



2011
PARENT'S
MANUAL

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This handbook is to familiarize you with our philosophies, goals, and basic rules. Keep this guide handy to answer some of your questions and provide helpful information on our operation and personnel.

The White Bear Youth Football Association was established in 1983 and is registered with the State of Minnesota as an independent non-profit organization. We operate solely on donations, sponsor fees, player registration fees, and private contributions. While contributions are important, the time and effort devoted to the organization by board members, coaches, and many parents has contributed to our success.

In our beginning, many youth football programs were surveyed throughout the metropolitan area as well as nationwide. Our present program was developed from the best portions of all these programs. With support from the City of White Bear Lake, White Bear Lake School District Community Services and Recreation Department, and many volunteers, we have evolved to include; two lighted fields, a concession stand, certified referees, and increased player participation.

When a young person joins a football squad, they join a youth group that is striving for positive values in excellence, achievement, and teamwork. Football teaches the importance of unselfishness when striving to attain a group goal. In what other sport are there so many players who never touch the ball and without whose unselfish efforts no team goal is possible? Ask anyone who has ever played "in the pits". Football promotes physical and mental fitness, good sportsmanship, and teamwork. It is the only sport that demands eleven players know their responsibility as an individual and execute assignments at precisely the same time.

Our goal is to teach young players how to win with humility and lose with dignity. Our philosophy is, "We are a player's league". Everything is done for the benefit of the majority of players.

To summarize:

- 1) Teach the fundamentals of tackle football.
- 2) Teach and encourage physical and mental conditioning.
- 3) Teach fair play and good sportsmanship.
- 4) Most important -- have fun.

In keeping with our philosophy and those of the Minnesota State High School League, we would like to impress upon all coaches and parents that they must support the premise that an athletic contest is a learning experience and not just about winning.

BOARD OF DIRECTORS

President	Lyle Hoff
Vice President (Rules)	Stuart Hilderman
Vice President (Property)	Nick Molkenbur
Treasurer	Peter Meyers
Secretary	Dennis Jansen
	Doug Kovala
	Mike Mason
	Jim Snyder
	Tom Sohrweide
	Mike Sonntag
	Scott Tessier

WEBSITE AND EMAIL

Please visit our website at www.wbyouthfootball.org for the latest information regarding White Bear Youth Football. Schedules, game results, and game photos can be found there plus much more. You may also reach us through the contacts tab with any questions or concerns you may have.

PERSONNEL

There are many people who unselfishly devote their time and expertise to this program and are responsible for its success. Please take the time to thank these people, your coaches and volunteers, without them we would not have a successful league.

COACHES

The goal of our coaches is to instruct all young people in our program regardless of athletic skills. Teaching football fundamentals and development of self-esteem are of primary importance. Winning is a secondary goal. We cannot stress enough the importance of this being a youth program.

We always need coaches! Parents or interested persons wanting to coach or assist should contact a Board member during registration. The requirements are a sincere desire to work with young people and a fundamental knowledge of football. Head coaches are selected by the Board and agree to follow our rules. They are certified to coach football.

Coaches are allowed to be a head coach or assistant coach on one team only.

OFFICIALS

Certified high school officials are used as much as possible at each game. Even though officials do not make the correct call every time, their decisions should be respected. Arguing with an official results in conflict and sends your child the wrong message. Teaching sportsmanship is a primary goal of our organization.

(“Official Football Signals - High School and College” are on pages 8 and 9.)

INSURANCE

All players are responsible for their own medical insurance. Before a player is allowed to practice or participate they must sign a waiver form and have all the mandatory equipment.

COST

The basic player registration fee is \$105.00 per season or \$190.00 maximum if there are two or more siblings in a family with a \$10.00 late registration fee for each player registering after registration closes. Each player receives a team jersey, team and individual photograph, and trophy at the end of the season.

When the season is over and your coach has returned his equipment (dummies, shields, unused jerseys, Instruction & Drill Video, first aid kit, first aid manual, footballs, and kicking tee), and the Board has looked at the team participation in the concession stand and fund raising, money will be given to them from the Association to put towards a team party.

There are no refunds.

ORGANIZATION OF TEAMS

Teams are formulated around the neighborhood concept (as much as possible) except in the case of late registration. **Players must register during the registration period and attend one of the official weigh-in sessions in order to be placed on their team. A player who registers after the registration period closes will be assigned to a team with the least number of players at the time of their registration regardless of location. Boundaries are different for each grade level and will vary from year to year.**

No roster changes will be allowed.

Teams are selected after the last scheduled registration in the following manner:

- 1) Numbers of players on a team.
- 2) Address.

(A head coach's son is the only protected player on the roster. This does not include assistant coaches unless the Board of Directors assigns them to the team.)

Requests for coaches and/or teammates will not be considered.

PLAYER WEIGHTS

There are no weight limits on participation. Official weights of players are determined after registration closes. There are, however, ball carrier weight limits for each grade level (five pounds above the average weight for each grade level) that are established by the Board after registration.

The term "ball carrier" for purposes of weight limits includes all offensive backs, pass receivers (split ends and tight ends), six deep kickoff receivers, and deep punt receivers. Ball carrier weight limits do not apply to prevent a linebacker playing their permissible position from fielding and advancing a short kickoff, short punt, fumble, or interception. A linebacker who is heavier than ball carrier weight must remain near (within 3-5 yards) the line of scrimmage in punt return formation.

EQUIPMENT

Every player is required to furnish his or her own equipment with the exception of a game jersey. Every year the Association sponsors an equipment sale where players are able to buy and sell used equipment.

Mandatory equipment for players:

- 1) Certified **white** helmet with facemask and chinstrap.
- 2) Certified shoulder pads.
- 3) **White** football pants and pads.
- 4) Mouth guard (recommended it be attached to the helmet).
- 5) Shoes (football, soccer, or any tennis or running shoe is acceptable provided that there is no more than ½ inch protrusion from the sole). **Removable ½ inch plastic cleats are acceptable. Metal or longer than a ½ inch are forbidden.**
- 6) Athletic supporter and cup are recommended.

During the first few practices, coaches may choose to authorize play without pads in non-contact activities. Ask your coach for questions on required equipment.

A player may not participate in any contact drills during practice or play in a game without the required/mandatory equipment.

WEATHER

In the event severe weather postpones the start of any games, the Board will consult with the game officials to determine when and if the game(s) can be played. There is no specific time limit for this postponement. Because of game official's schedules with high schools games and the fact our games need to get completed because of possible scheduling conflicts, it is imperative we try to get them played on the night they are scheduled. Once the games have begun, it is the responsibility of the game officials to determine when and if to stop the game because of severe weather (following the MSHSL guidelines). The safety of all players and spectators is of utmost concern to us.

MANDATORY PLAYING TIME

Our program was developed to permit maximum participation for each player.

Each player dressing and attending a game will have a starting position on offense and/or defense and play the entire game. Each time the ball changes hands from offense to defense, players not on the field must enter the game. Two-way players may be substituted for at any time. One-way players may not be substituted, except in the case of injury. A players' starting position may be changed from offense to defense or vice versa, for half of the game.

This will be adhered to providing the player:

- 1) Attends practice regularly.
- 2) Displays an attitude of cooperation toward coaches and teammates.
- 3) Is physically ready to play.

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

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

PLAYER PARTICIPATION

The White Bear Youth Football Association operates all three of its grade levels on a participatory basis (each player dressing and attending a game will have a starting position on offense and/or defense and play the entire game) but playing time and starting positions are subject to certain conditions.

These conditions are:

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

Coaches are instructed to inform the player and their parent(s) the reason why they are being disciplined and the length of the discipline (not being played for a quarter, two quarters, or a full game for repeat offenses).

PRACTICES

Two coaches/adults (minimum) are required at *all* team practices or activities.

Practices may start as soon as teams are formed and players notified. This usually takes place during the week following registration. Coaches are advised to hold practices near the neighborhood of their team.

Practice time is no longer than 1½ hours per day plus an additional 15-minute warm-up. A maximum of 5 practices are allowed per week. No more than one practice per day. It is recommended that no practices be held on weekends.

After the first official league game a maximum of two practices are allowed per week. Practice time will last no longer than 1½ hours with a maximum of 3 hours per game week. A 15-minute warm-up period before each practice is not counted as practice time.

Scrimmages count as practice time. Practices, team meetings, instructional practices, etc. beyond the above guidelines are prohibited.

To help prevent injuries, warm-ups are strongly encouraged.

No practices or scrimmages are permitted on Podvin Park Fields.

PRACTICES - EXCUSED/UNEXCUSED ABSENCES

Practices are critical to the success of any team and the White Bear Youth Football Association. How a team prepares and learns the needed skills of a team sport during practices determines the ability of a team to play a sport well. The most important practices are the ones before the first game.

An *excused* absence from a practice will not affect a player having a starting position and playing at least half of each game. While definitions cannot meet one hundred percent of all situations, generally *excused* absences from team practices are:

- 1) Communicated to the head coach prior to the practice.
- 2) Involve a situation that is beyond the control of the player.

Examples of *excused* absences:

- a) Doctor or Dentist appointment.
- b) Out of town with parent(s).
- c) Religious education class.
- d) Injury or illness. If a player misses two consecutive practices because of illness, a Doctor's note stating the player is ready to return to football is required.
- e) School educational event.

A decision by a player to attend a practice for another sport instead of a scheduled football practice is not an excused absence.

LENGTH OF GAME

- 1) Each quarter is 12 minutes running time for all grades. The clock will stop for:
 - a) Time outs.
 1. Each team has two time-outs per half, with each 1 minute in length.
 - b) Injuries.
 1. Injured players must leave the field for at least one play.
 2. A time-out is not charged to a team in the event of an injury to a player.
 - c) Officials conference.
 - d) **Delay of game penalties.**
 - e) **After a touchdown and until the ensuing kickoff.**
 1. After the PAT, both teams have 30 seconds to be in proper formation from the time the official sets the ball down and signals play is ready to continue.
 2. Failure to do so results in a 5-yard delay of game penalty.
 - f) Incomplete pass or ball carrier going out of bounds in the last two minutes of each half.
- 2) The clock stops according to high school rules the last two minutes of each half.
- 3) Half time is 5 minutes in length.
- 4) There are no overtimes during the regular season. During playoffs, overtimes are used in accordance with Minnesota High School Football rules.

SCORING

- 1) Touchdown: 6 points.
- 2) Point After Touchdown (PAT):
 - a) 1 point (**run**).
 - b) 2 points (**pass**).
- 3) Safety: 2 points.
- 4) There are no field goals.

SEASON

Our season begins with pictures being taken on **Picture Sunday** at Podvin Park on a Sunday afternoon usually near the end of August.

All league games are scheduled at Podvin Park, 1700 West 9th Street. Games are held Monday, through Wednesday nights. Makeup games are Thursday depending on schedule requirements. We play a six game regular season schedule with an additional one to three playoff games.

The season championship game in each grade is played on **Super Sunday** (near the end of October) at Podvin Park South Field.

PARENTS RULES, RESPONSIBILITIES, AND HELPFUL HINTS

- 1) Be your child's number one supporter and fan. **Don't** criticize your child. Most players know when they've done something wrong.
- 2) **Spectators & parents aren't allowed on the Players/Coaches side during games.**
- 3) **No videotaping is allowed from the Players/Coaches side during games.**
- 4) If you have questions or problems, please talk with your coach first and if it is not resolved contact a Board member.
- 5) **Don't** interfere with officials or adults running the chains, down marker, or scoreboard.
- 6) Parents are responsible for getting their child to every practice and game on time and fully equipped.

PLAYING RULES

Games are played under Minnesota State High School Football rules with certain modifications and exceptions for the benefit of our players. Modifications are designed to protect players, promote evenly matched games, and allow for more time under controlled game conditions. Your coach can explain any rules you are concerned about.

Rules specific to our league:

- 1) **4th/5th grade** regulation field is 80 yards with minor penalties 5 yards and major penalties 10 yards.
- 2) **6th and 7th grades** regulation field is 100 yards. All High School rules apply.
(An "11-player Football Field Diagram" is on page 10.)
- 3) Only players who are ball carrier weight or below can line up in ball carrier positions (i.e. quarterbacks, running backs, split ends, tight ends, six deep kickoff receivers, and deep punt receivers).
- 4) Only three offensive formations are permitted:
 - a) Wishbone.
 - b) Flexbone.
 - c) Punt formation.
- 5) In **4th/5th and 6th grades**, punt formation is used only for punting. Coaches **must** notify the referee if they are going to punt the ball. **No** play other than a punt may be used from the punt formation. In these grades the punter must punt the ball. They need not be ball carrier weight because the punter cannot run the ball. Both punting and receiving teams must remain stationary until the ball is punted. **The defense cannot rush the punter.** In the event of a bad or fumbled pass from the center the punter is still allowed a free punt.
- 6) In **7th grade**, **defenses can rush the punter.** If the punter is ball carrier weight, they may advance the ball by run, pass, or kick. Punters may be above ball carrier weight but they can't advance the ball by run, pass, or hand-off. If they attempt to advance the ball beyond the line of scrimmage, the play will be whistled dead and the ball placed on the line of scrimmage with loss of down.
In 7th grade on 4th down only, any running or passing play may be designed and used from the punt formation without restriction as long as the punter is ball carrier weight. On 1st, 2nd, or 3rd down, you must punt from punt formation. The intention of this rule is to prevent the running of a shotgun offense.
- 7) The only defenses allowed are the Tight Okie (all grades) and Split Eagle (**7th grade only**). The three interior linemen must be down in a three or four point stance.

There are no short yardage, goal line, or prevent defenses allowed.

- 8) The defense must be stationary at the snap of the ball. No blitzing or defensive shifts are allowed before the snap of the ball.
- 9) The offense cannot be in motion. No deliberate movement of people is allowed.
- 10) In any offensive play from scrimmage the only players eligible to carry the ball have to be "ball carrier" weight.
- 11) A fumble, lateral, or backward pass recovered by **any** player (offense or defense) may be advanced as far as the player is able to advance the ball. A **fumbled snap** between a quarterback and a center may be advanced by anyone other than an offensive lineman.
- 12) Defensive backs must be ball carrier weight. Linebackers can be heavier than ball carrier weight and advance intercepted or deflected passes but, cannot return punts and must remain near the line of scrimmage in punt return formation.
- 13) **Teams are not permitted to scrimmage, practice, or have any interaction with teams outside their grade.**
- 14) **No league team is allowed to play any team outside of the White Bear Youth Football Association without the Board's permission.**

PLAYOFFS

All teams participate in the playoffs. Playoffs occur in the two-week period following our six regular season games and culminate with the playoff championship games on **Super Sunday** (near the end of October) at Podvin Park South Field.

Teams are seeded in the playoffs based on their regular season record. Playoff seeding for teams tied at the end of the regular season will be broken as follows:

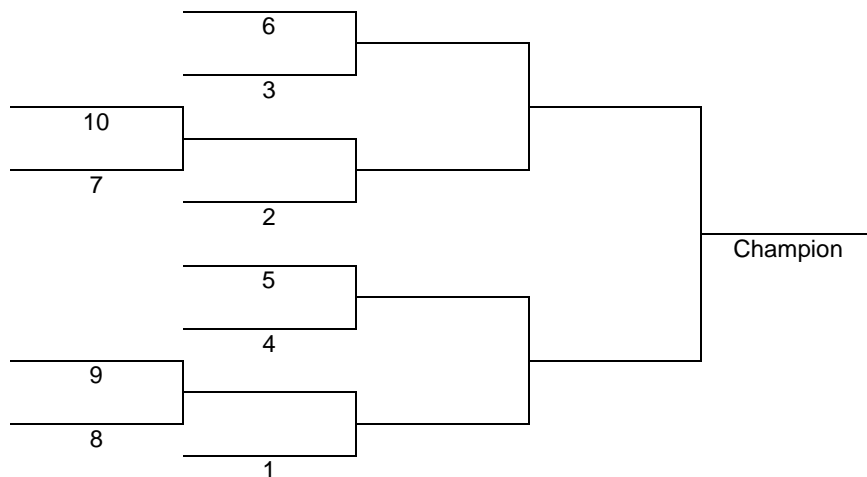
- 1) Head to head competition.
- 2) Coin toss for teams that didn't play each other or tied if they played each other.

Points scored or allowed during the regular season do not have any bearing on the playoff seeding.

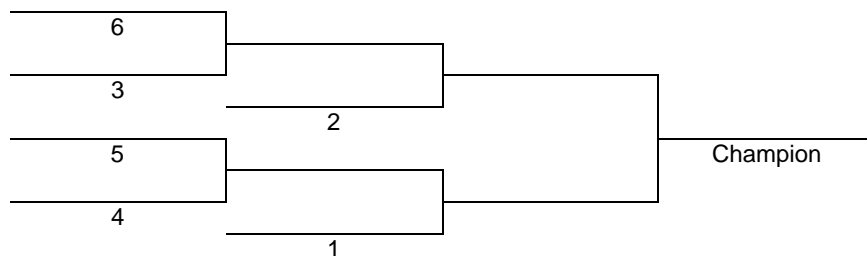
During playoffs, overtimes are used according to Minnesota High School Football rules.

PLAYOFF SEEDING

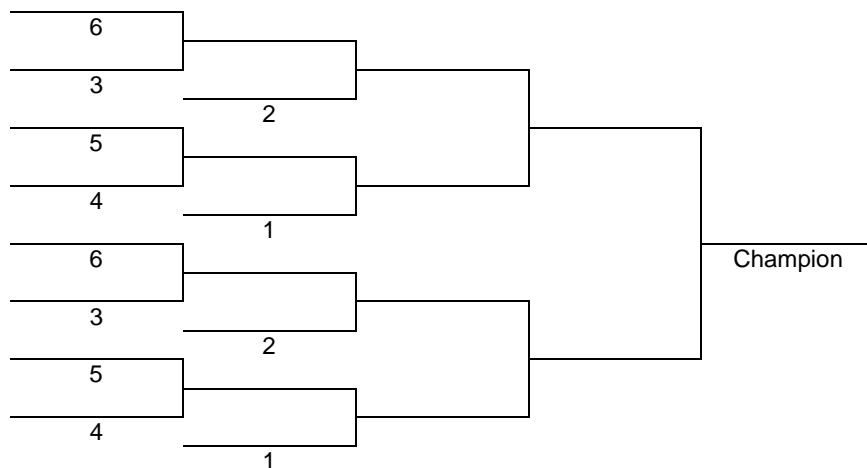
- 1) Based on 10 teams (higher seed is home team).



- 2) Based on 6 teams (higher seed is home team).

























- 3) Based on 12 teams with 2 divisions (higher seed is home team).





**OFFICIAL FOOTBALL SIGNALS
HIGH SCHOOL AND COLLEGE**



<p>1</p>  <p>Ball ready for play *Untimed down</p>	<p>2</p>  <p>Start clock</p>	<p>3</p>  <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p>  <p>TV/Radio time-out</p>	
<p>5</p>  <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p>  <p>Safety</p>	<p>7</p>  <p>Dead ball foul Touchback (move side to side)</p>	<p>8</p>  <p>First down</p>	
<p>9</p>  <p>Loss of down</p>	<p>10</p>  <p>Incomplete forward pass Penalty declined No play, no score Toss option deferred</p>	<p>11</p>  <p>Legal touching of forward pass or scrimmage kick</p>	<p>12</p>  <p>Inadvertent whistle (Face Press Box)</p>	<p>13</p>  <p>Disregard flag</p>
<p>14</p>  <p>End of period</p>	<p>15</p>  <p>Sideline warning (NFHS)</p>	<p>16</p>  <p>First touching (NFHS) Illegal touching</p>	<p>17</p>  <p>Uncatchable forward pass (NCAA)</p>	
<p>18</p>  <p>Encroachment (NFHS) Offside defense or free-kick defense (NCAA)</p>	<p>19</p>  <p>False start Illegal formation</p>	<p>20</p>  <p>Illegal shift - 2 hands Illegal motion - 1 hand</p>	<p>21</p>  <p>Delay of game</p>	<p>22</p>  <p>Substitution infraction</p>



**OFFICIAL FOOTBALL SIGNALS
HIGH SCHOOL AND COLLEGE**

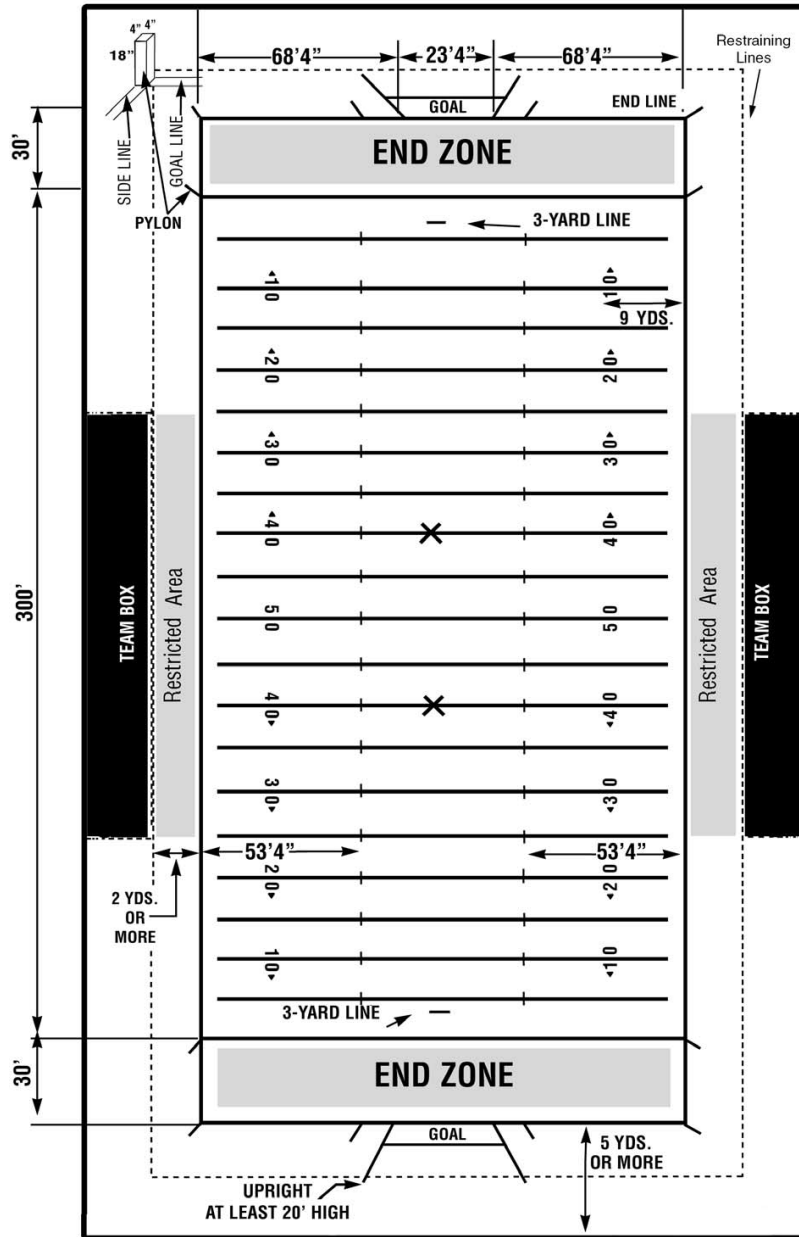


23 Failure to wear required equipment	24 Illegal helmet contact	25 Illegal Horse-Collar Tackle	27 Unsportsmanlike conduct Noncontact foul	28 Illegal participation
29 Sideline interference (Face Press Box)	30 Running into or Roughing kicker or holder	31 Illegal batting/kicking (Followed by pointing toward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

NOTE: Signal number 26 is for future expansion.

09

11-player Football Field Diagram



OUR STORE IS ONLINE!

WHITE BEAR YOUTH FOOTBALL



**CHECK US OUT AT:
www.wbyouthfootball.org**