

Laural Highlands Developmental Football League: Official Playing Rules 2015

<p style="text-align: center;"><u>Timing: All Divisions</u></p> <p>Quarter Length: 12 Minutes Half Time: 8 Minutes</p> <p style="text-align: center;">Traditional Timing Rules Apply</p> <p style="text-align: center;">Overtime:</p> <p>Coin toss decides possessoin. Each team gets the ball at the 10 yard line. 4 downs to score a TD or FG. Still tied after 2 rounds - must attempt to kick extra point after a touchdown.</p>	<p style="text-align: center;"><u>Infractions/Penalties</u></p> <p>~ Defesive Pass Interference - 15 yards ~ Facemask - 15 yards ~ Personal Fouls - 15 yards ~ Acts of Deception - 5 yards</p> <p>~ Any penalty for a live-ball foul BEHIND the LOS by either team when the play ends is enforced from the previous spot.</p>	<p style="text-align: center;"><u>Safety</u></p> <p>~ No Free Blocking Zone (all blocks below the waist "cutting" or in the back "clipping" are ILLEGAL).</p> <p>~ Only coaches, assistant coaches, managers, and medical personnel shall be allowed on the side lines. Head Coaches are in charge of their sideline.</p>	<p style="text-align: center;"><u>Safety</u></p> <p>~ "Single Stripe" player must play on the line on defense and can play any position on the offensive line, including TE (Blocking Only).</p> <p>~The defensive team shall be limited to two double striped players on the field at the same time, which must play at defensive tackles. Exception: When offensive has three or more double striped on the field of play at the same time, then the defensive team may match the offensive line. Double/Single Stripes cannot progress the ball.</p>
<p style="text-align: center;"><u>Scoring</u></p> <p>Touchdown: 6 Points Kicked PAT: 2 Points Run/Pass PAT: 1 Point Safety: 2 Points</p>	<p>~Any penalty for a live-ball foul by either team BEYOND the LOS when the play ends will be enforced from the previous spot.</p> <p>~ The penalties for a live-ball foul by both teams (no change of team possession) cancel each other out, and the down is replayed unless one of the fouls is a personal foul.</p>	<p>~ All personel fouls must be inforced.</p> <p>~ Officials must penalize players who violate the rules regarding helmet to helmet contact.</p>	<p>~ A player who continually tackles around the head; deemed intentional by the officials, will be removed from the game for that series of play. If identified player continues tackling in this manner, he may be removed from the game permanently.</p>
<p style="text-align: center;"><u>Infractions/Penalties</u></p> <p>~ 1st Sideline Infraction (Unsportsman Like) - 15 yards ~ 2nd Sideline Infraction (Flagrant Misconduct) - 15 yards ~ 3rd Sideline Infraction - Ejection from theGame and Stadium ~ Blocking Below the Waist - 15 yards ~ Blocking in the Back - 10 yards ~ Illegal Forward Pass/Illegal Touching 5 yards; No Loss of Down *** No Loss of Down for Offensive Pass Interference ***</p>	<p>~ If both teams commit live-ball foul on a scoring play and there is no change of possession, the penalties cancel each other out, and the down is replayed unless one of the fouls is a personal foul.</p> <p>~Accepted penalties for fouls by the Offense that occur in the offensive team's end zone result in a safety.</p>	<p>~ "Double Stripe" and must play in the tackle position when playing defense. Double Stipe players can play Center, Guard or Tackle on the offensive line.</p>	<p style="text-align: center;"><u>Skills Development and Teaching</u></p> <p>~ There is NO defensive rush on kick attempts.</p> <p>~A 22 point lead any time in the second half, trailing team gets the ball at the opponent's 40 yard line; if deficit is reduced to less than 22 points; traditional rules take effect. If 22 point deficit occurs at the start of the second half, trailing team begins the second half in possession of the ball at the opponent's 40 yard line.</p>

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Minor Division (3rd & 4th Grade)

Major Division (5th & 6th Grade)