



YORK – ADAMS ELEMENTARY FOOTBALL LEAGUE  
FIELD RULES 2016

## **I.) Safety Policies**

### **A.) Emergency Medical Technician (EMT)**

Each team must provide its own medical kit at all league games and practices. The home team will have a doctor (Trained in Emergency Care) or a qualified EMT in attendance during games. A cell phone or other means of communications to contact additional emergency personnel must be present on site during practice and games. Directors will ensure the doctor or EMT is in close proximity of the field during games to respond in a timely manner to all injuries.

### **B.) Ambulance**

The league will pay up to two hundred dollars. (\$200); directly to an ambulance company, in the event a player requires ambulance transportation from a game or practice. The league will only consider expenses not paid by the insurer's insurance. All payments require approval of the board.

## **II.) Equipment Policies**

### **A.) Team Equipment**

Any team buying new or additional equipment is advised to contact the league organization at a regular scheduled meeting prior to any purchase for proper specifications.

### **B.) Required Participant Equipment–**

Any player not having the required equipment will not be allowed to play.

Full safety equipment is required for each participant and must consist of the following:

- Helmet with face guard and chin strap
- Jersey
- Hard rubber molded cleat shoes (No screwed in cleats or sneakers)
- Shoulder pads and rib pads
- Mouth protection – must be colored and not be clear
- Pants with a provision for hip pads, knee pads, tailbone and thigh pads

### **C.) Optional Equipment**

- A Protective Cup for male players is highly recommended by the league but not required.
- A face shield may be worn by any player but must be clear.

## **III.) Field Rules**

## **A.) Reporting**

The director of the home team shall be responsible for completing and submitting the Field Report which includes game scores. This information shall be reported to the Commissioner within twenty-four (24) hours of the game.

## **B.) Game Ball**

The official football is a TDJ for varsity and a K2 for junior varsity or like size if different brand. The game ball must be leather or composite in new or like new condition. Either team may use their own ball while on offense as long as it meets specifications.

## **C.) Game Roster**

Directors or coaches are to exchange approved rosters prior to the start of all games.

The eleven (11) best athletes will be marked on the junior varsity roster. All other players must play in the second quarter. If there are not enough junior varsity players to field a team in the second quarter, coaches may fill in with some of the best 11 players as long as they are playing another position. **Should a team need to use those 11 best players in the ball handling positions, they shall not handle the ball.** The opposing team directors can decide where to play those players. If a team has 22 or more players then no exceptions are allowed. If a team has less than 21 players then one (1) exception per roster will be allowed for each player less than 21. In the case of an injury during the second quarter then a replacement exception will be allowed but they may not advance the ball.

Each participant must play a minimum of ten (10) plays. The Head Coach will be held responsible to ensure this requirement is met for each participant.

Directors must agree to any special circumstance prior to the start of game.

## **D.) Field Coaches**

Two (2) Coaches from each team may be on the field during junior varsity games to provide instruction between plays. Field Coach will be behind the deepest player at the start of any play. Field Coach may not coach once the play is started. Every effort must be made to not be involved or interfere in the play. The Commissioner may suspend a team's right to have coaches on the field if they cannot conform to this rule. All other Coaches and players must remain on the sidelines. During an injury time out, no coaching may occur while aid is being rendered. Coaches are not allowed to film on the side line or field while coaching.

## **E.) Game Rules**

All game rules will be in accordance with PIAA rules with the exception of those listed in Game Policies.

## **F.) Time Management**

Official time is kept by the PIAA officials. Time may be displayed on the score board if the officials deem an adequate timekeeper is present. If at any time during the game, the Officials deem the clock improper the official time will be kept on the field.

Regularly scheduled games will be 8-minute quarters with a 10-minute half time. A two-minute warning will be given prior to the start of each half.

## **G.) Play Clock**

A 35 second period will be allowed for junior varsity; 25 seconds for varsity. A 5 second warning will be given and a delay of game penalty will be assessed.

## **H.) Time Outs**

Time outs will follow PIAA regulations.

## **I.) Special Teams**

There will be no kickoff; instead a coin toss will start the game with the team calling the toss of the coin correctly given the choice of either offense or defense. The offense team will start on its own 40-yard line.

There will be no punting in junior varsity games. If a team elects to punt the ball during a game, the officials will place the ball twenty (20) yards down field and the other team will take possession at that spot. If a team elects to punt inside the 30-yard line of opposing team, the ball shall be placed half the distance of the goal.

A successful PAT conversion will be scored as two points. A successful conversion may include a run, pass or ball kicked through the goal post.

## **J.) Safety**

In the case of a safety the defensive team is awarded two points and possession of the ball on the 50-yard line.

## **K.) YAEFL Position Rules**

There will be no weight limit for players tackle to tackle. The weight limit for offensive and defensive ends, backs, linebackers, defensive backs and safety shall not exceed **100.0 pounds** for junior varsity players and **110.0** pounds for varsity players.

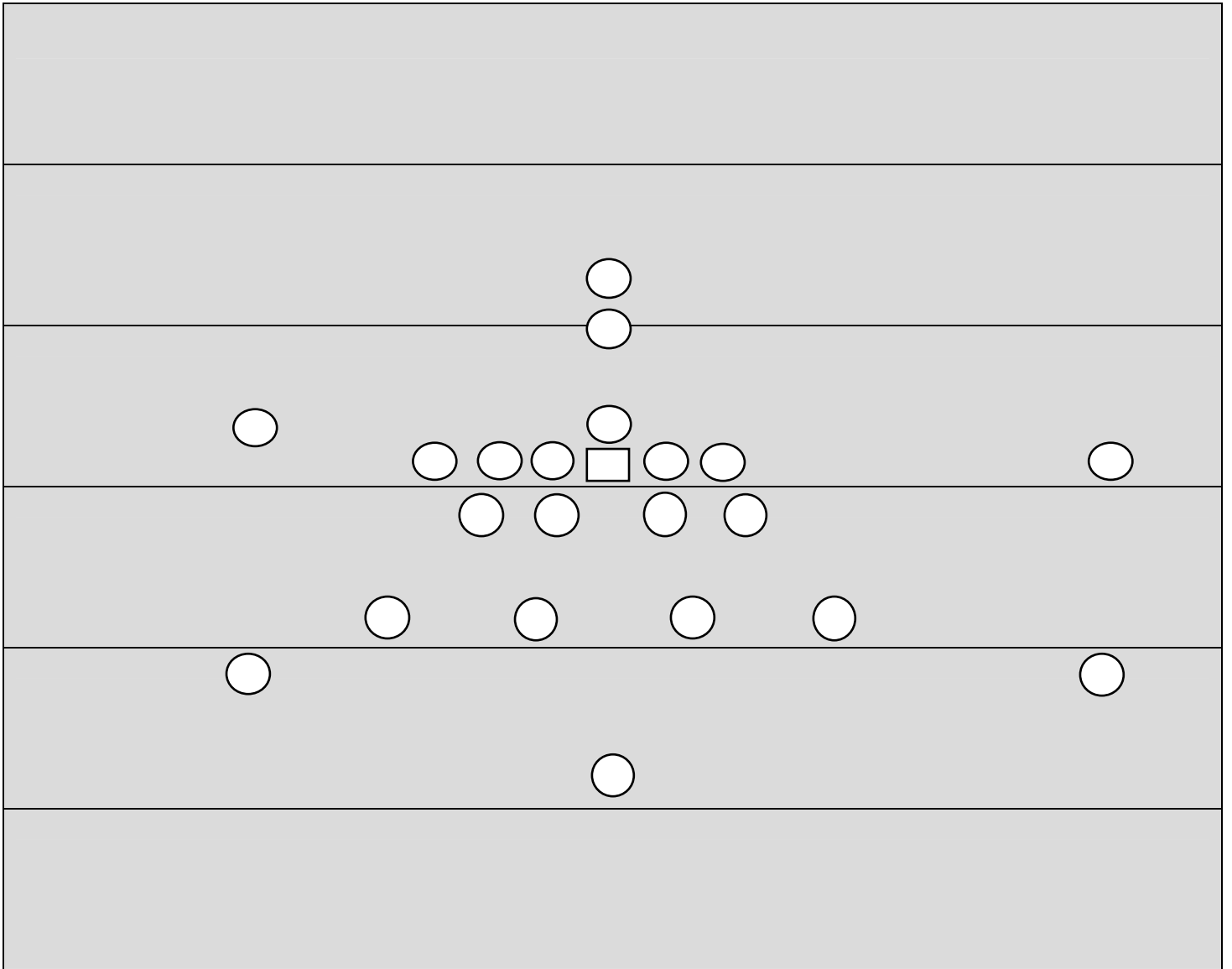
Punters are considered an offensive back (a skilled position). Linebackers are considered a defensive back (a skilled position).

## **L.) YAEFL Defense and Offense Rules**

- 1.) All Varsity & JV defenses shall align in a 4-4 defense as per figure 1 when the line of scrimmage (LOS) is not at or inside of the defense's 10 yd. line.
- 2.) Four defensive lineman shall have no weight restriction and must line up in a 3 or 4 point stance at all times.
- 3.) Defensive lineman may not line up with their inside shoulder beyond the outside shoulder of the last offensive tackle.
- 4.) No more than two defensive lineman may be on the same side of the midline of the offensive formation.
- 5.) Four linebackers may not align closer than 4 yds. of the LOS.
- 6.) Three secondary players may not align closer than 3 yds. Behind the linebackers.
- 7.) When the LOS is at/inside of the defense's 10 yd. line, the defense may align in a "non 4-4" defense provided that any players weighing greater than 110 lbs (varsity) & 100 lbs (jv) are not lined up outside of the offensive tackles.
- 8.) The defense may move one linebacker or secondary player up to LOS in the event that the offense aligns 3 skilled players on one side of the midline of the offensive formation.

Figure 1

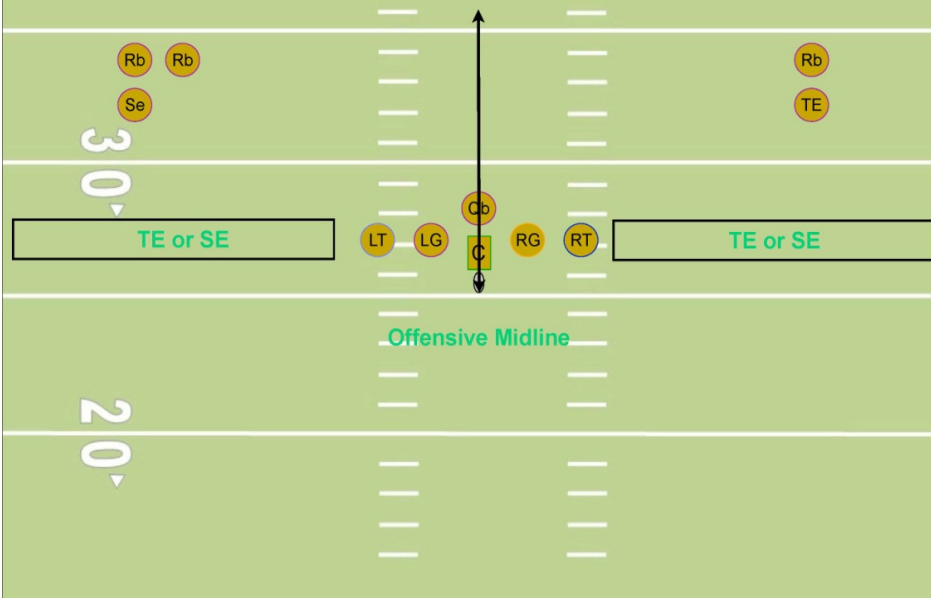
Defensive Alignment



# YAEFL Offense Rules

1. The offensive midline is established as shown in figure 2.
2. All varsity and jv offensive alignments shall be as follows:
  - A. Two offensive linemen (OG's & OT's) must be aligned on both sides of the midline.
  - B. The offensive tackle (OT) must be covered by a skilled player aligned as the end man on the LOS.
  - C. All offensive linemen must align in a 3-pt. stance.
  - D. No more than 3 skilled players may align on the same side of the offensive midline.
  - E. Players aligning on the midline are neutral and thus not considered to be on either side of the midline.
3. All tight ends must align in a 3-pt. stance, all other skill players (excluding quarterbacks) may align in either a 2-pt. or a 3-pt. stance.

## Offensive Alignment (Figure 2)



## **M.) Conduct Policy**

Directors shall be responsible for the conduct of all players, members of the coaching staff and spectators for his or her team. This includes the times before, during, and after League games and other events. Improper conduct, in the judgment of the game officials, on the part of the players, coaches or spectators may result in penalties, expulsion, and suspension. A League Board Member or YAEFL Field Official shall have the responsibility to assist the game officials in maintaining proper conduct of players, coaching staff and spectators.

## **N.) Player Warnings**

Any Player exhibiting any form of unsportsmanlike conduct may, at the discretion of the game officials, be sent off the field for a “cool down” period of a minimum of ten plays after which the Player shall be allowed to return to the field. Player warnings shall not be considered as being ejected from the game. Players shall not receive more than one “cool down” period per contest.

## **O.) Player Ejections**

1) Flagrant unsportsmanlike conduct, at the discretion of the game officials, or a second Player Warning from the officials shall be cause for Player disqualification and ejection from the game. Any Player so disqualified by the officials, shall remain on the bench for the remainder of the game or, if deemed necessary by the officials, ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game. For failure to comply, the officials may forfeit the game.

2) Any Player allowed by game officials to return to a game shall not be considered as being ejected from a game.

3) Player removed from the game on the final play of the game shall be considered ejected from the game.

4) Game officials shall document any ejections at the conclusion of the contest. Player name and number shall be recorded and submitted to the League along with the Field Report.

5) Any Player disqualified in a League game shall be ineligible for the following game.

## **P.) Coach Ejections**

1) Flagrant unsportsmanlike conduct by the Head Coach or any member(s) of the coaching or sideline staff shall result in disqualification of those involved. Any person so disqualified by the officials shall be ejected from the permitted facility and prohibited from any further contact, direct or indirect, with the Team during the remainder of the game.

2) Such conduct may include, but is not limited to, abusive, disrespectful, or profane language, intimidation, fighting, physical confrontations, or other unsportsmanlike acts before, during or after the game.

3) Any member of the Team’s coaching staff so ejected may not return to their coaching position without the permission of League Commissioner after a minimum of a one game suspension.

## **Q.) Spectator Ejections**

Any spectator who uses abusive, disrespectful, or profane language or who otherwise exhibits unsportsmanlike conduct before, during or after any ball game shall be ejected from the permitted facility and could be subject to banning and or criminal prosecution. Directors are responsible to maintain control of all attending the event.

## **R.) Penalties**

Penalties for the failure of team or coaches to follow the rules and regulations set forth herein shall include sanctioning of either the coach or the entire team as the infraction dictates. Specific sanctions may include fines, loss of League voting rights, suspension of teams, and expulsion from the league by the board.