

**Revised Effective: 7/10/09 for 2010 Youth Football Season**

**ALL 4 THE KIDS SPORTS ASSOCIATION  
ALL LORAIN COUNTY CONFERENCE  
(A.L.C.C.)**

**YOUTH TACKLE PROGRAM  
(Grade 1st thru 6th grade)**

**I. League Rules**

- ◆ The Coordinator of each program will represent their respective teams.
- ◆ Team fees will only include cost of officials.
- ◆ All rules will be reviewed in coaching meeting after the end of the season.
- ◆ The Coordinator committee, the League Director, and the President of All 4 the Kids Association will govern the **All Lorain County Conference Football League**. The day to day operation will be

**The League Director will responsible for the following:**

- ◆ Set-up coaches meetings
- ◆ Scheduling Officials
- ◆ Organizing preparing leagues schedules
- ◆ Defining league rules

**The Coordinators committee will be responsible for the following:**

- ◆ Review players eligibility meeting schedule
- ◆ Each player must have verification on file to be eligible to play in the A.L.C.C.
- ◆ Monitor site on game days
- ◆ Set-up/cleaning field for game days, ensure scale for weight-in is ready 30 minutes before game time
- ◆ No team will carry more than 30 players
- ◆ No team can consist of just one grade
- ◆ Each program must host at least one home game
- ◆ Each program must have parent meeting prior to the season
- ◆ Ensure that each family has a schedule and a calendar

## II. Rule and Regulations

Junior High School rules apply from Ohio School Athletic Association rule book with exception of the following amendment:

### *Player's Eligibility:*

- ◆ **Junior Youth Program (must be enrolled in the 3rd or 4th grade during the football season).** Younger grades can participate with the expressed consent of the parent(s) and program coordinator.
- ◆ Players can not be 11 years old before 9/1/10 of the current year
- ◆ Weight limit for Junior Program is 100 lbs to advance the football (all skilled position)
- ◆ Unlimited weight for offensive line and defensive

### **Weight-in rules are as follows:**

1. Each player must weight-in at least 15 minutes before start time of game
2. Weight-in can start 30 minutes before game time
3. Each team must have one coach represent each team at the scale.
4. If a player misses weight-in he is unable play for the first half
5. Player must be wear the following equipment during weight-in:
  - Jock and cup
  - Girdle and pads
  - Undershirts
  - Game pants and pads
  - Game shoes/cleats (plastic and rubber only)This rule does not apply to the punter.
  - ◆ Those who weight over the limit must have an identifying sticker placed on their helmets.

In the event of a player's injury which causes a timeout, the player must be removed for at least one play. A head injury disqualifies the player for the day and must have a doctor's permit to resume subsequent practice and play; the player must have a A doctor's signature.

Any player who deliberately commits a flagrant foul or unsportsmanlike conduct (including profanity) must be expelled for the remainder of the game. Any flagrant foul must be reported to the League Director. **Junior program** - may have a field coach on the field during playing time to assist the Players.

### III. Sideline Control

- ◆ Only active coaches are allowed on the sideline with the player. Non-team players and parents will not be permitted. Coaches must enforce this ruling.
- ◆ Coaches and players must remain off the playing field and out of the end zones. Coaches are to help enforce this; officials will stop the game if necessary,
- ◆ Spectators must remain off the playing field and out of the end zones. Coaches are to help enforce this; officials will stop the game if necessary.

### IV. Player Equipment

- ◆ All players must wear the equipments at all times while on the playing field.
  1. Helmet-on and chin strap buckled
  2. Shoulder pads
  3. Pants with pads in place
  4. Mouth piece in while on playing field
  5. Knee pads
  6. Molded all sport shoes (rubber or plastic)

Forearm and hand pads made of soft material are acceptable. No casts are permitted. No jewelry is permitted, unless medical alert.

### V. Game Equipment

- ◆ A junior football will be used in league play for the Senior Program
- ◆ A pee wee football will be used in league play for the Junior Program
- ◆ No walkie talkies or electronics equipment will be used in league play
- ◆ End Zone will be marked.

### VI. Games Rules (Note: Any ruling not specifically covered here shall be governed by the Ohio High School Federation Rules)

#### *Start of game*

- ◆ Weather- all games will be played regardless of weather, except lightning.
- ◆ Game Officials will postpone games due to bad weather (lightning) or bad field conditions.
- ◆ Numbers of participant- each team must have 11 players for entire game.
- ◆ Coin Flip - will award the winner with the choice of either the goals or the ball. The loser has his choice at the start of the second half.
- ◆ No game can started without the appointed official on the playing field.
- ◆ If any team is more 15 minutes late for start time, opposing team will be award a forfeit win.
- ◆ The Officials ruling on the field are final. No final outcomes can changed any coach may lodge a grievance with the league director in 3 days.
- ◆ No scheduled league game, opponent, or time can be changed without the authorization of the League Director.

## Defenses Rules

- ◆ Linebackers and secondary must line up at least 3 yards off the ball.
- ◆ There are no bump and run coverage's - there no contact (?)
- ◆ All blitzing defender (linebacker only) are not allowed to move until ball snap
- ◆ **All defensive linemen must be in down stands- to be considered a defense lineman the player must be within 1 yard of the ball and within the Tight-end box. Maximum # players of the ball are 6.**
- ◆ No corner of safety blitz.

## Length of Player Field/Scoring

- ◆ The ball will be put in play at 30 yard line.
- ◆ The Field will be 80 yards long for Junior Play
- ◆ The Field will be 100 yards long for Senior Play
- ◆ The ball will be put into play this way after a touchdown has been scored
- ◆ There will be no kick-off
- ◆ Conversion Attempt- P.A.T. - the try for the point after touchdown will be from the three yard line.
- ◆ A team may elect run (1) point, pass (2) points, and kick (1) point
- ◆ Touchback-the ball will be put into play on the 30 yard line
- ◆ Safety - is a safety is scored, the scoring team will put the ball into play at 30 yard line
- ◆ **PENALTIES FOR THE JUNIOR PROGRAM**  
**Major** penalties will result in a 10 yard loss  
**Minor** penalties will result in a 5 yard loss
- ◆ **PENALTIES FOR THE SENIOR PROGRAM**  
**Major** penalties will result in a 15 yard loss (personal foul, unsportsmanlike, and pass interfere beyond 15 yards-all these result in an automatic first down)  
**Medium** penalties will result in in a 10 yard loss (Holding, clipping, blocking below- outside the box, pass interfere less than 15 yards)  
Minor penalties will result in a 5 yard loss (offside, movement, too much time, illegal formation)
- ◆ Game Clock - Jr. High school regulation play clock
- ◆ Tacking- Officials will blow a "quick whistle" to avoid piling on
- ◆ No crack-back blocks
- ◆ Downfield blocking will be limited to above the waist
- ◆ Cross body blocks allows within 3 yards of the line scrimmage and from tight-end to tight-end
- ◆ Punt rule - **A Junior Coach** has three choices (1) punt the ball-ball can roll until stopped by the receiving team,(2) go for the it, (3) 25 yard walk off-15 yard line limit (**Junior Program only**)
- ◆ Punt rule - **A Senior Coach** has two choices (1) punts the ball-ball can be returned by the receiving team. No one can move until the ball leave the punter foot (2) go for the first down.

**Each team must have one coach or parent tracking plays for the game. After the each game that individual meet with officials to certify the score. Each must sign off on the score cards. Score Cards are forward to the host Director for that week.**

## Overtime Rules

- ◆ No overtime during regular season. The tie will stand

## During playoff an overtime rules will apply as the following:

- ◆ Each team has one possession at the 20 yard line.
- ◆ If score remain tied the ball moved to the 15 yard line
- ◆ If score remain tied the ball moved to the 10 yard line until there is a winner

# 2010 Coaches Guidelines



All Lorain County Conference League (ALCCL)

The main objectives of our coaching staffs are to promote teamwork, fair play, sportsmanship, and character to our youth. Any decision by a youth coach should be with the children in mind.

**COACHING STAFF DEFINITION:** Any head coach, assistant, team parent or parents that assist the coaching staff during practice or game time.

No member of any coaching staff may be at any practice or game under the influence of alcohol or drugs or with the odor of alcohol on his or her breath. Use of profane language is not allowed. Under no circumstances shall any coach administer corporal discipline to any child.

The Head Coach must make sure that only coaches and participants are on the field during practices. Parents are not allowed on the field during practice (unless they are part of the coaching staff).

Head Coaches will insure that **A4TK** Board established practice times are followed.

No practice shall be cancelled by the Head Coach due to personal reasons. In the event that the Head Coach is absent, he or she should inform the coaching staff and appoint an assistant to conduct the practice. He or she will notify the appropriate Division Coordinator in advance of any planned absences.

Every football player who is not under disciplinary action and makes all scheduled practices must receive a minimum of (10) plays per game. It is the direct responsibility of the Head Coach to make sure that a precise record is kept, and that each player receives their minimum playing time.

If a Head Coach determines that a player will not be eligible to play in a specific game, he or she will notify the player's parents and the appropriate Division Coordinator at least (2) days prior to the affected game.

All football players must wear all of their protective gear (mouthpiece, shoulder, knee, thigh, hip and tail pads, helmet and chin straps) during all contact activities. The coaching staff must check each player before every game or practice, and must not allow a player not properly outfitted to participate.

It is the responsibility of the Head Coach to allow only players and Coaching Staff in the sideline box during game time.

The Head Coach must also make sure that his or her practice area and game bench are clean after each practice and game.

Coaches are expected to attend specific meetings called by the **A4TK** Board of Directors and / or respective Division Coordinators. Coaching staffs will also be assigned to assist in preparing the fields for home games, and cleaning up after games. The respective Division Coordinator will communicate assignments.

It is the responsibility of the Head Coach to assist the Equipment Manager in the collection of all **A4TK** equipment and uniforms following the last uniformed activity.

The Head Coach is responsible for assisting in ensuring orderly conduct among spectators (including parents). Coaches will refrain from over reacting or “fit throwing” during the game.

**All players must maintain GPA of a C or higher, there will be tutoring available for those who don't meet these requirement.**

Any Coach who violates these guidelines or the rules of the **ALCCL** may be brought before the Board of Directors for review. If a Coach is found to have violated guidelines, actions may include but are not limited to reprimand and / or suspension.

**SAFETY:** The **A4TK** program emphasizes player safety. At every practice or game, a person qualified to administer first aid will be present. Before any player participates in physical contact drills against another player, he will have had 1 week of intensive physical conditioning. At each practice and before each game, he will go through a thorough routine of stretching and warming up exercises. Before he ever takes the field in a game, he will have had over 50 hours of vigorous training and conditioning. When he plays, his games will be officiated by registered football officials.

**EQUIPMENT:** Each Player is issued the following equipment during assigned equipment issue dates: Helmet with face mask and chin strap Shoulder pads Hip girdle with pads Thigh pads Knee pads Practice pants Game jerseys and pants

Players must condition for 5 days prior to receiving football equipment. Equipment is only issued after a completed registration form with payment is received by **A4TK**. A parent or guardian must accompany the player and sign documentation to receive equipment. This equipment must be returned to **A4TK** at the season's end.

Each Player is expected to provide his own: Practice Jersey Mouth guards / Mouth pieces  
Shoes Athletic supporter Game & Practice socks

## **Certified Education Program**

USA Football's Certified Education Program has been created for youth football organizations who want to standardize the level of coaching or officiating.

### **The Certified Education Program — for Coaches**

includes two course levels that provide chapters on theories of Communication, Practice Planning, Developing a Coaching Staff and Working with Parents. Courses provide in-depth training on the fundamentals of blocking, tackling and techniques for coaching every position on the field using 3D and 2D animation. USA Football trained approximately 5,000 youth football coaches in 2008, the first year of the program.

#### **Features:**

- ◆ Commissioners can track program and course completions
- ◆ Level 1 Sections: Coaching Theory, All Player Skills Understanding the Game, Positions & Responsibilities
- ◆ 3D & 2D Animations for visual comprehension
- ◆ Flexibility to take the course at your own pace
- ◆ Commissioners purchase promo code within membership
- ◆ 11 Chapters with Quizzes used to help retain information
- ◆ Course Certificate for each coach
- ◆ Course Level 2 is focused on the fundamentals for each position

#### **Benefits:**

Affordable program that allows organizations to mandate coaching education

Course Level 1 for new coaches

Great way to market your organization to parents

Good coaching increases player retention

#### **Cost:**

\$10 per Official (online)



P.O. Box 334  
Lorain, Ohio 44052

DATE \_\_\_\_\_ AGE (DOB) \_\_\_\_\_

NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ WORK PHONE \_\_\_\_\_

PLACE OF EMPLOYMENT \_\_\_\_\_

CHILDREN IN PROGRAM (IF ANY) \_\_\_\_\_

EXPERIENCE (IF ANY) \_\_\_\_\_

REASONS FOR APPLYING \_\_\_\_\_

POSITION APPLYING FOR: \_\_\_\_\_ HEAD COACH \_\_\_\_\_ ASSISTANT

\_\_\_\_\_ TEAM MOTHER \_\_\_\_\_ TEAM DAD

WEIGHT DIVISION (Pee Wee; Junior or Senior, Any) \_\_\_\_\_

IF YOU WERE NOT APPOINTED AS HEAD COACH, WOULD YOU BE WILLING TO BE AN ASSISTANT? \_\_\_\_\_  
\_\_\_\_\_

ARE YOU WILLING TO BE A SPONSOR OR BRING A SPONSOR INTO THE PROGRAM? \_\_\_\_\_  
\_\_\_\_\_

DO YOU HAVE A SPONSOR IN MIND? \_\_\_\_\_

PLEASE LIST ALL EXPERIENCES AS A YOUTH HEAD COACH: (YEAR, LEVEL, ORGANIZATION, LEAGUE (IF ANY)) \_\_\_\_\_  
\_\_\_\_\_

PLEASE LIST ALL EXPERIENCES AS A YOUTH ASSISTANT COACH: (YEAR, LEVEL, ORGANIZATION, LEAGUE (IF ANY)) \_\_\_\_\_  
\_\_\_\_\_

I understand that my volunteer position with A4TKA is contingent upon my truthful completion and A4TKA review of this form.

I authorize and understand the A4TKA may obtain a criminal report that is only visible to the A4TKA Commissioner and President.