

Fort Mill Football League Rules

Weight limits for carrying the ball and to participate on kick-offs. Anyone above these weights has to play on the line (tackle to tackle) for offense and/or defense and cannot advance the ball after a fumble or interception.

- Pee wee – 115 lbs
- Small Fry – 135 lbs
- Mite – 150 lbs

Play requirements:

- Players must play AT LEAST 8 plays during the game (minimum of 4 per half).
- Exceptions include, but are not limited to, injuries, late arrival, early exit, etc.

Game clock:

Game clock will be a running JV clock with 8 minutes quarters. The clock will stop between plays when a runner runs out of bounds, change of possession, incomplete pass, etc. The clock will restart upon the ready signal from the referee (ball is placed in position for the snap). During the final two minutes of each half, we will use a Friday night clock. In the case of a game where one team leads by 18 or more points, the trailing team's coach will have the option to switch to a running clock until the margin drops below 18.

Time Outs:

Teams will have 2 time outs per half. The head coach is the only person allowed to call a timeout (The exception is the on-field coach in the Pee wee division).

Halftime:

We will use a 2 + 3 (5 minute halftime). Referee will tell coaches when they have 3 minutes left to use for warm-up, if needed.

Play clock (from when the ball is placed):

- Pee wee – 30 seconds
- Small Fry/Mite – 25 seconds

Coaches:

- Only 4 coaches allowed on the sidelines, all other spectators must remain in the bleachers prior to, during and after games.

Coaches on the field:

- Pee wee – One
- Small Fry - None
- Mite – None
 - Coaches on the field must stay at least 5 yards behind the deepest player.
 - Coaches sideline box will extend to the 25 yard line at each end of the field.
 - Coaches MUST be at least 6 feet from the sideline when the ball is in play. Rule offenses will lead to unsportsmanlike penalty (this is a safety issue for players, coaches and referees). 1st offense – warning; 2nd offense – 5 yard penalty; 3rd and above – 15 yard penalty.
 - Teams may have **up to four** coaches on the sideline (usually a head, offensive, defensive and a bench coach – who will be responsible for tracking plays).
 - All others are considered parents and **MAY NOT** be on the sideline.

Noseguards:

- Noseguards WILL be allowed for all age groups.

Chain Crew:

- The chain crew (3 parents) must be provided by the VISITING team.

Punts:

- Pee wee and Small Fry – NO LIVE PUNTS. Teams choosing to punt will have the ball moved forward 25 yards or 1/2 the distance to the goal, if it is inside the 50 yard line for their punt.
- Mite – “Live” punts
 - No fake punts, teams must declare that they are punting
 - Receiving team must have a minimum of 7 players at the line of scrimmage
 - No rush on the kick, the play is live once the kicker kicks the ball

Extra Points:

- Teams only have the option to go for a two-point conversion.
- Fumbles or interceptions on two-point conversions CANNOT be returned for points by the defense.

Tie Breaker:

- We will have ties in the regular season. In bowl games, if a regulation game ends in a tie, we will use high school tiebreaker rules. Each team will have 4 downs to score.

RULE CHANGES – HIGH SCHOOL LEAGUE

- Mouthpieces cannot be solid clear or solid white.
- Faceshields MUST be 100% clear, no exceptions.
- Chinstraps must have FOUR snaps and they must be fastened.
- Players wearing a cast must have it COMPLETELY wrapped in 1-inch thick foam.
- Gloves – players may wear gloves, but they CANNOT be YELLOW or BROWN.
- Arm bands are NOT ALLOWED.
- Arm sleeves are NOT ALLOWED if they have “gripping” material.
- Waist game cards are NOT ALLOWED.
- Game cards can be worn on a player’s arm within 3 inches of the wrist and upward.
- Hair must be tucked into helmets (pulled back off players face and long hair tucked into the helmet).
- Horsecollar rule includes grabbing inside of the jersey and/or pads from the back or side. This is considered a “live ball” penalty.
- Facemask penalty includes the chinstrap and any opening in the helmet; automatic 15 yard penalty. Does not include stiff arms, unless the players hand enters into the helmet through the facemask.

COMMON MISCONCEPTIONS

- No tripping penalty for tripping a ball carrier.
- Interlocked-blocking is illegal and includes grabbing jerseys and/or interlocking arms.
- Aiding the runner is a 5-yard penalty and includes pushing the runner forward from behind.
- Block in the back penalty is dependent on the point of impact, not the placement of the helmet during the hit.
- Chop blocks are illegal.
- Blocks below the waist are LEGAL when both players are on the line and the block takes place immediately at the snap. Only legal inside the tackle box.
- Players may not slap the other players’ helmets in attempt to get around them. If you are instructing this technique, tell your players to only slap as high as the shoulder pads.
- Neutral zone – the length of the football.
- The defense cannot attempt to draw the offense offside. This will lead to a 15-yard unsportsmanlike penalty.

Referees

- Respect their calls, if you have questions, please ask. They are here to help teach the game of football.
- Any fighting will lead to an automatic ejection and possible suspension for players and coaches. Fighting among coaches and/or officials will not be tolerated.
- Have your ends ask officials regarding their position – on/off the line. The officials will make every attempt to help players with their positioning, when asked.
- If coaches are having issues with unruly parents, please ask the site supervisor for assistance.