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# MINORS & MAJORS TACKLE FOOTBALL RULES

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## League Goals

1. Create a positive experience for players, coaches and parents.
2. Develop the fundamentals of football aligned with the ONE AVON philosophy passed down from the AVON High School program

## League Overview

1. The Minors and Majors Tackle Football League will continue the education of the game of football focusing on technique and fundamentals beyond both Flag and Junior Tackle divisions.
2. AJAA coaches will teach towards a set of guidelines developed in part with the AVON High School program. (See ONE AVON Coaches Handbook for both Minors and Major divisions)

## Official Rules

1. The AJAA Football League will follow the official high school football rules as established by the National Federation of High Schools (NFHS) and the Indiana High School Athletic Association (IHSAA), except as amended by this document.
  - I. These exceptions and calculations have been approved by the AJAA Football Committee.
  - II. ANY CHANGES TO THESE RULES MUST BE APPROVED BY THE AJAA FOOTBALL COMMITTEE.

## Approval of Coaches

1. All coaches must be approved by the AJAA Football Committee.
2. All approved coaches must by a background check performed by the AJAA.
3. All coaches must coach to the ONE AVON Coaches Handbook provided for each division.

## Team Selection

1. Teams will be selected by a player draft.
2. Prospective players will be evaluated at a league scheduled evaluation prior to the draft. Players will be ranked in order of their skills and knowledge of football.
3. The draft will be broken up into two player drafts: Skill and Line.
4. Draft order will be determined by a blind draw at the time of the draft.
5. The draft order will be reversed from Skill to Line. (First pick in Skill will become last pick in Line).
6. Players of coaches will be graded with a draft round. The child of a coach will become their pick in that determined round.
7. All player trades must be conducted at the conclusion of the draft.
8. Once all teams are set coaches can then contact parents to schedule practices.





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### **Season (Number of Games)**

1. The number of games in the AJAA league may vary due to the number of teams organized in the league in any given season.
  - I. The maximum number of games that shall be permitted for regular season is ten (10).
  - II. This maximum limit does not include tournament games.
  - III. The minimum number of games played for the regular season is six (6).
2. Events should be limited to no more than 4 per week prior to the start of the school year.
3. At the start of the school years teams can have 2 fully padded practices and 1 no contact practice each week that there is a game.
4. NO practices on Fridays when the Avon High School Varsity football team is playing as home.
5. Playoff Tournament:
  - I. Single Elimination
  - II. Teams will be seeded by regular season record. If ties occur, seeding will be based on head to head and points against.
  - III. Trophies will be awarded to the teams finishing 1st and 2nd in both Majors and Minors divisions.

### **Divisions**

1. Minors Divisions
  - I. The Minors division will consist of players who are entering the 3rd and 4th grade
  - II. Any player who turns 11 years old PRIOR to August 1st is ineligible for Minors and must play in the Majors division.
  - III. Exceptions can only be made with the recommendation of the Football Commissioner and approval of the AJAA Football Committee.
2. Majors Divisions
  - I. The Majors division will consist of players who are entering the 5th and 6th grade
  - II. Any player who turns 13 years old PRIOR to August 1st is ineligible to play.
  - III. Exceptions can only be made with the recommendation of the Football Commissioner and approval of the AJAA Football Committee.
3. Violations of these rules is forfeiture of games played and both coach and player suspension from the league.





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### **Weight Restrictions**

1. A preliminary weight-in will occur at equipment handouts.
2. Any player who has not been weighed in will NOT be allowed to participate in practice.
3. Minors Division:
  - I. Any player who weighs in on the scale at the official weight-ins in excess of 90lbs must wear a single black stripe centered across the front of their helmet.
  - II. Any player who weighs in on the scale at the official weight-ins in excess of 110lbs must wear a double black stripe centered across the front of their helmet.
  - III. Any player who weighs in on the scale at the official weight-ins in excess of 165lbs must wear a triple black stripe centered across the front of their helmet.
4. Majors Division:
  - I. Any player who weighs in on the scale at the official weight-ins in excess of 115lbs must wear a single black stripe centered across the front of their helmet.
  - II. Any player who weighs in on the scale at the official weight-ins in excess of 1140lbs must wear a double black stripe centered across the front of their helmet.
  - III. Any player who weighs in on the scale at the official weight-ins in excess of 185lbs must wear a triple black stripe centered across the front of their helmet.
5. On the 1st day of player evaluations, an official weigh-in will take place to determine official striper status of any player that was over the weight requirements at equipment handouts.
  - I. If the player does not make weight fully dressed, the player will be allowed to remove clothing down to their shorts with a parent and two league officials present.
  - II. If after that attempt a player does not make weight, they will wear the appropriate single, double or triple stripe as indicated by the above weight limits.

### **Striper Restrictions**

1. Defense:
  - I. Advancement of the ball.
    - a. A single striper may advance the ball on a fumble recovery or intercepted pass ONLY.
    - b. Double stripers that come into possession of the ball may NOT advance beyond the point in which possession is achieved. Ball will be blown dead by officials.
  - II. Positions
    - a. Single Stripers
      1. Single stripers can play any defensive position except for the "X" Safety (deepest man)
      2. Single stripers can NOT advance the ball on Kickoff's, Punts, PAT's or Field Goals. The ball will be blown dead the moment possession is achieved.
    - b. Double Stripers
      1. Double stripers must play as an interior lineman (Tackle or Nose)
      2. Double stripers must line up on the line of scrimmage, but cannot be outside the offensive tackles outside shoulder, regardless if a tight end (TE) is being utilized by the offense.
    - c. Triple stripers are NOT allowed to play on defense.





## **Striper Restrictions (Continued)**

### **2. Offense:**

#### **I. Advancement of the ball.**

1. Stripers may not possess the ball at ANY time.

#### **II. Positions**

##### **2. Single Stripers**

- a. Single stripers must play an interior lineman (Tackle, Guard or Center) or tight end (TE)
- b. Single stripers can play tight end (TE) but is not allowed to advance beyond the line of scrimmage on a passing play.

##### **3. Double Stripers**

- a. Double stripers must play an interior lineman (Tackle, Guard or Center)
- b. Double stripers may not line up more than two positions from the Center.

##### **4. Triple Stripers**

- a. Triple stripers must play an interior lineman (Tackle, Guard or Center)

##### **5. Stripers may serve as punter and kickers.**

## **Game Rules**

1. Minor and Majors playing field will be the standard field according to NFHS rules. (100yds X 53yds)

### **2. Ball Size**

#### **I. Minors - Wilson K2 or equivalent**

#### **II. Majors - Wilson TDJ (Junior), Rawlings KRB or equivalent.**

3. Both Minors and Majors division games will have 3 Officials.

### **4. Participation**

#### **I. Number of players during the game will be a maximum of 11 vs 11**

1. Teams should have a maximum of 15 players

#### **II. Each team may start with a minimum of 10 players and play with a minimum of 9 players.**

1. Opposing team cannot have more than 1 player than the team that is short a player(s).

#### **III. AJAA encourages fair playing time for all players, regardless of level of talent or ability. Any violation of playing time will be taken seriously by the Football Committee and the AJAA Board of Directors.**

#### **IV. Each player on a team must have a starting position on offense or defense and must play the first 8 plays of each half.**

1. If a player starts on both offense and defense, he must play the first 4 plays at each position.

##### **2. Kickoffs do not count as plays.**

#### **V. If a team desires, they may "borrow" a player from another team in the same league, but the "borrowed" player must not play a skill position (QB/RB) and can only play if 11 players are not available for that day only.**

1. No borrowed players are allowed in the final game of the season or in tournament play.





### Game Rules (Continued)

- VI. Any violation of participation rules will be, in most instances, a 15 yard unsportsmanlike penalty charged against the head coach and subject to review by the Football Committee and could result in a suspension.
- VII. Any coach illegally substituting numbers, names, jerseys will be subject to disciplinary action by the Football Committee.

### 5. Scoring

- I. Touchdowns are awarded 6 points.
- II. Point after touchdown
  - 1. Scoring team can elect either a 1 or 2 point conversion attempt:
    - a. 1 point attempt will be placed at the 3 yard line.
    - b. 2 point attempt will be placed at the 5 yard line.
  - 2. Kicking the point after touchdown successfully will award the scoring team 2 points.
    - a. Holder will line up 7 yards from the line of scrimmage (10 yard line)
    - b. Official will place the ball next to the tee.
    - c. At the sound of the whistle, ball may be placed on the tee and kicked.
    - d. There will be NO rush by the defense and there are NO Fakes by the kicking team.
- III. Safety - 2 points awarded to the defensive team if the offensive team possesses the ball and the play is ended by the defense making a tackle or the offensive player falls (knee down) in their own endzone during the play.
  - 1. Defensive team will be awarded possession starting from their own 20 yard line.

### Timing

#### 1. Minors

- I. 10 minute running clock
- II. Clock stops for the following:
  - 1. Touchdowns
  - 2. Injuries
  - 3. Timeouts
    - I. Each team will have 3 per half.
  - 4. Last two minutes of 2nd and 4th quarter will follow IHSAA for timing

#### 2. Majors

- I. 8 minute quarters
- II. Timing will be governed as set forth by the NFHS and IHSAA rules
- III. Clock stops for the following:
  - 1. Incomplete pass, ball dead out of bounds, awarded first down by offense.
  - 2. Change of possession following a punt or kickoff.
  - 3. Time out (team & officials).
  - 4. After a touchdown the clock is stopped for the PAT conversion.
  - 5. Time outs.
    - I. Each team will have 3 per half.
  - 6. Officials as needed for equipment malfunction and or injury.





### Timing (Continued)

- IV. Clock starts on the following:
  1. With the snap on a dead ball:
    - a. Start of a new series after change of possession.
    - b. Following play after previous play ended with the ball out of bounds.
  2. With the ready for play signal following an awarded first down by the offense.
3. Play clock for Minors and Majors.
  - I. No specific clock exists; however, plays should run within 45 seconds of the previous play.
    1. Officials will verbalize a 15 second warning in which to get the ball snapped:
      - a. Failure to run play before warning expires will result in a delay of game penalty of 5 yards (no loss of down).
4. Number of Periods
  - I. Teams will have 2 minute intermission between 1<sup>st</sup>/2<sup>nd</sup> and 3<sup>rd</sup>/4<sup>th</sup> quarters.
  - II. Teams will have 5-7 minute half-time intermission.
5. Home team will operate the clock and Visiting team will operate the chains as instructed by the game official.

### Rules for Offense

1. All teams required to use Avon Football terminology as stated in the Coaching Handbook
2. Formations:
  - I. Any legal NFHS and IHSAA formations are allowed:
    1. Minimum of 7 players must be on the line of scrimmage during any given play.
    2. No more than 4 players may be off the line of scrimmage or in the offensive backfield at any one time during an offensive play.
    3. Must have 5 players lined up on the line of scrimmage that are considered ineligible (Center, Guards, Tackles).

***\*In the event that the Football Committee determines that football fundamentals are not being taught and that an offense is based primarily to deceive the defense on a regular basis, the Commissioner has the authority to limit the offense that the head coach may use going forward.\****

3. QB 'sneaks' are allowed.
4. Motion is allowed. One player is allowed to be in motion at the snap only if motion is not towards opponents' goal line.
5. Offensive lineman "splits" must be no greater than 1 foot apart and they must be in a 3 point stance.
6. No blocks below the waist are allowed at any time (offense or defense):
  - I. Includes cut blocks, crawl blocks or chop blocks:
    1. Illegal Block penalty (15 yards from spot of foul).
7. Crack back block is permitted on a second level (linebacker) players ONLY and only if the contact is above the waist and in front of the player.





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### **Rules for Offense (Continued)**

#### **8. Minors:**

- I. Only 1 coach is allowed to be on the field from the start of the season.
- II. Coach on the field cannot “coach” once the huddle has “broke” by the offense:
  1. 1st offense is a warning.
  2. 2nd offense – 5 yard penalty.
  3. 3rd offense – 15 yard unsportsmanlike penalty on Head Coach.
- III. In the case of a “no huddle” offense, the defensive coach may call plays until the center places hand(s) on the football.
- IV. No coaches on the field during kickoffs or punts.
- V. Coaches at no time should “help” players by indicating a play type or direction after the huddle breaks.

#### **9. Majors:**

- I. NO coaches will be allowed on the field at any time during the game.

#### **10. If a team is up by 18 points, clock will be a running clock (no stoppage for any reasons other than injury).**

- I. The team that is ahead should strongly consider playing reserves key positions.
- II. If score returns to less than 18 point spread, the normal clock will resume.

### **Rules for Defense**

#### **1. All teams required to use Avon Football terminology as stated in the Coaching Guidebook**

#### **2. Formations:**

- I. Any legal NFHS or IHSA formation with the following exceptions:

#### **3. Linemen:**

- I. Maximum number of defensive linemen allowed on the line of scrimmage is 6 or less (must be in three or four point stance).

#### **4. Nose Tackle & Defensive Tackles:**

- I. NT may line up head to head on center.
- II. DT's must then be at least as wide as heads up on the guards.
- III. If no nose guard present:
  1. DT's may line up on the inside shoulder of each offensive guard.

#### **5. Defensive Ends:**

- I. DE must be lined up on the outside shoulder of the widest offensive lineman . No further. (may be in a 2, 3 or 4 point stance).

#### **6. Linebackers, Cornerbacks & Safeties**

- I. Cannot line up past the defensive lineman heels (between heels and line of scrimmage).

#### **7. Blitzing**

- I. No more than ONE Linebacker, Cornerback or Safety through ANY GAP.

#### **II. Examples:**

1. MLB and OLB cannot both go through the “B” GAP together.
2. MLB and NT can both go through the “A” GAP together.
3. Penalty for illegal defense is 5 yards.





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## **Kicking & Punting**

### 1. Kickoffs:

- I. All games will start with a kickoff.
- II. Kicking team must have at least 4 players on each side of the kicker including onside kickoffs:
  1. Only the Kicker may be beyond the kicking teams 35 yard line .
- III. Minors – no rush on any kicks.

### 2. Point after touchdown (PAT):

- I. Kicking the conversion will count as 2 points.
  1. Holder must line up 7 yards behind the line of scrimmage.
  2. Official will place ball on ground next to tee or block.
    - a. Once whistle is sounded, holder may place ball on tee and kick is then attempted.

### 3. Minors – NO rush or fakes allowed on PAT .

### 4. Majors – rush shall be allowed once official sounds whistle.

- I. Same rules apply for field goal attempts.

### 5. On-side kicks:

- I. Allowed and are not limited by score or number of attempts.

### 6. Punts:

#### I. Minors:

1. Must be declared in advance and must be done from a standard punt formation with the punter picking up the ball and punting it from a standard punt formation at the officials whistle.
  - a. NO fakes and NO rush allowed.

#### II. Majors :

1. Punts are permissible and the defense is allowed to rush at sound of the whistle.
  - a. NO fakes allowed

## **Overtime Rules**

### 1. During the regular season, only 2 overtime periods will be allowed.

### 2. During the playoffs, play will continue until there is a winner.

### 3. First overtime:

- I. Each team will be given a single possession from the 10 yard line with 4 plays in which to score.

### 4. Second overtime

- I. If no winner is determined during the first overtime, the ball will be placed at the 5 yard line.

### 5. In tournament play, overtime play will continue from the 5 yard line until there is a winner.

## **Official Reminders & Points of Emphasis**

### 1. Sportsmanship

- I. The coach is responsible for their players and players' parents. Any problems with either will be the coach's responsibility to address.
- II. The game official will inform the coaches whenever there is an issue.
- III. The game official decision during a contest is FINAL:
  1. All rule interpretations are the final say of the assigned officials for each respective contest.





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### **Official Reminders & Points of Emphasis (Continued)**

2. Officials may consult a league official (Coordinator/Commissioner) if available during the contest.
3. Any misunderstandings will be clarified by the league officials prior to the round of games if necessary.
  - I. Discuss any concerns with the Football Coordinator, Director or Football or Committee member.
2. Fighting
  - I. The AJAA does not tolerate any fighting or verbal abuse or use of any profanity from anyone.
3. Alcohol & Tobacco
  - I. The use of any kind of either is STRICTLY PROHIBITED regardless of AJAA venue.
4. Parents and guests must stay at least 5 yards back from the field of play as indicated by the broken line.
  - I. Failure to act upon this request could result in penalty to team or forfeiture (after multiple infractions (3)) if proximity to field creates a risk of injury to player or parent/guest.
  - II. Players, coaches, cheerleaders, chain crew members must stay 2 yards off the sidelines.
  - III. Players and coaches must stay between the 25 yard lines.

### **General Rules & Definitions of the Game**

1. Tackling
  - I. Horse Collar Tackle – defined as grabbing the inside back or side collar of the runner's shoulder pads or jersey and subsequently pulling backward or sideward to bring the runner to the ground. There can be a time lag between the first part of the act – “the grabbing” – and the second half – “runner going to ground”. The area of the field in which the horse-collar occurs is not a factor in determining if a foul occurred.
    1. It is NOT a horse-collar tackle if A1 is running in open field and B2 grabs shoulder pad opening from behind and pulls and B3 then tackles A1 while B2 still has A1 in their grasp.
    2. It is NOT a horse-collar tackle if A1 is running in open field and B2 grabs shoulder pad opening from behind and pulls, but the runner falls forward rather than backward or sideward.
2. Facemask – defined as grabbing the helmet opening (ear hole, back rim, front or sides), mouth guard attached to the helmet or chin strap as well as the facemask as it is just as dangerous to use those to wrench the neck of an opponent. The rule does not prohibit tackling a runner around the head, or even grabbing the helmet, as long as the tackler's hands do not grasp facemask or any edge of helmet opening, mouth guard attached to chin strap.
3. Blocking
  - I. Blocking in the back – defined as a block against an opponent when the **initial** contact is in the opponent's back, **inside** the shoulders and below the helmet and above the waist.
    1. The block shall not be ruled blocking in the back unless the official sees the initial contact. When in doubt, the contact is legal and not from behind.
    2. A side block is not an illegal block.
      - a. If the opponent being blocked had the opportunity to see the blocker before being hit, it is a legal side block. A block from the side is not a foul unless for some other reason it is also a personal foul.
    3. Contact with an opponent's back, such as a sight brush that does not change the contacted player's stride, is NOT a foul.





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### **General Rules & Definitions of the Game (Continued)**

4. A block that is legal at the start may end up being illegal depending on subsequent action.
  - a. If OL A1 blocks DL B2 above waist and from front, but then B2 breaks contact and pursues runner and A1 subsequently resumes contact with B2 by blocking in the back, it is a foul.
  - b. Same as above, but if the contact initiates in the front, legally, and then the player turns back while still engaged by opponent and subsequently pushed in the back, it is NOT a foul since they were engaged with no time gap.
- II. Holding – offensive and defensive holding occurs on a majority of plays during a typical game in some fashion. The plays that draw the attention of the officials are ones in which the illegal action effects the outcome of the play.
  1. Officials are taught to go through a progression when it appears a restriction might have occurred.
    - a. Is there a restriction? (grab and pull, tackle, takedown, hook and restrict, pullover)
    - b. Is the restriction at the point of attack and does the person being restricted have a legitimate chance to make a play?
    - c. Is there an advantage gained?
      - I. For example – A hold or restriction on a DE or DB on the backside of a play is usually overlooked if the play is to the opposite side of the field and the restriction has no impact on the outcome.
        1. With that being said...preventative officiating should also occur during the above example. The official should briefly discuss with player indicating to them that they saw the hold and it would have been a penalty if the play would have went to this side of the field.
    - d. Enforcement of a penalty for holding is the SPOT of the foul, not the original line of scrimmage or the end of a run.
      - I. If the line of scrimmage is the 23 yard line and the hold occurs in the backfield on the 20 yard line, the penalty will be enforced 10 yards from the 20 yard line.
      - II. If the line of scrimmage is the 23 yard line and there is a long run to the 47 yard line, but a hold occurred on the 30 yard line the spot of enforcement for the holding penalty is the 30 yard line.
- III. Act of initiating contact with the helmet against an opponent
- III. Butt Blocking – initiates contact against an opponent with front of their helmet
4. Face Tackling – act by defensive player who initiates contact against a runner with the front of his helmet
5. Spearing – act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of their helmet.
6. Targeting - an act by ANY player who takes aim and initiates contact against an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders.





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## **General Rules & Definitions of the Game (Continued)**

### **5. Illegal Personal Contact**

I. Charging into or throw an opponent to the ground after he is obviously out of the play or after the ball is clearly dead either in or out of bounds.

1. Example – Scrimmage kick from A's 25 yard line that is fielded by B on their own 32 yard line. During the kick, there is unnecessary contact or an illegal block or other illegal contact well behind the play on the A 28 yard line by A17 on B76, this action should warrant a penalty on A from the end of the run.

### **6. Passing Game**

I. With respect to pass interference and the flight of the ball, there is no such rule for a ball being uncatchable under NFHS rules.

### **7. Time outs & Injuries**

I. Safety concern - If a player is injured/vomits or helmet comes off during a play, the player must leave the playing field for at least one play prior to returning. A timeout taken by the team with the injured /helmetless player DOES NOT change or eliminate the player needing to leave the field for at least one play after the timeout is complete. If the team only has 11 players, the team will only play with 10 until the player is ready to return after sitting out at least one play.

Revised July 7, 2018

Approved by:

Randy Todd - Commissioner

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