

Illini Youth Football League

Saturday League Rules and Guidelines for the 2008 Season

PURPOSE

The purpose of the IYFL Saturday league is to provide an opportunity for less skilled players to develop in a less competitive environment than is afforded by the IYFL Sunday league schedule. As such, the IYFL Saturday league should be considered a "developmental" league. To assist coaches and players that participate in the Saturday league schedule, the following rules and guidelines are set forth and supported by the IYFL and its members.

Coaches of Saturday league teams are bound by the same rules and code of conduct as applies to the IYFL Sunday league. Coaches are required to use good judgment at all times, with the emphasis on player safety and good sportsmanship. Failure to do so will result in a hearing before the IYFL Disciplinary Committee and punishment as determined by the Disciplinary Committee

Saturday League Rules

ALL IYFL League rules apply as described in the ILLINI Youth Football By-Laws and the ILLINI Youth Football League Rules and Regulations 2008.

The following exceptions are made to these rules for the Saturday league only:

1. WEIGH-INS - Weigh-ins for all Saturday league games are **MANDATORY** for the 2008 season. Coaches will be required to use the standard IYFL Weigh-In roster sheet as used for the Sunday league. Each coach will sign the opposing team's weigh-in roster when the weigh-in is completed. **ANY COACH OR COACHES THAT FAIL TO CONDUCT A WEIGH-IN WILL FORFEIT ANY GAMES PLAYED TO THAT POINT AND WILL BE REQUIRED TO APPEAR BEFORE THE IYFL DISCIPLINARY COMMITTEE.**

2. PLAYER ELIGIBILITY -

i. Any player that is 11 or 12 years old and is on the active roster for a Sunday Heavyweight team is **NOT** allowed to play on Saturday as a Juniorweight player.

ii. Any player that is 10 years old and is on the active roster for a Sunday Juniorweight team is **NOT** allowed to play on Saturday as a Lightweight player.

iii. Any player that is 8 years old and is on the active roster for a Sunday Lightweight team is **NOT** allowed to play on Saturday as a Bantamweight player.

iii. Any player that is a starter for a Sunday league team is **NOT** allowed to play in the Saturday league.

3. ROSTERS - For the 2008 season, teams will be required to submit separate rosters for Sunday and Saturday teams. The reason for this change is to help make it easier to police the situation where teams attempt to play Sunday team starters on their Saturday team. A Sunday roster may contain Saturday players. A Saturday roster may contain only Saturday players. This is to allow teams flexibility in having Saturday players participate on Sunday teams. However, a team that wishes to play a Sunday player that is not a starter on Saturday must add that player at the bottom of the Saturday roster.

4. PLAYER WEIGHTS - Saturday league players may exceed the maximum allowed weight for their division. The following restrictions apply:

i. Players exceeding the maximum weight requirements for their division, as set forth in the Leagues Sunday Rules, by 10 lbs. or less shall be single-strippers and marked with a single stripe displayed left to right across the front and rear of their helmet. They will not be allowed to carry the ball under any circumstances and will be subject to the same rules as strippers playing on Sunday.

ii. Players exceeding the maximum weight requirements for their division, as set forth in the Leagues Sunday Rules, by more than 10 lbs., will be required to play at the next highest level based on their weight and age. For example, a 10 year old player that weighs 137 lbs. will be required to play in the Middleweight division.

Exception Players - Coaches may request an exception for players that exceed the maximum Saturday weights allowed for their division. Conditions for requesting an exception for a player may include the player or player's parents. refusal to have the player move up, the coach's belief that moving the player up will create a danger to the player, or other valid reasons.

Coaches must be prepared to present to the IYFL Board each player case that they are requesting an exception for. Coaches must include the player name, age, weight, and reasons for the player to be granted an exception. The IYFL Board will review each case and either grant or deny an exception.

Players that are denied an exception will be required to move up to the next division. Players that are granted an exception will be automatically designated as double-strippers, and will be allowed to play only guard to guard on offense. **These players must be noted on weigh in sheets.**

Rules specific to Bantam:

Bantam is "instructional football" and "hard discipline of kids" will not be tolerated.

Age

- A. Bantam player shall be seven (7) or eight (8) years of age on or before September 1 of the current year.
- B. No nine (9) year old player shall be allowed to play in the Bantam division.
- C. An eight (8) year old player may be double-rostered on both the Bantam and lightweight teams.

Weights

- A. The maximum weight for a Bantam player is 100 lbs.
- B. The maximum weight for a Bantam player to carry the football will be 85 lbs.
- C. Any Bantam player weighing between 86 and 100 lbs will be a single-stripe player and must play in a down lineman position whether playing on offense or defense.

Game time rules

- A. Free punt with no rush. Punting team cannot go down field until the ball is punted. Coaches must declare their intention on fourth down.
- B. No rush on extra point or field goal.
- C. Bantam teams use K-2 football or equivalent.
- D. 7 minute quarters

Scores

Scores will not be announced or posted on scoreboard for Bantam games

Table of allowed player weights and restrictions for 2008.

Division Sunday Max. Weight Saturday Max. Weight Ball Carrier Max. Weight

Division	Sunday Max. Weight	Saturday Max. Weight	Ball Carrier Max. Weight
Bantamweight		86-100 lbs Single Stripe 101+ lbs- Move up to Lightweights	85 lbs
Lightweight	125 lbs	106-135 lbs Single Stripe 136+ lbs – Move up to Juniorweights	105 lbs
Juniorweight	12 yr. Old – 120 lbs 11 yr. Old – 135 lbs	12 yr. Old – 111 – 130 lbs Single Stripe 12 yr Old 131+ lbs – Move up to Heavyweights 11 yr Old – 126-145 Single Stripe 11 yr old – 146+ lbs Move up to Heavyweights	12 yr Old – 110 lbs 11 yr old – 125 lbs
Heavyweight	146-170 lbs – single stripe 171-210 lbs - double stripe	146-180lbs – single stripe, down lineman only. 181 – 220 lbs double stripe guard to guard, offense only.	145 lbs

5. DOMINANT PLAYER RULE - A "dominant" player shall be defined as any player that is clearly dominating game play on the field to the point that said player may represent a physical danger to other players on the field and/or dominant play to such an extent that it provides a clearly unfair advantage for the player's team. The dominant player rule can be invoked under the following conditions; only one condition needs to be met:

i. The dominant player clearly represents a physical danger to other players on the field.

OR

ii. The blowout rule is in effect and the dominant player is removed to allow other players to enter the game.

A coach may request the removal of a dominant player for either of the conditions listed above. Once a dominant player has been removed from the game, he or she will not be allowed to reenter the game, **EVEN IF HE OR SHE PLAYS A DIFFERENT POSITION.**

6. COACHES ON THE FIELD - Coaches will be allowed on the field **for the Bantam and Lightweight**

Divisions only. Each team will be allowed to have one coach on the field, on offense or defense, while play is in progress. The coach that is on the field will be allowed to participate with the players while in the huddle. When the huddle breaks, the coach must move at least 10 yards behind the deepest player in the offensive or defensive backfield. The coach **IS NOT** allowed to speak to the players once the huddle is broken, and until the whistle blows to signal the end of the play. Referees can replace an on the field coach for any reason.

VIOLATION OF THIS RULE WILL RESULT IN A 15-YARD PENALTY FOR UNSPORTSMANLIKE CONDUCT. THE COACH WILL ALSO RECEIVE A WARNING FROM THE OFFICIALS. SHOULD A COACH RECEIVE TWO UNSPORTSMANLIKE CONDUCT PENALTIES IN A GAME, THAT TEAM WILL NOT BE ALLOWED TO HAVE A COACH ON THE FIELD FOR THE REMAINDER OF THE GAME. PER IHSA RULES, THE OFFENDING COACH WILL ALSO BE EJECTED FROM THE GAME, AND WILL BE REQUIRED TO APPEAR BEFORE THE LEAGUES DISCIPLINARY COMMITTEE.

7. Play Clock - The play clock for Bantamweights will be 35 seconds. The play clock for Lightweight games will be 30 seconds. The play clock will remain at: 25 seconds for the other divisions.

8. TIME OUTS - The number of timeouts per team will be three per half at all levels.

9. BLOWOUT RULE - When a team obtains a lead of 20 or more points during a game, the opposing team will be awarded the ball on their own 45-yard line without a kickoff. The game will also go to a running clock for the remainder of the game. Per IHSA rules, the clock will continue to be a running clock, even if the lead drops to less than 20 points. The clock will stop only for timeouts and injuries.

10. REFEREES - The league will attempt to secure at least one patched referee for each game, preferably two. The home team will provide at least one referee for each game. The second referee should be a patched referee, but can also be a coach from a team other than the one that is playing. **PARENTS ARE NOT ALLOWED TO REFEREE SATURDAY GAMES.**
The Home team will pay for both referees.

11. All games will be played on Saturday under the following schedule:

Bantamweights – 10:30 am

Lightweights - 12:00 noon

Juniorweights - 1:30 pm

Heavyweights - 3:00 pm

Home teams may change their scheduled start time if the visiting coaches agree to the change. The visiting coach must be notified of a time change by phone as soon as possible before the game, but no less than 3 days prior to the game. If the visiting coach is notified less than 3 days prior to the game, the home team will forfeit the game. The visiting coach may still choose to play the game, but the forfeit will stand.

12. 11 on, 11 off Rule – Every player on a roster that is present is required to play during the game. If a team has more than 22 players, then 11 new players must go into the game when possession changes. If a team has less than 22 players, then all players that are not in the game while 11 players participate, must go into the game when possession changes. As an example: Team A has 18 players, and Team B has 23 players. Team A possesses the ball on their 40-yard line. During the play, Team A fumbles the ball, and Team B recovers. As the teams change, all 7 Team A players that were on the sideline must enter the game, while 4 Team A players will remain on the field. Team B must put in 11 of the 12 players from their sideline, and the 11 players that were on the field must be removed.

13. Special Teams

Special teams are an option for bantamweights and lightweights teams only who feel they can practice this and perform in a game. The coaches must mutually agree upon this prior to the game.

Middleweight and heavyweight teams must perform special teams.

Head coaches should confer before the game on what special teams will be performed during the game; Punt, Punt Returns, Kickoffs, Kickoff returns. The team who is not prepared to perform a special teams action is granted this.

Both teams are not required to follow the same option for each special teams function. In other words if team A feels like they want to punt and team B does not, both teams can agree that Team A will punt and Team B will take the 20 yard spot. However, if team A wants to Kickoff and Team B does not want to return, there will be no kickoff.

As this is instructional the Head Coaches should determine what is the safest thing for their players. The coaches should not put their kids in position they are not comfortable with.

After an agreement is agreed upon, please notify the referees.

Decisions cannot be changed after the game starts.

For special teams that are not to be performed during the game:

Kickoffs/returns: Starting field position is on receiving team's 40yd line.

Punts: The ball is spotted 20yd from the line of scrimmage. If the ball is at or inside the opponents 40yd line, teams are not allowed to take the 20yd spot.