



Summerville Sertoma Football

Official League Rules 2019

“The Sertoma Club of Summerville”

1. Organization:

The Youth Football program shall be known as the Summerville Sertoma Youth Football League. The Sertoma Club of Summerville delegates the responsibility of the Summerville Sertoma Youth Football League to the Summerville Sertoma Football League Committee as defined hereto. The Football Committee will perform their responsibilities and duties in the best interest of The Sertoma Club of Summerville.

The Summerville Sertoma Football League Committee shall consist of no less than one (1) League Commissioners from each of the respective leagues. A maximum of eight (8) members are allowed on the football committee. League commissioners can appoint non-voting league assistants by approval of the full committee.

The general duties of the Football Committee are:

- To appropriate league rules and regulations that governs the program.
- Recommend expenditures of all available funds as needed to the Club.
- Rule on all league disputes.

2. Purpose:

The purpose of the Summerville Sertoma Youth Football League is to provide an opportunity for the youth in the Summerville and surrounding area to participate and enjoy an organized football program. This program will teach the fundamentals of football, sportsmanship, ensure a level of participation by all players, while keeping the safety of all participants in the forefront.

3. Personnel:

1. Coaches desiring to become a Summerville Sertoma Coach must complete the following requirements:
 1. Coaches **MUST** submit an application and be approved by the Summerville Sertoma Football Committee. (Need Full Legal name with middle name).
 2. Coaches **MUST** submit and pass a Sertoma criminal background check. This can be done on the Sertoma web site at SummervilleSertoma.org.
2. Upon accepting a position as Coach, each Coach agrees to the following:
 1. All coaches **MUST** attend the coaching and league information meeting.
 2. All coaches **MUST** complete Level I Certification through USA Football.
 3. A Coach will be afforded the opportunity to coach for a SERTOMA team for a period not to exceed one season.

4. A Coach will be evaluated on an annual basis and the opportunity to coach shall be granted at the sole discretion of the Summerville Sertoma Football League Committee.
5. At anytime the Football Committee may remove a Coach from the Program, if said Coach has been deemed a risk to the safety and the liability of the players, fans and/or the Program. See Section 13 Discipline for additional information.

3. Coaches Duties:

1. Select assistant coaches and submit to League Commissioner for approval.
2. Participate in Skills Day as directed by League Commissioner.
3. Participate in the draft and notify selected players within 24 hours of the conclusion of the draft.
4. Determine a safe practice site and notify the league commissioner of location and practice times prior to the start of first practice.
5. Hold an orientation with the parents of the players. Notify the League Commissioner of the time and place of orientation.
6. Refrain from any criticism or confront any league or game officials, lay a hand upon, push, shove, strike, or threaten to strike a league or game officials. This also is to be addressed to parents by coaches at teams' orientation.
7. Promote good sportsmanship and the goals of the football program.
8. Encourage good classroom attendance and emphasize the importance of maintaining good grades.
9. Insure the safety of all participants.
10. Head coaches will be responsible for the actions and behaviors of their assistant coaching staff.
11. Coaches will refrain from the use of profanity and tobacco products during practices and games.
12. All complaints to a commissioner shall be in writing. Parents should be told this during their orientation, and they should attempt to settle indifferences with a coach prior to making any report to a commissioner.
13. Coaching staffs playing the last game of the day or night will assign individuals to retrieve their respective end zone markers, goalpost pads, chains and down markers and deliver them to the press box. The home team is responsible for the home end zone and the visiting team is responsible for the visitor's end zone equipment.
14. Visiting teams will assign three adults to man the chains and down marker of their respective games at game time
15. Coaches will teach "Heads Up Football" techniques as indicated in their USA Football certification course.

4. Registration

1. All players (new and returning) will register.
2. Only a parent or legal guardian may sign up a player.
3. Date of birth will be verified at registration. Copy of Birth Certificate, Picture School ID or Military ID will be accepted.
4. There will be no exceptions on the above regulations.

5. Only Sertoma members will verify registered participants.
6. Each player will be weighed at the assigned weigh-in date for each league. Minimum clothing will be shorts and a T-shirt. *NO WEIGHT ALLOWANCES GIVEN*
 - a. If you child does not attend one of our mandatory weigh-in dates, they will automatically go into the blind draft and be labeled an ineligible ball carrier for the season.
7. Participant's age as of **August 1st** will determine which league that the player is eligible to participate in (Mighty Mites, Bantam, A, B Leagues).
8. Siblings in the same league will be on the same team. Siblings with different last names must provide proof that they reside in the same home.
9. If one is a returning player the other is automatically assigned to the team.
10. If both are in the draft, when one is drafted, the other becomes a roster member of that team.
11. Weights and ages are determined with safety of the players in mind first and foremost: (ages prior to **August 1st**)
12. Mighty Mites:
 - a. Age 5-6.
 - b. Any player over 60 pounds (60.1lbs or more) will not be eligible to advance the football out of the backfield, or after catching the ball.
 - c. Players 6 years old over 80 pounds (80.1lbs or more) will be required to play in Bantam League.
13. Bantam League:
 - a. Ages 7-8.
 - b. Players 80 pounds and under can advance the ball. Also no player over this weight can play in the backfield. The backfield is defined as behind the offensive line to the sidelines.
 - c. Players 8 years old over 100 pounds (100.1lbs or more) will be required to play in A League.
14. A-League:
 - a. Ages 9-10.
 - b. **Players 110 pounds and under can advance the ball. Also no player over this weight can play in the backfield. The backfield is defined as behind the offensive line to the sidelines.**
 - c. Players 10 years old over 150 pounds (150.1lbs or more) will be required to play in B League.
 - d. (A) League 9 year olds, if player is 50lbs or less and
 - i. If the player has turned 9 years old after March 1 of playing year. They can play down in Bantam League.
15. B-League:
 - a. Ages 11-12 no weight restriction to play.
 - b. **Any Player can advance the ball. No ball carry weight.**
 - c. B League 11 year olds, if player is 70lbs or less

- i. And if player has turned 11 years old as of March 1, of playing year to Sept. 1, of playing year. They can play down in A League.

5. Rules for Bantam, A and B Leagues:

1. The official rules for the league are designated by The Sertoma Club of Summerville. Any additional rules that are utilized will be drawn from The National Federation of State High School Rule Book and will be secondary to the official The Sertoma Club of Summerville Rules. The time of the Clock is based on Semi High School time.
2. The game ball will be supplied through the press box.
3. All leagues will play off ties according to the 10-yard overtime procedure. Each team will have 4 downs to attempt to score from the 10-yard line. A maximum of 3 tries per overtime period. If no score after 2 tries, the ball will be placed on the 5-yard line for one final attempt to break the tie. If neither team fails to score in the final attempt, the game will remain a tie.
4. All players must consistently participate in every game they attend unless it can be justified by the coaching staff and accepted by the commissioner in charge. Kickoff and kick receiving WILL count as play time (Except for Bantam where Kickoffs do not exist).
5. All disciplinary problems must be reported to the press box prior to the start of the game. Coaches playing time policies will be briefed to the players and parents prior to the first game.
6. The official clock will be controlled by the press box. The referee may adjust starting the clock to correct errors in lieu of resetting the clock.
7. Bantam and A-League teams will not change goals between the 1st and 2nd quarters or between the 3rd and 4th quarters. Play will stop between these quarters and there will be a one-minute time out during which coaches may go onto the field. B League teams will change goals at each quarter.
8. All leagues have 3 time outs per half.
9. Sertoma Club officials and or game officials may suspend or cancel games if the weather conditions are hazardous. Cancelled games will be made up if the schedule allows. Suspended games will revert to The Sertoma Club of Summerville rules in concurrence with high school rules and regulations. Lightning rule: 1st strike of lightning within 6 miles = 30 minute delay. Weather Bug App (Free). Common Sense is the main train of thought needed to make this decision!
10. When the score is 28 points or more in difference, the clock will go to a running clock until the difference goes below 28 points.
11. Team pictures are mandatory. The Summerville Sertoma Club will advise all teams of date and time.
12. Coaches are no longer allowed to collect ANY additional funds from parents. Coaches and Teams are allowed to solicit donations or sponsorships, however the check MUST be made out to Summerville Sertoma Club. A tax ID number will provided. Teams will be able to use up to 75% of the donated amount for equipment purchases only. The remaining 25% will be left in the Club general fund to cover sponsorship plaques and scholarships. Coaches not following this rule will be relieved immediately. GoFundMe accounts and the like are prohibited.
13. The son of the head coach and one assistant coach will be made a roster player. These players must be approved by the commissioner of the league before tryouts. If the head coach has no son or family member to protect, two assistant coach's son will be made a roster player

without forfeiting a 1st round draft pick. These players must be approved by the commissioner of the league prior to tryouts/skills day. Also this coach has to come to coach's orientation before skill day and be actively involved in your practices and games.

- a. A team can elect to protect one other assistant coach's child, however, if they do they will forfeit their first round pick for the corresponding age of the player.
14. There are no more gentlemen's agreements concerning picking up coaches' kids in draft. The son of the head coach and one assistant coach will be made a roster player only (See 13.a. also if it applies). Other coach's kids have to be drafted or traded for. A Team can have up to 6 credentialed coaches that are allowed with a team during the game. A Team may have as many coaches as the Head Coach sees fit, provided they have all of the required coaching credentials. MPR monitors will not be required. It is the head coach's responsibility to maintain, fill out and turn in a MPR roster to press box at the close of each game. Failure to do so will result in a disciplinary action for each offense.
 15. Prior to Skills Day a Parent Coach may change teams with approval from the League Commissioner. The team that is receives the Parent Coach will relinquish their first round pick to the team losing the Parent Coach. The age of the player is irrelevant as to which age the team losing the Parent Coach has to pick. The team losing the Parent has choice, and must inform the League Commissioner prior to draft.
 - a. Example: A League Seahawks' Parent Coach leaves to coach with A League Steelers. The Parent Coach's player is 7 years old. The A League Seahawks have choice to choose either the A League Steelers' 7 year old first round pick, OR their 8 year old first round pick.
 16. Full contact practices are limited to two practices per week 60 minutes per practice.
 - a. USA Football levels of contact "Air Bag and Control" are considered no or light contact, thus no limitations are placed on their use.
 17. **28 Point Lead Rule:**
 - a. In A and B Leagues when a team goes up by 28 points or greater they will be required to pass the ball until the score is brought back below 28 points. If a QB tries to roll out and run the ball, the play will be whistled dead and they will move on to the next down. In Bantam League, when a team goes up by 28 points or greater they will be required to run the ball in between the tackles. If the ball is run not within the tackles before the line of scrimmage, the play will be whistled dead and they will move on to the next down.
 - i. For A and B League if a team is to score during this 28 or greater point lead they will have to pass the ball for the extra point.
 - ii. For Bantam League as soon as the runner runs past the Line of Scrimmage they may use the entire field, meaning they can then run to the outside. (They can only not sweep to the outside before they cross the line of scrimmage)
 - iii. The goal here is to give the defense a chance to stop the ball. So they know they are coming up the middle.
 - iv. A running clock will start as soon as we hit the 28 Point Lead.

6. General Conduct:

1. Any coach suspended from a game will leave the premises or be expelled from the program.

2. Any coach suspended from any game will not be allowed to participate on or at any team function until the next game.
3. Any player or coach ejected from a game will be suspended for the next game.
4. Any player or coach ejected a second time will may be expelled at the discretion of the committee without refunding any monies.
5. Coaches are forbidden to use cell phones, including hands free devices, during a game, unless it is an emergency. Emergencies must be reported to the Commissioner on duty.
6. Press boxes are for official business only. Coaches are not allowed in the press box during a game unless accompanied by a commissioner.

7. Team Practice:

1. A coach may hold four events per week. An event is a practice or a game. The opening day Jamboree will not count as an event.
2. All practices WILL END BY 8 PM AND NO LATER. All practices are LIMITED TO A MAXIMUM OF TWO HOURS. Any violation will result in disciplinary action against the Head Coach.
3. There will be a four day acclimatization period for all players, including players that start practicing after the 1st day of practice (i.e. late signups):
 - a. 1st and 2nd practice: helmets only (no contact).
 - b. 3rd and 4th practice: helmets & shoulder pads only (no contact).
 - c. Three full days of practice required prior to any scrimmages.
 - d. A “practice” constitutes 60 minutes of physical activity.
 - e. A Coach found not following this procedure will be removed from the league.
4. No practices will be held at the Gahagan Game Fields without prior approval from the respective league commissioner.
5. Each head coach is responsible for finding and making arrangements for his practice field. Coaches will be assisted by the league to set up practice fields if necessary.
6. Absolutely no Sunday practices.
7. No scrimmages with different leagues or teams without the written permission from the football committee.
8. Participants must attend and actively participate in practices to receive playing time.
9. No team practices can be held before the draft at beginning of season. Practices can be held the Monday after the draft.

8. Equipment:

1. Coaches should stress to parents to provide only equipment that will provide safe protection for the players. If the coach believes the equipment is unsafe it will not be allowed. Helmets should have the NOCSAE seal of approval. NO HELMET PAINTING IS ALLOWED, all helmets must be an original manufacture white color. Decals for team helmets will be provided by The Sertoma Club of Summerville. No helmets 10yrs or older allowed.
2. All players must wear at a minimum a football helmet with an approved protective face mask, fitted shoulder pads, thigh pads, knee pads, hip pads, and a tailbone pad.

3. Players must wear athletic shoes with rubber soles, no metal cleats.
4. All players must use a fitted mouthpiece attached to the facemask and must be a dark solid color. No clear mouthpiece will be allowed.
5. Only clear eye shields will be allowed. No tinted shields.
6. Eye glasses must be physician approved to play contact sports.
7. Game jerseys must cover all areas of the torso. All shoulder pads must be covered with jersey. Knees have to be covered by pads of pants. No knots can be in jersey.

9. Injured players:

1. In the event of an injury to a player, the coach is responsible to get the player medical attention. All leagues injure requiring professional medical attention must be reported to the League Commissioner immediately and an incident form completed.
2. Any player injured and causing the "Ready to Play" signal to be delayed must be replaced for at least one play. Any player with 3 injuries in a single game will be removed for the rest of that game.
3. Playing with a cast will be in accordance with the High School Rule Book. In addition a written release from the doctor will be given to the League Commissioner prior to authorizing player participation.
4. Injured players requiring EMS attention during the game will not be allowed to return for the remainder of the game. Coaches will insure the player's condition is monitored to protect the safety of the player. Written medical authorization must be provided to the League Commissioner prior to that player being allowed to play in subsequent practices and games. Coaches call 911 or if around Gahagan Fields call Dorchester Dispatch at 843-873-5111.
5. Concussion Rule: When a player is considered to have a concussion the player has to bring a release from a specialist clearing them to play. The release has to be brought to Head Coach and commissioner for that league.
6. A player with a serious injury has to have a doctor's permission slip to return to practices or games.

10. Team Roster:

1. A complete team roster will be submitted to the League Commissioner **prior to the Jamboree**. Rosters must be in numerical order by jersey number, legibly typed and large enough for the league to read. See league commissioner for league approved template or the website at www.summervillesertoma.org.

11. Teams (subject to change prior to the start of the season):

1. Players remaining in the same league from the previous year will return to the same team.
2. If a player decides to not go back to his team of previous year. The player will be put back in blind draft. Draft order is in reverse order from the previous year's final ranking.
3. Following the draft, player for player trades will be allowed if approved by both coaches and the League Commissioner.

12. Schedule:

1. Final league standing will be determined by over all win/loss records. In case of identical records, standing will be determined by record against teams higher in the standings.
2. Procedure for playoff ties will be determined as follows:
 - a. League Standings.
 - b. Head to head win.
 - c. Winning percentage against a higher ranked opponent.
 - d. Final Tie Breaker
 - i. Coin toss for seeding
3. If a team forfeits a game during the regular season, they will be automatically disqualified for post-season play.

13. Coach Disciplinary Action:

1. Disciplinary action is at the discretion of the League Commissioner and the Summerville Sertoma Club Football Committee.

14. Sexual Abuse:

1. Coaches should never put themselves in a situation where they are alone with a player at any time. Always be accompanied by another adult in the presence of a player.
2. Coaches should never put their hands on a player under any circumstances.
3. The program has a zero tolerance policy for violating these guidelines.

Mighty Mites (Contact 2016) Official League Rules

General Rules:

1. Our goal is that ALL players play and are taught both offense and defense; each player shall have a minimum of (5) plays PER HALF, which should be split evenly if possible between offense and defense.
2. The format for the league will be 8-on-8.
3. At the start of each game, captains from both teams shall meet at mid-field for the coin toss to determine who shall begin the game with the ball. The visiting team shall call the toss.
4. 6 points will be awarded for each touchdown, Extra point attempts: 1 point for a “running play” 2 points for “pass play”.
5. Teams change sides after the first half. Possession changes to the loser of the coin toss.
6. A first down will be earned at each designated marker line as well as the mid-field line
7. Play is ruled “dead” when a player’s knee hits the ground.
8. There will be a ZERO tolerance rule of poor sportsmanship. This is set to eliminate fighting, pushing, poor language, and taunting.
9. All penalties will result in a loss of five (5) yards.

10. Summerville Sertoma has the right to change, alter, or delete any rule for the safety of the players, teams, and facility at any time.
11. No blocking below the waist at any time.
12. At least 5 players must line up on line of scrimmage at snap of the ball (3 off)
13. The 5 players must consist of a center and a left and right guard who must be within 1 yard of the center. These players will be INELLIGIBLE players. The other 2 players will be outside the guards on both the left and right to form a balanced line. These 2 players must be within 3 yards of the guard and ARE ELLIGIBLE to advance the ball. The 3 players lined up OFF the line of scrimmage must include a QB, and all 3 are ELLIGIBLE to advance the ball. (They may be used as WR's and/or running backs.)
14. The QB position must be rotated at half time at minimum. No individual player may play QB in both halves. (i.e. If a player plays QB for ANY length of time in the first half, that player will be ineligible to play QB in the second half.)
15. 6 year olds over 80# must play up in Bantam
16. Max ball carrier weight 60#
17. All players of eligible weight shall be given the opportunity to carry the ball 1 time per game at minimum
18. No player may carry the ball more than 2 times in a single possession.
19. Defense will consist of 2 down linemen that must line up outside the guards. At the snap of the ball, they may rush the QB. 1 additional player will be eligible to rush, but must start from a standing position 3 yards off the ball and between the guards.
20. 28 Point Lead Rule:
 - a. When a team goes up by 28 points or greater they will be required to run the ball only between the tackles and all minimum play players must remain in the game until the score is brought back below 28 points. This is not to say that you are forced to bench you're starting players. Teams will not be able to run any sweeps or passes while they are up by this amount, **if a team does the official will blow the play dead.**
 - i. If a team is to score during this 28 or greater point lead they will have to run the ball for the extra point.
 - ii. As soon as the runner runs past the Line of Scrimmage they may use the entire field, meaning they can then run to the outside. (They can only not sweep to the outside before they cross the line of scrimmage)
 - iii. The goal here is to give the defense a chance to stop the ball. So they know they are coming up the middle.
 - iv. A running clock will start as soon as we hit the 28 Point Lead.
 - v. The Football Committee is not asking coaches to remove starting Quarterbacks, Runningbacks, etc with any minimum play players when they may not be qualified to play those positions.
 - vi. The officials will only be responsible for managing the fact that the runner is running between the tackles and that a flag is to be thrown if they sweep before the line of scrimmage.
 - vii. Coaches and Commissioners will be monitoring the fact that the minimum play players are getting the additional time while there is a 28 Point Lead.
21. All other NFHS rules apply.

Time:

1. The game will consist of two (2) twenty (20) minute halves with a continuous clock.
2. Halftime will be 5 minutes long.
3. Each team will have (1) 60 second timeout per half.
4. Officials can stop the clock at their discretion for injuries or other unforeseen events.

Field:

1. The field size is 53.5 yards wide (Standard Field Width) by 60 yards long with the end zones 10 yards deep.
2. First down markers will be at 15-yards, 30-yards (mid-field), and 45-yards.

Coaches:

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all time and must adhere to the parent code of conduct.
2. Coaches are allowed on the field to call plays in the huddle and to direct players into positions. Once the ball is ready to be snapped coaches on the field must not interfere or talk to players.
3. Coaches are expected to adhere to Summerville Sertoma philosophies, coaching guidelines and codes of conduct.
4. **6 coaches per team are allowed at a game.**
5. Coaches must pass the league background check, be approved by the league commissioner and meet all other league coaching requirements.
6. Coaches will refrain from loud, negative behavior as well as the use of tobacco products while around players and parents. Coaches can be removed at the discretion of the commissioner or acting commissioner.
7. Coaches shall not argue a referee's call. A coach can ask a question about the call so that he may instruct his team to correct the penalty.
8. Coaches are responsible for their parents' behavior, coaches may be asked to control parents that are acting negatively, up to and including asking them to leave the premises.

Offense:

1. The offense will have **45** seconds to line up and run a play after the ball is spotted. This is intended not only to ensure that more plays can be run, but also so that time is not purposefully run out.
 - a. 1st offense – Warning
 - b. 2nd offense – Penalty
2. Subsequent offenses – Penalty and loss of down
3. There are no kickoffs, each team will start their offensive possession with the ball on their own 5-yard line and will have **4**-downs to reach a 1st down line.

4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its own 5-yard line.
5. Turnovers will be spotted at the point of recovery. A turnover on downs will result to the ball being moved backed to the team's 5yrd line.

Defense:

1. No Player may line up over center at any time.
2. No Blitzing, Line backers must be 3 yards behind down linemen.
3. No Stunting.

Penalties:

1. Offenses are standard NFHS rules plus any additional rules identified in the "General Rules" section of this document.
2. All Penalties 5 Yards with exception of unsportsmanlike conduct, this is a 10-yard penalty with loss of down.
3. In the last 2 minutes of the game, the game clock will stop on all penalties.

BANTAM RULES

1. League teams will follow a mandatory play requirement. ALL players must play a minimum of 5-plays per half for a minimum of 10 plays per game. Play consists of an offensive, defensive. Walk off punts do not count as a play.
2. Each team will be required maintain and submit a MPR roster to the press box at the close of each game. Each team will designate a coach to track minimum plays during the game.
3. 15-yard penalties in Bantam will be assessed as 10 yards only.
4. MPR will be monitored by the respective league commissioner.
5. There will be no blitzing of any kind by the defense. The penalty for this will be 5 yards from the line of scrimmage.
6. A blitz is defined as starting from a standing position at the line of scrimmage or running up to the line of scrimmage just before the snap of the ball and rushing through the offensive line.
7. No player can be over center. Cannot be head up. Nose guard can play gaps only. **Nose Guard cannot Shade or pinch. 1st warning, thereafter penalties issued 5ydrd.**
8. All defensive tackles and any player in between the tackles will start from a down and set position on the snap.
9. Linebackers will position themselves a minimum of 2 ½ yards off the line of scrimmage. Linebackers may rush forward from this position on the snap of the ball. This would not be a blitz. 1st offense a warning, thereafter penalties issued 5ydrd
10. **Extra Points: Teams that successfully score the following way:**
 - a. **A team can have the ball placed at the 3-yard line. Run or Pass = 1 Point**
 - b. **A team can have the ball placed at the 5-yard line. Run or Pass = 2 Points**
 - c. **Opt for Extra Point kick from 3-yard line = 2 Points**
11. In Bantam League only, one coach may position themselves behind White hat or umpire on offense and behind deepest defense player. The coach cannot talk or move once the offense comes to the line of scrimmage. Violating this rule will result in a 5-yard penalty assessment. Further, unsportsmanlike conduct from coaches and players in the huddle will be penalized 10 yards. After 4th game of season coaches cannot be on field.
12. Any player ineligible to advance the ball will be identified via means determined by the football committee. If this player takes control of the ball, the ball will be deemed a dead ball. For weights see section 4.
13. Games shall consist of 8 minute quarters, halftime will be 9 minutes which consists of a 7-minute halftime and a mandatory 2-minute warm-up period prior to the start of the 2nd half.
14. Punts: On 4th down offense team can choose a 25 yard punt. Once the decision is made to punt, the clock will be stopped prior to the referees marking off the 25 yard spot.

A LEAGUE RULES

1. League teams will follow a mandatory play requirement. ALL players must play a minimum of 5-plays per half for a minimum of 10 plays per game. Play consists of an offensive, defensive, kick-off or kick-off return. Punts are not included.
2. Each team will be required maintain and submit a MPR roster to the press box at the close of each game. Each team will designate a coach to track minimum plays during the game.
3. There will be no blitzing of any kind by the defense. The penalty for this will be 5 yards from the line of scrimmage.
4. A blitz is defined as starting from a standing position at the line of scrimmage or running up to the line of scrimmage just before the snap of the ball and rushing through the offensive line.
5. All defensive tackles and any player in between the tackles will start from a down and set position on the snap.
6. Linebackers will position themselves a minimum of 2 ½ yards off the line of scrimmage. Linebackers may rush forward from this position on the snap of the ball. This would not be a blitz.
7. **Extra Points: Teams that successfully score the following way:**
 - a. **A team can have the ball placed at the 3-yard line. Run or Pass = 1 Point**
 - b. **A team can have the ball placed at the 5-yard line. Run or Pass = 2 Points**
 - c. **Opt for Extra Point kick from 3-yard line = 2 Points**
8. **Extra Points and Field Goals:** All extra points and field goals must be kicked off of a block, the holder cannot use their foot to hold the ball.
 - a. All Field Goals and Extra Points, once the ball is snapped it must be a fluent motion for the kick. If the holder drops the ball and it rolls away it will be a dead ball and play will stop, and if the kicker does not move to kick the ball once the holder has it on the block, then it will be a dead ball and play will stop.
 - b. When an offensive team is going for a Field Goal or Extra Point, the Defensive players will be able to jump in place but not cross the line of scrimmage in an attempt to block the kick. If the kick is blocked it will be a dead ball and play will stop. This is to prepare the A League for the next level which is B League where the defense can rush all kicks.
9. Any player ineligible to advance the ball will be identified according to the football committee guidelines. If this player takes control of the ball, the ball will be deemed a dead ball. For weights go to Page 3 under 4 I.
10. Coaches will be subject to the Three Strike Rule if in violation of the aforementioned.
11. All Kicks will be from a Tee. Teams shall not onside kick when ahead by 14 points. This shows good sportsmanship.
12. No player can be over center. Cannot be head up. Nose guard can play gaps only. Nose Guard cannot Shade or pinch. 1st warning and 2nd penalty.
13. Punts: There will be no rush or blocking. Long snapper will snap the ball the punter who can only punt the ball. The returner can field the ball but not run. If the ball is fielded it will be dead where it is caught, or if the ball touched by the returner and advances towards the line of scrimmage the ball will be spotted where it was initially touched, or if the ball touches the returner and advances beyond the returner it will be spotted where it stops. If a ball is not touched by the returner it will be spotted where the ball comes to rest.
 - a. A mishandled snap will be will picked up and immediately punted from the spot it was picked up.
 - b. Fake punts are not allowed in A League.

- c. Players will line as if it the play is live.
 - d. Teams can put no more than 3 players back on a punt to receive the punt.
14. Games shall consist of 9 minute quarters, 7-minute halftime and a mandatory 2-minute warm-up period prior to the start of the 2nd half.

B LEAGUE RULES

1. Change to same as Bantam and A Leagues
2. Change to same as Bantam and A Leagues.
3. After a touchdown is scored a team can run or pass the football for a extra point and the value is 2 points. Also, the team can kick the ball and if the kick is good they get 3 points. Trying to get teams to kick field goals. A kicker can be any player, but players that exceed the league ball carrying weight cannot advance ball. If player touches, the ball is dead where player touches ball.
4. Any player ineligible to advance the ball will be identified as determined by the football committee. If this player takes control of the ball, the ball will be deemed a dead ball. For weights go to Page 3 under 4 I.
5. Blitzing is allowed in this League. (A blitz is defined as starting from a standing position at the line of scrimmage or running up to the line of scrimmage just before the snap of the ball and rushing through the offensive line.)
6. This league can onside kick on kickoffs at any time. Teams shall not onside kick when ahead by 14 points. This shows good sportsmanship.
7. Coaches will be subject to the Three Strike Rule if in violation of the aforementioned.
8. A punter can be any player but cannot advance the ball if ineligible to be a ball carrier. The ball carrier rule is in effect.
9. Any player can be in the backfield, but cannot touch the football if over the league ball carrying weight.
10. Games shall consist of 9 minute quarters, 7-minute halftime and a mandatory 2-minute warm-up period prior to the start of the 2nd half.

Mandatory Play Rosters (MPR's)

Sertoma will be monitoring the playing time of each player using the following method:

- A. Coaches must monitor their own MPR's on the sidelines during the game. A copy of the Coaches MPR will be turned into the commissioner or league representative prior to each game. A signed copy of the MPR must be turned in to the commissioner or league representative after each game.

These rules are in place to assist the coaches in making sure each player has adequate time on the field. This insures that we have satisfied parents and players; making the coaches experience less stressful. Sertoma greatly values the time and effort that each coach spends with these children and is here to help coaches with that effort. After all, we are all here to teach these kids the values of organized sport, teach them the fundamentals and let them have a lot of fun while they are at it.

Mandatory Play Rosters (MPR's) are available on our web site (www.summervillesertoma.org) under the Coaches Corner link. They can be down loaded and filled out on your computer and printed to make it easier for you. If you don't have access to a computer, copies will be available in the press box prior to the games.

Coaches will maintain a current MPR on the sidelines throughout the game. Commissioners may audit the MPR list at any time. Failure to comply may result in disciplinary action.