



2011 Intra-League Football Rules

(revised 09/09/11)

ACYA 2011 Intra-League Rules

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Rule 1 - Team Definition

- A. Teams will be selected by draft. When feasible, a good faith effort will be made by the League Director to distribute player and coaching talent equitably.
- B. The grade of a player shall be the upcoming school year. He must also be the age class below (C.) or younger on August 31st.
- C. The following age and weight schematic will govern the team make up:

League Name	Age Class	Skill Position Weight Max
1 st /2 nd Grade	6, 7, 8	90 lbs
3 rd Grade	9	95 lbs
4 th Grade	10	105 lbs
5 th Grade	11	115 lbs
6 th Grade	12	125 lbs
7 th Grade	13	125 lbs

1. Players will be officially weighed prior to each league's draft. All players whose weight is more than the weight maximum for their age group, as set forth in the above chart, shall be designated as "Restricted Players".
 2. Each head coach will receive a list of Restricted Players prior to the draft.
 3. Restricted Players shall be restricted to playing a down lineman position from tackle to tackle, whether on offense or defense.
 4. Except as provided in Rule 1 (5), Restricted Players are subject to the following:
 - a. Restricted Players on offense may not run the ball, play as a receiver or advance the ball on special teams.
 - b. Restricted Players may punt and kick extra points or field goals, but may not advance the ball as a runner or when serving as the kicker or holder act as a lead blocker on special teams.
 - c. The ball will be considered immediately dead if in possession of a Restricted Player on offense.
 - d. Restricted Players on defense may advance a fumble or interception.
 5. Exception: In Pee Wee only, a restricted player shall be given the opportunity to carry the ball one time during the season on an offensive play from scrimmage.
 6. Violation of positioning of a Restricted Player will be an illegal position foul. Penalty, 5 yards.
- D. A player may be moved up or down a League at the Association's discretion for safety considerations. A player may also be asked to play for a Colt travel team on a temporary basis in order to fill out the minimum player requirement for a roster. However, no player may play for two teams including teams outside of the Colt Program at the same time. Any player known to be playing for two teams shall be asked to withdraw from one of the teams immediately.

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Rule 2 - Team Responsibilities

- A. The Home team shall provide a chain crew. The chain crew shall consist of individuals 18 years of age or older. The chain crew shall take their posts at least 5 minutes prior to kick-off.
- B. The Visiting team shall provide a clock operator.
- C. On Colt field, the home team will be on the score board side of the field. On Mustang, the home team will be on the announcer side of the park.

Rule 3 - Officials

- A. All ACYA Intra-League games shall be played using 3 officials on the field. An adult volunteer from the visiting team will operate the game clock during the regular season.
- B. A minimum of 15 minutes shall elapse between the end of any one game and the beginning (kick-off) of the next game. When the regular scheduled starting time allows 15 minutes or more between games, the game shall proceed as scheduled; however a 15-minute period between games must be allowed regardless of the scheduled starting times of any games.

Rule 4 - Uniforms and Equipment

- A. Each player must have a complete uniform and be legally equipped. Detachable cleats are permitted only when the shoe contains the receiver ("female"), the cleat contains the insert ("male"), and no metal is exposed. All molded type cleats are considered legal.

Rule 5 - Team Captains

- A. A team may have a maximum of 4 team captains, as identified by the head coach to game officials, who may attend the opening game coin toss and receive instructions at mid-field.

Rule 6 - Headsets & Filming

- A. Any team may use headsets during a game. No team will be prohibited from using headsets because the other participant does not have access to the same. Any and all coaches, except coaches on the field in Pee-Wee and third grade league games, shall be allowed to use headsets. Cell Phones may not be used as a substitute for headsets.
- B. As an instructional aide, coaches may film or have filmed only those games in which their team is a participant. Violation of this rule will result in a one game suspension of the Head coach. Upon review, additional penalties may be assessed by the Executive Committee.

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Rule 7 - Sideline Restrictions

- A. During a game, no one is allowed on the sidelines, outside the coaching box, except the following:
 - 1. Cheerleaders, when adequate space cannot be provided outside the restraining lines;
 - 2. The official chain crew;
 - 3. Newspaper, magazine and/or television or photographic staff, which have been authorized to take pictures or film the game;
 - 4. A maximum of one team statistician; and
 - 5. A ball boy when specifically requested by the officiating crew
- B. Unless otherwise provided in these rules, during a game no one is to be allowed in the coaching box except the following:
 - 1. The members of the participating team and the team's coaching staff who are listed on the official team rosters;
 - 2. The team trainer and statistician as listed on the team's official roster;
 - 3. A maximum of two (2) managers under the age of 18. These managers do not have to be listed on the team's official roster.
 - 4. ACYA league officials may be on the sidelines at any Intra-League game, inside or outside the coaching box, when they feel such action is appropriate and in the best interest of the game or association.

Rule 8 - Complaints / Misconduct / Protests / Violations of the Rules

- A. ACYA will enforce all violations of rules, complaints and protests as follows:
 - 1. All complaints, protests or allegations of a rules violation shall be made to the League Director.
 - 2. All coaches, parents, and officials shall conduct themselves in an appropriate manner. Each League Director shall fully investigate any complaint or allegation of misconduct and report the findings to the ACYA President.
 - 3. The Head Coach will be held responsible for the conduct of his assistant coaches, players, and parents/fans of his players. The Head Coach may be subject to dismissal or ejection, including game suspension, for any parent or assistant coach misconduct or rule violation.

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Rule 9 – Playing Rules - Governing Rules and Exceptions

The National High School Football Rules, with the following exceptions, will govern all games:

- A. For those leagues Fourth Grade and above, quarters shall be 10 minutes in duration. Pee Wee and Third Grade quarters shall be 8 minutes in duration for all games.
- B. When a game prematurely ends, all games reaching half-time shall be considered completed and will count toward playoff seedings.
- C. The ball shall be of good grade leather or rubber with the following specifications:
 - 1. Pee-Wee and Third grade leagues - Pee-Wee size ball or K2 (according to Wilson)
 - 2. Fourth and Fifth grade leagues - Junior sized ball (according to Wilson or Nike).
 - 3. Sixth and Seventh grade leagues – Junior sized ball (according to Wilson or Nike)
 - 4. Ball cannot be in like color of uniform. (Example Black Uniform/Black Ball)
- D. Extra points shall score 2 points for kicking and 1 point for passing or running the ball. The ball will be put in play from the 3-yard line.
- E. Goal posts shall be no less than 19 feet, 2 inches in width.
- F. Two-color jersey numbers are permissible. Length of game jerseys must cover all protective gear.
- G. The National High School Federation Rule with regard to numbering interior linemen, eligible receivers, backs, etc. will not apply.
- H. During the regular season, a game tied at the end of regulation time is over. Tie games in the regular season are OK. Tie games will not be counted in determining the win/loss percentage for determining playoff seeding. For playoff games, all ties shall be broken using National Federation tie breaking rules; provided, however, if the score remains tied after each team has had two possessions, each team will receive alternating offensive possessions from the fifty yard line until a winner is determined based on scoring or penetration.
- I. "Mercy Rule" When one team is 18 points or more ahead, the following rules shall apply. The rules below cannot be waived by either the winning or losing coaches even if there is an agreement between them to do so:
 - 1. There shall be no further kickoffs by either team.
 - 2. The team behind shall be awarded the ball at midfield after any score by either team.
 - 3. The team that is ahead must substitute reserve players for their starters in the offensive backfield.
 - 4. There will be no forward passes by the leading team.
 - 5. After halftime, the team behind will be awarded the ball at midfield regardless of which team should receive the second half kick-off.

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6. During the first half only, at the time this mercy rule takes effect, the game officials will confer with the Head Coach of the losing team and provide two clock options:
 - a. Option 1 - A "running clock". The clock will stop only for an official's timeout.
 - b. Option 2 - A normal clock will be in effect with the score removed from the scoreboard until such time as the difference becomes less than 18 points.
 - c. Should there still be a mercy rule situation at halftime, there will be a mandatory "running clock" throughout the second half. If the game is no longer in mercy rule during the second half (i.e., lead becomes less than 18 points), then "normal clock" resumes.
 - d. The losing coach at any time after choosing either clock Option 1 or 2 may request that the officials begin a running clock. The coach may only switch one time to a normal clock and the game will be played under a running clock unless the point differential becomes less than 18 points.
 - e. If the point differential becomes less than 18 points, regular game rules will resume including the keeping of the clock and displaying the score on the scoreboard.
- J. The center is protected in punting and other long snap situations (generally, scrimmage kick and shotgun situations). No player can hit the center until he brings his head back up. Although the NFHS rules do not protect the center in situations where the snap is less than 10 yards, the ACYA has not made the same distinction. As long as the center's head is down, and he is long snapping a football, a defensive player cannot touch him

Rule 10 - Player Participation

- A. At a minimum, every player who is not a two way starter will be assured of starting and playing the entire game on one side of the ball. For purposes of this rule, special teams' plays shall be excluded. Every player shall serve as a captain at least once during the course of the season.
- B. In Pee Wee, every player must be given the opportunity to (i) carry the ball on an offensive play at least one time during the season, and (ii) kick-off at least one time during the season.
- C. If a player is not to play or is going to play on a limited basis due to disciplinary action taken by the coaching staff, the head coach must obtain written approval from the League Director, Athletic Director, or Intra-League Director before implementing the action. Once approved, the opposing team's Head Coach must be notified of all such players subject to the disciplinary action prior to the start of the game.

Rule 11 - Coach's Participation – Pee-Wee and Third Grade ONLY

- A. One coach from each Third grade team and two from each Pee Wee team may participate on the game field during the game.
- B. The coach or coaches participating on the field may not have any form of communication with any player of either team after the offensive team's center touches the ball. Coaches on the field must remain silent and may not give verbal or visual signals until after the play has ended.

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- C. Coaches participating on the field must be at least 15 yards from the line of scrimmage when the play starts and may not interfere with the play in any way.
- D. If the game officials rule that a coach on the field has violated provisions B. or C. above:
 - 1. After the first occurrence, the coach shall receive a "team" warning.
 - 2. Beginning with the second occurrence by any coach of a team that has been warned:
 - a. In Pee Wee, that team will be assessed a 15 yard illegal participation penalty for the second and each subsequent occurrence charged to that team.
 - b. In Third Grade league that team will be assessed a 15 yard illegal participation penalty for the second occurrence charged to that team. The third occurrence charged to that team will result in another 15 yard penalty and no coach from that team shall thereafter be permitted on the playing field for the duration of the game. Coaches may continue to coach from the sidelines.

Rule 12 - Free Punts – Pee-Wee and Third Grade

- A. A team may request a "free punt". When a free punt is requested the defensive team may not rush the punter. This rule does not mean that a defensive lineman or any other defensive player cannot block to set up a return.
- B. The team requesting the free punt must punt the ball.
- C. A free punt may be requested at any location on the field.
- D. If the game officials determine that an infraction of this rule has occurred, an encroachment violation will be assessed.

Rule 13 - Automatic Spot – Pee-Wee ONLY

- A. In lieu of a Free Punt, the offensive team may request an "automatic spot" in punting situations.
- B. When a team requests an automatic spot, the game officials will provide a 20-yard spot from the line of scrimmage if the line of scrimmage is not inside the defensive team's 30 yard line. If the line of scrimmage is inside the defensive team's 30 yard line the automatic spot will be the defensive team's 10 yard line. The game clock will run during this process.

Rule 14 - Free PAT and field goals – Pee-Wee and Third Grade ONLY

- A. A team may request a "free kick" PAT or field goal. If a team requests a "free kick", the defense cannot interfere in any way with any offensive player during the play. This includes rushing the kicker and any attempts to otherwise distract the offense. The defense must take a knee throughout the free kick and remain silent and still.
- B. The Center must snap the ball between his legs to the holder, who must be stationed at least 7 yards beyond the line of scrimmage. The ball may not be run back and handed to the holder.
- C. There shall be no time limitation on the attempt to kick the ball other than the game official's discretion that the team is making an effort to kick the ball.

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- D. If the game officials determine that the defense has committed an infraction of the free kick rule, an encroachment violation shall be assessed.
- E. If the offensive team attempts to advance the ball, a dead ball shall be called and the play ended.
- F. Unless moved as a result of a penalty, the PAT will be kicked from the 10 yard line. Field goals will be kicked from 7 yards behind the line of scrimmage.

Rule 15 – Offensive Line Play – Pee-Wee and Third Grade ONLY

- A. Offense must have a balanced line. This means a guard, a tackle, and an end on each side of the center. Ends may split.
- B. If the game officials determine that a violation of Rule 15 (a) has occurred, an illegal formation shall be called and a 5-yard penalty assessed.

Rule 16 – Defensive Line and Linebackers – Pee-Wee and Third Grade ONLY

Defensive linemen – In PEE WEE LEAGUE ONLY, interior defensive linemen (i.e. guards and tackles), if used, must line up head to head with interior offensive linemen and no defensive lineman may line up over the center, in the A-gaps between the center and the offensive guards, in the B-gaps between the offensive guards and the offensive tackles, or in the C-gaps between the offensive tackles and tight ends. Defensive ends, if used, must line up head to head or just outside of the tight end. However, if the O-end is split, the defensive end may line up anywhere to the outside of the tackle. In 3rd GRADE LEAGUE, all rules above apply except A Gap rule. 3rd Grade may allow a nose tackle only. A team may not line up 2 defensive linemen in the gaps between Center and Guards. A team may blitz the A gap but only from a traditional linebacker position, 3 yards deep from the line of scrimmage.

- a. Linebackers, other than middle linebackers, must be at least two yards from the line of scrimmage when the ball is snapped. A middle linebacker, if used, must be at least three yards from the line of scrimmage when the ball is snapped.
- C. No linebacker may blitz between the guards. (Except for the 3rd Grade)
- D. It is a blitz when a defensive player who is not a lineman rushes without hesitation and at full speed upon the snap of the ball.
- E. If the game officials determine that a violation of Rule 16 (a) or (b) has occurred, an "illegal defense" shall be called and a 5-yard penalty assessed. A violation of Rule 16 (c) will result in a 15 yard personal foul penalty.

Rule 17 – Defensive Line Play Special Rules – Pee Wee ONLY

- A. Defensive linemen may not rush the A-gaps or over the center.
- B. Every defensive lineman must be in a down position (i.e. three or four point stance when the ball is snapped). For purposes of this rule, a defensive lineman is any defensive player within two yards of the line of scrimmage when the ball is snapped.
- C. No QB sneaks. The quarterback may not run the ball in or between the "A" gaps. The player receiving the ball initially from the center, whether he is under center or back from center, is considered the QB.

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- D. If the game officials determine that a violation of Rule 17 (a), (b) or (c) has occurred, an "illegal play" shall be called and a 5-yard penalty assessed.

Rule 18 – Playoff Seeding

- A. The teams will be seeded for playoffs based on regular season wins as a percentage of games played, except that tie games will not be counted.
- B. If two or more teams have the same percentage of wins, the following tie-breaker guidelines will be followed.
- Head to head results, if still tied then
 - Least points allowed, if still tied then
 - Point differential (points scored minus points allowed), if still tied then
 - Coin toss