

# 2015 Football Rules and Regulations:

## GENERAL FOOTBALL RULES

1. There are no weight limits to play in the league.
2. Maximum weight for playing quarterback, running back, receiver, defensive ends, linebackers or defensive secondary in the 7 year old (pee wee) division and the 8-9 year old division (B Team) is 90 lbs.
3. Maximum carrying weight for the 10-11 year old division (A Team) is 130 lbs.
4. There is no carrying weight for 12-13 year old division (Competitive Team).
5. Any child at the age of 13 may be asked to play on the line (between the tackles) if that player is deemed to be an impact player by the board. This is a safety issue. A player on the line is less apt to cause injury to the younger possibly smaller players in the league. If a 13 year old is too good to play anywhere, the board has the right to ask the player to leave the league. This has not been a problem in the last 6 years, however, we (the board) feel like we should convey this to the parents and players that fall into this category.
6. If a child makes the football team at their middle school, they will be ineligible to play in this league. They cannot play both.
7. If a player misses two practices during the week, excused or otherwise, they will not be allowed to play in that week's game. Once the season starts there are only 3 practice days before the game, if a child misses 2 of them they will not know the game plan. It is also unfair to start the child over another that has made every practice that week and knows the game plan. There will be no exceptions to this rule.

The coaches of this league have volunteered their time to teach the youths of this area the basic fundamentals of football. They evaluate who will be on the A Team based on skill, hard work and fair team play. There is always a safety issue when dealing with contact sports. The coaches also keep this in mind when choosing A-team players. A new child or a child that has not picked up all of the skills to safely play on the A-Team level may be placed on the B-Team until which time the coach feels they can play safely on the A-Team level.

The board would like to thank you in advance for your support and understanding of the league's philosophy.