

# **FM Athletics Football Rules and Regulations Fall 2019**

## **GENERAL RULES**

### **New rules/Regulations for 2019:**

- All timing will be kept on the field, including where games are using scoreboards, **NO EXCEPTIONS!**
- One timeout per half= 2 game
- (4) 10 minutes quarters
- 16-point rule: A complete change of backfield must take place when a team is up by 16 points or more. The players listed as the skilled players must stay in the game until the point difference is reached or the backfield must be changed at halftime. Teams do not have to change out the backfield for a point after touchdown. Once a change of backfield occurs, the players who were part of the starting backfield may not advance the ball on offense but may advance a fumble or interception on defense.
- Home team on defense to start game, no coin flip. The visitor on defense to start second half.
- All players **MUST** have a mouth guard with attached strap to the face mask.
- All Coaches **MUST** wear an FM Athletics Coach's lanyard to coach **AND** be in the coach's box.
- Each team is only allowed **FIVE** coaches-no exceptions!
- Each coach **MUST** complete the required background check and training to be allowed to coach.
- All **FIVE** coaches that start the game, will be the **FIVE** coaches that end the game! **NO CHANGING OF COACHES OR EXCHANGING OF LANYARDS!**
- **NO OVERTIME WILL BE PLAYED! GAMES WILL REMAIN A TIE AFTER REGULATION.**
- **NO BLOCKING BELOW THE WAIST/CUT BLOCK BY ANY PLAYER ANYWHERE ON THE FIELD FOR ANY DIVISION. NO PULLING OF LINEMAN (Tackle, Guards, Center). This will be an automatic 15-yard penalty!**
- All offensive line splits must be arm length spacing fingertips touching shoulder pads.
- Heads up blocking!
- No goal line defense.
- On fourth down, the team may either punt or run another play. If punting, the ball will be placed on the opponent's 35-yard line when outside the 50-yard line. If inside the 50-yard line, the ball will be placed at the 20-yard line when punting.
- When a team is ahead by 20 points or more, **ALL PLAYS MUST BE RUNNING PLAYS-NO PASSING!**

- **FOR ALL DIVISIONS-16 points or more-The players listed as the skilled players must be changed in the game. You do not have to change out your backfield for a point after touchdown. Once a change of backfield occurs, the players who were part of the starting backfield may not advance the ball on offense but may advance a fumble or interception on defense.**

**Injury:** If a player is injured and a sports medicine representative does not allow player to return for the remainder of the game, the player **MUST** have a signed note from a PA or MD allowing that player to play or practice.

If Sports Med takes a player's helmet away because they believe the player has a Concussion, player is done for the rest of game and must get a signed doctor's note to return to practices and games. Game officials will ask coaches before games if all players are properly equipped, if there are any injuries, or if there are any players out for discipline.

No go-pro, video or electronic devices allowed by coaches, or individuals in team box for videotaping, or review. Violation of this rule results in ejection from game.

Coaches/Team boxes will be marked and for coaches and players only! Fans need to be in the stands where available!

**Pregame meeting:** Coaches and captains must be present for pregame meeting with the officials.

ALL Players will be listed on official's lineup card. Coaches will each get a copy of the lineup card from the opponent. Coaches will inform officials of weight-restricted players and any players that are not playing due to disciplinary reasons.

ALL players will be listed on the lineup card where they will play on offense, defense. There will be skilled positions listed.

- \*4th Grade- You will list your players by halves for offense and defense
- \*5th- 6th Grade: You will list your players by halves for offense and defense
- \*7th -8th- Grade: You will list your players by halves for offense and defense

Teams with 22 or less players must inform the officials that they are playing both ways at the start of the game and must switch players each half.

No player should play more than 1 half defense and not more than 1 half on offense.

\*Teams that have more than 22 players may list the players on lineup card along with the 11 starters on offense and defense and substitute players by play or series. Players must be listed on the lineup card and designated the positions of play.

**Clock:** 25 minute (halves) running clock for ALL three divisions. Clock stops for timeouts, injuries and after a touchdown.

Clock starts on the ready for play after the extra point and will continue to run until there is a time out, injury, a touchdown, half time or the end of the game. Half time: 2 minutes

**Fields:** All fields will be 100 yards for each division.

Coaches/team boxes will be marked on all fields. **Coaches and players are only allowed in this area! Fans in stands!**

**Substitutions:**

Defense: Substitution for injuries ONLY-The players on the field during that possession finish the possession.

Penalty: Unsportsmanlike Conduct on Head coach, 15 yards.

2nd Unsportsmanlike- Ejection on Head Coach, 15 yards

If Team with less than 22 players: There is no subbing on Offense. If a team has more than 22 players, they WILL substitute.

### **Playing Time:**

Please refer to your Coach contract. Each player must play one-half on offense and one-half on defense. A player could have playing time altered for discipline reasons. This should be carefully explained to the players. Players are expected to be playing equally. **First time penalty for this offence, coach will be given one game suspension-second offence the coach is done for season!**

### **Kicking**

**No Punting:** On 4<sup>th</sup> down can go for it or other team ball 35-yard line or 20-yard line if inside the 50-yard line.

**No kickoffs at all levels, the ball will be placed at 35-yard line. There will be a coin flip at the beginning of the game. The team that wins the flip has the option of taking the ball on the 35-yard line (first half) or deferring to the second half.**

### **Extra points:**

1 point: run from 3-yard line.

**Time Outs:** All levels of play: One Timeout per half.

**Coaches:** Five current season's Coaching hats and coaches' lanyards with coach identification will be given to each team for each coach. **All FIVE coaches that start the game, will be the FIVE coaches that end the game! NO CHANGING OF COACHES OR EXCHANGING OF LANYARDS. No more than five coaches allowed per team!**

### **All Levels:**

Horse collar tackle is a Personal Foul- 15 Yards and automatic first down.

### **Time between plays:**

Time between plays will be 40 seconds with time kept by the referee

First time delay of game results in a warning-after that, it is a loss of a down.

**RULES:** All teams will play by the North Dakota High School Activities Association

**Rules subject to exceptions by FM Athletics:**

- **Unsporting Behavior-**Any players, coaches or fans that are ejected or escorted from field will not be able to participate in the team's next game. Any further unsporting behavior will result in longer suspension/expulsion decided by FMA board.
- **NO passing is allowed when a team is leading by 20 or more points.**

- **35-point Coaches Rule-** If a team wins a game by more than 35 points, the FM Athletics Board of Directors may subject the coach to a suspension.
- **NO OVERTIME WILL BE PLAYED! GAMES WILL REMAIN A TIE AFTER REGULATION.**
- **NO BLOCKING BELOW THE WAIST/CUT BLOCK BY ANY PLAYER ANYWHERE ON THE FIELD FOR ANY DIVISION. This will be an automatic 15-yard penalty!**
- **The running backs must be five yards behind the line of scrimmage. No wider than the tackles.**
- **All offensive line splits must be arm length spacing fingertips touching shoulder pads.**
- **Heads up blocking!**

## 4<sup>th</sup> Grade Division FM Athletics 2019

**Pregame meeting:** Coaches and captains must be present for pregame meeting with the officials.

ALL players will be listed on official's lineup card. Coaches will each get a copy of the lineup card from their opponent. Coaches will inform officials of weight-restricted players and any players that are not playing due to disciplinary reasons.

No player should play no more than 1 half of offense and 1 half of defense.

Equal Playing time for ALL players is a priority on offense and defense.

ALL players will be listed on the lineup card with the position of play for offense and defense.

\*4th Grade- List by halves- 1st-Offense/Defense, 2nd Defense/Offense

### **Defense: Position Play:**

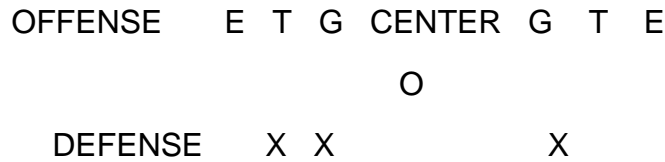
Players that are required to play on the line due to weight restrictions, must line up between the tackles on defense. ALL players must be in a 3- or 4-point stance.

**The defensive lineman must line head up on the both offensive guards, both tackles and both ends. The center will be left uncovered. ALL defensive players must be heads up on the offensive guards, tackles, and ends. Defensive ends may be in up or down position. The first step by defense lineman must be forward, no shooting the gaps or stunting, or twisting. DEFENSE~ you may not line up over the center and cannot initiate any contact until the center until they can stand in a football position and protect themselves**

**The defense is not allowed to block the center unless the player attempts to move forward along with the play. The object is to allow the play to get off. No substitutions on defense. Linebackers CANNOT cross line scrimmage from end to end.**

**Defensive backs (corner backs, and safeties) and Linebackers: 5 yards offline of scrimmage. No matter where ball is.**

**THE ONLY DEFENSE IS the 6-3 SET UP.**



**Offense:**

**Formation:** The quarterback must be under the Center. **NO SHOT GUN – Unsportsmanlike penalty on Head Coach- 15 Yards**

**No Triple, twins, double, quad formations: No more than 1 receiver outside the ends on either side of the formation.**

**WR, TE, SE must be within 7 yards of the ball**

- No quarterback sneaks allowed - Must be a direct snap/ no hole.
- **NO BLOCKING BELOW THE WAIST/CUT BLOCK BY ANY PLAYER ANYWHERE ON THE FIELD FOR ANY DIVISION. NO PULLING OF LINEMAN (Tackle, Guards, Center). This will be an automatic 15-yard penalty!**
- **MOTION ON OFFENSIVE PLAYS-Player in motion cannot pass the center before the ball is snapped, must be a balanced formation.**
- **The running backs must be five yards behind the line of scrimmage-No wider than the tackles.**
- **All offensive line splits must be arm length spacing fingertips touching shoulder pads.**
- **Heads up blocking!**
- On the line of Scrimmage: Offensive teams will employ a balanced offensive line (three players on each side of center).
- All interior linemen must be lined up within 5 yards of the ball.

Players that are required to play on the line due to weight restrictions, must line up between the tackles on both offenses. ALL interior lineman players must be in a 3 stance.

A complete change of backfield must take place when a team is up by 16 points or more. The players listed as the skilled players must stay in the game until the point difference is reached or the backfield must be changed at halftime. Teams do not have to change out the backfield for a point after touchdown. Once a change of backfield occurs, the players who were part of the starting backfield may not advance the ball on offense but may advance a fumble or interception on defense.

**Unsportsmanlike penalty on Head Coach- 15 Yards**

**Coaches:** One coach is allowed on field during the game. The coach on field calls the plays. **Do not send in plays from the sidelines.**

**Kicking:**

**No kicking!**

**Punting:** On fourth down, the team may either punt or run another play. If punting, the ball will be placed on the opponent’s 35-yard line when outside the 50-yard line. If inside the 50-yard line, the ball will be placed at the 20-yard line when punting.

**PAT:** Extra points: 1 point and must be run from 3-yard line.

**Horse collar tackle is a Personal Foul-PENALTY - 15 Yards and automatic first down.**

**Time between plays:**

Time between plays is 40 seconds with time kept by the referee

First time delay of game results in a warning-after that, it is a loss of a down

- NO  
WILL BE  
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No player should play no more than 1 half of offense and 1 half of defense.

Equal Playing time for ALL players is a priority on offense and defense.

ALL players will be listed on the lineup card with the position of play for offense and defense.

\*5th- 6th Grade-players will be listed by each half.

**Defense: Position Play:**

Players that are required to play on the line due to weight restrictions, must line up between the tackles on defense. ALL players must be in a 3- or 4-point stance.

**The defensive lineman must line head up on the both offensive guards, both tackles and both ends. The center will be left uncovered. ALL defensive players must be heads up on the offensive guards, tackles, and ends. Defensive ends may be in up or down position. The first step by defense lineman must be forward, no shooting the gaps or stunting, or twisting. DEFENSE~ you may not line up over the center and cannot initiate any contact until the center until they can stand in a football position and protect themselves**

**The defense is not allowed to block the center unless the player attempts to move forward along with the play. The object is to allow the play to get off. No substitutions on defense. Linebackers CANNOT cross line scrimmage from end to end.**

**No goal line defense-Penalty will be 15 yards and automatic 1st down**

**Defensive backs and Linebackers: 5 yards offline of scrimmage. No matter where ball is**

**THE ONLY DEFENSE IS the 6-3 SET UP –**

**OFFENSE      E   T   G   CENTER   G   T   E**

**O**

**DEFENSE      X   X    X   X**

ALL defensive players must be squared up on the offensive guards, tackles in a 3- or 4-point stance, No lining up in the gaps.

Reminder -No substitutions on defense.

**DEFENSE:** Linebackers and defensive backs must maintain a minimum of a 5-yard setup from the line of scrimmage. Defensive backs (corner backs, safeties) and linebackers must not be in a forward motion until the ball is snapped. **NO blitzing.** All non-line of scrimmage players must be 5 yards off the ball at snap. Can't be moving forward at the snap.

**OFFENSE:** Formation: The quarterback must be under the Center. **NO SHOT GUN – Unsportsmanlike penalty on Head Coach- 15 Yards**

**No Triple, twins, double, quad formations: No more than 1 receiver outside the ends on either side of the formation.**

**WR, TE, SE must be within 7 yards of the ball**

- **No quarterback sneaks allowed - Must be a direct snap/ no hole.**
- **NO BLOCKING BELOW THE WAIST/CUT BLOCK BY ANY PLAYER ANYWHERE ON THE FIELD FOR ANY DIVISION. NO PULLING OF LINEMAN (Tackle, Guards, Center). This will be an automatic 15-yard penalty!**
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- **Heads up blocking!**
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- All interior linemen must be lined up within 5 yards of the ball.

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<p style="text-align: center;"><b>7<sup>th</sup>-8<sup>th</sup> Grade Division</b> <b>FM Athletics 2019</b></p>
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NFHS Rules apply with these adjustments:

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\*7th -8th- Grade players will be listed by halves

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**- If Teams are not following the game card:**

- **1st Offense 15 yds. Unsporting Penalty to Head Coach**
- **2nd Offense 15 yds. Unsporting Penalty, Ejection of Head Coach**

**Position Play:**

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**DEFENSE:** Linebackers and defensive backs must maintain a minimum of a 5-yard setup from the line of scrimmage. Defensive backs (corners backs, safeties) and linebackers must not be moving forward at the snap. The defensive lineman must line head up on the both offensive guards, both tackles and both ends. The center will be left uncovered. ALL defensive players



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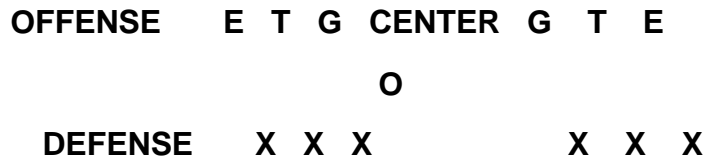
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