

ACPRD JUNIOR VARSITY/VARSITY RULES

AGES / WEIGHTS

JV League: Boys (8-9) with **August 31st** birthday cutoff date. Each running back, quarterback, and offensive end cannot weigh more than 95 pounds stripped.

Varsity League: Boys (10-12) with **August 31st** birthday cutoff date. Each running back, quarterback, and offensive end cannot weigh more than 130 pounds stripped.

Weigh-in: All players will be weighed in at the first **regular-season** game. This is to insure parents and the Recreation Department that no players over weight will carry the football. However, once a player becomes weight eligible to run the football, he will not be subject to additional weigh-ins.

Physicals: Each player will be required to have a medical examination, (since January 1st of the current year), before a coach will be permitted to issue equipment. **NO** equipment should be issued until the medical examination form has been received by the coach.

Equipment: Community Recreation Associations furnish all NOCSE approved mouth pieces, equipment, game jerseys, kicking tees, footballs, and first aid kits for each team sponsored.

The JV's will also use a size K-2 ball, which is smaller than the Varsity team uses. This smaller ball should prove to be easier to handle and throw.

Uniforms: All players must wear matching uniforms. Jerseys must all be alike with the exception of sponsor names. Any player whose parent/guardian does not want a sponsor name displayed on their jersey may pay for the jersey themselves.

All coaches will be dressed alike with team shirts. No one else will be allowed along the sidelines or team area unless they are part of the chain crew, a ball boy, or recognized rostered coach. Everyone else will be expected to stay in designated spectator areas.

First Aid Kits: All teams must furnish their own first aid kit. At minimum, these kits should contain adhesive tape, ace bandage, band aids, alcohol, antibiotic cream, gauze rolls, pads, cotton, and gloves.

Registration Fees: Fees are established and collected by the Community Recreation Associations.

Practices: A team may practice three (3) times per week prior to their first regular season game; then twice per week thereafter. No practice sessions should last more than 2 hours and should be concluded by 8:00 pm on a night followed by a school day.

Playing Rules: High School federation rules will be used with the following exceptions: Jersey numbers do not have to comply to regulations, cannot rush punt on JV when notified of intentions to punt, varsity plays four (4) eight (8) minute quarters, JV plays four (4) seven (7) minute quarters, each team is granted three (3) time outs per half, unused time outs from the first half cannot be carried over to the second half, all decisions by game officials are final, game balls to be furnished by the ACPRD unless both teams agree otherwise, and extra point after touchdown is one (1) point if run or passed, two points if kicked.

No player will be allowed to rush the kicker at any time when punting or trying for the extra point.

One coach will be allowed on the field for JV teams only.

Overtime : Games tied at the end of regulation will play overtime to settle the outcome. In overtime the ball will be placed on the 10 yard line. Teams will flip in the first overtime the winner of the coin toss has the option of being on offense or defense first. After the first overtime possession will alternate. If the first team scores and makes the extra point the second team must do the same to stay in the game. If the game is still tied after the 5th overtime the game will end in a tie.

ACPRD JUNIOR VARSITY/VARSITY RULES – page 2

Mandatory Participation: Each player must play four (4) plays per half.

Penalty forfeiture of game: Players injured or unable to play for disciplinary reasons must remove their equipment and be reported to the game officials and the opposing coaching staff. They may then remain on the team sideline or team area.

Cheerleaders: Each team may have a community sponsored squad. Guidelines, sponsors, ages, uniforms, try-outs, accessories, and other details will be coordinated and approved by the Community Recreation Association. The cheerleading squad should be considered part of the community team.

Schedule Changes: Because of tight schedules and other uses of the fields, we will be playing in inclement weather unless lightning or severe storms become dangerous. However, the safety of our participants will always be our top priority. Game cancellations and announcements will be announced on B-86 Radio Station after 4:00pm.

Disciplinary Action:

1. Boisterous behavior and unsportsmanlike conduct by spectators such as unduly yelling and screaming at participants, profane language and/or gestures, public threats, or physical violence will constitute partial or permanent program suspension at the discretion of the Recreation Staff and/or Community Organization.
2. A player, coach, or spectator suspended from a game will be suspended from the remainder of that game, plus one additional game. A second suspension will constitute permanent suspension for the remainder of the season.
3. The use of profanity and/or alcoholic beverages at the game site may bring a suspension by a Recreation Staff Member Game Official, or Community Coordinator.
4. Also refer to the ACPRD Sportsmanship/Ejection Policy for more regulations.

Protests:

1. Protests can only be made concerning the eligibility of a player's age. Protests must be submitted in writing by the coach to the Recreation Department by 5:00 p.m. on the following working day of the game being protested.
2. Any player found ineligible will cause forfeiture of the game or games in which he participated.

NOTE:

All coaches and cheerleading sponsors are volunteers. Please give them your full support and co-operation. If problems arise, please address your concerns to the proper person face to face. If you would like to coach or be a sponsor, please volunteer and begin next season.