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LOUISIANA YOUTH FOOTBALL

Rules & Regulations

The USA Football Rulebook and the National Federation of State High School Athletic Association football playing rules are the basic Louisiana Youth Football rules. Louisiana Youth Football modifies these rules to adjust to the ages, weights, and psychology of the student athletes participating in its' program. All rules and regulations will be enforced and governed by Louisiana Youth Football & the Louisiana Youth Coaches Alliance.

These rules are designed to provide a framework for the proper administration of the Louisiana Youth Football program. Louisiana Youth Football reserves the right to apply these rules or to alter these rules in a particular situation as it determines to be in the best interest of the program as a whole and most importantly the student athletes.

Modifications are as follows:

1. Age Divisions

'D League'	(Ages 5-6)	Cannot turn 7 before September 1 st of the current year <i>Note: Must be the age of 5 by January 1st of the current year. No exceptions.</i>
'A'	(Ages 7-8)	Cannot turn 9 on or before January 1 st of the current year <i>Note: Must be the age of 7 by September 1st of the current year. No exceptions.</i>
'AA'	(Ages 9-10)	Cannot turn 11 on or before January 1 st of the current year
'AAA'	(Ages 11-12)	Cannot turn 13 on or before January 1 st of the current year
PREP DIVISION [Flag] (New 2018)		
'JV'	(Ages 4-5)	Cannot turn 6 on or before January 1 st of the current year <i>Note: Must be the age of 4 by January 1st of the current year. No exceptions.</i>
'Varsity'	(Ages 6-7)	Cannot turn 7 on or before January 1 st of the current year

2. Weight

2.1. Weight Restrictions for Skilled Positions

'D League'	(Ages 5-6)	Max Offensive/Defensive Skilled Position Weight 75 lbs
'A'	(Ages 7-8)	Max Offensive/Defensive Skilled Position Weight 105 lbs
'AA'	(Ages 9-10)	UNLIMITED
'AAA'	(Ages 11-12)	UNLIMITED
PREP DIVISION [Flag] (New 2018)		
'JV'	(Ages 4-5)	UNLIMITED
'Varsity'	(Ages 6-7)	UNLIMITED

2.2. No Weight Limit for Offense or Defensive Lineman (X-Man Rule)

All Players over the Max Offensive Skilled Position Weight will be marked as an X-man. X-Men will have a sticker denoting their distinction and this sticker must be shown at all times.

X-Man Rules:

An X-Man can only play the offensive positions of center, guard, or tackle. He can also act as kicker or punter as long as he abides by the punting and kicking rules outlined herein. He may not be in a position that would otherwise make him an eligible receiver. An X-Man can line up in the tight end position but is not an eligible receiver.

An X-Man can only play the defensive positions of guard, tackle, or ends and cannot advance the ball either by running or passing it. In the event that an X-man takes possession of the football (e.g. recovered fumble, intercepted pass, received kick, etc.) the ball is declared dead at the point.

3. Skilled Positions

3.1. Offense:

- ◆ Quarterback
- ◆ Running Backs
- ◆ Wide Receivers
- ◆ Tight Ends

3.2. Defense:

- ◆ Linebackers
- ◆ Defensive Backs

4. Division 'D League'

This Division is the developmental division for players' ages: 5 – 6 only. This Division is a readapted youth tackle football instructional and developmental playing method for the young player between the ages: 5 & 6. In order to receive a full experience and understanding of the game, every participant receives a wide range of training in a number of positions. This Division will NOT have an official game site clock/scoreboard. The governing official will maintain the official time. All games are considered ending in a tie. This Division will NOT have a playoff system but will have an end of the year Showcase.

4.1. General Rules – D League

- ◆ For this age group, a regulation football field will be divided into thirds to accommodate three (3) games at a time. Starting from North to South, the goal line to the thirty (30) yard line will be considered Field A. The thirty-five (35) yard line to the thirty-five (35) yard line will be considered Field B. The thirty (30) yard line to the goal line will be considered Field C. All game plays will go from East to West, with the start of play being at the East side numbers. The ball will be marked at the beginning of each team's series on the numbers. The approximate field size will be thirty (30) yards x forty (40) yards. End zones for each field will start at the West side numbers to the West side of the field's sideline. The boundaries will be marked off using orange cones and goal line markers. There will be a five (5) yard sideline on the North and South sides of the field, each being designated from the thirty (30) yard line to the thirty-five (35) yard line.
- ◆ Games will be one (1) hour in length and will be played in a controlled scrimmage format. Each team will have a ten (10) play offensive series before halftime. After halftime, each team will have a five (5) play offensive series. If time permits during second half, each team may be granted an additional five (5) play offensive series.
- ◆ Five (5) yard penalties will be two (2) yards. Fifteen (15) yard penalties will be six (6) yards. Unnecessary roughness, unsportsmanlike conduct will be ten (10) yards. ALL penalties will be explained to both teams' players, for educational purposes.
- ◆ A team must have at least four (4) players on the line of scrimmage (including center.)
- ◆ Two (2) coaches are allowed on the field during games for instructional purposes only.

4.1.1. Positions - Eight (8) On-Field

4.1.1.1. Offense:

- ◆ Quarterback
- ◆ Running Backs (2)
- ◆ Wide Receivers (2)
- ◆ Center (X-Man)
- ◆ Guards/Tackles (2)(X-Men)

4.1.1.2. Defense:

- ◆ Tackles (2)(X-Men)
- ◆ Linebackers (3)
- ◆ Defensive Backs (3)

All rules included in this manual pertain to these divisions except where noted or explained as in this section.

5. Playing Level Division

Louisiana Youth Football is sub-divided into two (2) levels of play, SEC – Championship Series and SWAC – Bowl Series. This division has not been created to label teams as stronger or weaker. This division promotes a competitive and balanced playing environment. This division is used to create parity within the league only. This division allows larger & smaller organizations to be more equally matched during regular season play, but still allowing the excitement of the game for all participants. Both divisions will follow the same rules & regulations. The two divisions will differ only in two (2) areas: “Rosters (Min & Max)” and “Post Season”. Availability of the two divisions is contingent on the number of official accepted teams in the age group. *See each section for detailed information.*

‘D League’, the developmental divisions for players’ ages: 5-6, will not be included in this playing level division.

Structure:

SEC – Championship Series

A: 7-8

AA: 9-10

AAA: 11-12

SWAC – Bowl Series

A: 7-8

AA: 9-10

AAA: 11-12

At the start of each season, every team (New & Returning) that registers will automatically be categorized as a SEC or SWAC team. This process will be done through a review of each individual team. This review is done on a team basis and not an organization basis. Teams from the same organization may be in different playing level divisions. Any team that is reforming from the previous season must start the current season in the same Division that they finished the previous season. This means that if at least eleven (11) players are from the previous season’s roster, then they are the same team from a classification standpoint.

The below criteria is only a guideline. The ultimate Division classification is the overall strength & roster size of the team.

Sample Classification Criteria:

SEC – Championship Series

- Participated in Championship Series the previous season
- Established organization
- Won the Bowl Series the previous season
- Large roster

SWAC – Bowl Series

- Forfeited game during previous season
- Second team in same age group from same organization
- New team to the league
- Claimed a hardship during the previous season
- Small roster

A team may only petition to be reclassified UP to the SEC level before Fan Day. A team cannot be reclassified down to the SWAC level. Once the season begins, all classifications are frozen for the season.

6. Coaches

6.1. Certification

All coaches are required to register and complete the league's online Coaches' Certification course through USA Football and receive a satisfactory grade every year. Coaches must repeat the Coaches' Certification course if an unsatisfactory grade is made.

6.2. Background Checks

All coaches are required to complete an online background check and criminal history reports to the greatest extent allowed by law through the National Child Safety Initiatives.

6.3. Coaches' Meetings

All coaches are required to attend the coaches' meetings prior to the beginning of & during the season. The objectives of the coaches' meeting are:

- ◆ Participate in general discussions outlining season calendar, rule changes & interpretation, location & times for games/practices, coaches' requirements, etc.
- ◆ Fill out coaches' contract and correct coaches' roster
- ◆ Meet other coaches

6.4. First Aid Certification

At least one (1) coach or administrator from every organization/team will be required to attend a First Aid Certification course and receive a satisfactory grade. Teams must maintain at least one (1) First Aid Certified staff member every year. The league will be offering certification classes before each season. If already certified, staff member must provide proof of certification before team clearance will be made.

Failure to provide proof of certified staff member will result in disqualification for the team to participate in Louisiana Youth Football activities until proper proof is provided.

7. Practice Schedules

7.1. Pre-Season

NO mini camp practices maybe held. The league does not sanction any mini camp practices. Insurance does not cover any teams (players) during any non-sanctioned events. Non-contact / no equipment full team practices may be held starting July 16th. The first (1st) official day for full team contact practices is July 30th, if the following condition is met. Teams must complete a two (2) week conditioning period before equipment or contact is allowed. No exceptions!!!

7.2. Season

Practices are held at the discretion of the coach during the season. No practice should last longer than two (2) hours. No practices shall be held during school hours.

8. Team Registration Process

8.1. Annual Online Registration & Selection Process

All teams are required to register online at LouisianaYouthFootball.com. Every team's age group must be registered separately. Upon completion of online registration, all teams will be reviewed by the LYF Executive Council for entry in the upcoming season.

8.2. Head Coaches

No Coach can be the Head Coach of more than one team. No Exceptions.

8.3. New Teams

All new teams entering the league will be on a two year probationary period and are considered Probationary Members. Violations of Louisiana Youth Football rules during this probationary timeframe could result in dismissal from league. All new teams will be required to register & maintain a minimum roster of thirty (30) players, excluding D League teams. See **Rosters (Min & Max)** section for detailed roster requirements.

8.4. Football Fees

All Football fees cover the cost of medical insurance for each eligible player on the team's roster and the cost of Game Day Officials.

8.4.1. Per Team Fee System: SEC & SWAC

Team fee is eight hundred twenty-five dollars (\$825) for a roster up to twenty-eight (28) players.

Roster Additions: If additions to a team's roster move the team's roster numbers above twenty-eight (28), there will be a fee assessed at thirty dollars (\$30) per additional player up to the maximum roster limit.

8.4.2. Per Player Fee System (Division 'D League / Prep Division [Flag]' Only)

Individual player fees will be forty dollars (\$40).

8.5. Rosters (Min & Max)

For SEC Only: The minimum number of players needed to register a team will be twenty-two (22). The minimum number of players needed to participate will be fifteen (15). The maximum number of players allowed on a roster will be thirty-five (35).

For SWAC Only, when applicable: The minimum number of players needed to register a team will be twenty-two (22). The minimum number of players needed to participate will be thirteen (13). The maximum number of players allowed on a roster will be thirty (30).

For Division 'D League / Prep Division [Flag]' Only (**New 2018**): The minimum number of players needed to register a team will be eight (8). The minimum number of players needed to participate will be eight (8). The maximum number of players allowed on a roster will be sixteen (16).

8.5.1. REQUIRED DOCUMENTATION

A photocopy of the players' Birth Certificate and completed Release (Contract) must be submitted upon registration of the team. If a player is listed on the team's roster and a photocopy of the player's Birth Certificate and completed Release (Contract) are not submitted, the player will be considered ineligible and not allowed to participate in any league activities. Upon submission of these documents on or before the league established deadline, the player will be considered eligible and allowed to participate in any league activities.

8.6. Multi-Play Rule

No Player is allowed to participate with more than one (1) team within Louisiana Youth Football or outside of Louisiana Youth Football. Violation of this rule will result in immediate forfeiture of all games played. Violators will be subject to review for disciplinary actions, not excluding being banned from further participation in all Louisiana Youth Football activities.

Outside of Louisiana Youth Football - including and not limited to:

- Public & Private School teams/leagues
- Pop Warner teams/leagues
- American Youth Football (AYF) teams/leagues
- AAU teams/leagues
- Police Athletic (PAL) teams/leagues
- Religious Youth Organization teams/leagues
- Independent teams/leagues
- Parks & Recreation teams/leagues

Note: This is not the same as Inter-League play between two teams from different leagues.

8.7. Recruiting

Recruiting players from one team to another is strictly prohibited and offending individual(s) will be subject to review for disciplinary actions, not excluding being banned from further participation in all Louisiana Youth Football activities.

No individual(s) may engage in any conduct that is designed to run-off or discourage any player from participating in the league. Violators will be subject to review for disciplinary actions, not excluding being banned from further participation in all Louisiana Youth Football activities.

8.8. Pre-Season

Prior to the first game of the season, every team will be required to participate in a pre-season registration process. After all completed registration packets have been submitted. During this time, each team will present their roster forms and each player will be weighed and will have league pictures taken. Each team member (coaches and players) must physically appear. The information gathered about the players during this process will be used throughout the season. There will be no weigh-ins during the season, unless a player is changing his X-Man status or being added to a roster. That type of request must be made prior to the game day check-in time. The coaches will also be required to take a photo during this registration process. The coaches' photos will be used to create their league credentials (badges). These credentials (badges) **MUST** be worn at all times during league events. Coaches' access to certain areas will be limited during the season if credentials (badges) are not presented. There will be a five dollar (\$5) fee to replace lost, damaged, or stolen credentials (badges). Temporary credentials (badges) will be available on game day for a five dollar (\$5) rental fee until replacement credentials (badges) is acquired. These temporary credentials (badges) will only be available for previously registered coaches and must be turned in at the end of the renters' game. Limited two (2) temporary credentials (badges) per team.

8.9. Team Booklets

A league booklet will be created from all information gathered during the pre-season registration. This booklet will contain every registered team's team picture, team name, team contact information, and roster information. This booklet will be sent to all registered Louisiana Youth Coaches Alliance coaches. There will be a five dollar (\$5) fee to replace lost, damaged, or stolen booklets.

8.10. During Season (Roster Changes)

Any roster changes (addition or deletion) must be made at least five (5) days before game day of eligibility. Absolutely, no roster addition or deletion changes will be made on game day. No longer will X-Man status changes will be allowed on game day. This request for X-Man status change must be made during game day check-in time to the Eligibility Official (Site Managers) and opposing coaching staff. A notice of any roster changes during the season will be sent to all coaches.

8.10.1. Hardship

If a team's roster falls below eighteen (18) players during a season after the official deadline to add a player, the team will be allowed to declare Hardship and add to their roster in order to return to eighteen (18) or above players. Hardship can be declared by a team only once in a season. The team must follow the normal procedure/rules for registering a player stated in these Rules & Regulations. Hardships may be declared only **ONCE** in a season and only during the regular season. A hardship team must be prepared to add **ALL** of their new players at time of declaration.

NOTE: Due to the flexibility of the SWAC roster regulations, no SWAC team will be allowed to declare Hardship.

8.11. Game Day

The minimum number of players needed to participate will be fifteen (15) for SEC – Championship Series, thirteen (13) for SWAC – Bowl Series, and twelve (12) for D League. This minimum means that these players must be fully equipped and prepared to participate. Injured players & disciplinary action players do not count in meeting this minimum requirement. NO EXCEPTIONS!!!

Each head coach will be required to check-in, with the Eligibility Officials (Site Managers), at the start of the first (1st) quarter of the game before their scheduled game time. Each head coach & team will be required to check-in, with the Eligibility Officials (Site Managers), at the end of the first (1st) quarter of the game before their scheduled game time. If scheduled game is the first game of the day, each head coach & team will be required to check-in, with the Eligibility Officials (Site Managers), at least 30 minutes before their scheduled game time. During check-in, each player's eligibility will be verified using league booklet. At least two coaches from each team must be present at this time. Once the eligibility process is completed for each participating team, every eligible player will receive a wrist band. The Eligibility Officials (Site Managers) will verify player's eligibility & X-Man status and participating teams' coaches will be responsible for placing wrist bands & X decals on the opposing teams' eligible players.

Each team will have their own distinct color and the colors will change for each team each game day. These wrist bands will signify to all officials that this player is eligible to participate in that day's game. These wrist bands must be worn at all times in order for the player to participate in that day's scheduled game. Regardless of the reason, if a player does not have a wrist band, wrist band is not the color of his team, or is a classified X-Man and does not have an X decal on their helmet, the player automatically becomes ineligible. X decals will be placed on the helmets once during initial check-in. No new X decals will be given to players after initial check-in. X decals must be worn, by eligible X-Men, at all times in order for the player to participate in that day's scheduled game. There will be a two-dollar (\$2) fee to replace lost, damaged, or stolen X decals. Each team should have their team captains ready for the coin toss during the halftime of the game before their scheduled game time. If scheduled game is the first game of the day, each team should have their team captains ready for coin toss during check-in.

ALL Coaches will be required to check-in with the Eligibility Officials (Site Managers) before their scheduled game time. The Eligibility Officials (Site Managers) will verify Coach's eligibility & will place a wrist band on each coach. The wrist bands will be coordinate with the player eligibility wrist bands.

ALL Head Coaches will be required to have a photocopy of their team's roster and each member of their team's Birth Certificate present during games.

ANY coach or player ejected from a game will be suspended for a minimum of the next game. The ejected individual must leave the field or risk forfeiture of the game.

8.11.1. Pre-Game & Halftime

- Prior to Game kickoff, Head Game Referee and both head coaches must meet to review game operation procedures. No exceptions.
- During halftime, ALL teams must stay inside the stadium and on the field. Game officials will monitor all halftime team breaks. Teams may occupy their respective end zones but are not allowed to leave the sight of the Game Officials. Any unsportsmanlike conduct that may occur during halftime by a team will be penalized as if it occurred during game periods.

9. Season

9.1. Regular Season

The regular season shall consist of a minimum of eight (8) games and a maximum of twelve (12) games.

9.1.1. FORFEITS

Failure to play a scheduled game will result in forfeiture. In addition, failure to play a scheduled game will result in a league fine of one hundred dollars (\$100). Team will be invoiced for forfeit fees. Payment of invoice must be completed before the team's next scheduled game. The offending team will be placed on probation for the remainder of the season. If the above rulings are not met by the next scheduled game, it will be considered the team's second (2nd) offense and all rulings that apply to a second (2nd) offense will be enforced. There are NO appeals on forfeiture rulings.

First (1 st) Offense:	Above Rulings
Second (2 nd) Offense:	Above Rulings + Forfeiture of Remaining Season + One (1) Year Team Ban

A team playing an ineligible player shall result in forfeiture of that game, suspension of the head coach, and may include the banning of the head coach & team from further participation in all Louisiana Youth Football activities for a time no less than two (2) years.

NOTE: No team on probation shall be eligible for participation in the Championship Series or Bowl Series.

9.2. Homecoming Weekend

Homecoming Weekend was created to further the mission of Louisiana Youth Football and promote "One Community In Unity". The events (games, halftime shows, decorations, tailgating, parade, fellowship) surrounding this weekend are designed to bring together current & former LYF student athletes, parents, friends, & sports fans. Through these events, we are providing a **safe-fun** environment where EVERYONE is playing & cheering for the same team, our Student Athletes. Homecoming Weekend is a Family Affair, the biggest Family Reunion and Tailgate of the Year.

10. Game Times

10.1. Game Clocks

Game times are as follows:

'Prep Division [Flag]'	twenty (20) Minutes per Half (2 Halves per Game)
'D-League'	twenty (20) Minutes per Half (2 Halves per Game)
'A'	seven (7) Minutes per Quarter (4 Quarters per Game)
'AA'	seven (7) Minutes per Quarter (4 Quarters per Game)
'AAA'	seven (7) Minutes per Quarter (4 Quarters per Game)

During the first (1st) quarter, the clock does not stop, i.e. running time. The clock stops on time outs only. During the second (2nd), third (3rd), & fourth (4th) quarters, the clock stops on last two (2) minutes of each half (2-minute warning), first downs, incomplete passes, out of bounds, time outs, and penalties. Clock will not start again until the ball is snapped.

Games will not end in a tie. Both teams will go into overtime, extra periods. In extra periods, the ball will be placed on the 10-yard line, and each team will have four plays to score. A flip of a coin will decide who gets the ball first in each extra period. After 1st extra period, the games will be decided by sudden death. First team to score will win the contest in this 2nd extra period. The defensive team will get an opportunity on offense in the 2nd extra period if the first offensive team does not score. If no scores by the end of the 2nd extra period, the games will then be considered a tie.

10.2. Time Between Plays

Once the ball is marked ready for play, the offensive team has a maximum of twenty five (25) seconds to snap the ball.

NOTE: Failure to snap ball within allotted time will result in a delay of game penalty and will be penalized accordingly. Two (2) consecutive delay of game penalties will be penalized as a normal delay of game penalty with the addition of the lost of a down.

10.3. Time Outs

Each team will have 3 time outs per half; in the case of overtime, each team will be awarded 1 additional timeout. Timeouts will not carry over if not used.

11. Official Game Balls

'JV [Flag]'	(Ages 4-5)	Wilson K2 or equivalent size
'Varsity [Flag]'	(Ages 6-7)	Wilson K2 or equivalent size
'D League'	(Ages 5-6)	Wilson K2 or equivalent size
'A'	(Ages 7-8)	Wilson K2 or equivalent size
'AA'	(Ages 9-10)	Wilson K2 or equivalent size
'AAA'	(Ages 11-12)	Wilson TDJ or equivalent size

Only leather grain balls shall be used. No rubber or synthetic balls shall be used.

12. Scoring

A Touchdown is worth 6 points, extra point (run or pass = 1 point) and, kick = **2 points**

All age groups are eligible to kick field goals and extra points after touchdowns. All field goals and extra points are uncontested. All defensive players will be eligible to hold hands up and jump vertically unassisted. If the snap is fumbled and causes the holder or kicker to move from their original spot, the ball will be declared dead. The ball will then be placed at the spot where the holder was originally located, and possession will then be given to the opposing team.

For ALL Divisions: All field goals are worth **4 points**. Any field goals beyond 40 yards will be equal to **5 points**.

For Division 'AAA' Only: ALL field goals and extra points are contested. The center protection rule is in effect during these scoring attempts.

13. Punting

A team cannot rush the punter. If they do, they will be given a five (5) yard penalty with a replay of the down. The punting team must stay in position until the ball is punted. All defensive players will be eligible to hold hands up and jump vertically unassisted. If the snap is fumbled and causes the punter to move from their original spot, the ball will be declared dead. The ball will then be placed at the spot where the punter was originally located and possession will then be given to the opposing team.

For Division 'D League' Only: Not Applicable.

For Division 'A' Only: Offensive teams, in possession of the football, will be allowed to declare a punt, instead of physically punting. Upon this declaration, the official will mark off twenty five (25) yards. If the ball is located on the defensive team's forty five (45) yard line or less, the football will be placed on the defensive team's twenty (20) yard line. After the yards have been marked off, the possession of the football will then be given to the defensive team. During this mark off timeframe, the clock will run in a normal play capacity.

For Division 'AA' Only: A team has the option to declare a punt or to physically punt. A declared punt would follow the same steps as in Division 'A'. An actual punt would follow the same protection rules as a field goal attempt for this age group. The center protection rule is in effect during these punting attempts.

For DIVISION 'AAA' Only: ALL punts are contested. The center protection rule is in effect during these punting attempts.

NOTE: All declared punts will include an automatic twenty five (25) seconds runoff of the game clock.

14. Blocking Rules (Interior Lineman Only)

Crack back blocking is allowed, but the blocker must block above the waist and blockers head must be in front of the defender. There will be no blocking ("chop blocking") below the waist at any time. See USA Football Rule Book: Rule 7 - Contact for specific detail on this subject and rule.

15. Center Protection

All age levels will have the **center protected** on declared shotgun, punts, field goals, and extra points. Rushing will NOT be allowed in gaps on either side of center or in front of center at all times, except in the 'AAA' Division. Rushing the center and all gaps will be allowed in the 'AAA' Division, except during *shotgun*, field goal/extra point attempts, and punts. **VIOLATIONS will be given a fifteen (15) yard penalty with an automatic first down. With extra points only receiving half the distance to the goal.**

EXCEPTION:

If gaps are created by the offensive team that are more than a foot length apart (or traditional gap spacing) in order to create an unfair advantage, the defensive team will be allowed to line up in these untraditional gaps.

16. Post Season

16.1. SEC - Championship Series

16.1.1. Championship Series: SEC

A playoff system and a championship game, for each division, will be incorporated into the regular season schedule and will be considered as post season. The top four (4) teams of each division will advance to the playoff system (see * below). First (1st) place will play fourth (4th) place and second (2nd) place will play third (3rd) place. The two (2) teams in the championship games will be decided based on the results of the playoff games. The champion of each division will be decided based on the winner of their championship game. The loser of the championship game will be in second (2nd) place.

* - At the end of the regular season, the teams that qualify for the playoffs in each division (based on won-loss records) will advance to the playoffs. In the event of identical standings/records, the selection of qualifying teams will be based upon:

- i. Head to Head competition
- ii. Average points allowed per game not to include forfeits
- iii. Coin flip

16.1.2. Championship Series Game Times

Scheduled times are as follows:

First (1st) Round - one (1) hour and thirty (30) minutes

Second (2nd) Round - one (1) hour and forty five (45) minutes

Championship Games - two (2) hours

Game times are as follows:

'A'	<i>seven (7) Minutes per Quarter (4 Quarters per Game)</i>
'AA'	<i>seven (7) Minutes per Quarter (4 Quarters per Game)</i>
'AAA'	<i>seven (7) Minutes per Quarter (4 Quarters per Game)</i>

During the first (1st), second (2nd), third (3rd), & fourth (4th) quarters, the clock stops on first downs, incomplete passes, out of bounds, time outs, and penalties. Clock will not start again until the ball is snapped. During the second (2nd) & fourth (4th) quarters, the clock stops on last two (2) minutes of each half (2-minute warning).

Games will not end in a tie. Both teams will go into overtime, extra periods. In extra periods, the ball will be placed on the 10-yard line, and each team will have four plays to score. A flip of a coin will decide who gets the ball first in each extra period. After 1st extra period, the games will be decided by sudden death. First team to score will win the contest in this 2nd extra period. The defensive team will get an opportunity on offense in the 2nd extra period if the first offensive team does not score. If no scores by the end of the 2nd extra period, the games will then be decided by an additional sudden death period. These sudden death extra period competitions will continue until a winner is decided.

16.2. SWAC – Bowl Series

16.2.1. Bowl Series: SWAC

A bowl championship game, for each age division, will be incorporated into the regular season schedule and will be considered as post season. The top two (2) teams of each division will advance to the bowl championship (see * below). The champion of each division will be decided based on the winner of their bowl championship bowl game.

* - At the end of the regular season, the teams that qualify for the bowl in each division will be based on won-loss records. In the event of identical standings/records, the selection of qualifying teams will be based upon:

- i. Head to Head competition
- ii. Average points allowed per game not to include forfeits
- iii. Coin flip

16.2.2. Bowl Series Games

A: 7-8	Cypress Bowl
AA: 9-10	Pelican Bowl
AAA: 11-12	Magnolia Bowl

16.2.3. Bowl Series Game Times

Scheduled times are as follows:

Bowl Championship Games - two (2) hours

Game times are as follows:

'A'	<i>seven (7) Minutes per Quarter (4 Quarters per Game)</i>
'AA'	<i>seven (7) Minutes per Quarter (4 Quarters per Game)</i>
'AAA'	<i>seven (7) Minutes per Quarter (4 Quarters per Game)</i>

During the first (1st), second (2nd), third (3rd), & fourth (4th) quarters, the clock stops on first downs, incomplete passes, out of bounds, time outs, and penalties. Clock will not start again until the ball is snapped. During the second (2nd) & fourth (4th) quarters, the clock stops on last two (2) minutes of each half (2-minute warning).

Games will not end in a tie. Both teams will go into overtime, extra periods. In extra periods, the ball will be placed on the 10-yard line, and each team will have four plays to score. A flip of a coin will decide who gets the ball first in each extra period. After 1st extra period, the games will be decided by sudden death. First team to score will win the contest in this 2nd extra period. The defensive team will get an opportunity on offense in the 2nd extra period if the first offensive team does not score.

If no scores by the end of the 2nd extra period, the games will then be decided by an additional sudden death period. These sudden death extra period competitions will continue until a winner is decided.

17. Officials

Each site will have the following officials present for all games:

- Four (4) Field Officials (A minimum of one (1) LHSAA registered official – Head Official)
- One (1) Clock Official
- One (1) Eligibility Official (Site Manager)
- One (1) Statistician
- One (1) Spotter

A game will not be sanctioned as a Louisiana Youth Football game or start unless the minimum of three (3) Field Officials (one (1) must be LHSAA registered – Head Official) and one (1) Clock Official or one (1) Eligibility Official (Site Manager) is present. Any game not meeting the minimum Officiating requirement will be rescheduled later.

All officials will be registered and governed by the Louisiana Youth Football and Louisiana Youth Sports Officials organizations.

Chain Crews are considered official members of the Field Officiating crew. Chain crews will be provided by the Visiting Teams of each game. The Chain Crew shall consist of three (3) Adults only, no children allowed. Members of the Chain Crew are not allowed to cheer or coach while performing this duty.

For Division 'D League' Only:

Each site will have the following officials present for all games:

- Two (2) Field Officials
- One (1) Eligibility Official (Site Manager)

A game will not be sanctioned as a Louisiana Youth Football game or start unless the minimum of one (1) Field Officials and one (1) Clock Official or one (1) Eligibility Official (Site Manager) is present. Any game not meeting the minimum Officiating requirement will be rescheduled later.

18. Protests & Appeals

Tact, Firmness, & Diplomacy should be your bywords when you have any problems or disputes.

All protests must be made *Before Game Starts, At the End of Each Quarter, During Halftime, or After Game Ends*. Protests can be made on eligibility only; no protests can be made on calls and no protest on weight/X-Man status can be made during or after the game. X-Man status protest must be made before the game during check in. These protests must be made to the game officials on duty. The officials on duty will then investigate the protest before the start of the next quarter or game. If the protest can be validated before the start of the next quarter or game, the appropriate actions will be taken and enforced from that point forward. If the protest cannot be validated before the start of the next quarter or game, no actions will be taken until further investigations are possible. Once the required investigations have occurred, the appropriate actions will be taken and enforced from that point forward. No actions will be retro. All protests will be forwarded to the Louisiana Youth Sports Network Sports & Rules Committee for official reviewing and documenting. All on field rulings are FINAL, unless overturned by the Louisiana Youth Sports Network Sports & Rules Committee.

This can only be done by an appeal to the Louisiana Youth Sports Network Sports & Rules Committee originated by the protesting team. There will be a fifty dollar (\$50) filing fee, referred to as an *Appeal Fee*.

Disputes should not be arbitrated in the presence of our players & parents. Coaches that fail to abide by this process may be suspended without further notice.

Reports or violations must be submitted with audio, photo, or video evidence. LYF will not accept hearsay complaints regarding any matter. Concrete evidence must be provided on all complaints against a team, coach, or official. It has been proven in the past that there is no proving hearsay evidence. AUDIO, PHOTO, or VIDEO evidence is required.

19. Uniforms

All Players must be uniformed the same with non-duplicate numbers, preferably Offensive & Defensive Lineman be numbered 50 and above.

20. Equipment Standards

- ◆ Players:
 - Helmet
 - Face Mask
 - Mouth Guards
 - Chin Strap
 - Shoulder Pads
 - Pants Pads
 - Cleats

21. Bench Area

The Bench Area is reserved for participating players and team coaches (not to exceed seven (7) football coaches per team). Credentials (badges) will be distributed at the team registration time, prior to beginning of season. Only four (4) coaches in the coaching box (25 yard line to 25 yard line).

For Division 'D League': During the entire season, two (2) coaches per team will be allowed on the field ten (10) yards behind their respective teams to help teams call plays. On Offense: the Head Coach & the Offensive Coordinator. On Defense: the Head Coach & the Defensive Coordinator. Only one (1) coach will be allowed in the huddle during any series of plays.

For Division 'A': During the first three games of the season, two (2) coaches per team will be allowed on the field ten (10) yards behind their respective teams to help teams call plays. On Offense: the Head Coach & the Offensive Coordinator. On Defense: the Head Coach & the Defensive Coordinator. Only one (1) coach will be allowed in the huddle during any series of plays.

All sideline personnel (coaches, water boy, and team dad/mom) must have badges to enter sideline area. Security will be manned at each entrance to the field to verify credentials.

22. Awards

(ALL AWARDS ARE EVENT PARTICIPATION AWARDS ONLY. MUST BE PRESENT TO RECEIVE.)

22.1. Final Standings

First (1st) and Second (2nd) Place team trophies will be awarded at an end of the season ceremony following the championship games. First (1st) and Second (2nd) Place individual trophies will be awarded at the same ceremony.

22.2. Individual Academic Awards

Any student athlete who maintains a 3.0 or better GPA during the season will be named to the Louisiana Academy All State Academic Team for each division. These student athletes will be nominated by their coach for consideration. An official report card or progress report must accompany the nomination. These All State Academic Teams will be recognized during halftime of the Championship Games.

22.3. Team Academic Awards

The Scholastic Dream Team Award, a team academic award, will be given to the team with the highest overall GPA. ALL student athletes' official report card or progress report must be submitted to LYF administration by designated deadline. If an official report card or progress report for a student athlete who is officially on a teams' roster is not submitted, that student athlete's GPA will be considered "0.00" in the calculation of the team's overall GPA. *The Scholastic Dream Team Award* Teams will be recognized during halftime of the Championship Games.

22.4. Sportsmanship Awards

The Hats Off Sportsmanship Award will be a sportsmanship award given by the officials and league administrators to teams who have displayed the most sportsmanship throughout the season. This sportsmanship award will include the sportsmanship of the fans, coaches, & ultimately the players. *The Hats Off Sportsmanship Award* Teams will be recognized during halftime of the Championship Games.

23. Spectators and Fans

All fans and spectators are there to enjoy the games and govern themselves accordingly. Unruly behavior will be dealt with swiftly and immediately. If any individual continually refuses to abide by these rules, the individual will be removed from the premises by game officials or law enforcement agents. The goal of the games is to promote a safe and wholesome environment for the kids. Each head coach or team representative is ultimately responsible for his fans' conduct and behavior. Unless a player is hurt, parents and other supporters should remain in the stands. Only the head coach may question an official.

Each head coach should briefly describe rules of play that are unique to Louisiana Youth Football and their teams with their spectators & fans.

24. Championship & Bowl Game Day Admission

All spectators and fans will be charged a three-dollar (\$3) admission fee for the Championship games. These fees will be used to offset league expenses and activities.

25. Mandatory League Fundraisers

All teams will be required to participate in a mandatory league fundraiser in support of the league expenses. These fees will be used to offset league expenses and activities.

26. Mandatory Study Hall

All teams will be required to participate in a mandatory study hall for their student athletes. One (1) practice day of the week should be set as the team's study hall day. The teams' chosen day will be communicated to the league and the league will make every effort to assist in this mandate. On this team designated day, the team should require ALL student athletes to attend the team organized tutoring session.

27. Senior Class Showcase

The Heart Of A Lion Classic is Louisiana Youth Football's version of a college Senior Bowl. The game matches the East versus West. The teams representing each conference consist of players from the AAA: 11-12 Division, who have played their last year with our league (i.e. made/making 13 in this calendar year). This is our opportunity to showcase the talent that our league is sending to the high school ranks.

Players & Coaches:

Each team in the AAA: 11-12 Division is required to nominate a maximum of six (6) graduating players from their team to participate in this classic event. Each team in the AAA: 11-12 Division is also required to nominate a maximum of one (1) coach from their team to participate in this classic event. The head coach of the team that wins the regular season conference title is designated the head coach, unless designated by the Louisiana Youth Football Director. Players & Coaches names are submitted via email to Louisiana Youth Football no later than November 27th.

The teams will wear jerseys, pants, & socks provided by Louisiana Youth Football. The teams will wear their own team's helmets to represent where they came from.

Senior Social:

The Senior Social will be a social event designed to allow the Graduating Student-Athletes, Coaches, and Parents to socialize & network in a different environment.

Graduation Dinner:

The Graduation Dinner will be a formal dinner designed to mentor the Graduating Student-Athletes in a different environment. The Dinner will be used to educate them on additional Life Skills & Challenges through guest speakers and hands on applications. All participants will be required to wear Sport Coat, button-down shirt, tie, dress slacks and shoes. No tennis shoes or school uniforms allowed.

Coaches' Breakfast:

For Coaches only.

We Worship:

We Worship will be a spiritual event designed for the Graduating Student-Athletes, Coaches, and Parents to fellowship as one body. All participants will be required to wear Sport Coat, button-down shirt, tie, dress slacks and shoes. No tennis shoes or school uniforms allowed.

Admission (This is a CHARITY Event):

There will be an admission fee to enter the game. Fee will be: one (\$1) dollar or one (1) can good. ALL proceeds will go towards making a better holiday season for the needy in our community. Recipient agency is the Greater Baton Rouge Food Bank.

28. League Information

All league information will be disseminated through the league's website:

www.LouisianaYouthFootball.com,

via emails from:

Info@LouisianaYouthFootball.com,

and Social Media:

Facebook.com/LouisianaYouthSportsNetwork

Twitter.com/LAYouthSports

Instagram.com/LAYouthSportsNetwork

YouTube.com/LouisianaYouthSportsNetwork

League Telephone Number: 225-308-1147

League Telephone Number: 888-774-3668

League Facsimile Number: 225-302-8607

All teams will be required to have access to the website and a valid (active) email account.

29 / PREP DIVISION [FLAG] RULES

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 40-yard line and has five (5) plays to get a first down (20-yard line). Once a team gains a first down, it has five (5) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on the 40-yard line.
5. If the offensive team fails to gain a first down, possession of the ball changes and the opposition starts its drive from the 40-yard line.
6. All possession changes, including interceptions, start on the 40-yard line.
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.

29a / TERMINOLOGY

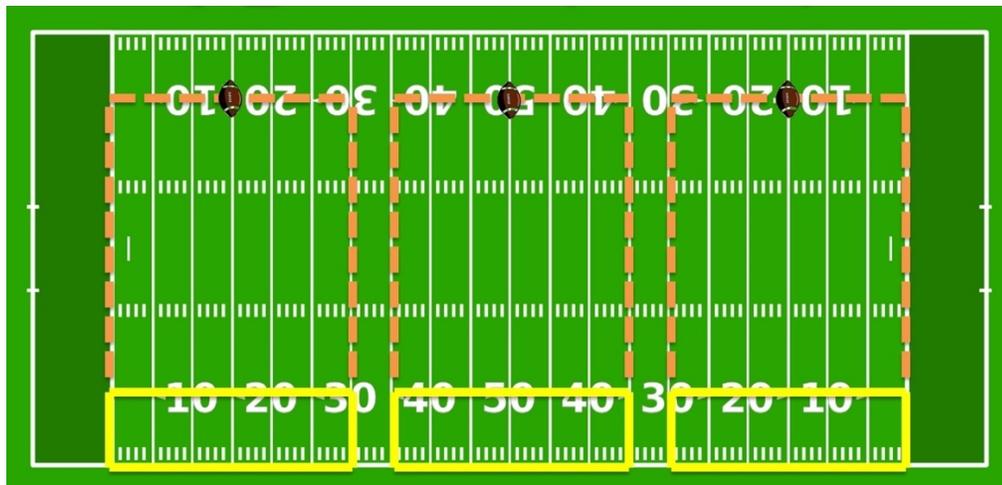
BOUNDARY LINES	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
LINE OF SCRIMMAGE	(LOS) an imaginary line running through the point of the football and across the width of the field.
LINE-TO-GAIN	The line the offense must pass to get a first down or score.
RUSH LINE	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
OFFENSE	The team with possession of the ball.
DEFENSE	The team opposing the offense to prevent it from advancing the ball.
PASSER	The offensive player that throws the ball and may or may not be the quarterback.
RUSHER	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
DOWN (1-2-3-4-5)	The offensive team has five attempts or “downs” to advance the ball. It must cross the 20-yard line to gain another set of downs or to score.
LIVE BALL	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
DEAD BALL	Refers to the period of time immediately before or after a play.
WHISTLE	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
INADVERTENT WHISTLE	Official’s whistle that is performed in error.
CHARGING	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
FLAG GUARDING	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering elbow or head or by blocking access to the runner’s flags with a hand or arm.
SHOVEL PASS	A legal pitch attempted beyond the line of scrimmage.
LATERAL	A backward or sideways toss of the ball by the ball-carrier.
UNSPORTSMANLIKE CONDUCT	A rude, confrontational or offensive behavior or language.

29b / EQUIPMENT

1. The league provides each player with an official flag belt and team jersey. Teams will use footballs provided by the league.
2. Players must wear shoes. Cleats may not be allowed at certain locations. However, cleats with exposed metal are never allowed and must be removed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed. Players are encouraged to wear mouth pieces during practices and games.
4. Players must remove all jewelry, hats and do-rags. Winter beanies are allowed.
5. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
6. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
 - a. **Flag belts cannot be the same color as shorts or pants.**

29c / FIELD

1. The field dimensions are 30 yards by 53 1/3 yards with two 10-yard end zones.
2. No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. Stepping on the boundary line is considered out of bounds.



29d / ROSTERS

1. Home teams wear dark color jerseys. Visiting teams wear light color jerseys.
2. Teams must consist of at least eight players with a maximum of 12 players.
3. Teams must start games with a minimum of eight players. In the event of an injury, a team with insufficient substitute players may play with seven players on the field but no fewer than six.

29e / TIMING AND OVERTIME

1. Games are played on a 40-minute continuous clock with two 20-minute halves unless one team gains a 28-point advantage, at which point, the score is no longer kept. Clock stops only for timeouts or injuries.
2. Halftime is one minute.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has one 30-second timeout per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play and both teams are lined up ready to restart the play.
7. If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner **Overtime format** is as follows:
 - a. A coin flip will determine the team that chooses to be on offense or defense first.
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii. The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.

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- i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. Both teams must “go for two” from the 10-yard line starting with the third round of overtime.
 - d. The final points earned by the winning team in the final overtime will be added onto the winning team’s total score. The losing team will not receive any additional points.
 - i. Example: End of regulation time, score is 14-14. Team A scores one point and Team B score two points. Team B wins with a final score of 16-14. Points are only added to total score from final round of overtime.
 - e. All regulation period rules and penalties are in effect.
 - f. There are no timeouts.

29f / SCORING

1. **Touchdown:** 6 points
2. **PAT** (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line).
 - a. Note: 1 point PAT is pass only; 2 point PAT can be run or pass.
 - b. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.
3. After one team is winning by 28 points or more, score is no longer kept. Once a 28 or more point advantage is gained, no PAT will be attempted. The game will continue in scrimmage mode for remainder of the game.
4. **Forfeits are scored 28-0 for the winning team.**

29g / COACHES

1. Coaches are allowed on the field to direct players according to need and division. Upon the snap, coaches must be behind the deepest offensive and defensive players and out of the action. Coaches can assist in the alignment of their team to facilitate a fast-paced game but may not provide extra instruction or make audibles to play calls once the huddle is broken.

29h / LIVE BALL / DEAD BALL

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
 - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
3. A player who gains possession in the air is considered inbounds as long as one-foot comedown in the field of play.
4. The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground
 - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground
 - b. The ball-carrier’s flag is pulled
 - c. The ball-carrier steps out of bound
 - d. A touchdown or PAT is score
 - e. Any part of the body other than feet or hands touches the ground
 - f. The ball-carrier’s flag falls out
 - g. The receiver catches the ball while in possession of one or no flag(s)
 - h. The 7 second pass clock expire
 - i. Inadvertent whistle
8. In the case of an inadvertent whistle, the offense has two options:
 - a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage.
9. A team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

29i / RUNNING

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
2. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a. **“Center sneak” play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**
4. No-run Zones are located 5 yards before the end zone are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only ONE no-run zones in each drive –one 5 yards from the goal line to score a TD).
5. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
7. Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
8. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Players spinning out of control will be called for flag guarding.
9. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
10. No blocking or “screening” is allowed at any time.
11. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
12. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

29j / PASSING

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
 - a. If the QB is standing beyond the 40-yard line at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).
 - b. Officials count off the 7-second rule as they would visually signaling a 3-second call in basketball with the final 3 seconds counted off verbally so the quarterback can hear it.

29k / RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change possession at the point of the interceptions. Interceptions are returnable and are the only changes of possession that do not result with starting on the 5-yard line.
6. The play is blown dead immediately if an interception is made on an extra-point try. There are no returns on that play.

291 / RUSHING THE PASSER

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
3. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback.
 - iv. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.
 - b. A penalty may be called if:
 - i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
 - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).
 - c. Special circumstances:
 - i. Teams are not required to rush the quarterback with the seven second clock in effect.
 - ii. Teams are not required to identify their rusher before the play.
4. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
5. The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.

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6. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.
 - a. A safety is awarded if the sack takes place beyond the 40 yard line the ball will be returned to the offense on the line of scrimmage with a loss of down.

29m / FLAG PULLING

1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
2. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

29n / FORMATIONS

1. Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
EXAMPLE: An offensive player lined up 3 yards deep in the backfield can never go in motion. A player in motion must either start from a set position on the line of scrimmage or 1 yard off to adhere to the rule.
 - b. No motion is allowed toward the line of scrimmage.
2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

29o / UNSPORTSMANLIKE CONDUCT

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
2. Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the coach, player, and/or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
 - a. Yell to cheer on your players, not to harass officials or other teams.
 - b. Keep comments clean and profanity free.
 - c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - b. Stay in the end zone area, not between fields. The administration zone is reserved for league administration, game officiations, medical personnel, coaches and players only.
 - c. Dispose of ALL trash in designated trash cans.
8. Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down

29p / PENALTIES

i. General

1. The officials will call all penalties.
2. Game officials determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.

5. Games may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
8. Penalties may not move the ball past the 40-yard line and into the Administrative Zone.
9. Penalties occurring on the 40-yard line result in loss of down and no yards lost.

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+10 yards and automatic first down

iii. Offensive spot fouls

Screening, blocking or running with the ball	-10 yards and loss of down
Charging	-10 yards and loss of down
Flag guarding	-10 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside /false start	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down

EXCEPTIONS

These rules, hopefully, are designed for the general attitudes that prevail with Louisiana Youth Football. However, exceptions do arise that must be addressed. If, during the course of the season, the need arise for rule modifications that are beneficial to the league in general and/or the safety of its participants, Louisiana Youth Football shall document the proposed changes in writing and submit them to the head coaches and officials.

LOUISIANA YOUTH FOOTBALL

2018 Age Group Eligibility Chart

<u>Division</u>	<u>Birthday Range</u>		
AAA: 11-12 (Seniors)	January 2, 2005	to	December 31, 2005
	January 1, 2006	to	December 31, 2006
	January 1, 2007	to	December 31, 2007
AA: 9-10 (Juniors)	January 2, 2007	to	December 31, 2007
	January 1, 2008	to	December 31, 2008
	January 1, 2009	to	December 31, 2009
A: 7-8 (Sophomores)	January 2, 2009	to	December 31, 2009
	January 1, 2010	to	December 31, 2010
	January 1, 2011	to	August 31, 2011
D-League: 5-6 (Freshmen)	September 1, 2011	to	December 31, 2011
	January 1, 2012	to	December 31, 2012
Varsity Flag: 6-7	January 2, 2011	to	December 31, 2011
	January 1, 2012	to	December 31, 2012
JV Flag: 4-5	January 1, 2013	to	December 31, 2013