

CITY OF HORN LAKE FOOTBALL
FOOTBALL PLAYING RULES
AGE 5 THRU 12

Unless specifically stated changes here in after, game splayed in the HLF League will be governed by The Football Rules of the National Federation of The State High School Associations.

ARTICLE I: GENERAL

1. PLAYING FIELD

- A. For the HLF League the playing field will be 100 yards long and 52 yards wide, with the end zone being 10 yards deep.
- B. A spectator restraining fence will extend the length of the ball field and no one , with the exception of the football players, cheerleaders, officials and respective coaches shall be allowed in the fenced area.

2. KICKOFFS

- A. The ball shall be put in play by the kickoff team from the 40 yard line for the HLF field for the 9 thru 12 year olds. The ball shall be placed on the 20 yard line for play in the 5 thru 8 year olds.
- B. The receiving team shall not be closer than 10 yards from the kickoff line and five (5) players must be within 5 yards of the line.
- C. Following a touchback, the ball shall be placed on the 20 yard line for play.
- D. Following a safety, the ball shall be placed on the 20 yard line by a free kick, except in the 5 thru 8 year old groups. The ball for these leagues shall be placed on the 40 yard line on the 100 yard field.
- E. An overweight player(see ARTICLE III – WEIGHT) may kick the ball only on a kickoff or a free kick after a safety.
- F. An overweight player on the receiving team must be on the receiving teams front line within 10 yards of the kickoff line. An overweight player may advance the ball as long as he is the front person to touch the ball and gain control after the kick he may not retreat back to receive the kickoff.

3. SCRIMMAGE KICKS

A. No overweight player can punt the ball.

B. Any scrimmage kick that strikes a defensive player will be treated as a blocked kick. If an overweight player receives the punt and controls it, the play is blown dead and the ball is placed ready for play at the point of possession. An overweight player may advance the ball, as long as he is the first person to touch the ball and gain control after the punt. He may not retreat to receive the punt.

C. For a scrimmage kick, no player overweight may line up deeper than 10 yards from the line of scrimmage.

4. FOOTBALL

A. The size football used shall be determined by HLF. COACHES shall use the following football or a ball that has comparable dimensions.

“Wilson K2 PeeWee” Ages 5-8

“Wilson TDJ Junior” Ages 9-12

5. PENALTIES

A. Minor penalties will be assessed 5 yards total.

B.). Major penalties will be assessed 15 yards total

6. ASSISTANCE BY COACHES

A. One coach may be on the field from each team at one time in the 5 thru 8 year old leagues. The coach on the field MUST take a position 15 yards behind their deepest player before the snap of the ball. There will be (NO) coaching after the snap of the ball. Failure to adhere to 15-yard buffer zone will result in an official warning. A second violation will result in a 15-yard unsportsmanlike conduct penalty. A third violation will result in a 15-yard penalty and non-punitive removal from that particular game. No coach, will be allowed on the field for the 9 thru 12 year olds.

7. SCORING

A. Touchdown is six (6) points.

B. Extra point is worth one (1) point if the ball is placed down for play after a touchdown at the one (1) yard line. Extra point is worth two (2) points if the ball is placed down for play after a touchdown at the three (3) yard line.

C. Safety is worth 2 points.

D. Field Goal is worth 3 points.

8. END OF REGULATION TIE GAME

A. In the event, of a tie ball game each team shall be given four downs beginning on the 10-yard line and the opportunity for point after try if a touchdown is scored. A coin toss shall determine which team goes first. If additional overtime periods are required, the beginning point shall be the 5-yard line. In the third overtime period and subsequent periods, each team must attempt a two-point conversion.

ARTICLE II PRACTICE, SCHEDULES, SCOUTING

1. PRACTICES

A. No Team shall practice earlier than the Monday following the first registration each person must be signed up insured, to practice.

B. Players must be in shorts and helmet the first three (3) days of practice.

C. Practices before the season's first game can be up to five days a week. Then after the first game, teams are limited to three (3) events a week.

Example: two (2) practices, and one (1) game. -----NONE ON WEDNESDAY

D. HLF recommends the practice sessions last no longer than 2.5 hours!

2. SCHEDULES AND TIME

A. Schedules will be made by the Directors of Horn Lake Football

B. Starting times of games will be set by Directors.

C. Each quarter for 5/6 7/8 years old will be a 10-minute running clock.

Each quarter for the 9 & 10 year olds will be a 10 minute running clock.

Each quarter for the 11 & 12 year olds will be a 12-minute running clock.

There will be 4 quarters in a regulation game.

D. The clock will stop for injuries and call time outs.

E. Each quarter will be a running clock until the last two (2) minutes of each half. The clock will then run per the National Federation of State High School Associations.

3. POSTPONEMENT PROCEDURE & INCLEMENT WEATHER

A. Games may be postponed when the safety of the players, cheerleaders, coaches, officials and fans becomes a factor.

B. Prior to kickoff, the decision to postpone a game will be made by the officials or Directors.

Once a game has started, the referee is in control of the game and the choice to call a game is his decision or Parks Director.

4. SCOUTING RESTRICTIONS

A. No moving pictures or photos will be taken of a game in which a particular team is not a participant. A coach or supporter of one team cannot film or take pictures of a game that his or her team is not playing.

B. Films cannot be exchanged between teams

C. Press box occupancy will be restricted to HLF officials and press box personnel. Sideline cameras will not be allowed. Except with expressed written approval of HLF

5. UNIFORM REGULATIONS

A. Each player must be fully equipped to HLF standards. These standards would coincide with the National Federation of State High School Associations which include: Helmet (NOLSAE approved), shoulder pads, pants, pant pads, mouth piece, and shoes (shoes w will be one piece molded rubber or tennis shoes). No steel clits.

ARTICLE III WEIGHT

1. WEIGHT LIMITS

- A. The weight limit for 5 & 6 is 75 pounds and 7&8 is 90 pounds for position deemed a running back, or a deep receiver.**
- B. The weight limit for 9 & 10 year olds, for position deemed a running back, or a deep receiver on kickoff or punts, or punter is 100 pounds on the day of the official weight in.**
- C. The weight limit for 11 & 12 year olds, for position deemed a running back, or a deep receiver on kickoff or punts, or punter is 130 pounds on the day of the official weigh in.**
- D. An overweight player may line up as a tight end (must be within 2 yards of the tackle to his side of the line). He is eligible for a pass as long as the pass is beyond the line of scrimmage and he has first touch.**
- E. Eligible backs must be declared to the Director on Jamboree Day.**
- F. Challenges must be submitted to the Director or Assistant Director 12 hours before game time. Players will be weighed at a mutually agreed upon area by the director.**
- G. If a challenged player that has been declared ineligible by the league to play a position deemed a back, and lines up in this position, then the opposing coach must issue a protest to the Director, upon which the Directors will meet to rule on a possible forfeiture.**

ARTICLE IV: DOCUMENTATION

- 1. Birth certificate with current picture, roster and back list.**
- 2. Each coach is required to have his team's roster with player's numbers.**
- 3. Each coach is required to have his teams Director approved running back list.**
- 4. Each head coach will be required to turn in a full roster with numbered jerseys with a team picture without helmets to the Directors before the first regular season game.**

ARTICLE V RULES AND CONDUCT

(will be enforced the following game and may carry over to the next year)

1. **The following rule and conduct will apply to the coaches, players, parents, and fans.**
 - A. **Fighting, Alcohol and Drug use on the Horn Lake Football fields (game and practice fields) or where HLF business is being conducted is strictly prohibited. A one-year suspension could be applied from the date of the incident**
 - B. **Defacing or Destruction of HLF properties will result in prosecution. Suspension will also apply.**
 - C. **Verbal abuse or unsportsmanlike conduct on HLF property is prohibited**
 - D. **Coaches, and players ejected from any game will be subject to a one game suspension the first offense. The suspension will be enforced the following game (which can carry over to the next year) A second ejection will be cause for an 8 week suspension (which can carry over to the next year).**
 - E. **Coaches or anyone associated with the HLF programs may not mentally or physically abuse a player in any way.**
 - F. **All complaints or grievances should be handled in the following order to solve differences:**
 1. **The team head coach**
 2. **Parks Staff**
 - G. **There shall be not more than 4 coaches on the field for each team at any time. The field includes everything inside the fences.**
 - H. **Coaches are required to wear team shirts that are matching, along with matching hats, if worn.**
 - I. **There shall be no one on the sidelines except players and coaches. If an injured player is on the sidelines with his team, he must wear his team jersey with football pants, if possible. There are no exceptions to this rule.**
 - J. **HLF mercy rule is as follows:**
 1. **If opposing team is up by three scores, 18 points, the clock will not stop for any reason. This will be a constant running clock.**
 2. **There shall be no defensive blitzing by winning team up by 18 points.**
 3. **There shall be no trick plays, reverses, or passes thrown by winning team up by 18 points.**
 4. **Any coach found running up the score in an unsportsmanlike way will serve a one game suspension. All officials will be responsible for reporting all incidents on the field of play.**

