



**2019
Rules &
Procedures**

RESOURCE INFORMATION	1
WEIGHT LIMITS	1
EQUIPMENT FOR PLAYERS	1
MANDATORY PLAYING TIME	1
PLAYER PARTICIPATION	1
TEAM PRACTICES (ACTIVITIES), PRACTICE HOURS, AND TEAM AND PLAYER WARM-UP	2
FOOTBALLS	2
FIELDS	2
LENGTH OF GAME	2
POINT AFTER TOUCHDOWN (PAT)	2
RULES AND CONDUCT DURING GAMES	3
OFFICIAL FOOTBALL SIGNALS (HIGH SCHOOL & COLLEGE)	4-5
11-PLAYER FIELD DIAGRAM	6
PODVIN PARK (WBL) FIELD DIAGRAM	7

RESOURCE INFORMATION

- 1) Minnesota High School Football League rules are used with a few exceptions listed throughout this manual

WEIGHT LIMITS

- 1) **There are no weight limits on participation.** There are, however, ball carrier weight limits for each grade level which means that 100 pounds and below for 4th grade, 110 pounds and below for 5th grade, & 120 pounds and below for 6th grade can carry the ball.
- 2) The term "ball carrier" for purposes of weight limits includes **QB, HB, FB, WR, WB, TE, six deep kickoff receivers, and deep punt receivers.** Ball carrier weight limits don't apply to prevent any player playing their permissible position from fielding and advancing a short kickoff, short punt, fumble, or interception. A defensive player who is heavier than ball carrier weight must remain near (within 3 - 5 yards) the line of scrimmage in a punt return formation.
- 3) Official player weights are determined after the final player weigh-in session and before the teams are handed out.

EQUIPMENT FOR PLAYERS

- 1) Certified helmet with facemask and chinstrap.
- 2) Certified shoulder pads.
- 3) Black football pants and pads. 5th & 6th grade players from White Bear Youth Football can wear white pants.
- 4) Mouth guard (required it be attached to the helmet).
- 5) Shoes (football, soccer, or any tennis/running shoe is acceptable provided there is no more than ½ inch protrusion from the sole). Rubber soled cleats or replaceable (detachable) cleats with hard plastic soles are allowed. Metal or cleats that are longer than ½ inch are forbidden.
- 6) Athletic supporter and cup are recommended.

MANDATORY PLAYING TIME

All players must play approximately 50% of the time in every game or game will be forfeited. Players held out of the game for disciplinary reasons or for injuries, must be made known to the referees prior to the start of the game.

This will be adhered to providing the player:

- 1) Attends practice regularly.
- 2) Abides by the Player's Code of Conduct.
- 3) Is physically ready to play.

Coaches can only withhold a player from all or part of a game for an *unexcused* absence from practice, lack of cooperation toward coaches, teammates, referees, or behavioral issues if he:

- 1) **Maintains attendance records for *all* players.**
- 2) **Brings attendance records to the games.**
- 3) **Documents cooperation and behavioral issues.**
- 4) **Notifies the player, parents, opposing coach, and the Board before the game, unless the incident occurred during the game, then player, parents and the Board shall be notified before the next scheduled event (practice or game).**

PLAYER PARTICIPATION

All grade levels operate on each player dressing and attending a game will have a starting position on offense and/or defense and play the entire game, but playing time and starting positions are subject to certain conditions. These conditions are:

- 1) Injury or illness of a player which affect their ability to play.
- 2) **A player ejected from a game for fighting by the game official is ineligible to play the next scheduled game including playoff games. A second offense for fighting will result in suspension from the league with re-admission review by the Board of Directors. A third offense for fighting will result in suspension from the league for the remainder of the year with no review.**
- 3) A player being disciplined by the coach for any of the following:
 - a) Unexcused absences from practice.
 - b) Not abiding by the Player's Code of Conduct.
 - c) Does not have all mandatory equipment for a game.

KEEP ATTENDANCE RECORDS OF PRACTICES AND GAMES.

**NOTIFY THE PLAYER, PARENTS, REFEREES, AND THE BOARD BEFORE THE GAME
THE REASON WHY THE PLAYER IS BEING DISCIPLINED AND THE LENGTH OF THE DISCIPLINE
(NOT BEING PLAYED FOR A QUARTER, TWO QUARTERS, OR A FULL GAME SUSPENSION FOR REPEAT OFFENSES).**

DISCIPLINARY ACTIONS ARE GENERALLY HANDLED BY THE HEAD COACH.

DISMISSAL OF A PLAYER FROM THE TEAM CAN ONLY BE BY ACTION OF THE BOARD OF DIRECTORS.

TEAM PRACTICES (ACTIVITIES), PRACTICE HOURS, AND TEAM AND PLAYER WARM-UP

- 1) An **excused** absence from a practice will not affect a player having a starting position and playing at least half of each game. While definitions cannot meet one hundred percent of all situations, generally **excused** absences from team practices are:
 - a) Communicated to the head coach prior to the practice.
 - b) Involve a situation that is beyond the control of the player. Examples of **excused** absences:
 1. Doctor or Dentist appointment.
 2. Out of town with parent(s).
 3. Religious education class.
 4. Injury or illness. If a player misses two consecutive practices due to illness, a Doctor's note stating the player is ready to return to football is required.
 5. School educational event.

A PLAYER ATTENDING A PRACTICE FOR ANOTHER SPORT INSTEAD OF A SCHEDULED FOOTBALL PRACTICE IS NOT AN EXCUSED ABSENCE.

- 2) Practices are 1½ hours per day plus an additional 15-minute warm-up with no more than one practice per day.
 - a) Per USA Football Guidelines:

USA Football suggests a maximum of 4 practices preseason and 3 during the season.
Preseason Heat-Acclimatization Period (10-14 days prior to regular practices starting):

 - Practice 1 and 2 helmets only
 - Practice 3 and 4 helmets and shoulder pads
 - Practice 5 and 6 can begin full contact
 - b) Practices, team meetings, instructional practices, etc. beyond the above guidelines are optional.
 - c) Scrimmages count as practices.
 - d) 15-minute warm-up period before each practice is not counted as practice time.
- 3) To prevent injuries, coaches **must** have players' warm-up (at least stretching and running exercises) a **minimum** of 15 minutes prior to any practice or game. Pregame warm-ups may not exceed 1½ hours (15 minutes warm-up and 1 hour practice time).

TWO COACHES/ADULTS (MINIMUM) ARE REQUIRED AT ALL TEAM ACTIVITIES.

FOOTBALLS

4th & 5th, use junior size footballs, 6th, grade use intermediate size footballs.

FIELDS

Fields are regulation 100 yard fields except Podvin Park in White Bear Lake which is 80 yards. There are no goal posts at Podvin Park. Both teams are on the same side of the field at Podvin Park with a 20 yard buffer between teams.

LENGTH OF GAME

- 1) Quarters are 12 minutes running time with the clock stopping according to high school rules the last two minutes of each half.
- 2) The clock also stops for:
 - a) Penalties.
 - b) Time-outs.
 1. Each team has two time-outs per half, with each 1 minute in length.
 - c) Injuries.
 1. Injured players **must** leave the field for at least one play.
 2. A time-out is not charged to a team in the event of an injury to a player.
 - d) Officials conference.
 - e) After a touchdown and until the ensuing kickoff.
 1. After the PAT, teams have 30 seconds to be in proper formation from the time the official sets the ball down and signals that play is ready to continue.
 2. Failure to do so results in a 5-yard delay of game penalty.
- 3) Half time is five minutes in length.
- 4) There will be a 1 minute break between quarters

THERE ARE NO OVERTIMES DURING THE REGULAR SEASON.

POINT AFTER TOUCHDOWN (PAT)

PAT attempts for 4th & 5th grade are from the 3-yard line by:

- 1) Run (one point).
- 2) Pass (two points).

PAT attempts for 6th grade can be run or passed for 1 point from the 3-yard line or kicked from the 5 yard line with no defense for 2 points. Kicks must be made off a kicking block

RULES AND CONDUCT DURING GAMES

- 1) **In 4th grade** one coach from each team is allowed on the field. The coach is **only to observe** once the offense/defense are set at the line of scrimmage (i.e. no helping players by telling what play is coming or where to run).
- 2) **In 5th & 6th grade** coaches must remain on the sidelines during the game.
- 3) Huddles shall be 30 seconds long.
- 4) If a hearing impaired player is on the field, an ASL interpreter will be allowed on the field.
- 5) All teams are responsible for cleaning up the field and spectator area.
- 6) Use of ineligible players will result in a forfeit. Coaches are responsible for rules about ages and grades of players. Decisions of referees are final; no game will be played under protest.
- 7) Teams and coaches must arrive 30 minutes before their scheduled game time.
- 8) Offense and defense shall be determined by a flip of a coin, and switched for the second half. There will be NO Deferrals. in 4th & 5th grade to start the game, and 2nd half along with after any Score, The ball will be placed on the 40-yard line (30 yard line at Podvin Park). In 6th grade, To start the game, the ball shall be kicked from the 45-yard line. There will be no on-sidekicks allowed until the last 5 minutes of the game.
- 9) **In 4th grade**, a standard 6-3-2 or 6-2-3 defense must be used with the linebackers at least 2 yards back from line of scrimmage and defensive backs must be at least 5 yards back from line of scrimmage. Defensive lineman can be in a 2, 3 or 4 point stance. **In 5th grade**, defense will be allowed to run a 5 man or 6 man front. Linebackers must be 2 yards back from line of scrimmage and defensive backs must be at least 5 yards back from line of scrimmage. Defensive lineman can be in a 2, 3 or 4 point stance. You must have at least 3 defensive backs. **In 6th grade**, defense will be allowed to run a 5 Man or 6 man front. Linebackers must be 2 yards back from line of scrimmage and defensive backs must be at least 5 yards back from line of scrimmage. Defensive lineman must be in a 3 or 4 Point stance, except ends. You must have at least 3 Defensive backs.
- 10) After a safety, the ball will be placed on 40-yard line of the team that scored the safety (30-yard line at Podvin Park).
- 11) On a punt the defensive team will not be permitted to rush the punter until his foot hits the ball. The offensive line must also stay in place. A 5-yard penalty shall be given for any flagrant violations. No fake punts.
- 12) There is no blitzing by any player. If a linebacker or defense back blitzes it will be a 15 yard penalty.
- 13) FLAAA will provide all game balls. Each team must use the ball provided by FLAAA.
- 14) Standing points: Two for a win, one for a tie, zero for a loss.
- 15) All players must weigh-in with FLAAA before being eligible to run the football.
- 16) Only players ball carrier weight or below can line up in ball carrier positions (**QB, RB, WR, WB, SE, TE**).

*** These rules are subject to change with notice for the following reason(s):

- 1) **Safety concerns that arise that may not be addressed in the current rule structure.**
- 2) **Any errors in these rules found by league staff after issued to teams.**
- 3) **Any other reason the league staff determines would be in the best interest of our players.**



OFFICIAL FOOTBALL SIGNALS



<p>1 Ball ready for play *Untimed down</p>	<p>2 Start clock</p>	<p>3 Time-out Discretionary or injury time-out (followed by tapping hands on chest)</p>		
<p>4 TV/radio time-out</p>	<p>5 Touchdown, Field goal, Point(s) after touchdown</p>	<p>6 Safety</p>	<p>7 Dead ball foul, Touchback (move side to side)</p>	
<p>8 First down</p>	<p>9 Loss of down</p>	<p>10 Incomplete forward pass Penalty declined No play, no score Toss option deferred</p>	<p>11 Legal touching of forward pass or scrimmage kick</p>	<p>12 Inadvertent whistle</p>
<p>13 Disregard flag</p>	<p>14 End of period</p>	<p>15 Sideline warning</p>	<p>16 First touching Illegal touching</p>	
<p>18 Encroachment</p>	<p>19 False start Illegal formation</p>	<p>20 Illegal shift (2 hands) Illegal motion (1 hand)</p>	<p>21 Delay of game</p>	<p>22 Substitution infraction</p>

PlayPic® PlayPics courtesy of Referee magazine.



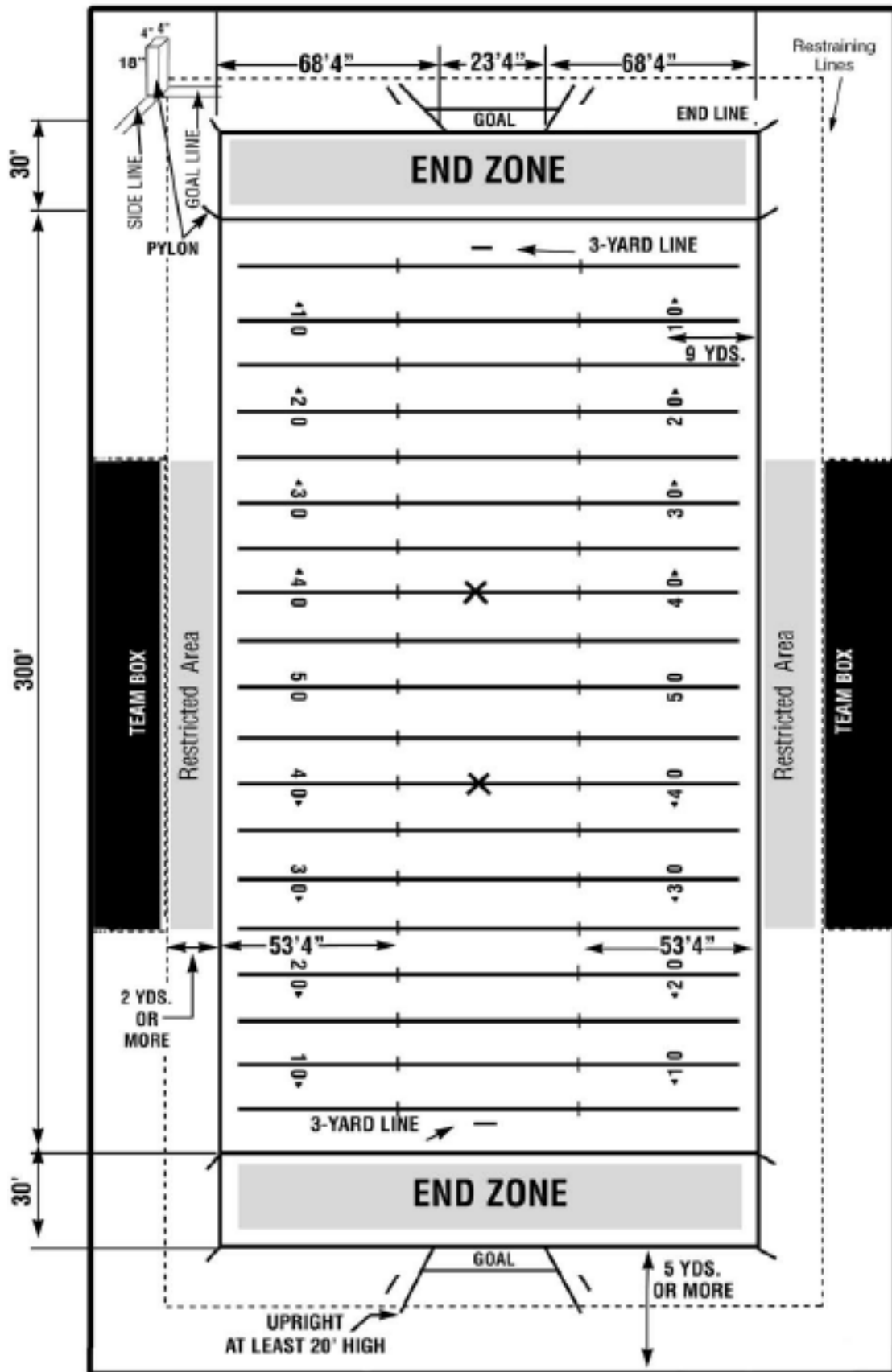
OFFICIAL FOOTBALL SIGNALS



23 Failure to wear required equipment 	24 Illegal helmet contact/targeting 	25 Illegal horse-collar tackle 	27 Unsportsmanlike conduct Noncontact foul 	28 Illegal participation 
29 Sideline interference (Face press box) 	30 Running into or Roughing kicker or holder 	31 Illegal batting/kicking (Followed by pointing toward toe for kicking) 	32 Invalid fair catch Illegal fair catch signal 	33 Forward pass interference Kick catching interference 
34 Roughing passer 	35 Illegal pass/forward handing (Face press box) 	36 Intentional grounding 	37 Ineligible downfield on pass 	38 Personal foul 
39 Clipping 	40 Blocking below waist 	41 Chop block 	42 Holding/obstruction Illegal use of hands/arms 	43 Illegal block 
44 Helping runner Interlocked blocking 	45 Grasping face mask or helmet opening 	46 Tripping 	47 Disqualification 	

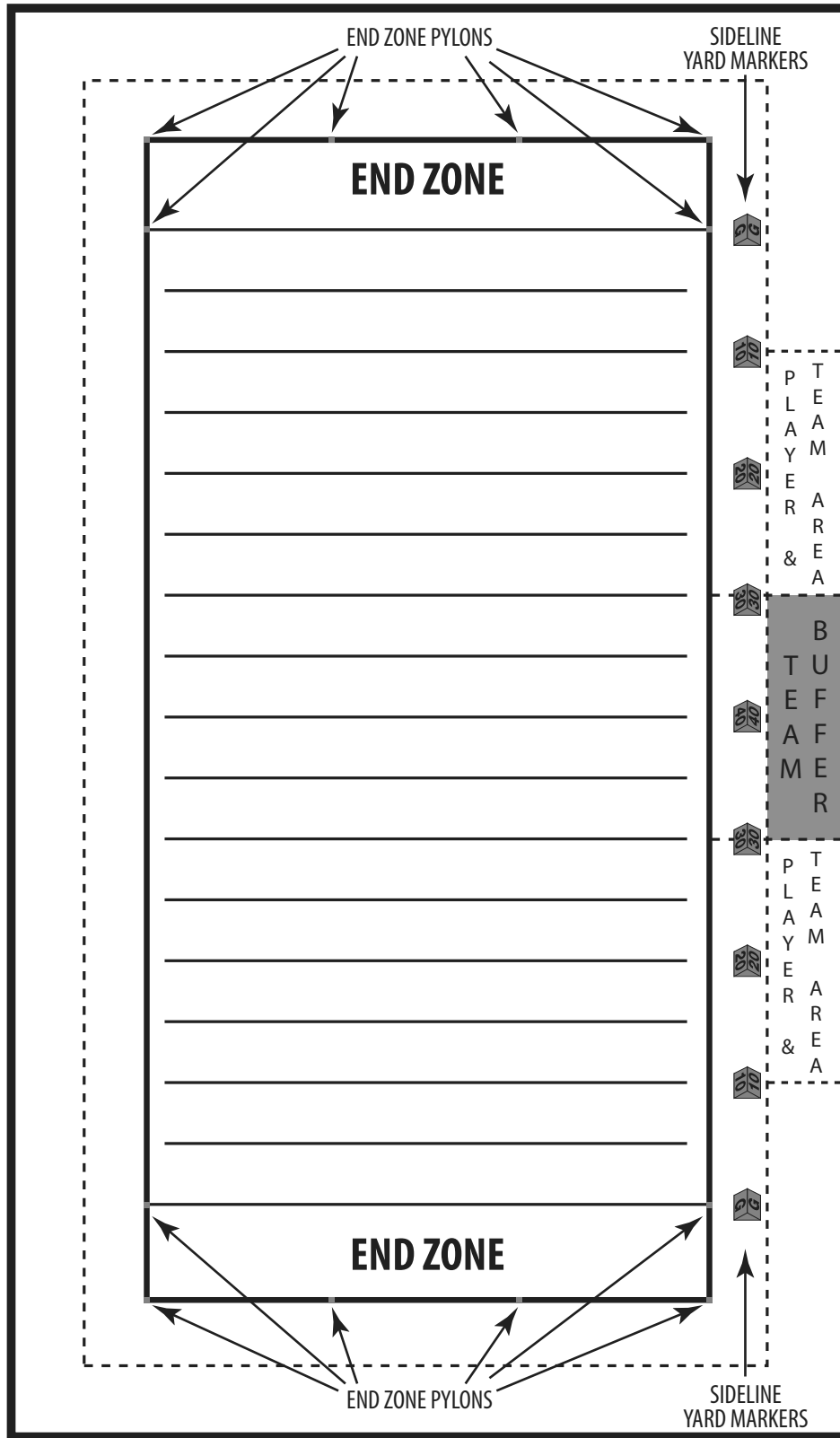
PlayPic® PlayPics courtesy of Referee magazine. Note: Signal numbers 17 and 26 are for future expansion.

11-player Football Field Diagram



**PODVIN PARK NORTH FIELD (80 Yard Field)
1700 9TH STREET, WHITE BEAR LAKE, MN 55110**

**B
L
E
A
C
H
E
R
S**



**NO
SPECTATORS
ALLOWED
ON PLAYERS
SIDE OF
FIELD**