

Middle School Festival Sports

Football Passing League Regulations

Festival

1. Captains

- a. The captain represents the team in coin toss with referee at beginning of the game.
- b. At the end of the game, the team captain thanks the referees.
- c. Both team captains' must report the final score at the end of game to field director.

Any disputes will be settled at this time.

2. Coach Checklist

a. First day reminders

1. Introduce coaches
 2. No pass/No Play...once we get to All-Stars
 3. Get dressed out at 2:30 and ready to practice (or 3:30 late schools)
 4. LOCK UP YOUR POSSESSIONS!
 5. Have rides home planned ahead of time!!!
 6. Options for getting home: late bus, walk, bike, parents
 7. ALL ATHLETES MUST BE OFF CAMPUS BY 4:15 (or 5:15)
 8. Attendance is VERY important. Commitment is your responsibility!
 9. For Practices and Festival: Uniforms need to be worn, do not swear, respect others, respect equipment and clean up after yourself.
- b. Please have team rosters ready for the Festival. Give a copy to the AD at the field where the team is playing.
- c. The AD's at each field will call teams to be "on deck". Please have your boys tuned into

LISTENING to their teams being called.

- d. Discuss and plan the best location for your athletes to meet their coach.
- e. Make your team responsible to pick up their trash.
- f. Review regulations for Festival and All-Stars.

3. Practice

- a. Warm-up (5 minutes): running, jumping rope, water when needed.
- b. Stretching (10 minutes) Static and ballistic stretching, all major muscle groups used
- c. Agility and Plyometrics (5-10 minutes)
- d. Showcase and practice one or two skills (30-45 minutes)

- e. Game situations (15-30 minutes)
- f. Cool-down, team discussion (5 minutes)

4. Equipment

- a. Flags- Official sets will be supplied on Festival dates.
- b. Timing Devices - Count of 5 seconds and a separate device for game clock.
- c. Size of Ball - Intermediate/Youth (Junior balls are not acceptable)
- d. Size of Field - 35 yards wide, 45 yards long

5. Game Play

- a. Ball carrier is ruled down when his flag is pulled by a defender.

If, a ball carrier's flag falls off (either before or after receiving the ball) then the play continues after the reception until the ball carrier is touched with one hand by any defending player.

- b. Ball carriers must avoid contact.
- c. Blocking - 5 yards from point of infraction, no replay of down. Offensive players should stop when a reception is made and avoid defenders attempting to pull flags.
- d. Defensive Pass Interference - 10 yards from previous line of scrimmage, repeat down unless declined
- e. Offensive Pass interference - 5 yards, no replay of down
- f. Flag Guarding/Stiff Arming - 5 yards from point of infraction, no replay of down

g. Formation - at least one receiver on each side of the ball (no overloading a side with all 5 receivers).

- h. Illegal Flag Tackle - Ball will be placed at the next line for an automatic first down, or

the offense can choose to decline the penalty and take the yards gained and 5 additional penalty yards. If the offensive team is in the third 15-yard segment, they will be awarded an automatic first down and the ball will be spotted half the distance to the goal line from the previous line of scrimmage. No defensive player shall physically impede the progress of a ball carrier. Physically impeding will be interpreted as grabbing, pushing, holding onto, or tackling the ball carrier in an effort to pull the flag.

- i. **Illegal motion/False Start - 5 yard penalty, replay down**

j. Motion - one offensive player may be in motion running parallel to or away from the

line of scrimmage when the ball is snapped.

k. Penalties- This is a non-contact game. Coaches and officials should monitor closely

l. Quarterback moving over the line of scrimmage results in loss of down, dead ball.

m. Unsportsmanlike Conduct - 10 yards, 2nd offense expulsion from games

n. The home team will provide 16 flags of each color so that no exchanging of flags will

occur and no unnecessary time will be lost.

o. A touchdown or first down will be awarded when any part of the ball breaks the plane

of the goal line or first down line.

6. Plays

a. Games will be 25-minutes and clock will not stop for change of possession or extra point.

b. The 45-yard field will be broken into three 15-yard segments. Teams will have 4 downs to reach each first down line or touchdown.

c. If a team is not successful in getting the first down or touchdown within the allotted number of downs, the defensive team will take over at the start point.

d. If there is an interception, the intercepting team will immediately take over at the

starting point. (Interceptions are no longer worth 2 pts)

e. 30-second play clock will start when the ball is spotted and whistle is blown and be strictly enforced to keep play moving. A delay of game penalty will result in a loss of down.

7. Scoring

a. Touchdown - 6 points

b. Conversion - 1 point 3 yards out

c. Conversion - 2 points 15 yards out from goal line

d. Ties - Colorado play off (coin flip) from middle of field. Team with the most yardage or score after 3 plays wins. Conversion attempt not counted as a play.

8. Sportsmanship

- a. Participants must follow the Official High School Football Rules.
- b. Athletes must accept referees' decisions w/ sportsmanlike conduct & without dispute.
- c. In case of doubt, clarification may be requested through the game captain.
- d. Participants must be respectful and courteous in the spirit of fair play, towards referees, other officials, opponents, teammates and spectators.
- e. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.
- f. Both the captain and coach are responsible for the conduct and discipline of their team members.
- g. Teams must remain at the assigned field & be ready to play for rescheduled games.
- h. Each team will line up on their side line at the beginning of the game; on referees signal, athletes will wish each other good luck at the middle of the field. This is repeated at the end of the game.

9. Substitution Rules

- a. Every member must play either offense and/or defense
- b. Substitutions happen between plays/dead ball

10. Team and Uniform Requirements

- a. Team - (9-10) on team, 6 on offense, 7 on defense, no center to hike ball.
- b. Sports Festival t-shirts required and PE shorts, appropriate shoes.

11. Time Restrictions and Rules

- a. Games will last 25 minutes
- b. 30 seconds between offensive plays (umpire signals time).
- c. 5 second count for the snap
- d. Passes
 - 1. Any thrown ball constitutes a legal pass. Overhand, sidearm, underhand and shovel passes are all legal.
 - 2. A forward pass is defined as any ball moving toward the line of scrimmage.
 - 3. Double pass behind line of scrimmage legal if first pass is thrown backwards. 5-second restriction doesn't apply to second passer, but the defense may converge as soon as the quarterback throws the first pass. Second passer may not advance the ball.
 - 4. Receivers may advance any forward pass from the quarterback.
 - 5. An intercepted lateral will be ruled the same as an intercepted pass, 2 points

for defense, ball returned to starting point.

e. Offense may decline to run play rather than take knee (9th inning rule).

f. Ball is dead when it hits the ground, example: fumble, pitch, etc.

g. Timers for 5-

second count are handheld by referees. Game clock will be kept by high school athletes.

h. Disputes will be settled by game committee of AD's and Festival Director.

All decisions are final.

13. Tournament Organization

a. Each field will host a division:

1. 8th Grade-teams will consist of all participants currently in 8th grade.

2. 7th Grade-teams will consist of all participants currently in 7th grade.

b. Medals will be awarded to the first, second and consolation place teams in each division.

All Stars

1. Coaches Information

a. Hand out grade sheets the week of Festival. All-Stars must have passing grades.

b. Have a team roster, score sheet and rules for each game.

c. Review rules and protocol for games.

d. Festival shirts and PE shorts are the appropriate uniform.

e. Each home team is responsible for scorekeeping, setup and cleanup.

f. Begin and end games with the handshake to promote good sportsmanship.

g. 7th grade will play first at 4:30pm.

h. 8th

grade game will begin directly after the 7th grade game is completed. They will receive a

5 minute warm-up period.

2. Rules- Same as Festival except for the following:

a. Games

1. Games will be timed.

2. Two 20-minute halves.

3. Running clock for all-star games except:

a. Stops for timeouts.

b. Stops at TD's during last 2 minutes of the second half.

4. Each team has 2 thirty-second timeout per game.

5. Game clock will be kept by one referee.

6. 2nd referee will keep the 5-second clock for the snap.

7. Half time will be 3 minutes.

8. The team winning the coin toss will choose if they get the ball to begin the game

or defer the ball to the 2nd half.

b. Teams

1. 13-15 players. 6 offensive, 7 defensive

2. Each player on the roster needs to participate in each game in offense and/or defense in a minimum of one play.