

## **TIKES (Grade 1 and 2) BYLAWS**

The Second Grade program is designed as a purely instructional level experience in which players may enjoy the fun of football at a young age, while learning skills and terminology they will use throughout their football progression.

### **ELIGIBILITY**

- Players shall be in first or second grade, and be at least 6 years of age before November 22nd, and cannot be 9 before the first practice allowed by SMYFL
- Players must meet the Sphere of Influence requirements for their organization

### **WEIGHT LIMITS**

- Players shall be weighed at the first game in which they play. A player's weight shall be measured while the player is in full game gear, including helmet and cleats.
- A player weighing more than 73 pounds while fully equipped in game gear will have 1 stripe added to their helmet to indicate that they are not eligible to advance the ball.
- A player weighing more than 87 pounds while fully equipped in game gear will have 2 stripes added to their helmet to indicate that they may only play an interior line position.

### **PRACTICES**

- The first allowed practice date each year shall be the final Monday of the month of August.
- Each practice must not exceed 90 minutes in length. This time includes all team activities including equipment adjustments, warmups, instruction and speeches.
- Prior to the first game, teams are allowed up to five(5) practices a week.
- After the first game, teams are allowed a maximum of two(2) practices a week.
- Scrimmages with other teams count as a practice.
- Games scheduled, or rescheduled, by SMYFL do not count as a practice.

### **GAMES**

During the first half of season:

- Games will be scheduled to last 2 hours
- Each team will have a 15 minute running clock during each half in which to run as many offensive plays as possible in that time.
- Coaches should strive to run 1 play every 2 minutes
- 5 minute break between each change of possession
- Games are played on a half field. Possession starts at the defense's 40 yard line. After each play, the ball is placed where the play ended, or at the defense's 40 yard line, whichever is closest to the end zone
- After a score, the ball is moved back to the defense's 40 yard line, and if there is still time left on the clock, the team on offense continues their possession

During the second half of season:

- Games are scheduled to last 1 hour, with 4 quarters, each quarter having a 15 minute running clock.
- Coaches should strive to run 1 play per minute
- Games are played on a full field, using a normal game format, where a team keeps possession of the ball as long as they keep getting first downs, or until they score.
- After a score, possession of the ball is swapped. Offense begins with the ball at their own 40 yard line.
- A coin toss is held at the start of the game, the winner chooses to have the ball first in the first half or the second half. No other choices are allowed
- Teams swap sides at halftime.

## **SCORES**

- Scores will not be kept or displayed on a scoreboard
- There will be no standings kept for SMYFL

## **TIMEOUTS**

- There are no timeouts, as games use a running clock

## **OFFENSIVE FORMATION RULES**

- Interior linemen must line up no further apart than arms reach. If the linemen hold their arms straight out to their sides, they must be able to touch fingertips
- There must be a guard and a tackle on each side of the center

## **DEFENSIVE FORMATION RULES**

- Defensive linemen are required to line up head to head in front of an offensive linemen
- No defensive players shall line up over the offensive center
- Defensive ends may line up so their helmet is head up on the offensive end's outside shoulder if desired
- No blitzing. Defenders may not be moving toward the offense at the snap of the ball
- All linebackers and defensive secondary must be at least 5 yards off the line of scrimmage at the snap of the ball. When the ball is within 5 yards of the end zone, linebackers and secondary may move up to 3 yards off the line of scrimmage.

## **TEAM SIZE**

- Standard team size is 11 players on the field.
- If either team cannot field 11 players due to roster size or injury, the other team must reduce the number of players they have on the field to match the other team's size.

## **SCORING**

- There are no extra-point attempts

## **FUMBLES/INTERCEPTIONS**

During the first half of the season:

- When a fumble occurs, the ball is immediately whistled dead as soon as the ball is loose. Offense keeps the ball, and the ball is spotted at the point where the fumble began, not where it was retrieved.
- When an interception occurs, the ball is returned to the 40 yard line and the offense keeps the ball.

During the second half of the season:

- Standard game rules apply

## **INJURIES**

- In the event of an injury, players must return to their respective huddles
- Running clock will be stopped if the injured player is unable to leave the field in a short period of time

## **OFFICIALS**

- Coaches on the field shall act as officials, and must use whistles

## **COACHES**

- During the first half of the season, each team may have up to three coaches on the field. During the second half of the season, each team may have one coach on the field
- Each team must have at least one coach on the sidelines as a bench coach to supervise the players who are not currently on the field
- Coaches may help line players up after they leave the huddle
- Coaches on the field must be clear of the playing area before the snap. Playing area is defined as the area within a ten yard radius of the point where the ball is spotted
- Coaches on the field must not interfere with a play, physically or verbally, once the ball is snapped
- Coaches on both sides of the ball should watch all players on both teams for potential safety issues such as a mouthpiece not being in before the snap of the ball.
- All coaches must sign a Coach's Code of Ethics and have it submitted to SMYFL prior to the first practice