SVAA FOOTBALL COACHES' GUIDE
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SVAA FOOTBALL COACHES GUIDE

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A NOTE TO COACHES -------- You must understand the contents of this manual. By fulfilling this obligation, you will eliminate the problems we experience each year that arise from a misunderstanding of rules and procedures. At the end of the season, communicate your suggestions for improving the program to the Sport Commissioner. Together we can make each year better than the preceding. Thank you for your contribution to the youth of this area.

The game officials and the SVAA Board of Directors will enforce all rules in this book. Some rules contain penalties and penalty limits; others do not. For those rules that do not contain a penalty, the Sport Commissioner and/or the Board has full authority to impose whatever penalty they deem appropriate for the violation.

==========**FORWARD**==========

As the coach, you are the SVAA representative responsible for the success or failure of our program. To the players and parents, YOU ARE SVAA!!

The essence of SVAA is what happens between you and the children. If done with care and concern, it can be one of the finest educational experiences a child can have.

SVAA is a unique organization; it exists only because of many people caring about their children. Sometimes, in our zeal to see that the best is done, we forget that we are dealing with children, but we must always keep this fact in mind. It is the most important fact in SVAA life.

HOW WE PLAY THE GAME - It is the policy of SVAA that every child that signs a contract will be assigned to a team and be given a fair opportunity to play in every game. Every youngster shall be taught the responsibility to their teammates, to their Mother and Father, to their Country, to their God, and to himself or herself. Every youngster shall be treated with kindness and consideration, and at no time shall any coach humiliate, embarrass, abuse or mistreat any youngster within the framework of this program. All children shall be taught that it is not everything to win...nor are you a failure if you lose. The essence and heart of the SVAA program is the simple philosophy that it is better to have tried and failed than not to have tried at all. All coaches are responsible for teaching each child that the most important aspect of competitive sports is not to win, but to play with all one's ability. Each coach accepts the challenge that they will honestly and sincerely do the best they can to teach each child how to have fun playing whatever sport it may be.

***** This program is for the participants, "OUR CHILDREN".**
Please work to keep it this way. ***

LEAGUE ORGANIZATION

SVAA is operated by an elected board of volunteer directors that serve as the final authority for any decision relating to each sport program. The Board has responsibility for appointing one of its members to organize and run each of its sports programs. This individual is called the Sport Commissioner.

Sport Commissioner - The Sport Commissioner has responsibility for operation of the football program, final approval of team rosters, and shall not hold a coaching or assistant coaching position in the program. Prior to player registration the Sport Commissioner shall submit to the Board of Directors the following:

- Budget for the current sport season
- Calendar of season events
- Proposed changes to established rules for league administration and team play

Prior to the first league game the Sport Commissioner shall submit to the Board for their approval:

- Names of all league officials including Commissioners and League Presidents
- Completed coaches' contracts

During the season the Sport Commissioner shall furnish the Board a monthly written report dealing with the operation of his assigned sport.

Commissioners - The Sport Commissioner shall appoint such additional administrators as the Sport Commissioner deems appropriate to assist with such matters as:

- Equipment
- Fields
- Officials
- Leagues
- Fund Raising

League Presidents - League Presidents play a vital role in the administration of the football program. They provide the link between the Sport Commissioner and the coaches and officials. A more complete description of the League President's responsibilities is contained in the League President's Guide. The League President in tackle football shall not be a coach, assistant coach or parent in the league that he/she administers.

Disputes/Protests - Tact, firmness, and diplomacy should be your bywords when you have any problems or disputes. If you have any problems or complaints, raise the issue with your League President. If the situation cannot be resolved to your satisfaction, communicate in writing to the Sport Commissioner. You will receive a written answer within seven (7) days. If you are still not satisfied, forward your complaint, the Sport Commissioner's reply and a $50.00 appeal fee to the Rules Infraction Committee as discussed in the Rules Infraction Guideline attached in the back of this booklet. The decision of the Rules Infraction Committee or the Board of Directors as a whole will be final.

Coaches that fail to abide by this process may be suspended without further notice. SVAA expects, and demands, that Coaches remember at all times that very young and impressionable children are observing their behavior. As a result, loud and offensive conduct of any sort will not be permitted.

Note: Disputes should not be arbitrated on the playing field in the presence of our children.....see your League President. The manner in which a dispute is addressed will be considered by the Rules Infraction Committee in addressing any matter brought before it.

1.0 TEAM FORMATION

The League President assigns participants to teams from player registration contracts on the basis of grade, school, geographical location of residence (participants must live in a 50-mile radius of the Dallas Metroplex), team needs, prior team affiliation, etc. Except in rare circumstances, team assignments will not be changed once a player is assigned to a team. Any player reassignment requires the prior approval of the Sport Commissioner.

If a participant is assigned to a team outside his normal school nucleus because that school nucleus team is full or the child moves after assignment, he or she may request in the next season to be placed on his school team (if space available). Any such participant will be given priority over new SVAA children from that school for home school team placement. To receive this priority, the participant's contract must be received by the SVAA office prior to the contract deadline. If there is more than one school team, the participant will not be permitted to pick between the two teams. The League President will make the determination based upon space availability.

1.1 Player Contracts/Eligibility - All players must have a truthful contract on file (including fee, birth certificate (photocopy) and deposit where applicable) prior to any participation in an SVAA event (including practices, practice games and league games). A game involving an unauthorized player shall result in forfeiture of that game and may result in the suspension of the coach.

Player contracts completed prior to the "contract deadline" will receive priority for team placement over contracts received after the contract deadline date. The "contract deadline" will be established by the Board prior to the start of each season. Players may not be added to team rosters after the first regular season game (practice games excluded), without the prior approval of the Sport Commissioner.

A player may elect to participate in a higher league but may not play in a league below his age/weight as set forth. Grade level players from a particular school that register on time will be assigned before children desiring to play up. If roster has room, a playing up (child) may be assigned to his school team.

In Tackle Football a player's age and weight will be verified at the time of equipment issue by the Sport Commissioner or their representative. A birth certificate (photocopy) will be required to determine age. Once a player's age is so verified it remains on file for all remaining years of eligibility. Weight measurements taken at the time of equipment issue will become official and **no additional weigh-ins will be granted**. A player must be weighed in before participating in a practice in full pads, but no later than his team's first game (including practice games) unless the Sports Commissioner has allowed the player to register after that, in which case the player must be weighed in before the team's next scheduled game after registered. Any player on a team's roster who has not weighed in by the team's first game, or next scheduled game under the exception above, will be removed from the roster. A colored patch will be issued for placement on the player's helmet to indicate his weight eligibility in accordance with section 3.2. The coach is responsible to know the weight of his players, play them accordingly, and be sure that they wear the dot(s) on their helmet.

SVAA equipment is provided. Any player owned equipment must be inspected and approved on the player by the Football Commissioner or appointed SVAA person at weigh in.

In Tackle Football a complete roster of all teams in each particular league will be furnished to each coach in that league by the League President prior to the first league game containing player's name, jersey number, and weight.

Players with a medical condition must have a treating physician's medical release on file in the SVAA office prior to participation in any SVAA event and/or practice. The Sport Commissioner and SVAA President must approve any exception to the player contract/eligibility rules in advance and in writing. This written documentation must be on file (attached to the player's contract) in the SVAA office prior to any player participation.

Scholarships may be granted to individuals requiring assistance. Proof of need will be required. An application for scholarship must be submitted to the SVAA office and approved by the Sport Commissioner prior to equipment issue or participation.

All scholarship players will be expected to make some contribution toward their player fee and to provide a security deposit for their uniform.

1.2 Player Team Assignment - Returning 6th and 5thgrade SVAA teams will first be assigned all players from their immediate past season roster. Any player who indicates a desire not to continue as part of his immediate prior year team will be placed on another team at the League President's discretion. (Recruiting players from one team to another is strictly prohibited and offending individual(s) will be subject to review by the Rules Infraction Committee for disciplinary action, including being banned from further participation in all SVAA programs, as the Board may choose.) Teams will be formed using school boundaries where possible in all leagues.

Absent the prior consent of the Sports Commissioner, teams will have a maximum of 19 players and a minimum of 16 players, plus any player(s)having to move up a league because they weigh more than the maximum for their grade and added to a team at the League President's discretion. To ensure a reasonable player balance, the League President may assign players to teams as needed. 4th grade teams will be treated as new teams and formed by the League President according to elementary school boundaries.

Surplus players will be assigned to the closest team that has a roster of less than 19. The League President shall make every effort to maintain a balanced number of players on all teams in the league.

Private school players will be placed on teams according to the school they would normally attend if they attended a RISD school unless there are sufficient players to form a separate team from that private school or a nucleus from such school.

A coach cannot refuse to accept any player assigned to his team by the League President; nor may a coach engage in any conduct that is designed to run-off or discourage any player from participating in the program. Every player that leaves a team will be contacted to determine the reason for their departure and an evaluation will be made as to whether any action is required.

1.3 Late Sign-ups - Contracts received after the "contract deadline" date will be assigned, space permitting, to teams by the League President or Sport Commissioner after all earlier contracts have been assigned. The basis for this assignment will take into consideration geographical area and team with the least number of players. Players must be assigned before league games begin.

Note: Coaches MAY NOT recruit or promise prospective players a specific team assignment. Team assignment is the responsibility of the League President, or Sport Commissioner.

2.0 RESPONSIBILITY OF THE COACH

Football is a contact sport. Your concern for player safety is a top priority. Keep this in mind during practice and games. Ask your players, and observe, if their equipment is complete and in good condition prior to each practice and game.

The coach or his representative is required to attend the coaches meeting prior to the beginning of practice and games. SVAA has entered into an agreement with Positive Coaching Alliance (PCA) to provide training for all of our head coaches. All head coaches are required to become certified either by attending a training session in person or by performing the session on line.

All Tackle Football Coaches are required to also be certified by USA Football by successfully completing the on line USA Football Coach Training Course. After your contract is received by the office, you will be given a code to use at www.usafootball.com. Those already certified will take the Refresher Course. We will also have a required training session given by our PSA (Player Safety Coach).

The objectives of the coaches meeting are:

- Meet your League President and other coaches
- Fill out coaches' contract and correct coaches' roster
- Receive information about player uniforms and team equipment
- Participate in general discussions outlining season calendar, rule changes and interpretation, location and times for practice games, etc.
- Discuss returning equipment in the same condition you received it

2.1 Coach/Team/Parent Relations - Coaches are required to have a parents' meeting prior to beginning practice in pads. It is an important policy of SVAA that the Head Coach meets with the parents of his players. During this meeting the following information should be conveyed:

- Support groups (cheerleaders, etc.) are encouraged so long as participation in that group is based on the same principle that governs player participation - that all individuals are given an equal opportunity to participate (no exclusion of individuals).
- Parents are expected to conduct themselves in an adult manner at all times, to set an example of good citizenship and sportsmanship for their children and other participants. No alcoholic beverages, tobacco or illegal drugs will be allowed at any team function or at the field.
- Distribute game and practice information. Explain to them what they may expect of you and what you may expect of them (this will be a good time to solicit parents for any help you may need).
- Encourage your parents to make sure their child has a clean official uniform ready for each game. It is important to thoroughly clean all equipment before returning, as another child will be using it the following season.

- Explain your basis for team discipline (e.g. If a player misses practice, games or is late for a game). Discipline must be consistent for every team member and must be given to parents in writing.
- Briefly describe rules of play that are unique to SVAA and your league, (i.e. section 4.0). Tell them that Rules may be found on line www.svaa.org under documents.
- Make sure parents know their views are welcome; after a game or practice.
- Emphasize that parents must agree that they will provide, at their own expense, any insurance deemed necessary to cover player for any SVAA related injury. Any injury requiring a doctor's visit must be reported to the SVAA office immediately.
- Prior to the first league game, each Coach must certify to his/her League President that the parent's meeting has taken place and that the above subjects have been covered.
- Assign an individual parent as team manager to be responsible for assigning various jobs:
-
    - Pictures
    - Refreshments
    - Field Equipment
    - Crowd Control

2.2 Practices - Practice is defined as a group of **four (4)** or more players. Practices may not be **held prior to Coaches Meeting**. After Coaches meeting you will have 2 weeks (4 hours each week of practice without pads). Practices will be limited to four (4) hours a week, unless otherwise authorized by the Sport Commissioner. Practice will not be permitted on game days. The Head Coach shall advise the appropriate League President of their practice schedule and location. This is necessary in order to have reserved fields on which to practice. Violation of these rules will result in game forfeiture or forfeitures and the immediate suspension of the Coach for so long as the Sport Commissioner deems appropriate in the circumstances. See 9.0 for further explanation.

Be present at all team practice sessions and games, or be sure that you have a reliable adult assistant coach present at games or practices. Be dependable!

Do not have practice on the day of the game; remember we are working with children, not men and women. However, a 30-minute warm-up period may be utilized.

Please remember to use protective equipment during practice as well as games. Check boy's helmets often.

Practices are where a coach shows what he (she) is made of. Coaching takes time not only on the practice field, but also at the "drawing board".

- Set up a practice schedule and stick to it.
- Have "skull" sessions with your assistant coaches after practice.
- Plan each practice session.
- Practice sessions should be fast paced, and involve all team members as much as possible. Avoid standing around.
- No bull in the ring drill is allowed.

As a coach, you should use the Assistant Coaches as much as possible. If they don't know the sport, you, as the Head Coach, teach them as well. They may want to be a Head Coach someday! Ask for feedback from your Assistant Coaches. You might be surprised how much they can help.

2.3 Non-SVAA Practices, Scrimmages and/or Games - Any participation with a Non-SVAA sanctioned team or out-side the assigned SVAA league and grade level, whether it be a scrimmage, practice game or post season game(s) is strictly forbidden. Any violation of this rule will, at the discretion of the Board, result in the disqualification of the offending team(s) entire coaching staff from further participation in any SVAA program. The Board of Directors may give approval in certain circumstances.

A forfeit may be declared by officials if a team does not have the correct number of players required to begin the game 10 minutes after scheduled game time.

2.4 Liability - Football is a contact sport. It is the duty and responsibility of each parent to provide insurance. The parents agree to indemnify and to hold SVAA harmless against loss due to the participation of their children in the sports programs, whether any such claim sounds in negligence or any other theory.

2.5 Concussions - Any player that exhibits any symptoms of a concussion (including, for example, headaches, nausea or vomiting, balance problems or dizziness, double or blurry vision, unusual sensitivity to light and/or sound, feeling sluggish, confusion or memory loss) shall be immediately removed from any practice or game situation. The player may not participate in any further practices or games until the SVAA office and the Head Coach has received written confirmation from a qualified health care provider that the player may resume such participation. The Head Coach is responsible for ensuring full compliance with this rule.

2.5.1 Return to Play Protocol– After a player has been cleared and has provided SVAA and the head coach with proper documentation, that player is required to participate in at least one practice before returning to a game. The first practice back after a concussion, the player may only participate with a helmet and shorts and NO contact.

2.6 Conduct On The Field - As a Head Coach you are responsible for the actions of your assistants, team members and parents. Unless a child is hurt, parents and

other supporters should remain in the stands. Only the following people are allowed on the field, sideline, and the track before, during and after the game; Four Coaches (1 head coach and 3 assistant coaches), a designated water person, a photographer, cheerleaders, and a cheer sponsor. Any violation can reflect a penalty on the field. Only the Head Coach may question an Official.

Do not argue with the Officials or threaten them in any manner. If you feel that the official(s) does not understand the rules, or "calls" a bad game, see your League President, after the game. A coach or fan placing unnecessary pressure on an Official risks forfeiture of the game and suspension from coaching.

The use of foul or abusive language, alcohol, tobacco, drugs or fighting will not be tolerated by SVAA. This includes players, coaches and fans who are attending SVAA functions, games or practices. The offending player, coach or fan may be removed from the game at the discretion of the official. Other offenders will be asked to leave the game area and the offending team will be assessed a 15-yard penalty. Coaches, players, or referees may be suspended from SVAA.

Players and coaches who conduct themselves in an unsportsmanlike manner and violate the intent and purpose of SVAA philosophy will not be allowed to participate in any SVAA event until they have met with the Sport Commissioner to assess their continued eligibility. Those who violate this rule may be suspended.

A coach, player or fan ejected from a game will be suspended for a minimum of the next game and must meet with the Sport Commissioner (or designated representative) to reestablish eligibility for further participation in or attendance at any future league games. The ejected individual must leave the field or risk forfeiture of the game. An official must report an expulsion/suspension of a coach, player or fan to the Official Assigner within 24 hours. It is the responsibility of the coach, player or fan who was ejected to establish contact with their Sport Commissioner. Failure to obtain the appropriate Commissioner's approval for future participation or attendance may result in forfeiture of all games in which the offending player or coach participates or the fan attends.

3.0 FOOTBALL RULES

SVAA Football shall be played in accordance with the current year NCAA rules for football with the exceptions and clarifications covered in this section.

3.1 Player Participation/Substitution - Every player must be a "starter" on offense or defense, and barring injury, must play in ALL plays on their "starting" side of the ball. This rule will apply to the first, second and third quarters of play. The fourth quarter will be played on a free substitution basis.

A coach may elect to designate two players on offense as "messengers" to shuttle in plays. These "messengers" must start on defense and thus play in ALL plays on the

defensive side of the ball. These two "messengers" will remain the only "messengers" for at least the first three quarters of the game. Since the free substitution rule applies in the fourth quarter, a coach can choose to change his "messengers" in the fourth quarter. There will be no "messengers" on defense.

Players will get sick, need to be disciplined, get injured during a game, or arrive late for a game. Therefore, where applicable, the only exceptions to the substitution rule will be for illness, disciplinary action, or injury during a game. The coach shall determine a player's participation in a game if that player arrives late for a game. Any exception must be reported to the official and opposing coach. Failure to comply with this rule will result in the forfeiture of the game. In the event both teams violate this rule, both will receive a loss. If the substitution rules are not followed by the coach, the coach will be suspended.

Game Roster Format

Every player must be listed on the form <u>once</u>. Each player is either a starter on offense, a starter on defense, or absent that day. No players need to be listed twice. For your two-way starters, just list them on the side of the ball where you know they will not be coming out. Since they won't be listed as a starter on the other side of the ball, you can give them a rest then, as needed but only at the end of a possession.

(1) This form is to be filled out prior to the game and exchanged with the opposing coach. Restricted players must be designated by * or ** on this form. This will be the official roster for that game. Any change from the roster that does not have the approval of the referee will be treated as unsportsmanlike conduct and assessed a 15-yard penalty. If the infraction is not remedied before the start of the next play the offending team will be subject to a game forfeiture or coach may be suspended. Failure to exchange rosters may cause the coach to be suspended.

(2) During the first three-quarters of the football game all players must have a starting position on either offense or defense. Achieving this result is quite simple, i.e., you have 19 players each player must have a starting position on either offense or defense. This would leave you eleven starters on offense and eight starters on defense or vice versa. **Any other player may fill in the remaining vacant spots on the roster but any such player must stay in the game for an entire possession.** As a result, the roster should only contain the starting position, either offense or defense, of each player.

(3) For three quarters, you may shuttle the same two players on offense to act as a messenger to send your plays into the huddle. These same two players playing both ways must be rotated on every play, rotating in and out of the same position for the same player on every other play. **Both shuttle players must be starters on defense. In case of injury, if both shuttle players need to be in the game, or**

only one shuttle player can play, until injury is resolved, coach must signal in his plays.

3.2 Participation Eligibility

League	Unrestricted Weight (lbs.) [1]	Restricted Weight (lbs.) [2]	Maximum Weight [2]	Restricted Age (yrs) [3]	Maximum Age (yrs) [4]
4th Grade	95	120	140	11	11
5th Grade	105	135	160	12	12
6th Grade	115	150	225	13	13

(1) Unrestricted Weight = A player at this weight or below is permitted to play any position.

(2) Restricted Weight = A player whose weight is greater than the "unrestricted weight" and less than or equal to the "restricted weight" is restricted to playing a down interior lineman on offense or defense or both. A player whose weight is greater than the "restricted weight" is restricted to playing a down interior lineman on offense. (**"Down Interior Lineman"** is one who plays tackle to tackle on the line of scrimmage with one or both hands touching the ground).

If a player is over the maximum weight for his grade level, he will move no further than the next grade level as a result of his weight.

A designation of whether a player is restricted or not will be noted on the helmet of the player as well as on the roster. If this designation is removed during the game, the player will be removed from the field until it is replaced. There will be a roster check at beginning of the game to identify restricted players.

(3) A player who attains the indicated restricted age on 1 September through 31 December of the current year is required to play in a weight classification "one" level above his "normal" classification (i.e., restricted to playing a down interior lineman on offense or defense or offense only). If the age restricted player weighs 10 pounds less than the unrestricted weight, this rule does not apply.

(4) A player may not have attained the "maximum age" specified for his league prior to 1st of September of the current year (i.e., for the 2021 season the oldest eligible 6th grade player has a birth date of 1st of September 2008; 5th grade player of 1st of September 2009; and 4th grade player of 1st of September 2010).

6th grade: if player has had his 13th birthday before September 1, 2021, he is not eligible to play in this league.
5th grade: if player has had his 12th birthday before September 1, 2021, he is not eligible to play in this age group but may play in 6th grade.
4th grade: if player has had his 11th birthday before September 1, 2021, he is not eligible to play in this age group but may play in 5th grade.
3rd grade: if player has had his 10th birthday before September 1, 2021, he is not eligible to play in this age group but may play in 4th grade.
2nd grade: if player has had his 9th birthday before September 1, 2021, he is not eligible to play in this age group but may play in 3rd grade.
1st grade: if player has had his 8th birthday before September 1, 2021, he is not eligible to play in this age group but may play in 2nd grade.

If a player has an official weight in excess of the "unrestricted" weight, he may NOT run, pass or otherwise handle the ball. If he attempts to do so, the ball is dead at the point at which he begins play.

A defensive lineman's first step may not be backwards.

An offensive lineman must be in a down position regardless of weight. If the player is "flexed", 2-3 yards away from the last lineman, the player can remain in an upright position.

The penalty for violation of the "participation rules" as described in 3.1 is a 15-yard penalty and probable suspension of the coach.

Intent of Weight and Size Restriction Rules

To ensure the safety of all players in the program, weight and size limits are imposed. The intent of this rule is to keep mature players playing in a down position, on the line of scrimmage, within five (5) yards of the ball. You may play an unbalanced line on offense, however an offensive player who weighs more than the applicable unrestricted weight cannot line up more than two positions from the center and a defensive player who weighs more than the applicable unrestricted

weight cannot line up outside of a plane with the second position from the center-he must be either on the inside shoulder or head up the second lineman from the center (or closer to the center).

3.3 Game Rules

- **Extra points will count 1 point when made from the 3 yard line and 2 points when made from the 5 yard line.**
- Three timeouts allowed per half. Coaches must go to the sideline for time outs.
- Equipment: Mouthpiece must be worn during play or a 5-yard penalty will be assessed. No metal cleats will be permitted, but you may use plastic removable cleats. Must wear official game jersey. No tinted shields are allowed on Texas football fields.
- No form of communication devices may be used during game play to communicate with any player on the field of play. A violation of this rule will result in a forfeit being declared.
- Game ball used on offense must be the appropriate size and approved by game officials.
- Coaches and players must stay between the 25-yard markers on the 100-yard field. The white area is a referee box and coaches must remain behind that area.
- The NCAA method for Tiebreakers will be used with these exceptions: One series for each team starting at the 10-yard line. If neither team scores, then the game will remain a tie for regular season games. Playoff and Super Bowl games will be played until a winner is declared according to the NCAA tiebreaker rules.
- There will be no field goals kicked or kicking of extra points.
- After a safety, the kicking team has the option of putting the ball into play by a punt, drop kick or place kick.
- You may film *your* game only. No ladders are to be used by photographers.
- **Only four coaches, identified by card around their neck, will be allowed in the coaches' box and on the sideline during games.**
- In the second half, if a team is losing by twenty-one (21) or more points, the head referee will confer with the losing team coach as to whether the coach prefers a running clock or continue with conventional time keeping. If the point difference between the two teams falls to twenty (20) or less, conventional time keeping will prevail. If the losing team coach initially declines to have a running clock, that coach, at any point in the second half, can request a running clock provided the point differential is still twenty-one (21) points or greater.

- Horse Collar Foul - any horse collar foul, whether it is behind or beyond the line of scrimmage, will result in a penalty.
- Blindside blocks are illegal. Player contact needs to be to the front of the jersey with the player being blocked able to see (and defend himself from) the contact from the opponent.
- Injuries must be reported to League President if they cause the player to be removed from the game.
- Referees must verify the score with coaches after the game.

3.4 Home/Visiting Team Responsibilities - Home team the bench on the bleacher side of the field. The Home team with first game of the day puts out field equipment and all Home teams will furnish one chain person and one down marker person. The visiting team will furnish one chain person. The Home team from the last game puts it away. The equipment is kept in the ticket booth in a bag marked as SVAA property. When putting equipment away, sure the bag of 8 pylons, chains and down markers are placed back in the ticket booth.

- Chains (Home & Visitor)
- Down Marker (Home)

3.5 Scheduling/Rescheduling Games - Only the Sport Commissioner or League President may reschedule games and set times and places for make-up games. Games shall be rescheduled for weather related cancellations only, lightning or other dangerous weather. If a game is called because of weather, we will use the high school rule, continuing the game from that point on. The game official will make that decision. We do not have rainouts in football. **Make sure that you give ALL conflicts to your League President before the schedules are published.**

3.6 Officials - Officials are provided for all league games. If, for any reason, there is no official present, the game will not be played and will be rescheduled by the League President. Officials must receive a copy of SVAA rulebook.

3.7 Exceptions - These rules, hopefully, are designed for the general attitudes that prevail with SVAA. However, exceptions do arise that must be addressed. If, during the course of the season, the need arises for rule modification that is beneficial to the league in general, the League President shall document the proposed changes in writing and submit them to the Sport Commissioner. The Sport Commissioner must gain Board approval prior to enacting any rule change.

3.8 The clock is stopped at:

- Time outs
- Running out of bounds
- Injury
- Incomplete pass

- Penalty

3.9 Special Teams (punt and kickoff) – The kicking becomes a defensive team; the receiving team becomes an offensive team and teams should be substituting in accordingly. If the kicker is a double dot, he must take himself out of play after kicking.

4.0 4TH GRADE LEAGUE RULES (Peewee size football)

4.1 Kickoff Normal NCAA rules will be followed, 40-yard line.

4.2 Punts - The offensive team must declare its intention to punt in order for the following procedure to be in effect. If a punt is declared:

- No rush is permitted by the defensive team.
- The kicking team may not leave the line of scrimmage prior to the punt.
- **The kicking team must use a normal punt formation with no more than two players split greater than 5 yards from the ball. Kicking teams may put in a "special team" and receiving team a "special team."** The punter must kick from 5 yards directly behind center.
- A delay of game penalty will be called if this is not followed. If you substitute, putting in your defensive team, you must kick.

Once the ball is marked ready for play, no more than 25 seconds will run off the game clock on a 4th down play where a punt is declared. At the end of 25 seconds, the referee will pause the game clock (if currently running) if the ball has not been punted and will start the game clock when the ball is punted.

4.3 Game Time Limits

- 7 minutes/quarter
- 8 minute half time

4.4 Playing Field - Safety

- 100 yards long
- If a safety occurs you must physically kick the ball from your 20-yard line to the opposing team. You may punt or use kickoff.

5.0 5TH GRADE LEAGUE RULES (Junior size football)

5.1 Kickoff - Normal NCAA rules will be followed, 40yard line.

5.2 Punts - The offensive team must declare its intention to punt or not punt in order for the following procedure to be in effect. If a punt is declared:

- No rush is permitted by the defensive team.

- The kicking team may not leave the line of scrimmage prior to the punt.
- **The kicking team must use a normal punt formation with no more than two players split greater than 5 yards from the ball. Kicking teams may put in a "special team" and receiving team a "special team."** The punter must kick from 5 yards directly behind center.
- A delay of game penalty will be called if this is not followed. If you substitute, putting in your defensive team, you must kick.

Once the ball is marked ready for play, no more than 25 seconds will run off the game clock on a 4th down play where a punt is declared. At the end of 25 seconds, the referee will pause the game clock (if currently running) if the ball has not been punted and will start the game clock when the ball is punted.

5.3 Game Time Limits

- 8 minute/quarter
- 8 minute half time

5.4 Playing Field - Safety

- 100 yards long
- If a safety occurs you must physically kick the ball from your 20-yard line to the opposing team. You may punt or use kickoff.

6.0 6TH GRADE LEAGUE RULES (Youth size football)

6.1 Kickoff - Normal NCAA rules will be followed,40yard line.

6.2 Punts - Normal NCAA rules will be followed. A team may substitute a special kicking or receiving team, but if the offensive team makes any such substitutions, it must punt the ball. If you use a weight-restricted (dotted) player to punt, you must punt.

6.3 Game Time Limits

- 9 minutes/quarter
- 8 minute half time

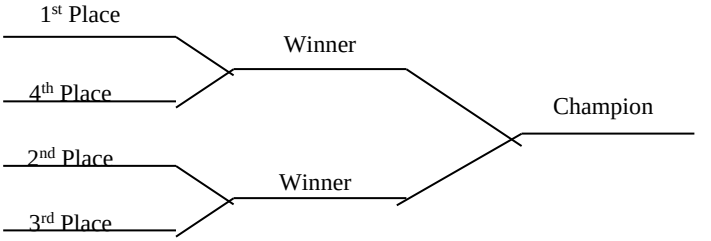
7.0 PLAYOFFS/CHAMPIONSHIPS

Each league may consist of one or more divisions. Determination of division numbers and team placement within each division is the responsibility of the League President and Sport Commissioner. Division organization and playoff format, including the number of teams qualifying for the playoffs, will be furnished to each coach prior to the first league game.

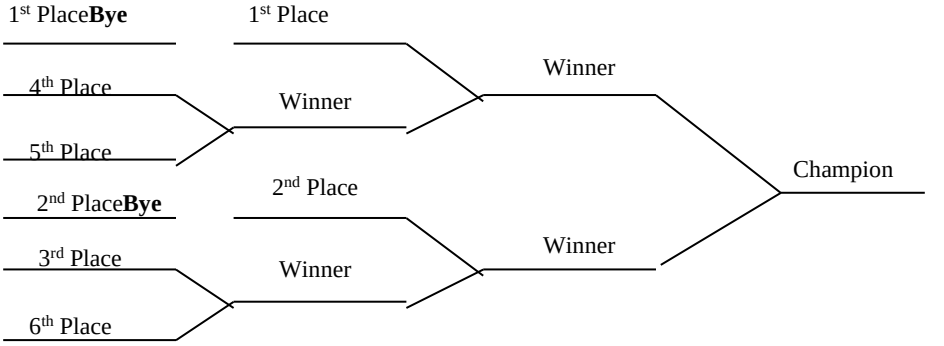
At the end of the regular season, the teams that qualify for the playoffs in each division (based on won-loss records) will advance to the playoff games. In the event of identical standings, the selection of qualifying teams will be based upon:

1. Head-to-Head competition.
2. Average points allowed per game not to include forfeits
3.Coin Flip

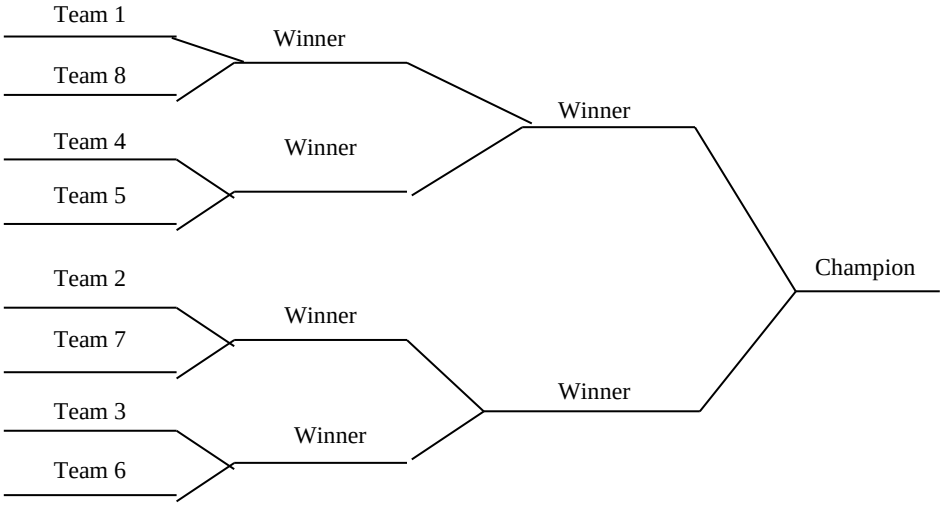
Playoff formats are shown below:



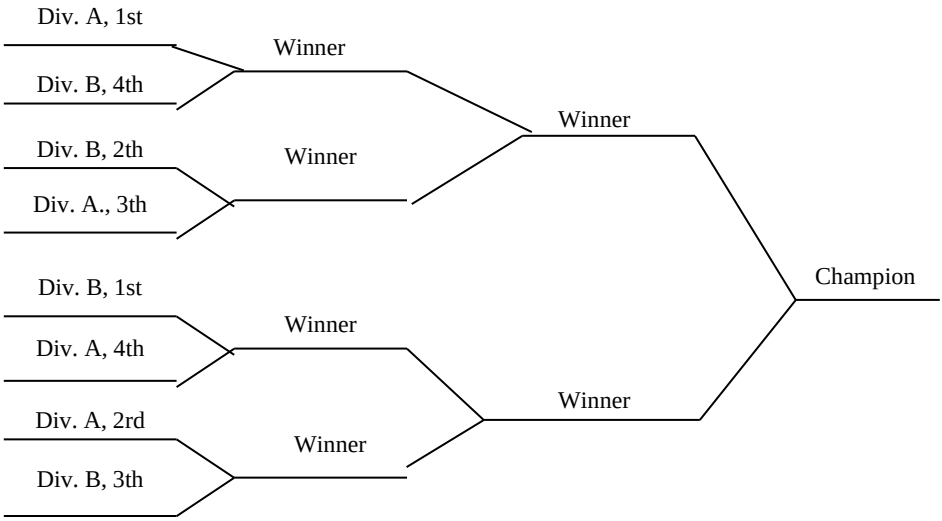
If six teams make the playoffs, the format shall be as follows:



If eight teams make the playoffs, the format shall be as follows:



If eight teams, 2 divisions (A,B), make the playoffs, the format shall be as follows:



In all preliminary playoff rounds, The NCAA rulebook for tiebreakers will apply. The only exception to the NCAA rule will be that the starting point will be the 10-yard line instead of the 25-yard line.

7.1 Awards - It is the policy of SVAA to present awards based primarily on won-loss standings.

7.2 Division/Playoffs - Awards will be presented to the regular season division champion(s). For the purpose of awards the division champion will be determined by won-loss record only. In the event of a tie, Co-Champion awards will be presented at this level. These awards will be presented at the appropriate Super Bowl game.

Playoff awards will be presented to: 1. Tournament Winner and 2. Tournament Finalist (runner-up). A regular season "division winner" that becomes a "tournament winner" will receive the "Tournament Winner" award only. A regular season "division winner" that does not become a "tournament winner" will receive the "division winner" award. No team will receive more than one award for competition. Super Bowl will be played until a winner is declared.

7.3Sportsmanship - A sportsmanship award may be given in each league. Determination for this award will be the responsibility of the League President. The League President may solicit opinions from the participating coaches and officials. Trophies or medals will be given to the winning players at the appropriate Super Bowl game.

7.4 Other Awards - No other awards may be given in the name of SVAA.

8.0 FLAG RULES and REGULATIONS (K2/Peewee size football)

General Information will be the same as Tackle Football**.** Every player must be a "starter" on offense or defense, and barring injury, must play in ALL plays on their "starting" side of the ball. This rule will apply to the first, second, and third quarters of play. Open substitution in the 4th quarter is allowed. You may switch them around, but not in the middle of a quarter. Every player must START and continue playing the whole quarter on either offense or defense. Any changes made during the first three quarters must be made at the start of the next quarter and in any case for the entire game, absent injury, no player who is eligible to be substituted out of a game may be substituted for another player until possession of the ball changes.

Flag teams may be reformed each year to conform to our policy of kids playing with their elementary school group. Participation for Championships will be by grade levels only!

General Rules

The Field

(1) The field size will be 40 yards x 80 yards. End zones (2) will be eight yards deep. The field inside the end zones will be divided into 8-yard intervals. 3rd grade and up may use full size high school fields.
(2) Home team will provide someone for the down marker for the 1st half and the visiting team will provide someone for the 2nd half.

(3) Visitors will provide someone for the first down marker.
(4) **All teams must wear the jersey that SVAA provides. The home team will wear the white jerseys and the visiting team will wear colored jerseys. The players should all wear the same color of shorts/pants. A team may not wear shorts the same color as their flags or have stripes on their shorts the same color as their flags. Shorts cannot have pockets.**
(5) Mouthpieces must be worn by all players.
(6) Flags on the belts need to be pointed out, as the belt clips are designed, not in, toward a player's hip.
(7) At Bowie Elementary, the East side of the field is for the home team, the West side of the field is for the visiting team. At Northwood Hills Elementary, on the North and South field, the East side is for the home team, and the West side is for the visiting team. On the Northwood Hills East and West field, the South side is for the home team and the North side is for the visiting team. High school fields use high school rules, the home team will use the home bleachers.

Time Regulations

(1) **Three twelve-minute quarters and one 10 minute quarter (4th) plus 7 plays. Five-minute halftime**.
(2) The clock will be a running clock except for timeouts and injuries. The clock will continue running after a score is made.
(3) Each team will be allowed **2** time-outs per half. Time-outs will be one-minute in length. Restart at snap. If a team with no time-outs remaining calls a time-out, the referee will inform the coach that he has no more time-outs and the clock will continue to run.
(4) During regular season if a game is tied it will remain a tie. During playoffs, we will use the following method:
    (a) After an official's time out of 2 minutes, during which time officials and team captains will have a coin toss, the winner will have the choice of playing offense or defense first. Both teams will go in the direction of the wind, or if no wind, in the direction chosen by the loser of the toss.
    (b) Ball will be placed on the 16 yard line and each team will have 4 consecutive plays unless terminated by an interception which results in a turnover of the ball. If the game is still tied after 4 consecutive plays by each team, it will be done again until a winner is decided.
(5) The period of time after a touchdown is made is known as the PAT or Point After Touchdown. During regulation game time, the game clock does not stop. During the Seven (7) Play Period or the Tie Breaker Period, the PAT is not counted as a numbered play, but will use the play clock as a guide. With two minutes remaining in regulation period (10 minutes into the last quarter), teams will be given a two minute warning and be instructed that the seven (7) play period will begin. The seven (7) play period has only the twenty-five

(25) second play clock to use as a time guideline between plays. The officials will give down and play number on all plays remaining. Teams must continue to make first downs if they want to keep possession, as it is with using the clock. However, if they do not make a first down, the defense has a chance to gain possession and use the remainder of the seven plays. PAT tries will not count as one of the seven plays. Kick offs will count as one of the plays.

Scoring

(1) Touchdowns are worth six points.
(2) Extra points will be attempted from the three-yard line.
(3) Two points for pass, one point for run. To gain 2 points, the pass must go directly from the QB to the receiver. No laterals allowed in this situation.
(4) Safety is worth two points. **After a safety, the team that is awarded the points will have possession of the ball at their 16 yard line.**
(5) In order to score, any part of the ball must break the plain of the goal line.

Kickoffs and Punts

(1) Kickoffs will start each half and following touchdowns.
(2) Kicking team will kick off from their 24-yard line. The receiving team must be 16 yards from the ball when it is kicked. If the ball touches a player on the receiving team but is not in his possession, another player may gain possession and return the kickoff.
(3) Kickoffs going out of bounds or not going eight yards may be taken by the receiving team at the place the ball goes out of bounds or stops moving.
(4) The receiving team may also opt to have the kick repeated. There is no penalty for the kick being repeated.
(5) Kicking team cannot recover kickoff.
(6) Punts: The ball will be automatically advanced sixteen yards from the line of scrimmage with no further penetration than the eight yard line.
(7) Punting team must declare they are punting.
(8) No unannounced "punts" will be allowed.
(9) **On kickoffs - once the ball is picked up or caught by an offensive player and he is running down the field, he can lateral it (no handoffs) to another player on his team. No limit on the number of laterals down the field.**

General Rules of Play

(1) **Participation**

(a) We will play 7 man flag football. The minimum number of players per team shall be 10 and the maximum number shall be 14. SVAA is a recreational league where we try to find a team for every player. If your team has fewer

than 12 players you could receive additional/unexpected solo(s) from your same or a nearby school. If your team already has 12 players you will not receive additional/unexpected solos from the "draft pool." If players are added to your team, we will not add past 12, however, coaches can request a 13th and/or 14th player.

(b) A team is allowed to start with 6 players.

(c) SVAA participation rules for football will apply (check SVAA Coaches guide, but briefly, every player must have a starting position for the first three quarters. There is open substitution for the fourth quarter.)

(d) There will be no down field blocking or running screens. (6-yard penalty). You may only **have one blocker (for QB)** on or behind the line of scrimmage and you must keep your arms behind your back when blocking.

(e) Defensive player cannot hold or push the ball carrier down to remove the flag, touch or grab the face of the ball carrier, block or push the ball carrier out of bounds. Nor can they leave their feet to grab the flag. (6-yard penalty)

(f) The ball carrier may not use their hands, head, or shoulders, to protect his flag from being pulled. He may not stiff arm or block the hands of a defender who is attempting to pull the flag. This is flag guarding and is a 6-yard penalty from the spot in which the infraction first occurs and carries with it a loss-of-down. The ball carrier may not deliberately drive or run into a defensive player. This is also a form of flag guarding/charging and is a 6-yard penalty from the spot in which the infraction first occurs and carries with it a loss-of-down.

(g) Five-yard penalties will be 2 yards. Fifteen-yard penalties will be 6 yards. Unnecessary roughness, unsportsmanlike conduct will be 10 yards.

(h) Coaches, players and spectators persisting in unsportsmanlike conduct may face ejection and other sanctions.

(i) Coaches, players and spectators ejected must meet with the League President and/or Sport Commissioner prior to being reinstated as a coach, player or spectator.

(j) All judgments by the official are final.

(k) No player is allowed to leave his feet. Exception - If a player jumps over another player to avoid a collision, the call will be at the discretion of the referee.

(l) You must have at least 4 players on the line of scrimmage (this does include your center).

(m) Once the ball is set in play by the ref, no one (including the center) can pick the ball up from the spot of the ball until the ball is snapped. (2-yard penalty).

Penalty Enforcement - A new first down will be given to the offense ONLY if the placement of the ball, AFTER the penalty is enforced, results in a first down. For loss of down penalties, the ball will be placed at the new ball placement after penalty enforcement and the down will be advanced to the next down. Otherwise, the previous down will be repeated from the new ball placement after penalty enforcement.

(2) **The Game**

(a) One referee will perform pre-game coin toss: (1) winner of coin toss will chose possession (kick or receive), (2) loser of coin toss will chose direction (goal defending), (3) for the second half the direction and possession will be reversed.

(b) First downs will be gained by advancing the ball past the next 8-yard zone line. Teams will have four downs to move the ball past the next zone line to gain a first down.

(c) If forced behind an additional zone line through penalty of loss of yardage, the original zone line to be reached for a first down must still be reached.

(d) One coach for each team is allowed on the field. All other coaches, players and fans must stay on the sidelines far enough back so you do not interfere with the play. Once the ball is snapped the coaches on the field are not allowed to talk/coach. Violation of this rule will result in a penalty.

(e) Players must use flags and flag belts provide by SVAA. Before each snap, players must have flag belts on with the proper number of flags attached. Flags must be placed on the hips directly down from the armpits. The securing of flags to the body, waist or belt other than by the equipment provided or in the wrong location is illegal. (2-yard penalty) All players must have jerseys tucked in. If a flag falls off when a player is running with the ball, he is down where the flag falls off.

(f) Downing the ball: A player with the ball is down when a knee touches the ground or one of the player's flag is removed or comes off, regardless of whether the flag was pulled off by an opposing player or it just fell off. Also, the ball is dead when it comes into possession of a player without two flags on.

(g) All players are eligible receivers. However the ball is dead and ruled an incomplete pass when the passer catches his own pass. If a forward pass is thrown to the snapper it must travel one yard in flight beyond the line of scrimmage. You must have possession of the ball and have one foot in bounds for a legal catch.

(h) Ball may be handed in any direction to a player behind the line of scrimmage. Unless the ball is forward passed, it may not be advanced across the line of scrimmage until after an exchange has been made between the receiver of the snap and another player. (Penalty: 2 yards and loss of down)

(i) A ball touching the ground is dead and spotted at the point of contact with the ground except for the following:

(1) A ball fumbled forward will be spotted from the point of the fumble.

(2) A ball fumbled by the offense in its own end zone will be a safety.

(3) A ball has not been touched by the receiving team on a kickoff.

(4) A ball that hits the ground from a shotgun snap **(this ball can be picked up by the QB, but it cannot be dropped and picked up again during that play).** If the ball rolls or bounces back to the QB from a shotgun snap and he attempts to pick it up, but it hits

the ground again BEFORE he can *control* it, it's a muff and he should be able to continue the play. Just like in a direct snap where the ball hits the QBs hands and it goes to the ground, then the QB picks it up and continues the play. The difference is the distance the ball travels initially between the center and the QB. **However, if after he picks it up or gains possession of it or takes a step (football move), then drops it, the ball is dead.**

(5) The quarterback gets one muff from snap (meaning the ball can hit the ground and the quarterback can pick it up only once during the same play).

(j) The offensive team will have 25 seconds from the time the ref places the ball down on the line of scrimmage to put the ball into play.

(k) There will be a rush count of 3 seconds before the ONE defensive player can rush the quarterback. **(Referee should count out loud. One thousand one, One thousand two, One thousand three, Go.) (You may only have one rusher when the QB has the ball.)** If the ball is handed off, anyone can rush.

These rules are designed to provide a framework for the proper administration of the SVAA football program. SVAA reserves the right to apply these rules or to alter these rules in a particular situation as the SVAA Board of Directors' determines to be in the best interest of the program as a whole.

9.0 RULES INFRACTIONS GUIDELINES

Following several months of study, the Board of Directors of the Spring Valley Athletic Association ("SVAA") has decided to publish its rules and procedures regarding the punishment for violations of its rules. The Board hopes that this document will inform all coaches and participants of SVAA's intent to ensure compliance with its rules as well as the policies that SVAA will follow to enforce those rules. SVAA is not a heavy rule oriented organization, but rules must exist in order to ensure the basic fairness of the sports programs SVAA offers. The existence of rules, however, is not enough. SVAA must also ensure that those rules are enforced and enforced uniformly from violation to violation and from sport to sport.

This document, while making every effort to be comprehensive, will fail undoubtedly to address every situation that may arise. In any case not dealt with specifically herein, SVAA reserves the right to issue such punishment as it believes to be appropriate under the circumstances. In addition, this document is not intended to be binding or enforceable against SVAA. It is a general statement of policy and intent, but SVAA reserves the right to alter any procedure set forth in this document in the event it believes such change to be in order.

General Philosophy

As articulated in the rulebook for each sport, SVAA runs its programs for the benefit of the youth participating in those programs. Though many coaches and parents seem to lose track of the basic point, winning and losing are not important. SVAA exists for the purpose of allowing youth to learn about various sports, to learn the team environment, and to learn that "it is better to have tried and failed than not to have tried at all." All youth should be encouraged to sign up to play and each one should be given equal opportunity to play and learn the sport. Hence, for example, the team formation rules, where everyone should be encouraged to play and coaches are not allowed to form teams, and the substitution rules, where every youth is required to play significant amounts of every game, are both areas that are important to ensuring that the basic philosophy becomes reality. Conduct that interferes with this basic philosophy has always been, and will continue to be dealt with harshly.

Basic Procedures

The SVAA sports rulebooks provide a uniform procedure regarding the enforcement of SVAA's rules, policies and philosophy applicable to that sport. In general, the rules divide each sport into three separate areas -- team formation, practice, and games. Each area has its own specific set of rules and guidelines. The violation of some rules and guidelines contain set penalties, while others only establish ranges, and some leave the penalty unspecified. Contrary to the general perception, the range of penalties and the degree of specificity associated with the violation of each rule has been the result of SVAA's 50 plus years' experience in administrating youth sports programs.

This document will not address the specifics of the rules of the game since the enforcement of those rules is left to the judgment and discretion of the game officials. Rather, this document focuses on those situations which violate SVAA's specific rules. In general, the enforcement of all SVAA rules is the ultimate responsibility of the Board of Directors. In the first instance, however, rules will be enforced and punishments determined by the League President, the Deputy Sport's Commissioner, and the Sport Commissioner. All decisions made by any of these people can be appealed to the Rules and Infractions Committee of the Board.

The purpose of that appeal process is to ensure some consistency from sport-to-sport, from year-to-year and with the guiding purposes of SVAA. SVAA Commissioners and Officers are all volunteers and they spend a tremendous amount of time and effort to try to ensure compliance with SVAA's rules. **To ensure that time is not wasted, SVAA will, effective with the 1996 Baseball Season, impose a $50 fee for all appeals beyond the Sport Commissioner level.** If in the Board's sole discretion an appeal is upheld, the full $50 fee will be refunded. In all other cases the fee will be applied to SVAA's general financial aid program.

Basic Rule Infractions

The general range of penalties available to enforce SVAA's rules can basically be divided into two general categories. One, for addressing game specific issues, involving either forfeiture of a game or a requirement to replay the game under specified conditions. Two, for addressing the conduct of coaches, players and fans, ranging from no action, to probation, to suspension for some period of time, to expulsion from further participation in any SVAA program. The specific punishment applied in a particular situation is dependent upon a consideration of the nature of the violation and the surrounding circumstances. Relevant questions for the surrounding circumstances involve the impact on the youth, the nature of the violation, whether the same or similar conduct had occurred in the past, and whether the offending person has endeavored to rectify the effects of the violation.

Given these variables, a specific penalty for any given violation of an SVAA rule cannot be announced in advance with the exception of expulsion from a game. In the event of an expulsion, an automatic extra game suspension will be imposed. As noted above, those violations that go to the heart of SVAA's philosophy will be dealt with harshly. SVAA does not have a rule that requires a staged enforcement of its penalties. Hence, in the right circumstances and presumably extreme case, the very first violation of an SVAA rule may result in the harshest penalty, expulsion from the league.

SVAA does, however, keep track of its rule enforcement decisions and the fact that a prior violation has occurred may be used as a factor to escalate the punishment for any subsequent violation. Put another way, SVAA will track punishments for particular individuals from sport-to-sport and from year-to-year and additional violations of SVAA rules regardless of sport by the same individual will be dealt with more severely than a first violation by another individual of the same rule.

To help ensure the proper enforcement of its rules across all sports and from year-to-year, SVAA has appointed a standing Rules Infractions Committee of the Board. That Committee will be composed of three members at large, the SVAA Administrator (non-voting), and the Sport Commissioner of each SVAA sport. The Sport Commissioner will not participate in the deliberation of any matter heard by the Committee that arises from the sport in which he/she is the Commissioner.

Rule Specific Guides

The table below is designed to highlight some of the areas of rules violations that SVAA views as serious:

Team Formation	Practice	Games
1. Recruiting youth for a particular team	1. Holding practice longer than permitted by the rule or prior to the time authorized for practice	1. Failing to follow the substitution eligibility rules for that sport
2. Discouraging or preventing youth from signing up or participating in an SVAA program	2. Allowing a youth to participate in practice without a signed contract on file with the office	2. Being ejected from a game or otherwise failing to deal with officials with respect
3. Failure by each coach to have a parents' meeting as required by each sport	3. Failing to ensure adult supervision at all practices and games	3. Allowing youth to participate in two leagues at one time
	4. Damaging a facility obtained by SVAA	4. Allowing fans to engage in inappropriate conduct
	5. Any use of foul or abusive language, Use of alcohol, drugs, or tobacco.	5. Any use of foul or abusive language, Use of alcohol, drugs, or tobacco.

Violations of these rules in particular can expect to receive more serious penalties.

Summary

Hopefully this document will provide some insight into the SVAA rule enforcement policy. SVAA hopes that it will never be called upon to enforce any of its rules. If you have any questions about a specific rule, contact your league president or Sport Commissioner in advance. Do not assume that merely because the same conduct has happened before that it will not be subject to punishment. Unfortunately, not all rule violations are brought to the Board's attention. If you have any questions about this document, please contact the SVAA office at 972-238-9728. Your question will be forwarded to a member of the rules infraction committee for response.

The Rules Infraction Committee
Spring Valley Athletic Association