

2016 FIRST PRESBYTERIAN DAY SCHOOL VIKING FOOTBALL LEAGUE RULES & REGULATIONS

Purpose Of Viking Football League

The Viking Football League is an instructional league designed to teach the fundamentals of football to first through sixth grade boys who reside in Central Georgia. In addition to football fundamentals, teamwork and sportsmanship are emphasized to all players with positive reinforcement encouraged from all of their family members. Winning is encouraged but not at the expense of the preceding goals of the Viking Football League.

VFL Board

Qty-1 FPD Representative

Qty-1 League President

Qty-3 League Reps.

Preseason Preparation

The League President will select Qty-3 League Reps and in turn – all will help select coaches for each league. The VFL Board will meet with them prior to the preseason evaluation to discuss rules, player selection and organization.

Divisions

Flag: 1st & 2nd Grade (7 or 8-Man Flag Football depending on # of players) – No Contact.

Junior: 3rd & 4th Grade (11-Man Tackle Football)

Senior: 5th & 6th Grade (11-Man Tackle Football)

Practices

Preseason: three (3) practices per week with each practice not exceeding one & one-half (1.5) hours.

Regular Season & Playoffs: One (1) to Two (2) practices per week not exceeding 1.5 hours. A few optional practices may be scheduled toward the end of the season.

Penalties: Any team exceeding the preceding practice limits will forfeit their next game, albeit the game will be played under forfeiture. Any team violating the limits a second time will forfeit the entire season.

Tryout Procedures

All players must attend one of two tryouts in order to participate in the VFL. Players will be evaluated at the tryouts based upon the following criteria:

Age/Grade: Parents attest to correct grade and date of birth.

Weight: Players will be weighed in shorts, shirt and no shoes at tryout.

Height: Parents attest to correct height.

Speed & Agility: Players will be timed in speed and agility drills at tryout.

Coaches Selections:

Each league will have 4 head coaches. If there are multiple people interested in being a head coach it will be based on the following selection process:

- A. Years of Coaching in VFL
- B. FPD parent

Draft Procedure

- The head coaches in each division will rate each player individually at the tryout(s). They and one assistant coach for each team will then meet and conduct the draft as follows:
- The head coach will rank the TOP boys in a 1 – 20 order with #1 being the best – and send to their League Rep – prior to draft night. The League Rep. will compile a list of the top 1 – 20 boys to share with all coaches during draft.
- The head coaches will collectively agree on their son's round within the draft. Majority of head coaches rules. If no majority, then the league director breaks the tie. The same applies for assistant's sons.
- Two freezes per team: head coach's son and one (1) assistant coach's son.
- Head coaches draw a number from a hat, which will correspond to the order in which they will draft.
- Snake Draft - Example with four teams: #1 draw picks first, #2 second, #3 third, #4 fourth, #4 fifth, #3 sixth, #2 seventh, #1 eighth, #1 ninth and so on until all players have been selected.
- No trading unless approved by league director under extenuating circumstances only.
- The League President reserves the right to decide on “out of ordinary” circumstances – ie – 2 brothers wanting to be on same team – and their draft positions for making that happen.
- Any player wishing to play up to next level league must be approved by the League President and/or Board. No players will move to a lower league.
- No Video Recording of Tryouts
- If a player does Not show up for either evaluation, unless they are a consensus Top 10 pick they will go in the hat and be selected at the end of the draft.

Game Directors – Each game will have a designator Game Director to interpret any rule conflicts and help Referees with Coaches Warnings. The Game Director can be the Head Coach or a Fingerprinted Assistant Coach. The Game Director will not be involved with “On Field” Referee game calls. Game Directors will be scheduled on the Master Game Schedule. The Game Director needs to identify himself to each team coach prior to the game – so they know who to look for if an issue arises. The Game Director will be responsible for working the scoreboard an clock of his designated game.

5:30 game –1. Please be there by 5:00

2. Put out end zone cones and get out the chain markers – for your respective league – located in the Men’s Restroom of the Concession Stand.
3. Get the Junior League portable scoreboards out of the Concession stand - extension cords should be in there also – and plug it up to the Baseball Field locker room. It is very wobbly on rolling stand – so it takes 2 people to move it.
4. Get Flag League portable scoreboard out of the Soccer Field House Visitor side and plug it up and turn on.

7:00 game

1. Please be there by 6:45
2. Take up end zone cones and put up the chain markers for your respective league – and put them in the Men’s rest room of the concession stand.
3. Put the portable scoreboards up in the Concession stand – along with extension cord. Make sure both JR/SR Game Directors handle the large scoreboard. Put Flag League Scoreboard back in Soccer Field House Visitor Locker Room Hallway.
4. Clean up trash from your respective fields – leave all trash in the trash cans – as they get picked up the next day and emptied.
5. Turn off lights for your field when everyone has left. Soccer Field Lights are next to the parking lot. Baseball lights are next to Baseball Field Locker room.
6. Please do not leave until Soccer and Baseball Fields are left the way we found them – clean and free from trash and lights off.

Flag Division Football Playing Rules

Basics

- Gentleman's code of conduct on the field--call an obvious foul on your own team and point out obvious violations by the opposing team to the opposing coach.
- A coin toss determines first possession.
- The offensive team takes possession of the ball at its five (5) yard line and has one series of four (4) plays to cross midfield for a first down and, if successful, a second series of four (4) plays to score a touchdown.
- If a team does not cross midfield on its third play, it may "punt." A punt is walked down the field thirty (30) yards and the opposing team gains possession at that spot. **Minimum is 5 yard line – not inside 5 yard line.**
- If the offensive team is unsuccessful in crossing midfield on its fourth attempt, the defensive team gains possession at that spot and has one series of four (4) plays to score.
- No punting is allowed for a team after it crosses midfield.
- **Games 1 - 4 The offensive team has sixty (60) seconds to call & run a play once the ball is set. Delay of game penalty will called and 5 yard penalty assessed on the offense if QB or Coach has not started his cadence within the 60 seconds.**
- **Games 5 - The Super Bowl - the time clock will be 45 seconds and a 5 yard penalty will be assessed after 45 seconds – same sequence as above.**
- Any ball fumbled during a play is dead by rule once it touches the ground – **no change of possession. Also – an intercepted pass is dead at the spot of interception – and a change of possession occurs. If interception occurs in the end zone – the ball is moved to the 5 yard line.**
- There is a (1) minute time out for change of possession to allow the players to be shuffled on/off the field--one of the hardest things to keep organized
- The game is divided into two 24 minute halves with a continuously running clock. Half time is five (5) minutes.
- Each team is allowed two (2) one-minute timeouts per half.
- **Only Head Coaches are allowed to consult with the Referee on questioned calls or rule interpretation.**

Last Two (2) Minutes of Each Half:

Normal football rules apply to stopping the clock during the last two (2) minutes of each half. This includes out of bounds, incomplete passes, change of possession, moving chains, etc.

Players

- Each team will have no more than eight (8) players on the field at one time.
- Players will be substituted every five (5) plays.

- A minimum of five (5) players are needed to begin a game and avoid a forfeit.
- Two (2) coaches per team are allowed on the field to assist the players. **Coaches on defense must stand at least 3 steps behind the deepest player. A coach may not physically touch or assist his players once the ball is snapped. Verbal instruction only is permitted once the ball is snapped**
- A starting offense and a starting defense for the first half, then as each coach sees fit.

Game Rules

- Each player must use a mouthpiece. Soft Helmets are Optional
- Contrasting shorts and flags
- No jewelry is allowed.
- Jerseys are to be tucked in.
- No pushing, tripping or tackling allowed.
- Minimum Game Ball Size: Mini

Defense

- Only two (2) direct rushers per play with both raising their hands (making themselves known) before each play. They must be at least five (5) yards off the line of scrimmage. **A 5 yard penalty will occur if the direct rushers move forward in front of the 5 yard rushing cone. A repeat of down will occur.**
- **At no point during the play can the other 6 players cross the line established by the second cone – 1 yard from line of scrimmage.**
- Defensive line- 4 minimum and 5 maximum
- The offensive player is “down” when his flag is pulled.
- A defensive player cannot hold, grasp or obstruct the runner while attempting to remove his flag.

Offense

- Screen blocking is allowed but without the use of hands or pushing.
- Four (4) players must line up on the line of scrimmage before the snap (no max).
- Blockers must hold shirts - no pushing or extended arms while blocking by the offense. **A five (5) yard penalty will assessed to the offense for thrusting forearms into another player.**
- All players are eligible to catch a pass.
- The coach will call the play in the huddle.
- **A ball carrier can not dive forward to gain yardage. It is up to the referees discretion as to whether the ball carrier dove – or just fell down forward.**
- **The center may adjust the ball on the ground prior to the snap – but may not pick it up in an attempt to draw the defense off sides. A 5 yard penalty will occur on the offense.**
- **Flag Guarding by the ball carrier will result in 5 yard penalty from the spot of the foul – and the play stands. No repeat of down.**

Scoring

Touchdown:	6 points
Extra Point(s):	1 point (if successful from 5 yard line) 2 points (if successful from 10 yard line)
Safety:	2 points

Clarification of Flag Football Rules

Line of Scrimmage: The offensive team must have a minimum of four (4) players set on the line of scrimmage at the snap. Players in motion do not count as players on the line of scrimmage. Once the center has placed his hands on the ball, no offensive player may enter the neutral zone. Following the ready for play whistle and until a legal snap, no defensive player may encroach, touch the ball, stand in or in any other way interfere with the offensive team. Penalty – Dead ball foul, encroachment, 5 yards from succeeding spot.

Backward Passes and Fumbles: Any ball that is fumbled during a play will be dead by rule once it has touched the ground. A backward pass or fumble may be caught or intercepted by any players inbounds and advanced. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an Illegal Pass: loss of 5 yards, loss of down and the clock will start on the ready for play whistle. Once a ball has touched the ground, the ball is considered dead.

Forward Passes and Interceptions: If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot inbounds with the ball in his possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out of bounds. If possession of the ball is lost simultaneously when he or they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

Pass Interference: Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch or bat a pass. It is also pass interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional ten (10) yards.

Safety: If a player carries the ball across the goal line they are defending and the ball becomes dead while in his team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. A team recording a safety will receive two (2) points and the ball shall be snapped by the scoring team at their own 15-yard line, unless moved by penalty.

Exception - Momentum Rule: When a player intercepts a forward pass between his five (5) yard line and his goal line and his momentum carries him into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch.

Personal Fouls: Any act listed below or any other act of unnecessary roughness is a personal foul. Players shall not:

- Punch, strike, strip, steal or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Contact an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle another player.
- Diving
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent that is deemed unnecessary.
- Deliberately drive or run into a defensive player.
- Clip an opponent.
- Position themselves on the shoulders of a teammate or opponent to gain an advantage.
- Tackle the runner (warrants ejection).

Screen Blocking: Legally obstructing an opponent without using any part of the body to initiate contact. Screen blocking shall take place without contact. The blocker shall have his hands holding onto the front of his jersey. A screen blocker cannot use his hands, arms, elbows, legs or body to initiate contact. If contact is made, a Personal Foul will be called.

Screen blockers may not:

- Take a position closer than a normal step when behind a stationary opponent.
- Make contact when assuming a position at the side or in front of a stationary opponent.
- Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

Stiff Arming: Stiff arming is not allowed; a Personal Foul will be called and, if Warranted, an unsportsmanlike conduct or ejection will result.

Obstructing The Runner: A defensive player shall not hold, grasp or obstruct the forward progress of the runner when attempting to remove the flag belt.

The Flag Belt: All shirts must be tucked in and are not permitted to hang over the flag belt. Should a player loose his flag belt legally or illegally during a play and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made. When a player scores, he must immediately raise his hands and allow

an official to remove his flag belt. This is done to ensure that the flag belt has not been illegally secured. If the belt has been illegally secured, the score is disallowed and a ten (10) yard Unsportsmanlike Conduct penalty will be administered from the previous spot. Players must have possession of the ball before they can be legally de-flagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play. Penalty: Personal Foul, 10 yards.

Guarding The Flag Belt: Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt.

Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
- Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner that flag guards.

Official's Authority: An official assumes authority fifteen (15) minutes prior to the scheduled game time and until the teams and fans have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final unless ruled otherwise by the league director. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches and spectators are a part of a team and any fouls they commit will go against their respective team.

Junior & Senior Division Playing Rules

The rules of play for the Viking Football League will conform to those of the National Federation of State High School Associations (www.nfhs.com). Modifications to the rules are delineated here; otherwise the National Federation rules will govern the conduct of players and coaches in our program.

The Junior Division has a 130 pound weight limit with players exceeding it playing up into the Senior Division – at the League President and/or Board’s Discretion. Junior Division players weighing more than 100 pounds and Senior Division players weighing more than 125 pounds are not eligible to be offensive backs or receivers. These larger players must play end to end on the offensive and defensive lines. Offensive players that exceed the weight limit to be a back, can not receive a pass or advance the ball. Larger defensive players can advance a fumble or an interception.

The League President reserves the right to place players in other leagues as he feels necessary. This will be done to promote safety and the overall welfare of the program.

Pregame

A coin flip prior to the game will determine which team starts on offense. The winner of the coin flip can choose to be on offense first, defense first, defend an end of the field or defer to the second half.

The Designated Head Coach (from Schedule) is responsible for soliciting Volunteers for the Chain Gang and Down Marker – QTY-3 Volunteers.

Field of Play

Junior Division shall play on a field no longer than-50 yards with a width no wider than 35 yards (sideline to far hash marks).

Senior Division shall play on a 35 Yard by 60 Yards long field.

Game Ball Size

Junior Division: K2.

Senior Division: Junior

Team Size & Formation

Teams will play 11-man football. Teams can play with fewer players than full strength. Full strength teams are allowed to play with the full amount of players on offense but must reduce the number of defensive players to an amount equal to that of the team with fewer players. IF a team does NOT have 10 players in 11 man football at the start of the game they will be required to forfeit the game.

Offensive Formation

Each team will have standard football formations comprised of seven (7) linemen and four (4) backs. Reductions for teams with a shortage of players will occur on the offensive line. Splits between adjacent linemen will be no more than 3 feet.

No unbalanced line is allowed. Split Out(s) must be a minimum 5 yards (15ft) from the Tight End **or Tackle** – on either side – see diagram.

Offensive Backfield:

1. **3 Backs must be in the backfield at start of play – lined up between the tackles.**
2. **RB's feet must be 4 yards behind line of scrimmage.**
3. **QB can either line up under center – or in shot gun – 4 yards behind line of scrimmage. No QB sneak when he is lined up under center. A 5 Yard penalty for QB sneak.**

Defensive Formation:

Defensive Line

The defensive line will consist of four (4) players. Interior defensive linemen (guard to guard) must be in either a 3-point or 4-point stance. Nose guards are not allowed. Interior defensive linemen must line up – head up, interior or exterior shoulder to shoulder of the guard. The defensive line can not make any last second “shifts” to confuse the offense.

No defensive player from guard to guard can stand on the line of scrimmage prior to the snap. Defensive Ends can stand on the outside shoulder of the offensive end position, if they line up on the inside shoulder of the offensive end they have to be in a down stance.

Linebackers/Cornerback/Safety

A maximum of two (2) Inside linebackers are allowed. Inside Linebackers must line up across from Guard or Tackle – head up, interior or exterior shoulder to shoulder - and be at least three (3) yards from the line of scrimmage and cannot advance toward the line of scrimmage until the ball is snapped. The inside linebackers can switch sides as the offense comes up to the line of scrimmage.

Two (2) Outside linebackers must line up behind the defensive end and be at least three (3) yards off the line of scrimmage. They can move outside the defensive end as far as needed – but can not move inside the defensive end. The outside linebackers can switch sides as the offense comes up to the line of scrimmage.

Two (2) Corner Backs must be three (3) yards from line of scrimmage and five (5) yards from the defensive end. One (1) Safety must be at least 5 yards from the line of scrimmage, but is not limited to how far left or right he may line up.

Goal Line Defense & Special Defense: Eliminated - No Goal Line defense – Regular Defense Always.

Game Participation

Game participation for each upper division is based on the size of the largest team in that division at the beginning of the season. The appropriate participation rule for each

upper division is determined at the beginning of the season and applies to all teams for the entire season.

15 or More Players

All uninjured players must play the equivalent of at least two (2) full quarters on one side of the ball during the game. This equates to one-fourth of each game.

14 or Less Players

All uninjured players must play the equivalent of at least four (4) full quarters on one side of the ball during the game. This equates to one-half of each game.

Game Coaches

Junior Division:

Maximum of one (1) coach for each team are allowed on the field during play for Junior League. Max of 1 on offense and one on defense.

Senior Division:

Senior league can have one on offense and one on defense for the first three games of the season, after the 3rd game NO coaches are allowed on the playing field.

Coaches must be clear of all players prior to the snap, ten yards behind the deepest player on the field. Also, coaches on the field do NOT need to be talking during the play. A Coach is allowed to have 2 additional volunteer coaches on the sideline. The Head Coach is responsible for making sure parents stay in designated areas. Parents are not to be on the same side of the field as the players. The Head Coach is responsible for making sure all “on field” assistant coaches know the rules.

Kicking Game

Junior Division

No kickoffs or punts. The ball will be placed on the 10-yard line at the beginning of each half and after each touchdown. After a safety, the ball will be placed on the 10-yard line. Each team can elect to “punt” by having the ball moved 20 yards but no closer to the goal line than the opponent’s 5-yard line.

Senior Division

No kickoffs or punts. The ball will be placed on the 15 yard line at the beginning of each half and after each touchdown. After a safety, the ball will be placed on the 15 yard line. Each team can elect to “punt” by having the ball moved 25 yards but no closer to the goal line than the opponent’s 10-yard line.

First Downs

Junior Division: Ten (10) yards in four (4) plays.

Senior Division: Ten (10) yards in four (4) plays.

Length of Games

All upper division games consist of four (4) 12-minute quarters with a continuously running clock. Two (2) minute break between quarters. ***Five (5) minute break*** between halves. Teams do not change ends of the field after the first and third quarters.

Time Between Plays

Junior Division: 40 seconds after the ball is marked.

Senior Division: 40 seconds after the ball is marked.

Stopping the Clock

Normal Play: Each team has two (2) timeouts per half

After a touchdown

During extra points

Measurements

Injuries

Official timeout as determined by the referee

Last Two (2) Minutes of Each Half:

Normal football rules apply to stopping the clock during the last two (2) minutes of each half. This includes out of bounds, incomplete passes, change of possession, moving chains, etc.

Penalties

Junior Division: Minor infractions – 5 yards; Major infractions – 10 yards.

Senior Division: Minor infractions – 5 yards; Major infractions – 10 yards

Examples:

Minor: Holding, block in the back, incidental facemask

Major: Penalties, where unsportsmanlike behavior was displayed—such as a late hit, deliberate facemask, leading with the head—it is the referee’s discretion if these would fall into the Flagrant Unsportsmanlike category, see below:

Player Flagrant UnSportsmanlike Conduct Penalties

As specifically called by a referee, the penalty for a Flagrant Unsportsmanlike Conduct is as follows:

1. Warning
2. 2nd offense in same game – player is out for the rest of the game. If it occurs in 4th Quarter – player is out the following game.
3. 3rd offense during Year – player is out for that game. If it occurs in the 4th Quarter – the player is out the following game.
4. 4th offense during Year – player is out for the year – no refund.

Coaches Penalties – Per Game - Coaches are responsible for the conduct of themselves, their players and their fans. A referee can call a warning for any of them – and penalties as follows:

1. First Warning – referee will stop play and issue the coach this first warning.

2. Second Warning – same infraction as first - referee will stop play. A loss of down and 10 yard penalty will occur.
3. Third Warning – same infraction of 1st and 2nd - Head Coach can be removed from game by Referee, Game Director, or Board Member.

The VFL Board will decide – whether the Third infraction warrants any further action – ie – 1 or 2 game suspension from league.

Any major infraction can be dealt with immediately in a game by the Game Director and/or Board Member.

Repeat Warnings to a coach for the same infraction in other games will be dealt with by the Board.

Ties

There are no overtimes in the regular season and games can end in a tie.

Scoring

Touchdowns: 6 points

Safety: 2 points

Extra Points:

Junior Division 1 point (run or pass from the two (2) yard line)

2 points (run or pass from the four (4) yard line)

Senior Division 1 point (run or pass from the three (3) yard line)

2 points (run or pass from the five (5) yard line)

Note: Defensive teams cannot score points on an opponent's extra point try by returning fumbles or interceptions.

Special Rules for Playoffs

1. Teams are seeded according to season records with the highest seed playing the lowest seed in the first round. Team rankings are determined by win-loss records. With the exception of season head-to-head records (A), the tie-breaking system gives greater weight to late season performance. The tie-breaking rules are as follows:
 - A. Head-to-head records for the season.
 - B. Most recent head-to-head record if season head-to-head is tied.
 - C. Best win-loss record at the end of the season. Start with the last week of the season and go in reverse order until the tie is broken.

Example: Teams A, B and C each tie for first with 4-2 records.

Head-to-head matchups do not settle the tie.

Teams A & B win in week six and Team C loses in week six.

Team A wins in week five and Team B loses in week five.

Team C is third place since it lost the last week of the season while

Teams A & B won. Team B is second place since it won in week six but lost in week five, while Team A won. Team A is first place since it won during the last two weeks.

D. Coin Flip.

2. Playoff and championship games cannot end in a tie. Overtime play is similar to GISA & NCAA rules with the ball being placed on the ten (10) yard line for the Junior and Senior Division. Each team will have four (4) downs to score and make extra points until the tie is broken. Defensive touchdowns are allowed except on extra points. The clock will not run but teams are subject to the respective time restrictions to run a play after the ball is marked. Teams are allowed one (1) timeout for each round of overtime. Possession order is determined by a coin flip for each round. The winner of the coin flip has the option on starting on offense or defense. All rounds will be played on one end of the field as agreed upon by the coaches or in the case of non agreement by the league president.