
2020 LAKE AREA JUNIOR FOOTBALL LEAGUE RULES *9-MAN*

The League’s rules are based in part on the South Dakota Junior Football League Rules with several changes and amendments. It is understood there may be changes to these rules as we continue to progress with our League and as we mold the rules to fit our application.

Go to www.sdjrfb.com to view their rules.

Estelline	Deubrook
Elkton	Castlewood
Deuel	Hamlin
Chester	Flandreau
Howard	De Smet
Arlington	

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Week	Notes	Thursday	Saturday
1 – Sunday, August 9	Practice Allowed August 9		
2 – Sun Aug 16			
3 – Sun Aug 23			
4 – Sun Aug 30			
5 – Sun Sep 6	Game 1	Sep 10	Sep 12
6 – Sun Sep 13	Game 2	Sep 17	Sep 19
7 – Sun Sep 20	Jamboree	Sep 24	Jamboree – Estelline
8 – Sun Sep 27	Game 3	Oct 1	Oct 3
9 – Sun Oct 4	Game 5 – All Games Thursday	Oct 8	No Games*

*Season ends Thursday, October 8th. Saturday, October 12th could be used as a make-up day. Falls on Native American Day Holiday Weekend.

Basic Info

PLAYER ELIGIBILITY

- 3rd/4th Division Eligibility:
 - a. Athletes are entering the 3rd or 4th grade and
 - b. The athlete has not turned 11 years of age prior to September 1st. If a player turns 11 prior to September 1st, they must play in the 5th/6th division.
- 5th/6th Eligibility:
 - c. Athletes are entering the 5th or 6th grade and
 - d. The athlete has not turned 13 years of age prior to September 1st. If A player has turned 13 years of age prior to September 1st, the athlete is ineligible to participate.

MULTIPLE TEAMS

- If a town can form two teams in a division, the teams are to be divided as evenly as possible.

INJURED/ILL ATHLETES

- Athletes who are injured or sick are not allowed to practice.
 - a. Injuries /Illness include: Stitches, Cast, splints, etc.
- Athletes who are released from an illness or injury must provide the coach with a “Medical Authorization” to participate. This medical authorization should be kept with the coach upon the athletes return.

GAME BALLS

- Game balls shall be a leather or composite leather, not a rubber ball.
 - a. 3rd/4th Division: Junior Size Ball or Larger
 - b. 5th/6th Division: Youth Size Ball or Larger.
 - c. Examples: Composite Nike Vapor Strike, Nike Vapor Strike 2.0, Nike Vapor 24/7 2.0, Wilson GST Leather, Wilson GST Composite, Wilson TDY Traditional, Under Armour 495, etc.

HOME TEAMS

- Teams designated as the home team shall host the game at their home field.
 - a. Saturday Start Times: 10:00 a.m., unless otherwise designated.
 - b. Thursday Start Time: 6:00 p.m., unless otherwise designated.
- Home teams shall provide two officials for games.

WEATHER CANCELLATIONS:

- Game cancellations will be decided:
 - a. Friday night for a Saturday game.
 - b. Wednesday night for a Thursday game.
- The host team and visiting team coaches shall be in contact with each other.

- Cities with more than one team at the same level should be in contact with each other for game play also.
- If more than one home game is scheduled all games will cancelled if one will be cancelled.
- It is the host team's decision that is final.

Practice

1. Practice may begin Sunday, August 9, 2020.

2. Athletes are the coach's responsibility.

- a. A coach should be present at the scheduled practice time and stay until the last athlete is picked up.
- b. Under NO circumstances do coaches leave an athlete unsupervised.

3. There will be NO outdoor practice on days when the temperature has reached 95 degrees at any time before 6 pm or (100 degree heat index) whenever the weather is unfavorable for practice (hard rain, high heat index, lightning in area).

4. Minimum of six practices before first game.

a. Suggested Order:

i. Practice Day 1 – Shorts and Shirts

ii. Practice Day 2 – Shorts and Shirts

iii. Practice Day 3 – Shorts and Helmets

iv. Practice Day 4 – Shorts and Helmets

v. Practice Day 5 – Shorts, Helmets and Shoulder Pads

vi. Practice Day 6 – Shorts, Helmets and Shoulder Pads

5. Players should be allowed water freely.

- a. A 5 minutes rest/water break should be given for every 30 minutes of practice time.
- b. Player safety should be a priority in dealing with weather conditions.

6. Signed Waiver forms must be in the coach's possession before a player can practice.

7. All players must have 8 hours of non-contact practice in before having contact practice, then have 10 hours of contact practice in before being able to play in a game.

a. This is an INDIVIDUAL Mandate. Meaning, If Li'l Jonny missed the first three practice due to a family vacation or illness, his 8 hour/10 hour clock is behind the other players.

8. Pre-Season:

- a. The maximum number of practices in a week is 5 and minimum is 3.
- b. Only one practice per day.
- c. The maximum amount of length of each practice is 2 ½ hours and the minimum is 1 ½ hours.

- d. The maximum number of hours practiced per week $12\frac{1}{2}$ hours and the minimum is $4\frac{1}{2}$ hours.
9. Regular Season:
- a. The Maximum length of each practice is 2 hours and the minimum is 1 hour.
 - b. The maximum number of hours practiced per week is 5 hours and the minimum is 1 hour.

Game Play

COACHES

1. Two coaches per team (offense and defense) will be allowed in the huddle. Only one defensive coach on the playing field when the play begins.
2. Coaches must be at least 15 yards back from line of scrimmage at the snap of the ball.

THE FIELD

1. 40-yard field in length excluding end zone.
2. The "Red Zone" is defined as the playing field from the 10 yard line into the goal line.

GAME FORMAT

1. 4 QUARTERS (3RD/4TH ONLY HAS THIS OPTION)
 - a. 3RD/4TH DIVISION: 1 QUARTER = 16 PLAYS; 8 CONSECUTIVE OFFENSIVE, 8 CONSECUTIVE DEFENSIVE PLAYS.
 - b. 5TH/6TH DIVISION: 1 QUARTER = 20 PLAYS; 10 CONSECUTIVE OFFENSIVE, 10 CONSECUTIVE DEFENSIVE PLAYS.
 - c. 1 GAME = 4 QUARTERS PLAYED
2. OPTION 2 ESTELLINE / DE SMET HOME GAMES: 5TH/6TH DIVISION ONLY - 2 HALVES
 - a. ESTELLINE AND DE SMET PREFER 2 HALVES. VISITING TEAM MUST AGREE IF PLAYING THEM AT THEIR HOME FIELD. IF NO AGREEMENT, THEN 4 QUARTERS OF 20 PLAYS EACH TEAM WILL COMMENCE,
 - i. 5TH/6TH DIVISION: 2 40 MINUTE HALVES
 - ii. DOWN AND DISTANCE

SCORING

1. 3RD/4TH DIVISION & 5TH/6TH
 - a. Score will be kept with traditional scoring of six points per touchdown.
 - b. No change of possession on touchdown, continue until 10 (or 8) plays have been run.
 - c. No special teams. No extra points.
 - d. 45 seconds allowed between plays.
2. OPTION 2 ESTELLINE / DE SMET HOME GAMES
 - a. Score will be kept with traditional scoring of six points per touchdown.
 - b. AFTER A TD, THE POSSESSION WILL CHANGE.
 - c. No special teams. No extra points.
 - d. 45 seconds allowed between plays.
 - e. There is a 40 minute running clock per half.

MINIMUM PLAY RULE

1. 3RD/4TH Division: Each player must play a minimum of 8 offensive and 8 defensive plays per game totaling a MINIMUM of 16 plays per game.
2. 5TH/6TH Division: Each player must play a minimum of 10 offensive and 10 defensive plays per game totaling a MINIMUM of 20 plays per game.

TURNOVERS

1. 3RD/4TH DIVISION & 5TH/6TH DIVISION
 - a. Interception and fumble recovery by the defense sends the offense back to the 40-yard line.
 - b. At the time of the turnover, the play shall be whistled dead. Change of possession will not occur unless the offense has completed its series of plays.
 - c. It is a dead-ball play, unless it is play 8/10 of the series.

FUMBLED SNAP

1. A FUMBLED SNAP WILL BE BROKEN INTO TWO CATEGORIES: UNDER CENTER AND SHOTGUN/PISTOL
 - a. UNDER CENTER FUMBLE
 - i. RESULT
 1. WHISTLE WILL BLOW AND THE PLAY IS CALLED DEAD.
 2. THE PLAY WILL BE RUN AGAIN.
 3. THE FUMBLED PLAY WILL NOT COUNT TOWARD THE OFFENSE PLAY COUNT.
 4. THE OFFENSE IS NOT ALLOWED TO HUDDLE AFTER THIS FAILED EXCHANGE. IF THE OFFENSIVE TEAM HUDDLES, THE FAILED EXCHANGE/FUMBLE WILL COUNT TOWARD AN OFFENSE PLAY COUNT.
 - b. SHOTGUN/PISTOL FUMBLE
 - i. A FUMBLE ON A SHOTGUN/PISTOL IS CONSIDERED A LIVE PLAY.
 - ii. PLAY WILL COMMENCE UNTIL A TACKLE IS MADE OR A TD IS ACHIEVED.

PENALTIES:

1. All penalties are 5 yards
2. No penalties, fumble recoveries, or interceptions can move the offense back beyond the 40-yard line.
3. Offensive penalties
 - a. Penalties assessed from the line of scrimmage
 - b. Penalty always counts as one the 8/10 plays if accepted
 - i. Exceptions: pre-snap penalties (illegal formation, false start, etc)
4. Defensive penalties
 - a. Penalties assessed from the spot of the foul or added on to the end of the play
 - i. Examples:
 1. Facemask- add 5 yards from end of run.
 2. Pass interference- add 5 yards from the spot of the foul.
 - i. Offense can decide if the play counts or return to line of scrimmage and replay down

Offensive Alignment and Basics

1. Each offensive play will begin with the center snapping the football between his legs to a QB/back. The QB/back may not start the play with the ball in his hands.
2. Teams shall not use an unbalanced line on offense
3. All offensive sets must consist of a center and two guards.
4. Traditional 2 foot splits (or less) shall be used on the line of scrimmage in order to allow our defenses to properly align (this includes the use of tight ends).
5. Must have 5 men on the line of scrimmage but center and guard closely aligned to allow the defenders to line up properly.
6. Any offensive linemen may pull.
7. Motion of backs and receivers is allowed.

Defensive Alignment and Basics

1. No blitzing.
2. Outside the red zone...
 - a. No blitzing.
 - b. Linebackers and cornerbacks must be at least 7 yards off the ball at the start of the play. This will help enforce the no blitzing rule.
 - c. Safeties must be at least 10 yards off the ball.
3. Inside the red zone
 - a. Allows for more men on the line.
 - i. The defense may cover or play a man on every player that is on the line of scrimmage.
 - ii. A maximum of 5 offensive and 5 defensive players on each side of the line of scrimmage (ie. cornerbacks need not be 7 yards back).
 - iii. Regular defenses may still be played within the Red Zone.
 - iv. Linebackers need to be 7 yards back or may begin play along the goal line, whichever is closer, but must stay at the depth of the lineman's heels.
4. No stunting on the defensive line.

5. Defensive linemen need to make contact with the man they are head up on and then go to the ball. ALWAYS ENCOURAGE YOUR KIDS TO PLAY BY THE RULES. If an offensive lineman pulls or avoids the D-lineman, the D-lineman no longer needs to attempt to make contact.
6. Defensive End alignment:
 - a. Can be head up or outside shade on TE but must still engage the player across them.
 - b. If no TE on their side, can line up on a "ghost TE" (line up across from the place a TE would be lined up if a team was using one). Does not need to engage any player
7. Defenses can run either a 3-5, 3-4 or 4-3. (See separate diagrams)
 - a. Common sense alignment of linebackers/defensive backs on various offensive formations.
 - b. 3rd/4th grade:
 - i. If playing with a 3 man line, the NT must be lined up 1 yard off the ball and still engage the center. This is to help avoid fumbles during the Center-QB exchange.

Ringers

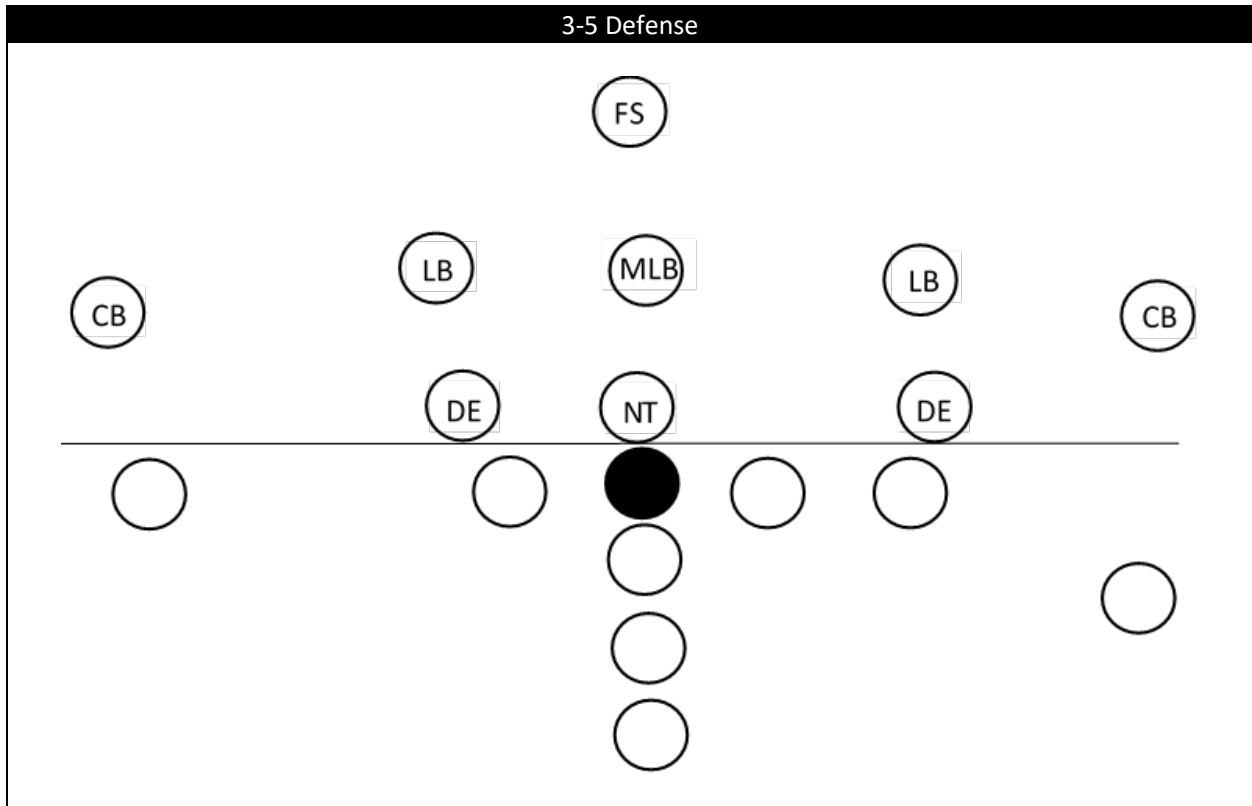
1. Ringers will be designated with a red dot on the back of the helmet, using red duct tape or some other means of marking.
2. A ringer in 5/6th grade is at 125 pounds or above.
3. A ringer in 3/4th grade is at 100 pounds or above.
4. On offense, the ringer...
 - a. Must start each play on the line and not split out as a receiver
 - b. Must be in a 3 or 4 point stance
 - c. May line up as a tight end but is not allowed to go out for a pass.
 - d. Cannot carry or catch the ball.
 - e. Can recover a fumble but cannot advance the ball.
5. On defense, the ringer...
 - a. May play the defensive end position
 - b. May line up on or outside shade of the tight end if there is one. Can be in either 2 point or 3 point stance.
 - c. Cannot advance the ball on a fumble or interception.

6. OFFICIAL WEIGH IN:

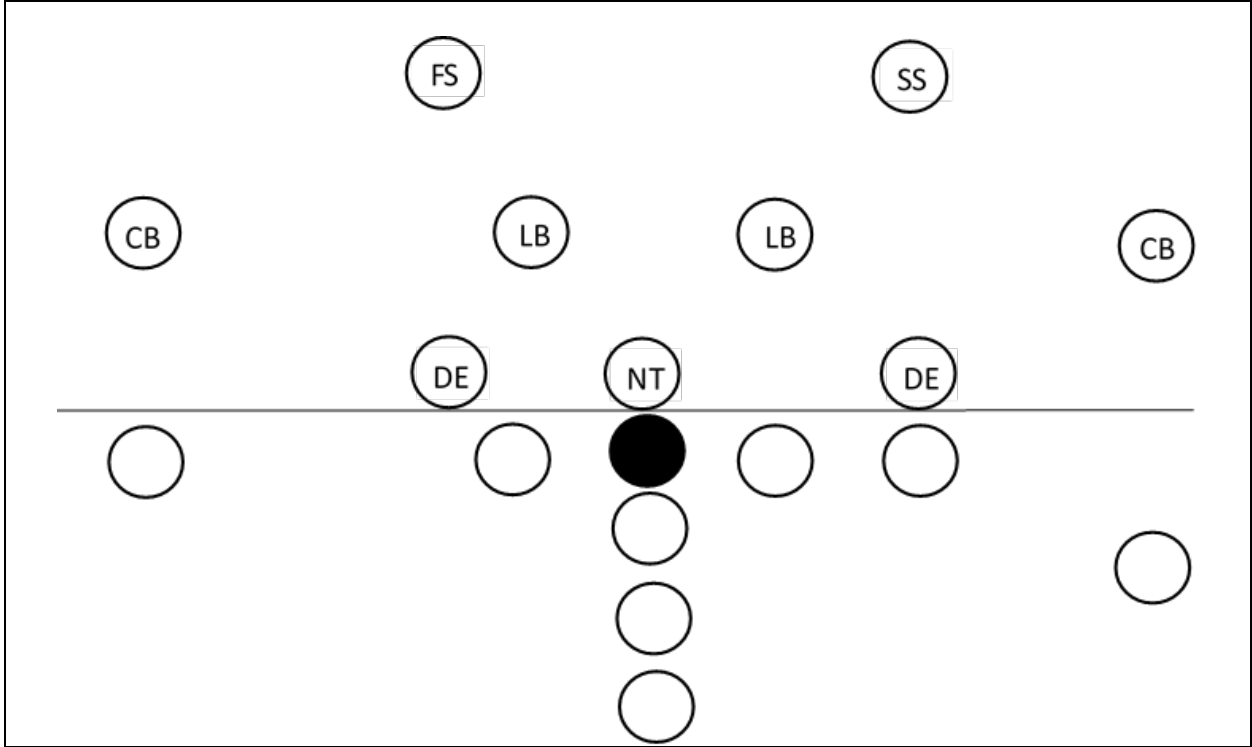
- a. This must take place during the week of between September 8th and 10th. Results need to be emailed to David Grantham by September 10th.

Trick Plays

- Maximum of two handoffs on a "trick" play.



3-4 Defense



4-3 Defense

