

## LEHIGHTON INDIANS(LABC) FOOTBALL RULES

Revision 2

### A. Eligibility

1. All participants male or female must reside within/attend school within the Lehigh Area School District
2. All participants can be no younger than 4yrs of age prior to Sept. 1 and cannot turn 14 prior to Sept. 1. Cutoff for registration is September 15<sup>th</sup>.
3. Team weight classifications and specific regulations:
  - a. Flag, 85lb., 100lb., and 130lb. (weights pertain to skilled player in each weight division only)
4. Every participant can play if they meet the age requirements for its respected weighted teams. Players who don't make weight for skilled positions can still play but will be considered a "heavy" and must wear 2 dots(provided by the LVYFL). These dots will be colored by weight classes and placed on the front and back of the player's helmet. All skilled players must make weight at the designated level by the third game of the regular season, move up to the next higher weight class, or declare a "heavy". Once designated, the player may increase weight as covered later within the rules. These dots are ONLY to be installed/removed by opposing coaches ONLY! The removal of a dot goes against the LVYFL Bi-laws, resulting in a fine to the club which the parent/guardian will be STRICTLY REQUIRED to pay.
5. If a player makes their designated weight for the first two weeks but is over his/her designated weight on the third week, the player must choose to declare a heavy or sit out the third week. No player after week three shall sit out more than one game additional week to make weight and must declare a "heavy". The player must make the designated weight for week three to be eligible to remain a skilled player.
6. Once a player declares him/herself a heavy, they must remain a heavy for the remainder of the season.
7. NO heavies may advance the ball in any way.
8. Upon registration each participant is REQUIRED to provide a copy of their birth certificate prior to their 1<sup>st</sup> game of the season. Once provided to the booster club it will be held until your child leaves the organization and you will be permitted to have it returned.
9. Any player on a tackle level is permitted to be double rostered to play at the next level

10. All participants MUST have a physical or sign-off on a waiver to be permitted to take part in contact drills and MUST have their physical prior to the seasons' 1<sup>st</sup> game or the participant will NOT be permitted to play until obtained.
11. All participants may only be playing in the LVYFL and NO other football organization between season start and finish.
12. All participants are permitted to wear knee-hi football shoes however, any style cleat (screw in or molded) with exposed metal may NOT be worn.
13. All participants MUST wear a SOLID colored mouthpiece during gameday. The booster club will provide an initial mouthpiece upon handout of equipment, every mouthpiece after will cost the participant/parent \$1.00.
14. All participants at the conclusion of a game must meet with the opposing team at midfield to shake hands and show good sportsmanship.
15. A player may sign up to participate in an advancement of 1 TACKLE level only.

### **PLAYING TIME/PRACTICE**

1. No team, regardless of level will be able to begin practice until July 30th.
2. All scrimmages will be held up to the discretion of the head coach.
3. All participants ages 7-14 MUST have proof of IMPACT TEST prior to 1<sup>st</sup> practice.
4. Practice days and times are left in the control of the head coach, however there are NO SUNDAY PRACTICES.
5. Playing time will be left up to the discretion of the head coach. Practice attendance, practice ethic, and attitude will assist in determine playing time.

### **WEIGH-INS/REGISTRATIONS**

1. Every player must weigh in or register before each game EXCEPT if a player makes weight to play at a lower level and is double rostered.
2. A player may only undress down to their underwear to make weight.
3. In the event a FEMALE player having to undress for weigh-in, a female representative will be the only person, other than a parent/guardian will be allowed in the weigh-in room.
4. At no time will a male and female participant be undressing in the weigh-in area at the same time.
5. All players must present an ID card complete with a current picture, which clearly shows facial features, at each weigh-in.

### **FLAGS**

1. No players on the flag level may be 4yrs old prior to Sept 1<sup>st</sup> and cannot turn 7 prior to Sept 1.
2. All players on the flag level MUST wear a helmet and mouthpiece provide by the booster club.
3. All flag guidelines/rules not covered within, will follow suit to the LVYFL.

### **85 LB**

1. No participants on the 85lb. level may be 9yrs. of age prior to Sept 1.
2. All participants on the 85 lb. level MUST wear safety equipment provided by the club, anything outside of the helmet is an exception and must be approved by the head coach. Helmet visors, arm pads, and other equipment are permitted upon approval of the head coach.
3. All 85 lb. participants are eligible for double roster permitting them to play on the 100 lb. level if needed come game day.
4. All 85 lb. rules/guidelines not covered within will follow suit of the LVYFL.
5. Allowances to add weight to skilled position players are as follows:  
Week 1-85lbs, Week 2-86lbs, Week 3-87lbs, Week 4-88lbs, Week 5-89lbs, Week 6-90lbs, Weeks 7,8,9-91lbs

### **100 LB**

1. No participants on the 100lb. level may turn 11 yrs. old prior to Sept. 1
2. All participants on the 100 lb. level MUST wear safety equipment provided by the club. Anything outside of the helmet is an exception but must be approved by the head coach. Additional equipment is permitted upon approval of the head coach.
3. All 100 lb. participants are eligible for double roster permitting them to play on the 130 lb. level if needed.
4. All 100 lb. rules/guidelines not covered within will follow suit of the LVYFL.
5. Allowances to add weight to skilled position players are as follows:  
Week 1-100lbs, Week 2-101lbs, Week 3-102lbs, Week 4-103lbs, Week 5-104lbs, Week 6-105lbs, Weeks 7,8,9-106lbs

### **130 LB**

1. No participants on the 130 lb. level may attain his 14<sup>th</sup> birthday prior to Sept 1<sup>st</sup>.
2. All 130 lb. participants MUST wear safety equipment provided by the club. Anything outside of the helmet is an exception but must be approved by the head coach. Additional equipment will be permitted upon approval of the head coach.

3. All 130 lb. rules/guidelines not covered within will follow suit of the LVYFL
4. Weight allowances to skilled position players are as follows:  
Week 1-130lbs, Week 2-131lbs, Week 3-132lbs, Week 4-133lbs, Week 5 -134lbs,  
Week 6-135lbs, Weeks 7,8,9-136lbs

**ANY DISCREPINSIES ARE NOT TO BE TAKEN UP WITH THE LVYFL, MUST BE TAKEN UP WITHIN THE LABC**

**ANY RULES NOT COVERED BY THESE SHALL BE PLAYED ACCORDING TO THE LEHIGH VALLEY YOUTH FOOTBALL LEAGUE PLAYING RULES**