



OFFICIAL RULES OF THE  
**PRESTONWOOD**  
**SPORTS**  
**ORGANIZATION**  
**FOOTBALL LEAGUE**  
**2011 SEASON**

**Any rule that does not receive modification in this book will be  
interpreted as written in the NCAA Rule Book with  
Texas High School Exceptions**

# SECTION I

## MISSION and PURPOSE

### 1-1 THE PSO MISSION

*To glorify God by introducing Jesus Christ as Lord to as many people as possible and developing children in their PSO sport, through a quality youth sports program. Further, we will build them up emotionally by teaching positive life values.*

### 1-2 PSO PURPOSES

- A. Spiritual - We believe that Jesus Christ, God's only son, came to earth to pay our sin debt by dying on the cross so that we could have eternal life (heaven). Our sports programs are designed to share our faith in Christ.
- B. Emotional/Physical - We want to provide a positive, fun, learning environment that will be a positive physical and emotional experience for children. This positive experience will cause them to want to continue to be involved in this and other team sports.
- C. Intellectual - We want to give children a great opportunity to learn the skills necessary to be successful in a given sport.
- D. Social - We want children to experience the beneficial aspects of competing with others, and grow in their understanding of teamwork.

### 1-3 PSO SPORTSMANSHIP

The Prestonwood Football League regards unsportsmanlike conduct as unnecessary and completely intolerable.

#### **Coaches**

All PSO coaches are required to demonstrate positive sportsmanship in respect to their players, team parents, opposing team's players, parents, coaches, and game officials. Coaches who are unable to demonstrate proper sportsmanship will be suspended from further coaching in PSO.

Any coach ejected from a game for unsportsmanlike conduct will be required to leave the field of play and will be unable to coach in the next scheduled game. He/she will also be required to submit a "coach's explanation sheet". This includes post-season play. Any further demonstration of improper sportsmanship may constitute suspension from any number of games, which the PSO Board of Directors deems necessary, or dismissal from the league.

**Coaches are responsible in assisting referees with the sportsmanship of all playing and non-playing team members, as well as spectators, and assistant coaches.**

#### **Coach's Certification**

All Football coaches, head coaches and assistances, must be certified by registering online, filling out a coaches application/background check and attending the Coach's meeting, scheduled for **August 6, 2011**. If you are unable to attend you must contact Josh Steckel at 972-820-5238 or [jsteckel@prestonwood.org](mailto:jsteckel@prestonwood.org) to schedule a meeting to review the coach's information and receive your coach's notebook.

**Players**

All players must demonstrate positive sportsmanship at all times. Sportsmanship is a priority in the development of PSO athletes. Players who cannot demonstrate proper sportsmanship will be dismissed from the game. The continued demonstration of improper sportsmanship will constitute suspension from any number of games which the PSO Board of Directors or game officials deem necessary and could lead to dismissal from the league.

**Spectators**

PSO Football expects all spectators to demonstrate positive sportsmanship. Young athletes form attitudes concerning games and officials directly from what is demonstrated by their parents and coaches. Spectators who cannot demonstrate proper sportsmanship will be required to leave the game site. PSO reserves the right to ban any spectator from any PSO sport.

## SECTION II ADMINISTRATION

### 2-1 THE PRESTONWOOD FOOTBALL LEAGUE STRUCTURE

#### 2-1-1 LEAGUES

The PSO consists of seven individual football leagues.

Div. 0	Pre – K / Kindergarten Flag Football
Div. I	1 <sup>st</sup> Grade Flag Football
Div. II	2 <sup>nd</sup> Grade Tackle Football
Div. III	3 <sup>rd</sup> Grade Tackle Football
Div. IV	4 <sup>th</sup> Grade Tackle Football
Div. V	5 <sup>th</sup> Grade Tackle Football
Div. VI	6 <sup>th</sup> Grade Tackle Football

In addition, each of the leagues may be further divided into Blue and Silver Divisions. Our intent, in regard to the Blue and Silver divisions, is that all teams are able to compete with teams of like ability.

#### 2-1-2. PLAYER ELIGIBILITY

1. Division Eligibility is determined by the players Grade Level for the 2011-2012 school year. A player's age is defined as his actual age on September 1, of that year. A player must not turn the next age before September 1 of the current calendar year. (i.e. a 6<sup>th</sup> grader may not turn 13 before Sept. 1)
2. A player may request to participate in a higher age group but may not play in a lower age group. In order to play up, approval must first be obtained from PSO.
3. It is strongly suggested, but not required, that players not participate in another sport league, while participating in PSO.
4. Players are not permitted to play on more than one (1) PSO Football team during the same season.

#### 2-1-3 PLAYER REGISTRATION

In order for a child to be considered registered, his completed registration form/card must be completed online and all his fees paid. Parents must turn a copy of the player's birth certificate and report card in to the head coach by August 25<sup>th</sup>. The birth certificate and report card must be on file prior to the first game. Any player who has not turned in a birth certificate will not be eligible to play. No team can have in excess of 22 players. If registration deadlines are extended, no new players can be added after the second game, without league review.

#### 2-1-4 HOW NEW TEAMS ARE FORMED

Teams are formed by groups of friends who play together or by draft.

#### REGULAR TEAMS:

POLICY: New regular teams can join PSO at any league level. There is no restriction as to where regular team members can live as long as individual players did not participate in the PSO the previous year. Players that played in PSO Football the previous year and do not wish to return to their team must re-enter the draft. In addition, to qualify as a regular NEW team there must not be more than 8 players submitted as a "New" team. The balance of the team will be made up in the draft. There can be an exception made to this rule in special situations. Contact PSO for details. The intent of this rule is to prevent teams from "loading up" or bringing in a select team.

HEAD COACH'S SON EXEMPTION: The only exemption to this rule would apply if a father, who has son(s) playing on a PSO team, becomes the head of another PSO team. If this were to happen, we would allow his son(s) to move off the existing team and become a member of the new team without going through the draft.

ASSISTANT COACH'S EXEMPTION: A player may leave an existing team if his father will be an assistant coach on a newly forming team. No more than two players may move to a new team using this exemption. The assistant coach's exemption may not be used to move a player to an existing team.

INTENT: The intent of restricting the amount of players on an incoming team is: It eliminates the ability to go out and recruit or bring over a total all-star style team from another league. The purpose of limiting exemptions is to prevent coaches from dismantling existing teams. Our goal at PSO is to keep teams together and allow coaches to work in the lives of players assigned to their team.

### **2-1-5 THE ADDITION OF PLAYERS TO EXISTING TEAMS**

#### **RECRUIT OPTION**

POLICY: Returning 1<sup>st</sup> place teams can add one (2) new players to their returning roster:

- With the addition of these new players, they can have no more than 18 players returning and the team is still required to draft where needed.
- the added players must be included when the roster is turned in
- The new players cannot have played in PSO the previous year and must meet all the regular requirements for playing in PSO.

Otherwise, other teams can add as many new players as they would like.

Also, if a team qualifies for the recruit option, but for whatever reason, does not recruit any players, they will fill vacant slots through the draft.

#### **DRAFTING**

REGULAR TEAMS: All additional players (other than the Recruit Option described above) can be added ONLY through the preseason draft.

### **2-1-6 HOW AN INDIVIDUAL JOINS THE PRESTONWOOD FOOTBALL LEAGUE**

POLICY: A child who did not play in PSO last year can join in one of two ways:

- He can be recruited to play on a team.
- He can come in, sign up for PSO, and then be drafted onto an existing team.

POLICY: Any child who played in the PSO last year and (1) doesn't want to play on the same team, or (2) cannot play (because of age or some other reason), must notify the league and register for this year's draft. He cannot be recruited by an existing team; he must be reassigned through the draft.

**PLAYER DRAFT EXEMPTION:** A player has no choice over which team drafts him except that he may identify one team and one team only for which he does not want to play. That team cannot draft that player. Of course, the player must identify the team BEFORE the draft. No player has the right to request that he be allowed to move off a team once the draft has been conducted. If a player decides he doesn't wish to play in PSO because a particular team drafted him, he will sit out the year and forfeit his registration fee.

If a player participated in PSO last year, and wishes to enter the draft, even though this team is still in the league, the team he played on last year automatically becomes his draft exemption. He does not get to select an additional team.

### **2-1-7 HOW THE DRAFT WORKS**

PSO Staff and volunteers conduct PSO's clinic. Regular PSO coaches are asked to observe the clinic to be better prepared to draft players, and to learn from the clinic coaches.

Coaches receive a numbered, alphabetized list of draftable players in their league. Following the clinic in divisions 3-5, draft players are chosen by the coaches. Coaches should assign a number (according to their ability) to each draftable player. This evaluation is for each coach's own use.

The coach with the least number of players on their roster will select first and will choose as many players as necessary to bring him up to the coach with the second least number of players. They will then alternate selection turns up to the coach with the third least number of players on their roster until every player is chosen through the draft. When selecting together, coaches will have "drawn" a number to determine their draft order.

Player selection continues until every player is placed on a team.

PSO Football reserves the right to modify the draft or the order of team selection to balance the competitiveness of each team.

When team rosters are submitted they are complete until the draft. Coaches cannot "notice" a draftable player and indicate that he belongs to their team. Coaches should submit a complete roster of team players (minus draft players) prior to the clinic. Players in the draft will absolutely not be moved to a team during the clinic, they must be drafted.

### **2-1-8 NUMBER OF PLAYERS PER TEAM**

It is our intent that each tackle team has 15-19 players although these numbers can be adjusted based on sign-ups. Our playing rules do not allow for more than 22 players per team.

### **2-1-9. UNIFORMS**

In all divisions, players are provided their game jerseys through a designated distributor approved by PSO. PSO Football must approve any alternative uniform arrangements.

### **2-1-10 PRACTICES**

- A. PSO teams can only hold conditioning practices before the clinic. This includes any type of organized activity in preparation for the upcoming season. Any organized activity must have expressed prior approval from Josh Steckel. Organized football camps such as PSO's summer football camp are exempt and encouraged. The purpose of this rule is to

prevent teams from having an unfair advantage. Coaches violating this rule will be disciplined. REMEMBER: Prior to the start of the season, PSO Football does not have in place liability waivers for players.

- B. Only registered players can participate in a practice.
- C. Practices are limited before the first scheduled game to 8hrs a week and no more than 4 practices.
- D. Once scheduled play begins, all practices will be limited to a total of 4 hrs per week with no more than 2 hrs per individual practice.
- E. All players must attend scheduled team practices. Coaches may limit playing time of players who do not attend practices. Coaches must inform game officials and the opposing coach prior to game time if a player is being disciplined. In addition, it is highly advisable that this be discussed with the player's parents prior to the game.
- F. PSO teams are not allowed to practice on Wednesday evenings or Sundays before 2 p.m.

### **2-1-11. LIABILITY**

The PSO, the Prestonwood Baptist Church, volunteer league administrators, other volunteers and game officials are not liable for any injury to players, coaches, or spectators which occur during practices or games.

## **2-2 PSO FOOTBALL LEAGUE SEASON**

### **2-2-1 PSO PHONE LINE: (972) 820-5227**

We will also use this number as our **INCLEMENT WEATHER NUMBER** and therefore coaches should call and check on games, which have a chance of cancellation due to dangerous weather or unplayable game field conditions.

This number is reserved for coaches only. Coaches should then inform team members of inclement weather decisions made by the PSO.

Inclement weather decisions are usually made after 3:30 PM on weekdays and by 7:30 AM on Saturdays.

### **2-2-2 RESCHEDULING GAMES**

Once the season schedule is printed, no changes will be made.

Games will be rescheduled for rainouts only!

### **2-2-3 HOME TEAM**

The team, which is listed first on the regular season game schedule, will be considered the Home Team. The Home team will occupy either the South sideline or the East sideline, depending on the direction of the field.

### **2-2-4 PRE-SEASON PLAY**

Before the regular season begins, a Pre-Season Tournament may be held. Teams from outside the league may be invited to participate. Every effort will be made to include every PSO team, but participation in the Pre-Season Tournament is not guaranteed.

## **2-3 PSO FOOTBALL LEAGUE GAME INFORMATION**

### **2-3-1 REQUIRED NUMBER OF PLAYERS TO START GAME**

All Tackle Leagues – 8 players.

## 2-3-2 FORFEITS

- A. If a team has less than 8 players, there will be a 15 minute time period from the scheduled start of the game to get extra players to the field, before play must begin.
- B. Games may be forfeited for, but not limited to:
  - a. Insufficient number of players
  - b. Inappropriate team behavior
  - c. Participation of illegal player(s)
    - i. Any player who participates after being ejected or suspended from a game.
    - ii. Any player who is not registered.
    - iii. Any player over the weight restriction limit, playing in a ball carrying position or over the age guidelines.
- C. If a team forfeits a game, that team is responsible for paying the referees.

## 2-3-3 FIELD RULES AND BOUNDARIES

- A. All coaches and players must remain in the area between the two twenty-five (25) yard lines. Coaches must be no closer than one yard (3 feet) from the out of bounds line: players must be no closer than two yards (6 feet) from the out of bounds line. On a 70 or 80 yd field coaches and players can go to the 20 yd line.
- B. All spectators must remain five yards (15 feet) beyond the out of bounds line.
- C. Coaches are responsible for cleaning up his/her sideline after their game.
- D. Spectators may not coach or instruct players in any manner. They can encourage, but not instruct.
- E. Spectators desiring to take pictures or video tape games must remain at least five yards (15 ft.) from the boundary lines and they are NOT PERMITTED IN THE END ZONE AREA!!!
- F. The Home Team shall be responsible for providing three adults to handle the Yardage and Down markers for the entire game. Yardage and down markers may remain on the Home side of the field.
- G. Electronic sideline communication devices are not allowed under any circumstances.
- H. There shall be no team gatherings for the purpose of coaching during injury time-outs. (One team player may go to the sidelines to speak to the coach during this time out.)
- I. You may not videotape other teams' practices. You can video any regularly scheduled PSO game and/or, if you wish you can attend competitors' games and take notes. There shall be no video recording equipment within the team area or coaching box and viewing video tapes during a game is prohibited. In the case of a scrimmage game, both coaches should reach an agreement as to videotaping. **\*We will not review any tape for a replay during a game.**

## 2-3-4 MINIMUM PLAYING RULE

**ALL TACKLE LEAGUES:** Except for injuries, all players must play throughout the first 3 quarters of the game, either on offense or defense or a combination of both as described in the

following regulations. If a player's playing time is limited for any reason, it is the HEAD COACH'S responsibility to notify the head official and the opposing coach before the game takes place. The player's parents should also be notified by the coach. The head coach should also note on the line-up card that a player's playing time is to be limited and why.

- A. At any time during a game, each player must be playing on either offense or defense. (This means if a player is not playing on an offensive series, then he must take the field and play when the defense goes out, and vice versa for players not on defense when the offense takes the ball. It is the intent that players play the entire series, unless hurt, instruction needs to be given, etc. He is not to be played for two or three plays and then removed and someone else put in his spot.)
- B. On either offense or defense, two players may fulfill their minimum playing time as shuttle players to bring in plays, etc. However, if this is their only starting position, ONLY these two shuttle players may be alternated throughout the entire offensive or defensive series. You cannot use them for the first few plays, and then change to someone else while they sit out. Also, players used to shuttle in plays must remain in the game for that play.
- C. Kickoff and receiving teams do not count as a down in fulfilling minimum playing time.
- D. In all divisions except flag, an open substitution policy exists during the 4<sup>th</sup> quarter. This means coaches must abide by the substitution rules for the first three quarters but are allowed to play whomever they want during the 4<sup>th</sup> quarter.

Reasons for limiting a player's playing time discussed in the above situations include:

- A. **Missing Practices** – If a player repeatedly misses practice, his playing time can be reduced. An example of reducing his playing time could be not allowing him to play in the first quarter.
- B. **Not Prepared** – Once in a while a player will be assigned to a team and he only has one or two practices before the game. In this case, his playing time can be reduced in order that he becomes more prepared to play football.
- C. **Disciplinary Reasons** – Sometimes the only way to make a point with a disciplinary problem is to reduce a player's playing time. Again, this should be handled on a quarter-by-quarter basis and the parents should be informed before this is done (prior to the game in most cases).
- D. **Illness/Injury** – Sometimes a player will show up for a game when he's not feeling well or play in a game and get hurt. In those cases, a player may want to sit out until he is able to play.

\*Coaches must notify the league of player restrictions on the sign in sheet and game card. The coach must have 3 copies of his game card for each game, 1. His own use 2. League Director 3. Opposing Coach.

*INTENT: This substitution rule is a foundational rule for play in PSO. Each child has the right to play at least half the game (except for the 4<sup>th</sup> quarter), as long as he makes the practices, and behaves within the disciplinary guidelines. There are no "ifs, and, or buts" based on any child's specific ability, what the score happens to be, what part of the field the ball is on, or any other situation, each child should play through 3 quarters of the game.*

*Penalty: A coach found in violation of this rule will forfeit the game. Coaches are encouraged to police each other.*

## 2-3-5 PSO FIELD HEADQUARTERS

It is the responsibility of the HEAD COACH of each team to turn in the line up card for his team to their division director / field coordinator 15 minutes prior to the game. Here they will receive any instructions that apply to that game or the league. If the Head Coach does not sign in, his team automatically loses the coin toss as well as one first-half time out.

## **2-3-6 GAME ABANDONMENT**

- A. Football Officials may stop the games for any of the following reasons:
  - 1. Unsafe weather conditions.
  - 2. Unplayable or unsafe game site conditions.
  - 3. Unsportsmanlike conduct.
- B. Games results will be determined by PSO League Officials depending upon the amount of time played and the reason for abandonment.

## **2-3-7 GAME FORFEITURE RULE – every attempt should be made to play a scheduled game**

Permission to forfeit a game can be given by League Officials only because of a team not having enough players to field a team. It is up to the coach to make sure he has enough players to field a team. If he cannot, it is best to call the League Director and let him know they will not be able to play at least 24 hours before game time. This allows time to notify the other team and officials.

Any team who forfeits a game will be required to reimburse PSO for game expenses.

\* Coaches should prepare players to compete in every game. Scheduled games must be played and teams should complete games.

## **2-3-8. PROTESTS OR APPEALS**

- 1. There are no protests for judgment calls by officials, or appeals against a particular PSO policy or rule.
- 2. All protests must be filed in writing to the PSO League Director no later than 48 hours after the game being protested and must include a fee of \$25.00. This fee is refundable only if the protest is upheld.
- 3. All protests must be made known to the head official at the time of the protested incident.
- 4. If available, please provide video

The PSO staff or League Commissioner will decide if there are grounds for a protest or an appeal. If there are grounds, the Grievance Committee will be convened to review and rule on the appeal.

## **2-4 SPECIAL PSO FOOTBALL LEAGUE RULES**

### **2-4-1 RULE ADMINISTRATION**

PSO reserves the right to modify, change or create any rule that is in the best interest of the children involved in the program.

### **2-4-2 RULE BOOK**

The official rules for PSO are taken from the NCAA Football Rulebook with Texas High School exceptions and additional, exceptions covered in this PSO rulebook.

### **2-4-3 UNSPORTSMANLIKE CONDUCT**

Unsportsmanlike conduct penalties are 15 yards (10 yards on 70 or 80 yard fields). Repeated offenses can result in a game forfeiture. A player, parent or coach can be ejected for unsportsmanlike conduct and the team will be penalized for their actions.

### **2-4-4 PLAYER EJECTION FROM A GAME**

Temporary Ejection – Officials may eject, temporarily, a player for conduct unbecoming or unsafe. It may be as brief as one play, but in no case longer than one quarter of play.

Permanent Ejection – Officials may eject a player from the rest of the game. In this instance, the player will not be allowed to participate in the next scheduled game. This includes post-season play. Ejections are serious infractions in PSO. Coaches, parents and players need to recognize this and make immediate, permanent corrections.

#### **2-4-5 PSO TIE BREAKER SYSTEM**

If a game ends in a tie, a coin toss with the head coaches takes place with the winning coach having the option of offense or defense. The other coach chooses which direction the winning coach's team will advance the ball. The ball is placed at the 50 yard-line and the offensive team has four penalty free downs to advance the ball as far as possible. At the conclusion of the fourth down, the defensive team takes over at the spot where the first team finished their series and has four penalty free downs to advance the ball as far as possible. A turnover ends a team's possession and the other team takes over. After a fumble recovery by the defense, the ball will be placed at the spot of the fumble or at the point of recovery, whichever is most advantageous to the recovering team. After an interception the ball will be placed at the previous spot or the dead ball spot whichever is most advantageous to the intercepting team. If a team scores a touchdown, they will run a try play with the try scoring rules for their Division in place. Only 4 downs free of fouls are awarded each team. A penalty does not establish a new first down but penalty yards will be assessed, and a down may be replayed if specified by rule.

After the both teams complete their 4 down series and the score is still tied, with neither team scoring a touchdown, the winning team is decided by which side of the 50 yard-line the football rests on. If both teams scored a touchdown and the score is still tied, the process is repeated with the coach who lost the first toss having the first option.

#### **EXAMPLES:**

- Team 1 scores a touchdown and a successful try and team 2 does not score, team 1 is the winner.
- Team 1 does not score a touchdown and team 2 takes possession at the spot where team 1's last play left the ball. Team 2 scores a touchdown. Team 2 is the winner with no need to run the try play.
- Both teams score a touchdown and a successful try play, but team 2's try play counts 2 points while team 1's try play counted 1 point. Team 2 is the winner.
- Team 1 does not score a touchdown and team 2 takes possession at the spot where team 1's last play left the ball. Team 2's 4<sup>th</sup> down play leaves the ball in Team 1's end of the field. Team 2 is the winner.
- Team 1 does not score a touchdown and team 2 takes possession at the spot where team 1's last play left the ball. Team 2's 4<sup>th</sup> down play leaves the ball in Team 2's end of the field. Team 1 is the winner.
- Team 1 does not score a touchdown and team 2 takes possession at the spot where team 1's last play left the ball. Team 2's 3<sup>rd</sup> down play results in a fumble or an interception and team 1 recovers or intercepts the ball on team 1's end of the field. Even though the ball is in team 1's end of the field, team 1 is the winner because of the turnover by team 2.
- Team 1's 4<sup>th</sup> down play leaves the ball at the team 2 4 yard line. Team 2 is tackled in their end zone or any other play situation resulting in a Safety. Team 1 is the winner.

## 2-4-6 MOUTH GUARDS

All players will have their mouthpieces in place when the quarterback starts his cadence, or one second prior to the snap on a silent count. Officials will stop play prior to start of play to avoid injuries. (Penalty: The team will be charged 1 time out, unless all time outs have been used. In that case, a five-yard, delay of game, penalty will be marked off.) – a colored mouth guard must be used.

## 2-4-7 SET POSITION CLARIFICATION

### OFFENSE:

Offensive lineman, including and between the two tackles, must be set for one full second prior to the snap of the ball. Once the center has placed his hand on the ball and a lineman places his hand on the ground, he may not pick his hand up for adjustment.

### DEFENSE:

Defensive linemen must be in a three or four point stance at the snap of the ball if they are lined up head up or inside the two offensive tackles. Linebackers and defensive backs may not, under any circumstances, have a running or moving start toward the line of scrimmage. They must also line up at least one (1) yard behind the defensive “DOWN LINEMEN”. Stand-Up line positioning is allowed outside the offensive tackles.

### PENALTY:

This is a “live ball” foul and is called and marked as offside. Offense can accept or decline the five-yard penalty based on the result of the play. The intent of this rule is to encourage teams to play “honest” defense and not to rely on one or two players’ athletic ability to control the game.

## 2-4-8 POST GAME ACTIVITIES

- A. All players and coaches must line up at midfield to shake hands after the game.
- B. Then return to midfield for the post game prayer lead by the home team.
- C. Team players, coaches, and parents should clear all litter from the sidelines.
- D. If it’s the last game on the field for the day the **visiting team** coaches are responsible for compiling the down and yardage markers to the center of the football field.

## 2-4-9 EXCESSIVE SCORING

A point difference of thirty-five (35) points or more is not allowed and constitutes an excessive scoring margin. It is the responsibility of the head coach of the team that is ahead to insure that his team does not reach the 35-point differential.

- The winning coach must be discreet in the methods used to keep a large point spread from occurring.

- Under no circumstances should coaches of the winning team make it known to spectators, the opposing team, or his own players that they are trying not to score.
- The winning team should make every effort to avoid embarrassment or humiliation to the opposing team.
- Reasonable measures to prevent a large point spread include, but are not limited to, liberal substitution of 2<sup>nd</sup> and 3<sup>rd</sup> string players, playing players out of their normal position, calling plays which do not have the potential for being high gainers, or use of very basic plays and formations. One of the best ways to avoid excessive scoring is to put a player at quarterback and wide receiver that are backups at their position and attempt to throw deep. There are players on every team that desire to play skill positions, but lack the ability to score easily. These players should be given the opportunity to play in excessive scoring situations.
- Defensive scores are included in the 35 point differential, but are not considered after a team has reached 35 points.
- It is the intent that any intentionally "run up" score will result in automatic forfeiture of the game. The team will be placed on probation and could be eliminated from post-season play.
- When there is a 21 point differential in the 4<sup>th</sup> quarter the clock will stop only for time outs and injuries. (The coach that is behind may request a normal clock, dependent on schedule).

Therefore, if the final score of a game has a 36 point differential or greater, at the end of the game the team with more points loses.

## SECTION III

### DIVISION RULES

#### **3-1 Flag Divisions (Pre K/K and Div.1)**

##### **3-1-1 SCORE**

The score is not kept in Flag games

##### **3-1-2 PLAYER ELIGIBILITY**

All children between the ages of 5 and 7 are eligible to participate in the PSO Flag Football League. A player's age is defined as his actual age on September 1 of that year. If their birthday falls on September 1, they can play up or down.

##### **3-1-3 NUMBER OF PLAYERS**

Flag Football is played with eight (8) players on the field. Flag football teams have a maximum of sixteen (16) players on the team. A team must have 10 players.

##### **3-1-4 BALL CARRIER WEIGHT RESTRICTIONS**

There are no weight restrictions for playing or carrying the ball in the Flag Football League.

##### **3-1-5 EQUIPMENT**

Proper equipment includes:

- A. Mouth Guards – all players must have a mouth guard that correctly protects the front teeth. The mouth guard must be in place (1) second prior to the snap of the ball. Players without mouth pieces will not be permitted to play.
- B. Athletic shoes – those shoes designed for grass play are recommended (NO METAL CLEATS ARE ALLOWED)
- C. Flags – the PSO supplies the flags that are used at each game, they must be 14 inches long.
- D. Athletic Shorts – PSO recommends dark colored shorts.

##### **3-1-6 UNIFORMS**

In the Flag Division teams will purchase a jersey from NJS Sports. PSO recommends that all teams wear non-white athletic shorts.

##### **3-1-7 BALL SIZE**

The PSO Flag Football league uses the Wilson PEE WEE (K2) Ball as their official football. PSO will provide the game ball.

### **3-1-8 FIELD SIZE**

Flag football is played on a 70 or 80 yard field. If a 100-yard field is used, the fifty-yard line will remain as the midfield point and the goal lines will be placed at the 15-yard line or 10 yard line.

### **3-1-9 PRACTICES**

1. Each coach determines a place and time for practice. Prior to the first game, practices are limited to 6 hrs a week and no more than 3 practices.
2. Once scheduled play begins, practices will be limited to once per week of no more than two (2) hours in length. Practicing outside these guidelines will result in disciplinary action by the league.

### **3-1-10 RESCHEDULING GAMES**

Since this is a recreational league, rained out games might not be rescheduled.

### **3-1-11 FIELD RULES**

- A. Up to two coaches can be on the field with the team.
- B. All spectators must remain five yards (15 feet) beyond the out of bounds line.
- C. Coaches are responsible for cleaning up his/her sideline after their game.
- D. Spectators desiring to take pictures or video tape games must remain at least five yards (15 feet) from the boundary lines and they are NOT PERMITTED IN THE END ZONE AREA!!!!
- E. No team gatherings for the purpose of coaching during an injury time-out are allowed.
- F. Score is not kept in flag games.
- G. The offensive team has 45 seconds to get a play off.

### **3-1-12 PLAYING PERIODS**

The game will consist of four (4) periods or quarters of ten (10) minutes each. The clock will run continuously except for the last 2 minutes before half-time and game end. It will also stop for time outs, injuries, and after touchdowns. An official will keep game time on the field.

### **3-1-13 TIME OUTS**

- A. Each team will be allowed two (2) one-minute time outs per half.
- B. Time outs can be called by any of the coaches on the field at that time.

### **3-1-14 COACHES ON FIELD**

Two coaches from each team will be allowed on the field during play. These coaches must not interfere with the flow of play in any manner. Once the ball is put in play, the coaches cannot gesture, motion or speak to players until the play is blown dead. **Coaches in this division are not allowed to talk to officials during this game. There will be a 5 minute clarification period at half with the head coach (only) and officials.**

### **3-1-15 KICK-OFF**

There will be no live kick-offs. Playing on a 70 or 80 yard field, the ball will be placed on the receiving team's 25 or 30 yard line: ten yards back from the mid-field stripe.

### **3-1-16 PUNTING**

Automatic 20 yards on 4<sup>th</sup> down and ball cannot be placed deeper than the 5-yard line.

### **3-1-17 FIRST DOWNS**

First down chains are used in flag football. A team will be allowed four downs to advance the ball ten yards. If, after four consecutive downs, a team has failed to advance the ball ten yards, possession shall go to the defense at that spot.

### **3-1-18 STANCES**

Any stance is permitted as long as the team maintains a “set” position for at least one second before putting the ball in play. Appropriate 2, 3, and 4, point stances are preferred.

### **3-1-19 OFFENSIVE LINE PLAY**

There must be at least five (5) players or any larger number of players on the offensive line of scrimmage at the snap.

- A. Guards may not line up more than one (1) yard from the ball.
- B. Line Blocking – Blocking on the line should resemble pass blocking. Linemen may not move out to aggressively block a defensive lineman. They may however, proceed down field for run blocking.
- C. Run Blocking – Run blocking is accomplished by screening for the runner.

**Aggressive contact by the blocker, even if accidental, is not permitted.**

### **3-1-20 DEFENSIVE LINE PLAY**

- A. Any number of players may be on the defensive line of scrimmage at the snap.
- B. No defensive player can go passed the line of scrimmage (through or around a player) from guard to guard (with a guard in a normal position next to the center).
- C. Aggressive contact – Aggressive contact is not allowed. Defensive players must go around the offensive linemen.
- D. Defensive linemen must line up at least two yards from the ball. Violation of this rule will result in a 5 yard penalty.

### **3-1-21 DEFENSIVE BACKFIELD PLAY**

Linebackers and defensive backs may not be moving toward the line of scrimmage (blitz) until the ball has been snapped.

### **3-1-22 HUDDLE**

After the official marks the ball “ready for play” the offense will have 45 seconds to break the huddle for a play or else be penalized five (5) yards for delay of game.

### **3-1-23 FUMBLES**

The ball becomes dead at the time of a fumble, or if the ball was stripped from the ball carrier. The determining factor between a muff and a fumble is possession. If the ball is muffed the play will continue, however if there is a fumble the play will be blown dead at the spot of the fumble. The offensive team will retain possession unless it was fourth down. Intentional stripping of the ball from the ball carrier is not allowed.

### **3-1-24 SAFETIES**

Following a safety the scoring team will get possession of the ball at the midfield stripe.

### **3-1-25 CENTER SNAPS**

A center snap that touches the ground before it gets to the quarterback or gets past the quarterback constitutes a dead ball. If the quarterback muffs the snap the play will continue as is.

### **3-1-26 PLAYING TIME & SUBSTITUTIONS**

Each player will play a minimum of two (2) full quarters unless that player is sick, injured or disciplinary action is being taken. In the case of disciplinary action, the coach must notify the referee, the opposing coach, and the player's parents. Also, the coaches sign in sheet or game card must note this.

Every player is to start the game on offense or defense and play every series on offense or defense.

### **3-1-27 BALL CARRIERS**

Ball carriers (runners) can only be the quarterback, backs, and ends. Flags must be worn on the sides of the runner and all fourteen (14) inches must be visible for the defensive player to grab.

**Every player must carry the ball at least once during the course of a ballgame. Every effort should be made by the coach to balance the carries amongst the team members individually.**

- This rule applies to all ball carriers whether they line up in a backfield or a line position.
- Pass catching does not count as carrying the ball as long as the pass is completed past the line of scrimmage and is not just a short toss to a backfield person.
- This rule does not preclude a player, the Quarterback for example, from playing the whole game in that position as long as he does not carry the ball past the line of scrimmage in both halves.

NOTE: The intent of this rule is to give more kids the opportunity to carry the ball on a regular basis. Coaches should work to develop as many kids as possible as potential ball carriers. It is understood that at this age (five year olds especially) some kids find it difficult to even take a ball and run in the right direction. Throughout the season coaches should try to give every player a ball carrying opportunity.

### 3-1-28 PASSING/PASS RECEIVERS

Any player can be a pass receiver. Also, if a pass is intercepted, the player who intercepts the pass may advance the ball.

### 3-1-29 FLAG GUARDING

Flag guarding occurs when a ball carrier, either intentionally or unintentionally, by using his hand or arm interferes with a defensive player's attempt to grab a flag. Players must wear shirts tucked in. If flag guarding occurs the ball is dead at the point of this foul. The offending player is warned and can be penalized for future infractions.

### 3-1-30 TACKLING

Tackling occurs when a defensive player pulls the flag from the belt of the ball carrier.

- A. **Illegal Tackles** – An illegal tackle is any action of grabbing the ball carrier to impede his progress and allow time to pull the flag. Any reaching across or around a ball carrier that slows him down so that the flag can be pulled is illegal.
- B. A defensive player may leave his feet in an attempt to grab the flag as long as he is not diving into the ball carrier. There is a difference in diving at someone to pull a flag, and diving or sliding in an attempt to pull a flag. If in the opinion of the official, the defensive player made aggressive contact a penalty should be called.
- C. Defensive players, after grabbing the flag, should hold it up for the referees to see, and then lay it on the ground where the "tackle" was made, or hand it back to the ball carrier.
- D. Illegal deflagging is prematurely pulling an opponent's flag with the intent of making the offensive player ineligible to become the ball carrier.

### 3-1-31 CENTER'S ADJUSTMENT OF BALL CLARIFICATION

Upon reaching the ball, the center may adjust its position so long as it is not picked up from the ground and it is stabilized one second prior to the snap.

## 3-2 DIVISION II

### 3-2-1 PLAYER ELIGIBILITY

All children in the 2<sup>nd</sup> grade who do not turn 9 before September 1 are eligible to play in this division. A player's age is defined as his actual age on September 1, of that year

### 3-2-2 GENERAL

- A. **Field Dimensions** – Coach Assisted Football is played on a seventy-yard or eighty-yard football field. If a 100-yd regulation field is the only one available, then the field should be adjusted to 70 or 80 yards.
- B. **Chains/Down Marker** – The home team shall provide **three adults** to handle the chains, and the downs marker.

- C. **Scoreboard/Clock Operator** – If teams desire to use the scoreboard; the visiting team will be responsible for providing a scoreboard/ clock operator.

\* 15 yard penalties will be enforced as 10 yard penalties on a 70 or 80 yard field.

### 3-2-3 THE GAME

- A. **Coaches** – One coach from each team will be allowed on the field during play. The coach must not interfere with the flow of play in any manner. This includes talking to or instructing players once the ball has been snapped. Coaches must be 5 yards (at least) behind their deepest offensive or defensive player.
- B. **Ball Carriers** – multiple ball carriers are encouraged.
- C. **Penalties** – Coaches Interference – When play is started both offensive and defensive coaches must be at least 5 yards behind their deepest player. They must remain silent and not interfere with the play until the play is over. They cannot issue instructions or comment to their players from the time the ball is snapped until the whistle sounds to end the play. (PENALTY – 5 yards from the line of scrimmage for issuing instruction.) The coach must move to avoid interference with the play. If an offensive coach interferes, the defensive team can take the play and 5 yards or place the ball at the spot of the foul and assess the 5 yards.
- D. **Defensive Coach:** A coach must move so as not to interfere with blockers or ball carriers. If he interferes, then a flag will be thrown at the spot of the foul and the play will be allowed to continue. The offensive captain will have the option of taking a five yard advancement from the spot of the foul with no loss of down, or taking the play with a loss of down.
- E. \*Coaches should not have to “position” players by the 3<sup>rd</sup> game of the season.
- F. **Scoring** – Points for scoring are:
- i. Touchdown – six (6) points
  - ii. Extra point running – one (1) point
  - iii. Extra point passing – two (2) points
  - iv. Runback from an extra point try – one (1) points
  - v. Runback of an intercepted pass on a 2 point conversion – two(2) points
  - vi. Kicked extra point or field goals – not permitted
- G. **Coaches in this division are not allowed to talk to officials during the game. There will be a 5 minute clarification period at half with the head coach (only) and officials. Other clarification can occur before the game.**

### 3-2-4 BALL CARRIER WEIGHT RESTRICTIONS

There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed before the first game of the season and

this will be their official weight for the season. If a player weighs more than the prescribed 1<sup>st</sup> game weight but less than the 4<sup>th</sup> game weight, they will be eligible for the 4<sup>th</sup> game.

A player exceeding the following weight limits (determined out of uniform) must play center, guard, or tackle on offense, or they can play anywhere on defense.

<u>1<sup>st</sup> Game</u>	<u>4<sup>th</sup> Game</u>	<u>TE PASSING</u>
80lbs	85lbs	95 lbs

TE running requirements will be the same as RB's.

“Weighted” players must have a clearly identifiable insignia as prescribed by PSO on his uniform at all times. A Tight End Passing position must be identified in the manner prescribed by PSO. Weight restrictions are also in effect for the receiving team on a kickoff and/or punt. No player over the weight restriction can be placed in position to receive a punt or off the front line to receive a kickoff. A weight restricted player can “fall on or recover” a kick.

There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.

No player exceeding the weight limit at the last weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in.

In the event that teams from two different divisions or age groups must play each other, the lesser of the weight limits will apply.

### **3-2-5 BALL SIZE**

Division II will play with the Wilson PEEWEE (K2) football

### **3-2-6 FIELD SIZE**

Division II will play on a 70 or 80 yd field.

### **3-2-7 EQUIPMENT**

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

- A. **Football helmet:** including facemask and chin strap.
- B. **Football shoulder pads:** must fit properly and protect the entire shoulder girdle.
- C. **Football pants:** complete with hip, tail, thigh, and knee pads.
- D. **Athletic shoes:** those designed for grass play are recommended (no metal cleats are allowed).
- E. **Mouthpiece:** must properly fit the upper teeth. (colored mouthpieces are preferred)

### **3-2-8 UNIFORMS**

Uniform jerseys must have the PSO logo placed either on the front of either shoulder or under the "V" of the neck. The location should be consistent for all team players.

### **3-2-9 PLAYING PERIODS**

The game will consist of two halves containing two quarters. Each Quarter will have an 8 minute standard clock. *NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.*

\*When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the 4<sup>th</sup> quarter. If a team leads by 21 points the 4<sup>th</sup> quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate

*Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field*

### **3-2-10 Time Outs**

- A. Each team will be allowed two (2) one-minute time outs per half.
- B. Time outs can be called by any of the coaches on the field at that time.

### **3-2-11 PUNTING**

Automatic 20 yards on 4<sup>th</sup> down with the option to punt, but with no rush and ball cannot be placed deeper than the 5-yard line.

### **3-2-12 KICK OFFS**

The field size for this age is always 70 or 80 yards on any field any location where the PSO league teams play. There are no kickoffs. The receiving team will put the ball in play on their 25 yard line (70 yard field) or their 30 yard line (80 yard field).

### **3-2-13 EXTRA POINT SCORING and FIELD GOALS**

- No kicking for extra points or field goals
- 1 point for a run (1 point Team B for a fumble returned for a TD)
- 2 points for a pass (2 points for Team B for intercepted pass returned for a TD)

## **3-3 DIVISION III**

### **3-2-1 PLAYER ELIGIBILITY**

All children in the 3<sup>rd</sup> grade who do not turn 10 before September 1 are eligible to play in this division. A player's age is defined as his actual age on September 1, of that year.

### **3-2-2 GENERAL**

- D. **Field Dimensions** – Coach Assisted Football is played on a seventy-yard or eighty-yard football field. If a 100-yd regulation field is the only one available, then the field should be adjusted to 70 or 80 yards.

- E. **Chains/Down Marker** – The home team shall provide **three adults** to handle the chains, and the downs marker.
- F. **Scoreboard/Clock Operator** – If teams desire to use the scoreboard; the visiting team will be responsible for providing a scoreboard/ clock operator.

\* 15 yard penalties will be enforced as 10 yard penalties on a 70 or 80 yard field.

### 3-2-3 THE GAME

- H. **Coaches** – One coach from each team will be allowed on the field during play. The coach must not interfere with the flow of play in any manner. This includes talking to or instructing players once the ball has been snapped. Coaches must be 5 yards (at least) behind their deepest offensive or defensive player.
- I. **Ball Carriers** – multiple ball carriers are encouraged.
- J. **Penalties** – Coaches Interference – When play is started both offensive and defensive coaches must be at least 5 yards behind their deepest player. They must remain silent and not interfere with the play until the play is over. They cannot issue instructions or comment to their players from the time the ball is snapped until the whistle sounds to end the play. (PENALTY – 5 yards from the line of scrimmage for issuing instruction.) The coach must move to avoid interference with the play. If an offensive coach interferes, the defensive team can take the play and 5 yards or place the ball at the spot of the foul and assess the 5 yards.
- K. **Defensive Coach:** A coach must move so as not to interfere with blockers or ball carriers. If he interferes, then a flag will be thrown at the spot of the foul and the play will be allowed to continue. The offensive captain will have the option of taking a five yard advancement from the spot of the foul with no loss of down, or taking the play with a loss of down.
- L. \*Coaches should not have to “position” players by the 3<sup>rd</sup> game of the season.
- M. **Scoring** – Points for scoring are:
  - i. Touchdown – six (6) points
  - ii. Extra point running – one (1) point
  - iii. Extra point passing – two (2) points
  - iv. Runback from an extra point try – one (1) points
  - v. Runback of an intercepted pass on a 2 point conversion – two(2) points
  - vi. Kicked extra point or field goals – not permitted
- N. **Coaches in this division are not allowed to talk to officials during the game. There will be a 5 minute clarification period at half with the head coach (only) and officials. Other clarification can occur before the game.**

### 3-2-4 BALL CARRIER WEIGHT RESTRICTIONS

There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed before the first game of the season and this will be their official weight for the season. If a player weighs more than the prescribed 1<sup>st</sup> game weight but less than the 4<sup>th</sup> game weight, they will be eligible for the 4<sup>th</sup> game.

A player exceeding the following weight limits (determined out of uniform) must play center, guard, or tackle on offense, or they can play anywhere on defense.

<u>1<sup>st</sup> Game</u>	<u>4<sup>th</sup> Game</u>	<u>TE PASSING</u>
90lbs	96lbs	105 lbs

TE running requirements will be the same as RB's.

“Weighted” players must have a clearly identifiable insignia as prescribed by PSO on his uniform at all times.. A Tight End Passing position must be identified in the manner prescribed by PSO.. Weight restrictions are also in effect for the receiving team on a kickoff and/or punt. No player over the weight restriction can be placed in position to receive a punt or off the front line to receive a kickoff. A weight restricted player can “fall on or recover” a kick.

There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.

No player exceeding the weight limit at the last weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in.

In the event that teams from two different divisions or age groups must play each other, the lesser of the weight limits will apply.

### 3-2-5 BALL SIZE

Division III will play with the Wilson PEEWEE (K2) football

### 3-2-6 FIELD SIZE

Division III will play on a 70 or 80 yd field.

### 3-2-7 EQUIPMENT

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

- F. **Football helmet:** including facemask and chin strap.
- G. **Football shoulder pads:** must fit properly and protect the entire shoulder girdle.

- H. **Football pants:** complete with hip, tail, thigh, and knee pads.
- I. **Athletic shoes:** those designed for grass play are recommended (no metal cleats are allowed).
- J. **Mouthpiece:** must properly fit the upper teeth. (colored mouthpieces are preferred)

### **3-2-8 UNIFORMS**

Uniform jerseys must have the PSO logo placed either on the front of either shoulder or under the "V" of the neck. The location should be consistent for all team players.

### **3-2-9 PLAYING PERIODS**

The game will consist of two halves containing two quarters. Each Quarter will have an 8 minute standard clock. *NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.*

\*When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the 4<sup>th</sup> quarter. If a team leads by 21 points the 4<sup>th</sup> quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate

*Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field*

### **3-3-10 Time Outs**

- C. Each team will be allowed two (2) one-minute time outs per half.
- D. Time outs can be called by any of the coaches on the field at that time.

### **3-2-11 PUNTING**

Automatic 20 yards on 4<sup>th</sup> down with the option to punt, but with no rush and ball cannot be placed deeper than the 5-yard line.

### **3-2-12 KICK OFFS**

The field size for this age is always 70 or 80 yards on any field any location where the PSO league teams play. There are no kickoffs. The receiving team will put the ball in play on their 25 yard line (70 yard field) or their 30 yard line (80 yard field).

### **3-2-14 EXTRA POINT SCORING and FIELD GOALS**

- No kicking for extra points or field goals
- 1 point for a run (1 point Team B for a fumble returned for a TD)
- 2 points for a pass (2 points for Team B for intercepted pass returned for a TD)

## **3-3 DIVISION IV**

### **3-3-1 PLAYER ELIGIBILITY**

All children in the 4<sup>th</sup> grade who do not turn 11 before September 1 are eligible to play in this division. A player's age is defined as his actual age on September 1, of that year

### 3-3-2 GENERAL

- A. **Field Dimensions** – Division IV is played on a 100 yard football field.
  
- B. **Chains/Down Marker** – The home team shall provide **three adults** to handle the chains, and the downs marker.
  
- C. **Scoreboard/Clock Operator** – If the teams decide to use the scoreboard. The VISITING TEAM will be responsible for providing a scoreboard/clock operator.

\* 15 yard penalties will be enforced as 10 yard penalties on a 70 or 80 yard field.

### 3-3-3 SCORING

Points for scoring are:

- i. Touchdown – six (6) points
- ii. Extra point running – one (1) point
- iii. Extra point passing – two (2) points
- iv. Runback from an extra point try – one (1) points
- v. Runback of an intercepted pass on a 2 point conversion – two(2) points
- vi. Kicked extra point or field goals – not permitted

### 3-3-4 BALL CARRIER WEIGHT RESTRICTIONS

There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed before the first game of the season and this will be their official weight for the season. If a player weighs more than the prescribed 1<sup>st</sup> game weight but less than the 4<sup>th</sup> game weight, they will be eligible for the 4<sup>th</sup> game.

TE running requirements will be the same as RB's.

A player exceeding the following weight limits (determined out of uniform) must play center, guard, or tackle on offense, or they can play anywhere on defense.

<u>1<sup>st</sup> Game</u>	<u>4<sup>th</sup> Game</u>	<u>TE PASSING</u>
110lbs	115lbs	125 lbs

“Weighted” players must have a clearly identifiable insignia as prescribed by PSO on his uniform at all times.. A Tight End Passing position must be identified in the manner prescribed by PSO.. Weight restrictions are also in effect for the receiving team on a kickoff and/or punt. No player over the weight restriction can be placed in position to receive a punt or off the front line to receive a kickoff. A weight restricted player can “fall on or recover” a kick.

There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.

No player exceeding the weight limit at the last weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in.

In the event that teams from two different divisions or age groups must play each other, the lesser of the weight limits will apply.

### **3-3-5 BALL SIZE**

Division IV will play with the Wilson PEEWEE(K2) football

### **3-3-6 FIELD SIZE**

Division IV will play on a 100 yd field.

### **3-3-7 EQUIPMENT**

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

- A. **Football helmet:** including facemask and chin strap
- B. **Football shoulder pads:** must fit properly and protect the entire shoulder girdle.
- C. **Football pants:** complete with hip, tail, thigh, and knee pads.
- D. **Athletic shoes:** those designed for grass play are recommended (no metal cleats are allowed).
- E. **Mouthpiece:** must properly fit the upper teeth. (colored mouthpieces are preferred)

### **3-3-8 UNIFORMS**

Uniform jerseys must have the PSO logo placed either on the front of either shoulder or under the "V" of the neck. The location should be consistent for all team players.

### **3-3-9 PLAYING PERIODS**

The game will consist of two halves containing two quarters. Each Quarter will have an 8 minute standard clock. *NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.*

\*When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the 4<sup>th</sup> quarter. If a team leads by 21 points the 4<sup>th</sup> quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate

*Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field.*

### **3-3-10 Time Outs**

- E. Each team will be allowed two (2) one-minute time outs per half.

- F. Time outs can be called by any of the coaches on the field at that time.

### **3-3-11 PUNTING**

- There is not a punt option. In Division IV, there is no snap. The punter will take the football, back-up a sufficient distance, and punt. Once contact is made with the ball, the ball is live.
- Any violation of the above rules will result in a re-kick, without penalty yardage being assessed. Faking a punt is not permitted. The return team can only have two (2) return men. All other players must be within 5 yards of the line of scrimmage.

### **3-3-11 KICK OFFS**

On 70 or 80 yard fields, the kick off is from the 30 yard line. If playing on a 100 yard field, then the kick off is from the 40 yard line..

### **3-3-12 EXTRA POINT SCORING and FIELD GOALS**

- A. 1 point for a run (1 point Team B for a fumble returned for a TD)
- B. 2 points for a pass or kick (2 points for Team B for intercepted pass or blocked kick returned for a TD)
- C. Option of kicking extra point, but ball must be snapped. However, kicker has 4 seconds of no rush to complete the kick
- D. **Field Goals:** If goal posts are present and a team opts to kick a field goal, the ball is moved half the distance to the goal or 10 yards, whichever is less. After the snap, the kicking team has four seconds to kick the ball. If the kick is not completed in four seconds, the attempt is no good. The ball is considered dead during field goal attempts. If the kick is not successful, then the ball is returned to the original line of scrimmage and the defensive team takes over. A violation of the rushing rule will result in a re-kick without penalty yardage being assessed.

## **3-4 DIVISION V**

### **3-4-1 PLAYER ELIGIBILITY**

All children in the 5<sup>th</sup> grade who do not turn 12 before September 1 are eligible to play in this division. A player's age is defined as his actual age on September 1, of that year

### **3-4-2 GENERAL**

- A. **Field Dimensions** – Division V is played on a 100 yard football field
- B. **Chains/Down Marker** – The home team shall provide **three adults** to handle the chains, and the downs marker.
- C. **Scoreboard/Clock Operator** – If the teams decide to use the scoreboard. The VISITING TEAM will be responsible for providing a scoreboard/clock operator.

### **3-4-3 SCORING**

Points for scoring are:

- A. Touchdown – six (6) points
- B. Extra point running – one (1) point
- C. Extra point passing – two (2) points
- D. Runback from an extra point try – one (1) points

- E. Runback of an intercepted pass on a 2 point conversion – two(2) points
- F. Kicked extra point 2 points
- G. Run back of a blocked kick - 2 points

**3-4-4 BALL CARRIER WEIGHT RESTRICTIONS**

There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed before the first game of the season and this will be their official weight for the season. If a player weighs more than the prescribed 1<sup>st</sup> game weight but less than the 4<sup>th</sup> game weight, they will be eligible for the 4<sup>th</sup> game.

TE running requirements will be the same as RB's.

A player exceeding the following weight limits (determined out of uniform) must play center, guard, or tackle on offense, or they can play anywhere on defense.

<u>1<sup>st</sup> Game</u>	<u>4<sup>th</sup> Game</u>	<u>TE PASSING</u>
115lbs	120lbs	130 lbs

“Weighted” players must have a clearly identifiable insignia as prescribed by PSO on his uniform at all times.. A Tight End Passing position must be identified in the manner prescribed by PSO.. Weight restrictions are also in effect for the receiving team on a kickoff and/or punt. No player over the weight restriction can be placed in position to receive a punt or off the front line to receive a kickoff. A weight restricted player can “fall on or recover” a kick.

There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.

No player exceeding the weight limit at the last weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in.

In the event that teams from two different divisions or age groups must play each other, the lesser of the weight limits will apply.

**3-4-5 BALL SIZE**

Division V will play with the Wilson TDJ football

**3-4-6 EQUIPMENT**

All players’ equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

- A. **Football helmet:** including facemask and chin strap
- B. **Football shoulder pads:** must fit properly and protect the entire shoulder girdle.
- C. **Football pants:** complete with hip, tail, thigh, and knee pads.
- D. **Athletic shoes:** those designed for grass play are recommended (no metal cleats are allowed).
- E. **Mouthpiece:** must properly fit the upper teeth. (colored mouthpieces are preferred)

### **3-4-7 UNIFORMS**

Uniform jerseys must have the PSO logo placed either on the front of either shoulder or under the "V" of the neck. The location should be consistent for all team players.

### **3-4-8 PLAYING PERIODS**

For Division V the game will consist of two halves with two quarters each. Each Quarter will have an 8 minute standard clock. *NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.*

\*When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the 4<sup>th</sup> quarter. If a team leads by 21 points the 4<sup>th</sup> quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate

*Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field.*

### **3-4-9 PUNTING**

- In Division V, the ball will be snapped to the punter. To give the punter sufficient time to kick the ball, there will be no rush for 4 seconds. Once contact is made with the ball, the ball is live.
- Any violation of the above rules will result in a re-kick, without penalty yardage being assessed. Faking a punt is not permitted. The return team can only have two (2) return men. All other players must be within 5 yards of the line of scrimmage.

### **3-4-10 EXTRA POINT SCORING and FIELD GOALS**

- A. 1 point for a run (1 point Team B for a fumble returned for a TD)
- B. 2 points for a pass or kick (2 points for Team B for intercepted pass or blocked kick returned for a TD)
- C. Option of kicking extra point, but ball must be snapped. However, kicker has 4 seconds of no rush to complete the kick
- D. Field Goals: If a team opts to kick a field goal, the ball is moved half the distance to the goal or 10 yards, whichever is less. After the snap, the kicking team has four seconds to kick the ball. If the kick is not completed in four seconds, the attempt is no good. The ball is considered dead during field goal attempts. If the kick is not successful, then the ball is returned to the original line of scrimmage and the defensive team takes over. A violation of the rushing rule will result in a rekick without penalty yardage being assessed.

## **3-5 DIVISION VI**

### **3-5-1 PLAYER ELIGIBILITY**

All children in 6<sup>th</sup> grade who do not turn 13 before September 1 are eligible to play in this division. A player's age is defined as his actual age on September 1, of that year

### 3-5-2 GENERAL

- A. **Field Dimensions** – Division VI is played on a 100 yard football field
- B. **Chains/Down Marker** – The home team shall provide **three adults** to handle the chains, and the downs marker.
- C. **The Visiting Team** – Must provide a clock operator. Each clock operator must receive certification prior to their first game.

### 3-5-3 SCORING

Points for scoring are:

- A. Touchdown – six (6) points
- B. Extra point running – one (1) point
- C. Extra point passing – two (2) points
- D. Runback from an extra point try – one (1) points
- E. Runback of an intercepted pass on a 2 point conversion – two(2) points
- F. Kicked extra point 2 points
- G. Run back of a blocked kick - 2 points

### 3-5-4 BALL CARRIER WEIGHT RESTRICTIONS

There are no weight restrictions for playing in PSO, but there are weight restrictions for playing in a position that can carry the ball. Players will be weighed before the first game of the season and this will be their official weight for the season. If a player weighs more than the prescribed 1<sup>st</sup> game weight but less than the 4<sup>th</sup> game weight, they will be eligible for the 4<sup>th</sup> game.

A player exceeding the following weight limits (determined out of uniform) must play center, guard, or tackle on offense, or they can play anywhere on defense.

#### D-VI Weight restriction

150 LBS.

“Weighted” players must have a clearly identifiable insignia as prescribed by PSO on his uniform at all times.. A Tight End Passing position must be identified in the manner prescribed by PSO.. Weight restrictions are also in effect for the receiving team on a kickoff and/or punt. No player over the weight restriction can be placed in position to receive a punt or off the front line to receive a kickoff. A weight restricted player can “fall on or recover” a kick.

There are no weight restrictions on the defense. A defensive back, cornerback, safety, or lineman can be any weight. Any defensive player may advance a fumble or pass interception when allowed by rule.

No player exceeding the weight limit at the last weigh-in will be allowed to be in a ball carrying position even if he becomes underweight after the weigh-in.

In the event that teams from two different divisions or age groups must play each other, the lesser of the weight limits will apply.

### 3-5-5 BALL SIZE

Division VI will play with the Wilson TDJ football

### 3-5-6 EQUIPMENT

All players' equipment should be inspected by coaches at the PSO football clinic and spot checked by game officials and the PSO Leadership Team during the season. Proper equipment includes:

- A. **Football helmet:** including facemask and chin strap
- B. **Football shoulder pads:** must fit properly and protect the entire shoulder girdle.
- C. **Football pants:** complete with hip, tail, thigh, and knee pads.
- D. **Athletic shoes:** those designed for grass play are recommended (no metal cleats are allowed).
- E. **Mouthpiece:** must properly fit the upper teeth. (colored mouthpieces are preferred)

### 3-5-7 PLAYING PERIODS

For Division V the game will consist of two halves with two quarters each. Each Quarter will have an 8 minute standard clock. *NOTE: The Texas High Schools will use the Game Timing Section from the NCAA 2005 Rule Book. PSO will follow that same guideline.*

\*When a team is ahead by 21 points, the clock will stop only for time outs and injuries. If the scoring difference goes to 21 points and the team behind reduces the difference to less than 21 points the clock will revert to regular application prior to the 4<sup>th</sup> quarter. If a team leads by 21 points the 4<sup>th</sup> quarter clock will run. A coach that is behind by 21 points may prefer to let the clock be kept as normal, but this is still up to the game officials as scheduling and other items may dictate

*Official game time shall be kept by game officials unless a scoreboard is available that can be seen by teams on both sides of the field.*

### 3-5-8 PUNTING

There are no special punting rules in this Division

### 3-5-9 EXTRA POINT SCORING and FIELD GOALS

- A. Rushing is allowed. However the defense cannot rush head-up on the snapper or the gaps between the snapper and guards.
- B. 1 point for run (1 point Team B for a fumble returned for a TD)
- C. 2 points for forward pass (2 points for Team B for intercepted pass returned for a TD)
- D. 3 points for a kicked field goal (3 points to defense if blocked and returned) **Rushing is allowed except for head-up on the snapper and the adjacent gaps to the snapper.**
- E. Field Goals: If a team opts to kick a field goal, the ball is moved half the distance to the goal or 10 yards, whichever is less. If the kick is not successful, then the ball is returned to the original line of scrimmage unless it is inside the 20 yard line when it will be placed on the 20 yard line and the defensive team takes over.