

SCYFL FRESHMAN TACKLE DIVISION

The FRESHMAN Instructional Division is comprised of the youngest tackle players in the SCYFL, an instructional group with special competition rules.

Length of game:

1. Freshman Division of Tackle shall be four (4) – ten (10) minute quarters.
2. There will be a 10 minute half time for each game.
3. Additionally, each team will have two (2) time-outs each half (no saving of time-outs will be permitted) Time-outs will always stop the clock.
4. The clock will run until the last two (2) minutes of the half. Then it will only stop on plays that would normally stop it ie: turnovers, out of bounds, time outs, incomplete pass.

Scoring:

1. A touchdown will count as 6 points.
2. Extra points:
 - a. The extra point may be scored by running or passing from the 3-yard line
 - b. If extra point is run in it will be counted as 1 point.

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- c. If the extra point is converted by a forward pass with the receivers feet in the endzone at the time of reception it will be counted as 2 points.

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- d. A safety will count as 2 points. Defense gaining possession of a conversion will make the play dead.

End of season Play:

1. At the end of the regular season, all teams will compete in a single elimination playoff system to determine a champion team. In the event of a tie in the standings the tie breaker will be head to head followed by points allowed.

NOTE Coaches will be responsible for turning in a SCYF Freshman League stat sheet to the press box after each game.

1. FRESHMAN GROUP

FRESHMAN 1.1. Defined

1. FRESHMAN are the youngest division in the League tackle system including six and seven year old players as of June 1 prior to the beginning of the season. Special considerations and rules are provided for this division to foster and encourage better instruction, playing conditions, and competition among the division.
2. Unless modified in this section, FRESHMAN teams are subject to the same rules and regulations for the remainder of the League as outlined in these Rules.
3. FRESHMAN teams must follow the League's Player Participation rules noted in Section 1.6 for all League games.

FRESHMAN 1.2. Team Balance

- 1.2.1 Unlike the other division within the League, all League FRESHMAN teams are considered equivalent in determining their playing schedule. Therefore, FRESHMAN teams shall all be balanced in ability. The Division Coordinator is responsible to ensure this balance through an open and fair draft of all available FRESHMAN players and the distribution of coaches between the teams.

FRESHMAN 1.3. Special Kicking Rules

1. **Punting** - FRESHMAN teams will have an automatic 20 yard punt not to go past the 10 yard line.

FRESHMAN 1.4 Advancing the Ball

- A. Offensive Line-Up, the offensive can only have 4 players off the line of scrimmage.
- B. The offense will have 5 players on the line as follows:
TE LG C RG TE. Tight Ends will be considered eligible receivers.
- C. The four remaining players shall be used as **QB, RB, or WR**. Two running backs are permitted in the backfield or the use of two eligible **WR's**.
- D. One player in the backfield may be in motion laterally or backward, but not forward.

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FRESHMAN 1.5. Coaches Background Checks

All SCYFL Board of Director Members, and all SCYFL coaches must go through the Georgetown Parks & Recreation Youth Volunteer Background Screening Program.

- 1.5.1 The FRESHMAN group is composed of the youngest players within our League. For many, this is their first exposure to tackle football. FRESHMAN coaches are critical in determining how

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these players and families view tackle football and our League. Positive coaching, teaching, and drilling fundamentals, teamwork, and sportsmanship are essential.

2. The FRESHMAN coach must complete SCYFL coach's certification training and attend the preseason FRESHMAN coach's meeting where the SCYFL reviews the rules and answers all questions regarding this division. All FRESHMAN coaches will acknowledge the receipt and understanding of these rules by signing the Code of Conduct form.
3. Since this Division is instructional in nature, coaches ARE allowed on the field during League game play. Only one coach from each team is allowed on the field. The defensive coach must remain 10 yards away from the line of scrimmage unless he needs to assist with a kids head up alignment, then he must return to 10 yards away from line of scrimmage if not he can be flagged with an offsides penalty.
4. Referees will be informed of these special FRESHMAN rules before the season and briefed by the Division Coordinator during pregame check in. Head coaches are expected to advise referees during League games when there is a rule violation. Adherence to these special rules represents a fundamental core value of the SCYFL, there for intentional violations of these rules will be dealt with severely.
5. Full contact for each individual player on a team will not begin after teams have completed 5 scheduled practices (two practices in helmets only and 3 practices in helmets and shoulder pads).

1.5.6 Coaches are expected to incorporate the NFL Heads Up tackle drills into practice. The drills that are expected to be included in practice (more details will be given out at the coaches meeting) are as follows:

- a. Breakdown position
- b. Feet buzz
- c. Hit position
- d. Rip
- e. Shoot

FRESHMAN 1.6. Player Participation

1. All eligible Players shall participate in at least two quarters of each game of the season except in the case of injury or absence. Coaches have the option in extreme situations, after coordination with the Division Coordinator, to suspend players from play. Several examples: excessive absence from practice, causing a safety concern for the player and his teammates; unsportsmanlike conduct; intentionally trying to hurt another player.
2. The player participation policy of the FRESHMAN group is that each player shall play at least two quarters, except in case of an injury or sickness. The purpose of this rule is to allow every participant to play in the game. The maximum number of players per team is 13.
3. Full compliance with the participation rule is mandatory. Coaches found guilty by the Rules Committee for not complying with this policy will be disciplined. Specific sanctions may include, forfeiture of games, suspension of coaches, exclusion from League post season competition, and expulsion from the League by the Board. Complaints shall be filed in writing through the SCYF Board.
4. Weight restrictions
 - Freshman – 95 pounds
 - Each player will be weighed the same day they receive their equipment. The player will only be allowed to weigh in wearing sneakers, shorts and a T-shirt.

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- A list of ineligible players and their jersey numbers will be compiled for each team. The master list will be kept at the press box, and each coach will be given a list for each team. The players' weights will not be on this list. Only board members will have access to the player weight.
- Each player will be allowed one reevaluation during the season.
- Any challenges or questions during a game must come from the head coach and be directed to the head official.
- First offense of an ineligible player advancing the ball will result in 15 yard unsportsmanlike penalty.
- Second offense will also result in a 15 yard unsportsmanlike penalty, and the coach will have to meet with the board before their next game.
- A third offense will result in an automatic **THREE** game suspension of the head coach.
- It should be noted that an ineligible player can advance the ball if it is not a designed play. (IE a turnover, fumble or interception).
- Ineligible players can not play the position of running back(unless they are used to block only) or quarter back.

FRESHMAN 1.7. Football Size

1.7.1. The FRESHMAN group will use the Wilson K2 (or equivalent) size.

FRESHMAN 1.8. Rosters

1.8.1 Teams are required to have eight eligible and rostered Players on the field at the game kick-off. The game may proceed afterward with a minimum of eight players if necessary. The opposing team is under no obligation to play down their number of players on the field but may do so without penalty. **Revised July 2023**

FRESHMAN 1.9. Overtime procedures

1. If at the completion of a regulation game the score is tied, the game will be resolved by allowing each team 4 plays (one series of downs to break the tie). First possession shall be decided by coin toss(home team makes the call). No more than two overtimes will be permitted. Should the score remain tied after the second overtime the game will be ruled as a tie.

1. The ball shall be placed on the 10-yard line at the start of each team's possession.

2. The Referee and Field Supervisor may use discretion in end zone selection if conditions warrant or allow the teams to decide..

3. All overtime periods shall be played at the same end of the field initially chosen, unless a change is warranted by the game Official.

4. There will be no additional coin tosses or intermissions during multiple overtime periods. Each succeeding overtime period shall alternate first team on offense.

FRESHMAN 1.10. Equipment

1.10.1

a) All players will be provided a numbered jersey. There shall be no restrictions as to jersey numbers by Player positions.

b) All players will be provided a Helmet, shoulder pads, and one set of practice pants.

c) Player visors will follow rules as outlined in National Federation of State High Schools (NFHS) rules. Which states only clear visors are allowed.

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FRESHMAN 1.11. Draft

- 1.11.1 If a head coach has a son or daughter that will be new to that team that player will be shown as a returning player on his team and will not be counted as a draft pick
- 1.11.2. If a head coach picks a child that has a sibling the sibling will be counted as a returning player on the team.
- 1.11.3 A head coach can use a coach pick in the first round to take a player whose parent will help them coach as long as the other coaches in the league are in agreement.
- 1.11.4 SCY Football board will make every attempt to balance the teams based on league age. Prior to the draft a maximum number of each age group will be determined based signups. This number will be determined based on new players and returning players so that the age balance in the league can be as close to equal on each team. Once the draft is complete late player signups will be placed on team with the fewest players and then the draft order will be followed. The age of the player will not determine team placement.
- 1.11.5. Regular season order of finish is used to determine draft position for the following year.
- 1.11.6. If a team is added the new team will have the first overall pick and will be given two second round picks at the beginning of the second round. After that the team will have the first pick in each of the following rounds.

FRESHMAN 1.12. Score Management

- 1.12.1 In the spirit of good sportsmanship, winning point spreads of 45 points, or more, are strictly prohibited. It is still the head coach's responsibility, however, to ensure the winning point margin does not exceed 44 points. Any head coach whose team defeats an opponent by a margin of 45 points, or more, will be suspended from coaching the next game. Any head coach who repeats this offense in any season may be subject to suspension for the remainder of the season.
- 1.12.2 Since this is a developmental league the intent is to introduce kids to the sport and keep them returning to play in the future. Once a team has a point spread of 24 points or more the team that is behind will continue on offense until the spread goes below 24 or until the game ends. If the offense team does not achieve a first down on fourth down then the ball will remain at the yard line that it is on and the chains will reset to 1st down.

FRESHMAN 1.13. Special Defensive Alignment Rules

- 1.13.1 The FRESHMAN division is provided with special defensive alignment rules to increase Player safety and allow conditions for the majority of offensive plays to be initiated beyond the quarterback/center exchange. All FRESHMAN Coaches are expected to abide with both the spirit and intent of these alignment rules. Therefore:
 1. The FRESHMAN "Safe Zone" is defined as Head Up on Right Guard to Head Up on Left Guard from the Line of Scrimmage to 3 yards forward at the snap,

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2. The defense is limited to two down lineman in this "Safe Zone" but no player may line up on the Center's head on any snap. A "down lineman" in this league is considered to be a player that is in either a 3- or 4-point stance, which is further defined as one or two hands on the ground at the snap of the ball.
3. All standing players must be outside of this Zone.
4. All defensive linemen must line heads up on the offensive linemen including the players over the TE with the exception of the center.
5. All other defensive players (LB, CB and S) must be lined up 3 yards off the line of scrimmage.
6. All defensive linemen must engage the blocker first ("no shooting gaps") or having a lineman run away from the line towards the ends to make a tackle. Engaging the blocker is defined as one had to the chest of the offensive player.
7. The player that receives the snap from the center is prohibited from running the ball within the A gaps (two gaps beside the center) at any point on the field including a shot gun snap.

See illustrations below.

