

## 2<sup>nd</sup> - 4<sup>th</sup> Grade Rules

- Games will consist of four (12) minute quarters and a continuous clock, with the exception listed below. Clock will only stop for time outs, injuries, and the end of a quarter. There will be 5 minutes put on the clock for each halftime. The Head Referee at each game can, at his sole discretion, declare a “heat break” at any time he may deem appropriate.
- Exception to the Continuous Clock Rule - When the game clock hits 2 minutes at the end of the first half and in the 4<sup>th</sup> quarter, the game clock will begin to be operated according to IHSA rules, and will not be operated as a “continuous clock.” Note – If a play starts at any time over 2 minutes left in the game, but ends with less than 2 minutes left in the game, then the refs will blow the whistle/stop the clock in accordance with IHSA rules. For example, if Team A snaps the ball with 2:06 left in the game, and their RB runs it 30 yards but is tackled out of bounds with 1:58 remaining, then the clock will stop per IHSA rules. (The league will reserve the right to “suspend” this rule if a game is a “blowout.” For example, if a team is losing 27-0, there is no reason to be stopping the clock in the last 2 minutes and lengthening the game. However, at no time will the league be allowed to suspend this “two minute rule” if the trailing team is down by 16 points or less.....meaning, they are down by 2 scores and 2 (2) point conversions.)
- Teams will be allowed (2) timeouts per half.
- Teams will get 45 seconds to call a play. If the offense is at the line of scrimmage within 45 seconds, no penalty will be called.
- A team can have three (3) coaches on the field, for offense and defense, at any given time. At the snap of the ball, coaches on defense should be a minimum of 3 yard behind the deepest safety, and coaches on offense should be a minimum of 3 yards behind the deepest running back.
- Each team will have a “first half offense” and a “first half defense”, consisting of 11 different players on each. In the second half, players on the “first half offense” must play defense, and players on the “first half defense”, must then play offense. In 2012, this is being done by halves, not by quarters, and **you must have 22 different players on offense and defense. No players can go “both ways” with prior consent of the LPYFL’s Executive Committee. In any case where the league would grant an exception to this rule, the opposing coach will be notified of said exception BEFORE the game and will be given the reason as to why this exception was granted. Note – The LPYFL Executive Committee will in all cases, make the final decision on exceptions to this rule, and under no circumstances are Head Coaches allowed to make “side agreements” or usurp this rule. If any Head Coach is concerned that this rule puts the safety of any particular player in jeopardy, then the Head Coach should discuss the matter with the LPYFL’s Executive Board on how to handle the matter. The LPYFL Executive Board will follow ‘The prudent man rule’, and will always place the safety of its players above all else.**
- Any player weighing over 90 pounds will be “striped” and will not be allowed to carry the football or line up in a position to carry or catch the football.
- If a “striper” recovers a fumble or intercepts a pass, the ball will be considered “dead” at that point, and he may not advance the ball.

- All penalties shall be 5 yard penalties, with the exception of a personal foul or unsportsmanlike conduct...which will both be 15 yard penalties.
- Touchdowns are worth 6 points. A run PAT will be worth 1 point while a passing PAT will be worth 2 points. A kicking PAT will be awarded 3 points. On all kicking PAT attempts, the ball will be spotted at the 3 yard line and the kick shall be attempted from the 10 yard line. The defense may not rush and shall not attempt to block the PAT kicking attempt in any manner. There will be no defensive scoring on PAT attempts under any circumstances.
- There will be no kickoffs. Each team will start at the 40 yard line at the beginning of each half, and after each Touchdown.
- There will be no punting. If after 4 downs, a 1<sup>st</sup> down is not achieved, then the ball will be moved 20 yards up field to “simulate” a 20 yard punt.
- Not team shall ever start a possession inside its own 20 yard line because of a “punt.” (Example – If a team does not achieve a first down and ends up on their opponent’s 30 yard line, the team taking over on downs will start on their own 20 yard line, not their own 10 yard line.) If a team recovers a fumble or intercepts a pass inside its own 20 yard line, then on the change of possession, the ball will be spotted at the 20.
- The field will be of full regulation size.
- In the event of a Tie, there will be only one overtime period. In overtime, each team will have 4 tries to score from the 10 yard line. If a team scores a touchdown in these 4 downs, they will also try for a PAT (normal PAT rules apply). If after this overtime, the game is still tied, then the game shall end up in a Tie. (Exception is made for playoff games. Those games will be played until someone wins.)
- Every team at this level must play in a 4-3 defensive alignment. That means the DT must be lined up over the OG, the DE must be lined up over the TE (if no TE, then the DE must line up over the OT on that side), and the LB’s must be lined up a minimum of 3 yards from the line of scrimmage. OLB’s may not line up outside of the OT on each respective side of the ball. (This means that teams are not allowed to “flex out” their OLB’s.) CB’s must be “head up” if a WR lines up on their side, but must be at least 3 yards off of the line of scrimmage. If there is no WR to a CB’s side, then the CB must line up 3 yards off the line of scrimmage and at least 5 yards from TE to that side (if no TE, then 5 yards from the OT on that side.) Safeties must be a minimum of 7 yards off the line of scrimmage.
- Note/Clarification – All defensive linemen must be in a “down position.” In other words, the four defensive linemen cannot line up in a standing position. Also, defensive linemen must engage the offensive lineman. In other words, they cannot “shoot gaps.”
- No player can line up across “head up” from the center, under any circumstances.
- Only lineman can rush the passer, but no “stunting” or “twisting” will be allowed.
- There is no blitzing or gap shooting of any kind by LB’s/DB’s.
- It is the responsibility of the coaches on the field to make sure that all linemen are “head up”, and that no one is covering the center. If any coach believes the other team is “blitzing” LB’s or DB’s, then it should be immediately brought to the attention of the head official on the field. If the problem persists, the head official will penalize the team blitzing with a 15 yard

unsportsmanlike conduct penalty. If even after being penalized for blitzing, a team continues to blitz, then the head coach of that team shall be subject to discipline by the League.

- Teams will have 4 captains for each game and those captains will participate in the coin flip at the start of each game. Every player must get a minimum of one chance to be a team captain.
- Teams may run any offense or offensive formation they wish. However, there should be the following at all times – A minimum of 7 men on the line of scrimmage, with 1 center, two guards, and 2 tackles. There shall never be more than 3 players outside of the tackle on any one side of the field.