

TWIN COUNTY SANDLOT FOOTBALL PROGRAM RULES

CARROLL, GRAYSON, & FRIES

2015

1. The primary objective of **Twin County Sandlot Football** is for all players participating in games and practice to have fun, play their required time in all games, and be taught the sport of football.
2. Each coach, player and parent involved with the sports' programs are responsible for representing themselves in a professional manner to all kids, parents, referees or other communities that games are played in .
3. All standard Virginia High School League Rules will be used with the following modifications.
4. All Referees are in complete control of the game and all decisions are final.
5. **NO PLAYERS WILL BE BROUGHT DOWN FROM 8TH GRADE FOOTBALL AND BE ALLOWED TO PLAY.**
6. Each quarter will be seven (7) minutes long with the clock stopping on dead ball plays, time-outs, Penalties or injuries. Half-Time is 5 minutes long.
7. If a team is ahead by 14 points in the 4th quarter the clock will run continuously. Clock will stop for time out only. This is for both 4th and 5th , and 6th and 7th grade.
8. Weight limits 4th & 5th grade 100 lbs. 6th & 7th 130 lbs. All Backfield players must meet legal weight. **ALL PARTICIPANTS MUST PLAY AT LEAST 1 FULL QUARTER!!**
9. **Nose guards cannot line up directly over the center position. They must lineup to the left or right side(this is in 4th and 5th grade), 6th and 7th grade may line up over the center..**
10. Anything outside the tackle position may stand or get into down position.
11. Offensive team must have seven (7) players on the line of scrimmage. We will play 11 on 11.
12. Defensive **BLITZING RULE** both 4th & 5th , 6th & 7th Grade. If players are on the line or in the gaps they must be in the down position. Penalty for blitzing through the center gaps will be 10 yards and automatic first down, unless its 6th and 7th but they **MUST** be in down position to blitz! Play will be a dead ball foul. The play will be whistled dead from the start and penalty marked from line of scrimmage.
13. All penalties will be 5 and 10 yards except unsportsmanlike which will be 15 yards. Pass interference will be 10 yards from the line of scrimmage and a first down.
14. All punt situations will be a dead ball play. The ball will be marked where the receiving team first comes into contact with the ball .
15. Kick –Offs will be live ball situations for 6th and 7th .
16. No kick-off for 4th & 5th grade they will take possession on the 30 yard line.
17. All fumbles will be live ball situations. Ball can only be advanced by legal weight players.
18. Extra points will be 1 point from the 2 yard line and 2 points from the 3 yard line. This applies for all grade levels. **(If at Grayson an extra point may be kicked) Also, on any down you may a kick field goal for 3 points). Field goals and extra points will be a dead ball situation.**
19. Teams will be allowed 2 time-outs per half. 1 time-out in overtime. No carryover of time-outs.
20. One (1) over-time will be all that's played if the score is still tied. The game finishes in a tie. Over-time will be four plays from the 10 yard line for all grade levels, with each team getting an equal opportunity to score. Extra points will always be from the 3 yard line for 2 points. Then for 1 point will be played from 2 yard line. No field goal kicks for extra points allowed in over-time, unless you are playing at Grayson. Defense may not advance ball in case of an interception or a fumble. The offensive team just loses their only possession of the ball. The winner will be the team to score without the other team scoring on their possession of the ball or extra point.
21. **4 coaches allowed on the sidelines with the team only, at Carroll, Fries, and Grayson.**