



# Summerville Sertoma Football

## Official League Rules 2020

### “The Sertoma Club of Summerville”

#### **1. Organization:**

The Youth Football program shall be known as the Summerville Sertoma Hometown Football League. The Sertoma Club of Summerville delegates the responsibility of the Summerville Sertoma Hometown Football League to the Summerville Sertoma Hometown 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 Hometown 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 Hometown 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** register to be a coach via the [summervillesertoma.org](http://summervillesertoma.org) website.
  2. Coaches **MUST** submit and pass a Sertoma criminal background check. This can be done on the Sertoma web site at [SummervilleSertoma.org](http://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.
14. A-League:
  - a. Ages 9-10.
  - b. Any Player can advance the ball. No ball carry weight.
  - c. (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 Mighty Mites, 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 Mighty Mites and 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. **Mighty Mite**, Bantam and A-League teams will not change goals between the 1<sup>st</sup> and 2<sup>nd</sup> quarters or between the 3<sup>rd</sup> and 4<sup>th</sup> 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: 1<sup>st</sup> 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 1<sup>st</sup> 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 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 Mighty Mite and 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 Mighty Mite and 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 1<sup>st</sup> day of practice (i.e. late signups):
  - a. 1<sup>st</sup> and 2<sup>nd</sup> practice: helmets only (no contact).
  - b. 3<sup>rd</sup> and 4<sup>th</sup> 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](http://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 Hometown 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 Official League Rules**

### **General Rules:**

1. This season we will be starting full 11 v 11 games in Mighty Mites.
2. 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.
3. 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.
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. All defensive tackles and any player in between the tackles will start from a down and set position on the snap.
8. Linebackers will position themselves a minimum of 3 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 because they cannot move until the ball is snapped. 1<sup>st</sup> offense is a warning, thereafter penalties issued as 5 yards.
9. 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=1Point
  - b. A team can have the ball placed at the 5-yard line. Run or Pass=2 Points

10. In Mighty Mite League Only, two coaches may be positioned on the field to help call plays and get players into positions. However, once all players are set the coach must move to a position out of play, at least 10 yards away from the players. There WILL BE NO COACHES RESETTING PLAYERS OR TALKING TO PLAYERS ONCE THE OFFENSE COMES TO THE LINE OF SCRIMMAGE AND PLAYERS ARE SET. COACHES CANNOT REPOSITION PLAYERS BASED ON ANOTHER TEAMS SETUP UNTIL THE PLAY IS OVER. Violating this rule will result in a first time 5-yard penalty assessment. After the first penalty, this will be considered an unsportsmanlike conduct 10-yard penalty.
11. 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.
12. 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 2<sup>nd</sup> half.
13. Punts: On 4<sup>th</sup> 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.
14. Kickoff: There will be no kickoffs in Mighty Mites, Each team will start on the 25 yard line.
15. All other NFHS rules apply.

## 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. MPR will be monitored by the respective league commissioner.
4. There will be no blitzing of any kind by the defense. The penalty for this will be 5 yards from the line of scrimmage.
5. 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. No player can be over center. Cannot be head up. Nose guard can play gaps only. **Nose Guard cannot Shade or pinch. 1<sup>st</sup> warning, thereafter penalties issued 5ydrs.**
7. All defensive tackles and any player in between the tackles will start from a down and set position on the snap.
8. 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. 1<sup>st</sup> offense a warning, thereafter penalties issued 5ydrs
9. 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
10. 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 4<sup>th</sup> game of season coaches cannot be on field.
11. 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.
12. 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 2<sup>nd</sup> half.
13. Punts: On 4<sup>th</sup> 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. 1<sup>st</sup> warning and 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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](http://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.