PRACTICE INFORMATION

1. Team may begin practicing the week of August 13th.
2. Teams are allowed three, two-hour practices the weeks of August 13th, August 20th and August 27th with the following rules:
   1. Players may be in full pads only 2 of the 3 practices
   2. Players may only wear shells (helmet and shoulder pads) 1 of the 3 practices and this must be a non-contact practice.
3. Once the season begins, teams may only practice twice a week for no longer than 90 minutes. One practice may be in full pads and the other must be in shells only with no contact.
5. Coaches must not use the “nut cracker” drill.
6. Game times will be determined by the YMCA and schedules will be distributed to teams approximately one week after the coaches meeting
7. A free Youth Tackle Clinic led by the UWO Football coaching staff will be held at the 20th Ave. YMCA from 5:30 – 6:30 pm Monday, Tuesday and Wednesday August 6, 7, 8th.
8. The Coaches Meeting will be on Thursday, August 9th, at 7:30 p.m. at the 20th Ave. YMCA.

GENERAL RULES

1. All rules will be played under WIAA (Wisconsin Interscholastic Athletic Association) rules that are applicable with the exception of the following changes and additions.
2. Regulation game will consist of four (4) periods, each twelve (12) minutes in length with a running game clock only stopping at the end of each period, with the exception of the following; injury timeouts, team time-outs, and at the two (2) minute warning at the end of each half. The clock will also stop and start after the two-minute warning for out-of-bounds plays, incomplete passes and after a touchdown or extra point is scored.
2. Each team will be entitled to two (2) time-outs per half of one (1) minute duration.
3. Rest interval between quarters will last approximately two (2) minutes.
4. Rest interval at halftime will last approximately four (4) minutes.
5. Immediately prior to game time, the head referee, in the presence of the team captains and head coaches shall ask them if their teams are properly and legally equipped, then they shall flip a coin. The winner of the coin toss must choose one of the following with the loser of the toss choosing the other:
   a. Take the ball and start on offense
   b. Defer to the 2nd half
6. All coaches must remain on the sidelines **between the 25 yard lines** with the rest of their team. Coaches are not allowed on the field during play.

7. Only one designated coach per team will communicate with the officials during the game.

8. Players may only wear plastic/rubber football cleats. **No metal spikes.**

9. Mouth guards are mandatory and are to be provided by the participant.

10. No headgear is allowed underneath any part of the helmet or chin strap that would obstruct with the natural fit of the helmet or otherwise.

11. There will be no overtime periods!

12. The WIAA does not allow or accept protests; therefore the referee’s decisions are final.

13. Each team will have a maximum of 22 players and will field a completely new offense and completely new defense in the second half. If you are short players, some players may have to play both ways in the same half, but these should be different players every week. Each player will be in at least one quarter on offense and one quarter on defense each game and the time cannot be split up between quarters. **Coaches will be instructed to have two offensive / defensive groups, one group for quarters one and three and the other group for quarters two and four. The YMCA encourages equal participation!**

14. The head coach has the authority to limit game playing time of any player on their team who continually misses practices without a valid excuse, or who may have caused disciplinary problems during a prior practice or a particular game.

15. It shall be noted that it is the intent of the YMCA Tackle Football Program to give each player at least one (1) quarter of playing time in each game and as close to two (2) quarters regardless of their age or athletic ability. However, it shall also be recognized that it is the coach’s prerogative to assign individual players to specific positions (offensive or defensive), assess their physical and emotional abilities, teach all players the fundamentals of football and good sportsmanship, and promote the general well-being of the entire team as a unit.

16. Any trash talking, obscene gestures, or other unsportsmanlike behavior will not be tolerated. The YMCA staff reserves the right to eject or suspend any player or coach for unsportsmanlike behavior during games or practices. Referees and YMCA staff will be allowed to assess 15-yard penalties on any players or coach for inappropriate behavior during games. Coaches will take a player out of the game for at least 6 plays for unsportsmanlike behavior.

17. **Heavyweight Rule** – The following weight limits for QB/RB/WR in each of the grade levels are as follows: 5th and 6th grade (115 lbs). This means that a “heavyweight” may play TE, but cannot receive a direct hand-off or pitch. You may only forward pass to them. Heavyweight players will be designated by yellow tape on the front and back of their helmet.

18. The minimum player weight for 5th or 6th grade shall be 60 lbs. during weigh-in.

**OFFENSIVE RULES**

1. The offensive team must have seven (7) players, including the center, on the line of scrimmage when each play starts. The guards, tackles, center and the tight ends must be in a 3 point stance. Lines must be evenly spaced with 1-3 ft. gaps between these players.
2. The offensive team must start from a 2 or 3-point stance and remain motionless for one (1) full count before the snap of the ball. **No silent snaps allowed.**

3. The quarterback may then take a snap from under the center or take a direct snap as a setback.

4. The quarterback cadence must start with a “set” call for at least one second.

5. The offense cannot put more than two eligible receivers on the same side of the line. So if you put a wide receiver and a flanker set back in the slot on the same side as the tight end then the tight end is not an eligible receiver. **No “trips” allowed.**

6. The setbacks must remain one (1) yard behind the line of scrimmage from any position, including flanker and split positions.

7. One (1) setback may go in motion by taking no more than one (1) stride forward from his position and then must turn parallel to the line of scrimmage. The player may not turn up field while in motion until the ball is snapped. Also, the ball cannot be snapped for one (1) full count after the setback has gone in motion.

8. Only the quarterback calling out the signals may take the snap from under center or take a direct snap in the shotgun formation.

9. The center or offensive linemen cannot run the ball or receive a pass on any play.

10. The quarterback may adjust the position of the ball on the line of scrimmage for their snap. Picking up the ball a short distance off the ground shall not be construed as movement of the ball by the defensive team. Once the center has positioned the ball for the snap, they may not move it again except to start the offensive play. The ball may not be moved forward by the center.

11. Only the receivers, ends and backs of the offensive team are eligible to receive a forward pass. On a pass play the center and interior lineman cannot advance more than one (1) yard past the line of scrimmage until the pass is released.

12. The offensive team must position themselves on the line of scrimmage and remain behind the “neutral zone” (the length of the football) until the snap is made. Failure to do so will result in an offside call. The center’s head may intrude into the neutral zone, but not over the far end of the football.

13. The offensive team shall have forty-five (45) seconds in which to start play from the time the ball has been spotted by the referee from the preceding play.

14. Cross blocking will be allowed when a lineman is uncovered. Example, the center on every play. The offense may not pull linemen and may not trap block. Linemen may only block the defensive linemen in front of them or the linemen directly to the left or right of the linemen they are in front of.

15. **No** blocking below the waist, cross body, roll type blocks, chop blocking or crack back blocking are allowed at any time. The intent of these rules are to prevent blindside blocking by an offensive player on opposing players. This rule should not prevent a player from making a block as long as they position themselves in front of the defensive player before attempting a block and also not prevent a downfield block.

16. If the knee of the ball carrier touches the ground, the player is down.

17. The offense does not need to huddle before a play if it desires not to.

18. Following Touchdowns, a conversion will occur from the 3 yard line.

19. Teams are encouraged to have two (2) different quarterbacks play during each game. These quarterbacks should, as a general guideline, split the offensive snaps a minimum of 75/25 percent.
20. Heavyweights may not advance the ball on a turnover, including a heavyweight tight end. Coaches should instruct all heavyweights to fall on fumbles and not advance interceptions.

DEFENSIVE RULES

1. The defensive team must have four (4), and not more than six (6), defensive linemen on the line of scrimmage at the start of a play. The defense may only have more than four (4) players when covering a TE. The defensive linemen must be in a three (3) or a four (4) point stance for one full second prior to the snap of the football. **No defensive lineman may line-up over the center.**

2. Defensive lineman must line up head on with offensive guards and tackles. The offensive center must be left uncovered.

3. After linemen are lined up head to head, they may move towards the offensive backfield in the “gaps.” It shall be the responsibility of the offensive line to block the defensive line properly.

4. The defensive player can change stance (3 point or 4 point), but cannot stand up or shift position on the line. With regard to set defense, the linebackers must be at least two (2) yards off the defensive line but do not have to be parallel to one another, and the corners and safeties must be at least two (2) more yards behind the linebackers and do not need to be parallel to each other with the following exceptions:
   a. If the ball is on or within the 3 yard line, LB’s may be one (1) yard from the linemen and DB’s may be one (1) yard from LB’s.
   b. With regard to set defense, linebackers must line up within ½ yard of the widest down offensive lineman and must be two (2) yards behind the defensive lineman and defensive backs must be four (4) yards behind the defensive lineman.

5. The defensive team may position its cornerbacks / linebackers / safeties as they choose in an upright position:
   a. 4 linemen, 3 linebackers, 2 corners, 2 safeties
   b. 4 linemen, 4 linebackers, 2 corners, 1 safety

6. **Blitzing is not allowed by linebackers, corners or safeties.** Defensive linemen may rush the passer at any time. Linebackers and defensive backs may not rush the passer unless the quarterback has left the pocket (gone outside the offensive tackles). The quarterback is then fair game for all defensive players to rush.

7. Linebackers may assume the position of a lineman if the offense has a tight end set one yard off the line of scrimmage. This defensive player must assume a 3 or 4 point stance. DB’s may then fill any open LB positions.

8. Fumbles and interceptions may be returned by any non-heavyweights only. The ball shall be blown dead after a heavyweight has possession of a turnover.

9. **Any high tackles at or around the head area including “horse collar” tackles will result in a 15-yard unsportsmanlike conduct penalty.**

10. Defensive substitutions are allowed, however the offense does not need to wait until substitutions are completed, it is the defenses responsibility to be ready for the offensive play.
SPECIAL TEAMS

1. The game will start with the kickoff at the 40-yard line. Kickoffs will be live until the ball is possessed, but no returns are allowed. If the kickoff is fumbled or untouched, the ball may be recovered, but not advanced. All players on kickoffs must be lightweights (under 115lbs). If heavyweights must be used, then they must play the interior part of the line and are not allowed to rush down field.

2. On-Side Kicks -- are legal, ball is dead upon recovery. Teams must line up in a balanced formation with 5 players on each side.

3. Kickoffs may not start worse than the 30 yard line.

4. On 4th down or any other down of his choice, the offensive captain must inform the referee of his intention to punt the ball. If the offensive team is punting, the referee will give the defensive team proper notification that the offensive team is punting. In addition, the offensive team may not cross the line of scrimmage because the punt is a dead ball. Any time you are going to kick, you must notify the other team. No fake punts.

5. On a safety, player will free punt from the 30-yard line. No returns, but the ball must be downed by the return team. (Ball may not be advanced forward). Receiving team may not start worse than the 30 yard line.

6. Punts will be a dead ball play; there will be no runbacks or attempts to block the punt. The defensive linemen must be down in their usual 3 or 4 point stance and may only stand up once the ball has been snapped. The receiving team is encouraged to attempt to catch the punt. The ball will be spotted where the ball is controlled, the ball may not be advanced forward (it will be marked at the furthest point of contact if propelled forward). Heavyweights can receive punts only because they are a dead ball.

PENALTIES

All penalties will be assessed as W.I.A.A. states.

1. Pass interference:
   a. Offensive – 10 yard penalty and loss of down
   b. Defensive – automatic first down and 15 yards from the previous spot

2. Offensive holding or illegal use of hands – 10 yards

3. Defensive holding or illegal use of hands – 10 yards

4. Roughing the passer – 15 yards and automatic first down from the line of scrimmage for offensive team. (2nd penalty will result in ejection)

5. Clipping, crack-back blocking and trap blocking – 15 yards

6. Face masking (or any other part of the head), butt blocking, spearing and horse collar tackling – 15 yards. First violation by a player will result in a warning to both the player and coach. Second violation will result in disqualification from the game.

7. Offensive or defensive offside – 5 yards

8. Illegal motion by the offensive team – 5 yards

9. Illegal procedure by offensive or defensive team – 5 yards, shall include the following:
   a. Failure of defense to be in required defense and in a down position at the snap of the ball
b. Failure of linebackers to play 3 yards off the line of scrimmage, inside the tackle positions, and failure of defensive backs to be 5 yards off the line of scrimmage.

c. Failure of offensive setbacks to stay one yard behind the line of scrimmage.

d. Rushing of the kicker by the defense.

e. Crossing the line of scrimmage before the ball is punted by the offensive team.

f. Deliberate attempt by the defense to confuse offensive signal calling by counter-calls

g. “Blitzing” by defensive backs/linebackers between the normal tackle positions.

h. Ineligible receiver downfield (3 yards), interior linemen. (offensive rule #11)

i. Intentional grounding of the ball. (loss of down)

j. Assisting the runner by pushing or shoving. (loss of down)

10. All players must have a mouth guard to participate. Failure of any player to have his mouth piece inserted before the start of a play will result in a warning to the entire team and coach. Second violation will result in a 5 yard penalty.

11. Unsportsmanlike Conduct - any flagrant violation will be enforced by tacking on an additional 15 yards to the end of the play, and can result in an immediate disqualification from the game. This penalty may be applied to coaches – shall include the following:

a. Profanity

b. Fighting

c. Deliberate attempt to injure another player

d. Any flagrant violation can result in immediate disqualification from the game.

12. Any coach receiving two unsportsmanlike conduct flags in one game will have to leave the sidelines. The coach cannot forfeit the game. Someone must replace the expelled coach.

13. Any coach receiving a total of three unsportsmanlike conduct flags throughout the season will not be allowed to coach the remaining games.

For questions or concerns please contact Troy Schoblaske or Paul Trebiatowski at 920-230-8439 ext. 114 or 126 or troyschoblaske@oshkoshymca.org or paultrebiatowski@oshkoshymca.org