

Pendleton Youth Football Rules & Regulations

2011 Season

ELIGIBILITY

1. Children entering grades 3rd through 6th and living at a Pendleton address or enrolled in Pendleton School District 16-R are eligible to register for play in the Pendleton Youth Football League. The League is split into two divisions based on school grade. The players entering the 3rd and 4th grade will be in the Junior Division; the players entering the 5th and 6th grade will be in the Senior Division. The Senior Division schedule will be made up of the regular season and Requa Bowl (League Championship Game). The Junior Division will play regular season games with an end of the season Jamboree. The regular season schedule will include the Athena youth football league. A series of non-league games will be played with the Hermiston youth football league.
2. Prior to issuing playing equipment the weight of each player registered to play in the Pendleton Youth Football League will be measured, witnessed and recorded. The weight of each player dressed in shorts and T-shirt will be the official player weight. Junior Division players with an official weight over 100 pounds are not eligible to play a backfield position, be an eligible receiver or return kicks. Senior Division players with an official weight over 120 pounds are not eligible to play a backfield position, be an eligible receiver or return kicks. The weight of each player will be published in the Season Program. It is expected that other Leagues in the regular season schedule do the same.
3. In the event of a fumble or interception any player may advance the ball REGARDLESS of weight.
4. ANY player may kick an extra point or punt. During any kicking play the ball is considered down and the defensive team may not rush or make a play on the ball until the ball is kicked. The offensive team must declare their intentions to kick or to play from scrimmage prior to the 4th down play and prior to the extra point play. When the ball is fumbled during the snap or during the kick it can be kicked without interference from the defensive team.

RULES OF PLAY

1. Junior and Senior Division games shall be composed of two halves with a 10 minute halftime. Each half will contain 2 eight minute quarters. Each team will have 2 (1 minute) time outs during each half. The clock will stop after turnovers, incomplete passes, running out of bounds, after a score and during the extra point, at change of possession and after a first down. Time between plays should be kept to a minimum and generally should not take longer than 30 seconds. The clock will run continuously during any game with a point spread of 28 points or more.
2. The ball size shall be of the intermediate size.
3. Junior league teams may have one coach on the field to help in the huddle for offense and defense. Senior league coaches will stay on the sideline except during time outs.
3. Extra Points: Kicked = 2 points, from scrimmage = 1 point
4. **BLITZING is not permitted on any play from scrimmage or kick.**

Blitzing is defined as a defensive play when the initial alignment of a player in the linebacker position is closer than 4 yard from the line of scrimmage. The defensive team may pass rush and may aggressively pursue a running play.

6. A Penalty for blitzing must be enforced based on the call of the official.
 - 1st offense – 5 yard penalty and replay down
 - 2nd offense – Unsportsmanlike conduct penalty
 - 3rd offense – Unsportsmanlike conduct penalty and head coach ejected
7. League games will start with the ball being placed at the offensive team's own 35 yard line. Prior to the start of the game a coin toss will decide which team will control the ball first. The winner of the coin toss may elect to take the ball or to defer to the second half. The team that loses the coin toss may choose which end zone to defend. The direction of play will change only at half time.
8. When a safety is scored the defensive team will score 2 points and the offensive team will free kick the ball from their own 35 yard line. The free kick is played like a punt and may be returned.
9. **Defensive Formation:** Only 4 down lineman may be on the defensive line of scrimmage. No player will cover the center. The middle linebackers will have a starting alignment within the offensive tackles and minimum of 4 yards off the line of scrimmage. Players out side of the tackles may be on or off the line of scrimmage.

GENERAL CONDUCT

1. The home team on the schedule or the second team listed is responsible for providing a score and time keeper. The home team is also responsible for providing assistance to the board member on duty with the field set-up. The home coach is responsible to forwarding the game results the president of Pendleton Youth Football. The road team will provide the personnel for running the first down and scrimmage markers.
2. All team players and coaches are responsible for cleaning the general area of the field after each game and assisting the board member on duty with putting away the game equipment.

PENALTIES

Yardage	Penalty
5 Yards	<ul style="list-style-type: none"> * Encroachment <ul style="list-style-type: none"> - defense offsides, any movement into neutral zone - play does not continue * False start/neutral zone infraction <ul style="list-style-type: none"> - offense, any movement by line - defense, movement that brings offensive movement. - play does not continue * Illegal shift <ul style="list-style-type: none"> - player in motion but not set - more than one player in motion. - play does not continue * Illegal motion <ul style="list-style-type: none"> - player moving forward at time of snap. * Delay of game * Equipment violation <ul style="list-style-type: none"> - Mouthpiece * Illegal formation <ul style="list-style-type: none"> - fewer than 7 player on the line of scrimmage. * Illegal substitution <ul style="list-style-type: none"> - Too many men on the field. - called prior to snap. * Ineligible receiver downfield * Intentional grounding <ul style="list-style-type: none"> - Spot of the foul and loss of down - Spike is ok. - May not throw away outside the pocket.
10 Yards	<ul style="list-style-type: none"> * Block in the back – offense or defense * Holding – offense or defense <ul style="list-style-type: none"> - repeat the down * Illegal hands to the face * Illegal use of hands
15 Yards All from original line of scrimmage	<ul style="list-style-type: none"> * Block below the waist – offense or defense * Clipping – offense or defense * Facemask – offense or defense (5 yards if incidental) * Horse-collar tackle – defense * Pass interference <ul style="list-style-type: none"> - loss of down if against offense - automatic first down if against defense * Unsportsmanlike conduct – offense or defense * Personal foul – offense or defense * Spearing – offense or defense * Illegal participation – offense or defense <ul style="list-style-type: none"> - too many player not caught prior to snap. * Tripping – offense or defense * Chop Block – offense

