

FM Athletics Football Rules and Regulations

March 2011

Weight Limits: Players in the top 30 pounds of each division are required to play on the interior line. Interior line is defined as tackle to tackle on both offense and defense. Any 6th grader over 160 pounds may move up to the 7/8 grade division. Any 4th grader over 135 pounds may move up to the 5/6 grade division. No weight limits on 7th and 8th grade divisions; no player over 156 pounds may carry the ball. Weight restricted players may advance a recovered fumble or intercepted pass.

<p>4th Grade-Instructional Weight up to 135 lbs. 5&6 Grades- Weight up to 160 lbs. 7th & 8th Grades -No weight limit</p>	<p>NOTE: You must play the interior line if you are at these weights or above (w/out exceeding weight limit in each division): 4th grade:101 lbs; 5/6 grade: 126 lbs; 7/8 grade: 156 lbs. Any 6th grader over 160 lbs may move up to the 7/8 grade league.</p>
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Weigh-In: All players will be weighed in on the League scale on the day of equipment handout. This will be the only weigh-in. The Board reserves the right to re-weigh any player at any time during the season.

Medical Exams: FM Athletics does not require a medical exam.

Parental Consent: The registration application includes a waiver that must be signed by the player's parent or guardian. This waiver relates to legal liability and physical fitness of the player involved. No individual may participate in practice, a scrimmage or a game without a signed registration form from a parent or guardian.

Team Roster: The Roster Committee will make all rosters. No player will be allowed to participate in FM Athletics and a city (school) football league at the same time. Players are not guaranteed placement on the same team with the same coach yearly. The number of registered players fluctuates each year.

Equipment: All equipment must be issued by FM Athletics, with the exception of shoes and a mouthpiece. Any approved soccer football cleats are permissible. Cleat-type shoes are not allowed when games are played at the FargoDome. Mouthpieces are required to be worn at all full contact practices and all games. A doctor's release must be presented prior to any player adding any equipment not issued by FM Athletics. Coaches: Keep the doctor's release/letter in your Coach Kit during the season so it is available for review by the officials or a board member.

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

Game officials will ask coaches before games if all players are properly equipped, if there are any injuries, or if there are any players out for discipline.

Clock: 15 minute running clock for ALL three divisions. Clock stops for Timeouts, Injuries and Touchdowns. Clock starts on kickoff after Touchdown.

Fields: 80 yard fields for 4th grade. 80 or 100 yard fields for 5/6 grade divisions and 100 yard fields for 7/8 grade division

Substitutions: Defense: You may substitute for injuries ONLY. You play with the players you have on the field during that possession. This is a major penalty.

Offense: A complete change of backfield must take place when: Once you are up by 16 points, you must change out the backfield. Please note that you must inform the referees, prior to the start of the game, who is in your starting backfield. The players you list as the starting backfield have to stay in the game until the point difference is reached, or the backfield can be changed at halftime.

You do not have to change out your backfield for a point after touchdown.

Once a change of backfield occurs, the players who were part of the starting backfield may not advance the ball. On offense, each team is expected to start their first string backfield. This is a major penalty of 15 yards.

Playing Time: Please refer to your Coach contract. Equal playing time for all players is required in FM Athletics. It is the intention to provide opportunities for players of all skill levels to participate on an equal basis. A player could have playing time altered for disciplinary reasons. This should be carefully explained to your players. The head coach needs to report all such players to the officials prior to the start of the game.

Practices: Each team shall practice no more than four times a week. No two-a-day practices are allowed. Team meetings (no practice) may be called at the discretion of the coach. The practice week starts on Monday and ends on

Sunday. No practices on Wednesday evenings.

Extra points: **All grades: The holder must be 7 yards off line of scrimmage. The Kicker 3 yards (maximum) behind holder. No rushing the kicker. If there is a bad snap, the holder may get the ball and put it back on the tee. This is to encourage snapping & kicking. A team does not have to switch offensive backfield for the extra point.**

1 point: run from 3 yard line
2 points: run from 5 yard line
2 points: kick from 3 yard line

Time Outs: **All levels of play: Two Timeouts per half.**

RULES: All teams will play by the North Dakota High School Activities Association Rules, subject to exceptions by FM Athletics:

4th GRADE DIVISION:

Position Play: **Players MUST play one-half of the game on Offense and one-half of the game on Defense. If you have less than 22 players, you must still change the backfield at half time. If second team QB gets injured when team is ahead by 16 or more points, you MUST use 3rd QB.**

No rushing the punter. Kicking team cannot go down field until ball is kicked. No fake punts. It is the intent to learn the art of being a long snapper. 4th grade must also snap the ball. **Punt Formation: Offense-10 players on line plus punter; Defense-9 players on line and up to 2 punt returners.**

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

Defense: The only defense allowed is a 6-3 set up. The defensive tackle & guards must line up, with head up. The center will be left uncovered. The defense is not allowed to block the center unless the player attempts to move forward along with the play. The object is to allow the play to get off. No substitutions on defense.

Offense: No quarterback sneaks allowed. No trip formations. **MUST line up with a Center, 2 Guards, 2 Tackles and 2 Tight-ends.**

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

Players that are required to play on the line due to weight restrictions, must line up between the tackles on both offense and defense. All players must be in a 3 or 4 point stance between the tackles. Outside the tackles, the players may be in an up or down position.

Horse collar tackle is a major penalty.

5th/6th GRADE DIVISION:

Position Play:

Players MUST play one-half of the game on Offense and one-half of the game on Defense. If you have less than 22 players, you must still change the backfield at half time. If second team QB gets injured when team is ahead by 16 or more points, you MUST use 3rd QB.

All teams will employ a balanced offensive line (three players on each side of center). Team formations are up to the discretion of the coach.

No quarterback sneaks allowed.

Defensively, a minimum of four players and a maximum of six players shall be employed on the line of scrimmage. Within a team's goal line and the 8 yard line, goal line defenses are permissible. No substitutions on defense.

Linebackers and defensive backs must maintain a minimum of a 3-yard setup from the line of scrimmage. Defensive backs and linebackers must not be in a forward motion until the ball is snapped. This is a minor penalty.

The interior line (on defense) must be in a 3 or 4 point stance at the snap. This is a minor penalty.

No rushing the punter. Kicking team cannot go down field until ball is kicked. No fake punts. It is the intent to learn the art of being a long snapper. No quick kick on 4th down. **Punt Formation: Offense-10 players on line plus punter; Defense-9 players on line and up to 2 punt returners.**

NO blitzing. Must be 3 yards off the ball at snap. Can't be moving forward at the snap. Penalty is Unsportsmanlike Conduct.

Players that are required to play on the line due to weight restrictions, must line up between the tackles on both offense and defense. All players must be in a 3 or 4 point stance between the tackles. Outside the tackles, the players may be in an up or down position.

Horse collar tackle is a major penalty.

May line up over the center but can't hit player until in a blocking position.

7TH/8TH GRADE DIVISION:

NO blitzing. Must be 3 yards off the ball at snap. Can't be moving forward at the snap. Penalty is Unsportsmanlike Conduct.

Players that are required to play on the line due to weight restrictions, must line up between the tackles on both offense and defense. All players must be in a 3 or 4 point stance between the tackles. Outside the tackles, the players may be in an up or down position

Horse collar tackle is a major penalty.

No substitutions on defense.

May line up over the center but can't hit player until in a blocking position

ALL LEVELS OF PLAY:

Equal Playing time: Please refer to your Coach contract. Equal playing time for all players is required in FM Athletics. A player could have playing time altered for disciplinary reasons. This should be carefully explained to your players. The Head coach needs to report any such players to the officials prior to the start of the game to avoid a penalty. See the following example:
Assume 16 players are on your team, 11 players are on the field for the game and 5 players are on the sideline. On the change of possession, the 5 players on the sideline MUST enter the game to play the next series. No exceptions.

Team with more than 22 players on roster: Teams with more than 22 players on a roster must discuss with a Board Representative from your area about equal playing time and substitutions before your first game.

Coaches: A maximum of FIVE coaches are allowed in the coaching box at

games. EVERY coach must be wearing an FMA Coaching Hat while in the coaching box. 4th grade ONLY: One coach is allowed on the field during the game to call the plays.