigh between 115 and 135 pounds to be allowed to assume a tight end position of a split/wide-out position on offense if a team wants to utilize that as an option.

Effective 2022 Season: The Junior League will have a second weigh-in that will occur after the 6th game (or the mid-point of the regular season schedule) Players who weigh below the permitted weight (115 lbs) would then be allowed to advance the ball from a backfield position if the team chooses to do so. Players who qualify in first weight in stay backfield eligible from the initial weigh in to the end of the season.

4. Roster

- a. Each coach will submit a roster with every player listed before the first scheduled game. This roster must reflect who was drafted to the team and/or added to the team by league officials. Roster must be submitted to a league commissioner. Roster must include Name, Jersey Number and Parent Information and contact information.

5. Equipment

- a. All head coaches and assistant coaches should do their part in helping the TCSA in tracking player equipment. If a player stops showing, we urge the coach to make a phone call within the week, and get an assessment from the parent about player status. If parents indicate player is no longer going to participate, coach making contact should have player parent to bring all issued equipment to the next scheduled practice or if game is the next scheduled event. Player equipment head to toe is approximately \$300 to \$500 dollars. Equipment accountability is critical to the survival of our league.
- b. Junior League shall use a "K" size ball.
- c. Little League shall use a "J" size ball.
- d. Flag League shall use a "K" size ball.
- e. Only manufacturer chin straps are accepted. Chin strap must be compatible to the helmet.
- f. Only clear visors are permitted.
- g. Mouth pieces must be attached to the helmet.

6. Practice

- a. A practice is considered a gathering of three players and a coach.
- b. Practices can only be held in league approved locations.
- c. Practice times are not specified by the league, however, coaches should do their best in ensuring their teams are conditioned and prepared to play in scheduled games or scrimmages.
- d. Before the first scheduled regular season game or during the season if no game is scheduled to a given week, each team may practice up to 4 times during a seven day week.
- e. When play begins coaches are limited to no more than 3 practices during a seven day week.
- f. In the event that a team is scheduled to play two games in a seven day week, that team may not practice more than 2 times during such a week.
- g. Sunday to Saturday constitutes a seven day week.
- h. Violation of the practice restrictions may result in forfeited games or coach or coaches being suspended.
- i. Length of practice times shall not exceed two hours (this includes conditioning)
- j. Players should be encouraged to bring enough water for themselves, however, water should be made available by coaching staff (or parent helper) during all practices and games.
- k. Coaches shall allow players to adjust to heat conditions as well as the equipment on a watchful basis. Both contact leagues must follow the time frame below to acclimate players to practice with contact:
 - i. Day one of practice shall be in helmets only (No pads or contact)
 - ii. Next two practices shall be in head gear and shoulder pads limiting contact to technique type drills, shields and blocking dummies.
 - iii. Full contact in pads may be after these two items have been met by each player independently.
 - iv. Coaches shall teach proper tackling techniques, blocking techniques and hitting techniques.
 - v. Any guidance or assurance of a technique can be answered by our high school or middle school coaching staffs.

7. Supervision of Practice and Play

- a. Coaches are responsible for displaying sportsmanship at all times.
- b. Basic guidelines of play: (Offense and Defense)

Defensively

1. No blitzing
- ✓ 2. No one is allowed to cover the center (no defender head up over center)
3. Corners and Linebackers must play at least 4 yard depth at the snap of the ball

Offensively

- ✓ 1. No Quarterback sneak, from under the center or in gun between A gaps.
 2. If the league approves a base playbook teams are encouraged to follow base plays and terminology.
 - c. Only the head coach can voice a complaint during the season to league commissioners.
 - d. All coaches should familiarize themselves with the ***“quick reference basic rules of the game card”*** provided to all team coaches (head coaches and assistants)
 - e. In the event that a player has not participated in practice sessions, each coach has the right to exercise discretion to limit or prohibit play in order to ensure fairness and safety.
 - f. No players left unattended or unsupervised at game or practice.
 - g. Teams are allowed 3 coaches on the sideline during games (This includes head coach)
 - h. No parents on the field during game play or practice other than when they may be requested by a coach to attend to their own child. Please do your part to manage sidelines.
 - i. Each team head coach should have a parent meeting within the first two week of practice (before the first scheduled game) to go over expectations.
 - j. All updated TCSA league rules will be posted on the TCSA website.
 - k. League rules set forth prior to the 1st regular season games shall be maintained without change for the duration of the season. However, if a situation arises that has been overlooked or presents potential problems (league wide) the TCSA league commissioners and support team must agree and has the right to amend or add a rule if it is deemed necessary to league success.
- ## 8. Games
- a. Little League games will consist of a 4 quarter game with a 12 minute running clock. Coaches will be granted two time-outs per half to be used

- at Coach's discretion. Otherwise the game clock will run until the 12 minute quarter expires.
- b. Junior League games will also consist of a 4 quarter game with a 12 minute running clock. Coaches will be granted two time-outs per half to be used at Coach's discretion. Otherwise the game clock will run until the 12 minute quarter expires.
 - c. Coaches are permitted to substitute at their discretion as long as each player that has met the necessary requirements to participate in a game plays and a **minimum of two full quarters**.
 - d. Kick-off to open the game will start on the 40 yard line with a spot from the officials. This will start the game after coin toss and at the beginning of the 2nd half of play.
 - e. Teams may elect to punt on 4th down in both leagues. If punt is declared by coach officials will spot the punt advance 25 yards from the line of scrimmage. Punts cannot go inside the 10 yard line.
 - f. Teams are encouraged to keep offensive play simple. Therefore, the league and officials will be keeping a close eye on time between plays. The league rule for 2022 will be that ***for the first two weeks of the regular season there will be a :45 second play clock. As play continues into the 3rd week of regular season play a :30 second play clock between plays will be observed by officials.***
 - g. Please refer to the released regular game schedule for 2022 including playoff arrangements deemed and released by the league commissioners and support team.
 - h. B team games that are scheduled by league are designed to allow young players to gain experience playing in the skill positions for football. Skill positions that are often played by the older more experienced/developed players. Coaches will be given the specifics of how B team participation has to be handled. These guidelines will be determined by league officials after teams have been determined and numbers are considered.
 - i. Overtime rules: Coin flip. Each team will have one possession/attempt to score from the 10 yard line. Upon a score each team will have the discretion to *(Only run a conversion or pass attempt on conversion)* **Although, kicking is an encouraged PAT option during regulation play it is not permitted in the event a game goes into overtime.** If both teams score and tie upon possessions, the team losing the 1st overtime

coin toss will take 1st possession, during 2nd overtime. Same format until game is decided.

- j. Any team leading by 30 points will constitute a running clock. Once a running clock is put into play, it will not expire as a running clock until the game ends.
- k. No foul language will be tolerated by coaches and players.
- l. Excessive end zone celebrations will be subject to penalty.

9. Points

- a. Touchdown- 6 points
- b. Safety- 2 points
- c. PAT (Run)- one point
- d. PAT (Pass)- two points
- e. PAT (Kick)- three points (dead ball, defense cannot attempt a block, and clean snap must occur from center to holder of kick).

10. Playoff

- a. Playoff format will be based on regular season records (A team game schedule of wins and loss record). League playoff will be a semi and final game arrangement. This might be adjusted due to a 5 team league versus a 4 team league. League will specify the playoff and championship format when the regular season schedule is released.
- b. In the event of a tie between teams for playoff seeding the following tie breaks will be observed.
 - i. Head to head
 - ii. Points given up in A team games only (**not points scored**)
 - iii. Coin toss

11. League Standards

- a. Teams shall be selected on the evaluation process and grade parity. Goal is to create balance and competitiveness in both leagues amongst all teams participating.
- b. League approved head coaches must refrain from picking assistant coaches until roster of their team has been assigned by the league.
- c. League commissioner(s) and appointed league support staff shall conduct the draft.
- d. League will re-draft every season.
- e. If players are added to the league after teams have been decided, the league commissioner(s) and support staff will implement a process (next team gets next add-on and so forth) shall be observed.