

1A Little League Football Rules  
2023

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**Board of Directors**

1. The board of the league will be constituted by the elected officers and the coordinators for each school system. (Each town is allowed 1 vote by that town's coordinator/president)
2. The Little League dues will be determined by the cost of insurance. Dues must be paid before any contact can take place. Only current towns/teams/kids will be covered under the existing insurance policy. Once the new insurance policy is formed and paid for 2021 then all towns will be added to this injury accident policy.
3. The fees are due as the insurance quotes are made.
4. Gate fees will be \$3.00 for students and \$4.00 for adults. At the playoffs and Super Bowl, the gate fees will be \$4.00 for students and \$5.00 for adults. (Any kid, child, infant) that does not attend school age 5 below shall not be charged.
5. After each game day, the President must be called that evening with the scores of each game for that day. Each town coordinator (not coaches or parents) shall contact the league president each day after the games are played

**Eligibility**

1. The rosters are due August 21 at 7 P.M. before the first game. The roster must include the player's name, birthday with age, physical approval, and current grade. The roster should include the jersey numbers. If a town has 2 jerseys (dark and light) with different numbers both numbers should be listed on the roster. This must be sent via e-mail to the president and vice president

2. Once a roster is turned in NO new players may be added without the board's approval. If a new kid is attending the school the kid may be added to the roster after the board vote's approval. However, the board MUST approve the change in roster before adding the new player that just transferred schools.

3. Age Cut-offs are as follows: (unless voted on by the board).

A. Each child must be in the 5<sup>th</sup> or 6<sup>th</sup> grade and cannot turn 13 before September 1 of the fiscal year. In the 5<sup>th</sup> & 6<sup>th</sup> grade division

B. Each child must be in the 3<sup>rd</sup> & 4<sup>th</sup> grade and cannot turn 11 before September 1 of the fiscal year. In the 3<sup>rd</sup> & 4<sup>th</sup> grade division

C. Each child must be in the 1<sup>st</sup> & 2<sup>nd</sup> grade and cannot turn 9 before September 1 of the fiscal year. In the 1<sup>st</sup> & 2<sup>nd</sup> grade division

D. Children may play up in a division, but this is discouraged. This should only happen when a team needs the extra players to complete a game or team roster, or if the player has another brother or sibling on the older age team. To move a star player up to just win a game is not allowed. This could result in a board vote or determination.

E. No 7<sup>th</sup> graders will be allowed.

4. Each player must play for the school he/she attends unless the school is not in this league. Town Coordinators may work with each other if they have a discrepancy, but if they do not agree then the player must play for the town they attend or brought to the board for a vote. Players that are not from a town in the league will be accepted within reason but could be challenged by a board member. Example: Muldrow cannot recruit and have a kid playing from Fayetteville.

5. Every Coach will be required to keep and have a copy of the roster and birth certificate on file at each game. Failure to do so may result in a forfeit.

6. Physicals cannot be dated before 7/1 of the year being played. All players must have physical before full-contact play. **(Rule change, 7-14-21)** All players must have physicals no sooner than 5/1 of the competition year. **(Rule change, 5-17-23)**

7. After rosters are turned in for games and a schedule is set a penalty of the following will occur if a team forfeits games (does not show up). A fee of 100\$ for a forfeit not showing up to a regular game. A fee of 200\$ will be required for not attending a playoff game. This fee must be paid for every game to the opposing town by the offending town. If this fee is not paid then this could result in a town being voted out by the Board.

8.Coaches, cheerleading coaches, and town coordinators shall not be charged gate fee. Only 4 coaches per football team will be allowed with 2 cheerleading coaches. **Two additional coaches may be added for 1<sup>st</sup> and 2<sup>nd</sup> grade. (Rule change, 5-17-23)**

9.Cheerleaders must have physical.

### **Coaches**

1.All coaches shall review the video on “Heads up Certification”. Coaches shall go to the website and watch this training for concussions. Town Coordinators must monitor this and assure this is completed.

2. Each team should have a CPR certification for representative for safety purposes. A coach/mom or dad is acceptable.

3.Only two coaches will be allowed on the field during games with 2 coaches on the sideline. This may waiver some for the younger developed teams such as the 1&2<sup>nd</sup> grade division contingent upon the other coach’s approval or blow out games. Sometimes 1&2 grade may have a young group and need assistance and common sense must apply.

4.Coaches must stay 10 yards behind the farthest player in the backfield or get a 5-yard penalty. Only two coaches may be on the side-lines of the games. However, as long as the opposing town does not have an issue a few extra coaches may be allowed on the sideline to assist. This rule is provided to keep parents away from the sidelines as spectators. Parents that are not assistance coaches may not be on the sideline.

5.Town coordinators are allowed on the field at any time, but they should still honor the 2 coaches on the field. Sometimes it is necessary to have the town coordinator on the field for a series or to monitor cheating or assist in some way.

### **Game Rules**

1.If a ball game has a rainout then the home team must reschedule the games. The home team must propose 2 dates and times to the away town/team within reason (as determined by the board). If the away town does not accept the times and dates it will be considered a forfeit for the away team. This may or may not result in fees listed in #13 as determined by the Board. The board will vote on makeup games missed and if the fines should be assessed.

2. (Game times are to be scheduled by each town coordinator.) The suggested game times are as follows: 9:00 AM for first and second graders, 10:00 AM for third and

fourth graders, and 11:00 AM for fifth and sixth graders unless both town coordinators agree to a time change such as evening games, etc. If a town has multiple games the town coordinator will still be in charge of scheduling the games.

~~3. In the event that a town has multiple teams in a division then the home coordinator must schedule the game times and is required to have a 1 game break between games. However, the team that is required to plays a doubleheader chooses which team they prefer to play first (A team or B team). (example: if Roland has 2 teams in the 3&4 grade division and Muldrow only has 1 team in the 3&4 division Muldrow will choose what team they play first regardless of where the home game is played and a 1 game break must be between the doubleheader and it is suggested that 2 game breaks would be advisable. This rule is in place for towns that have multiple teams in a division and keeps every town at the same location every weekend to assist coaches, parents, and towns. (if a team has to play a doubleheader it is **STRONGLY SUGGESTED** to play evening games to avoid the heat). No school will be allowed to have multiple teams in a division. (Rule changed on 7-14-21)~~

4. Players on the sideline must stay in the designated box during the game. One sideline coach and one player are free to roam outside the box.

~~5. 2<sup>nd</sup> grade and under use a K-2 football. 4<sup>th</sup> grade and 6<sup>th</sup> grade will use a TDJ football. If a team wants to use a larger ball they may. 1/2 Grade and 3/4 Grade may play with a K-2 football. The 5/6 grade will play with a TDJ ball. If a team wants to use a larger ball they can. (Rule changed on 7-14-21)~~

6. Every game shall start with a coin toss to determine which team will kick-off. 3&4 and 5&6 grades will kick off on the 50-yard line to start the first and second half. The second grade will not kick-off but will start at the 30-yard line. If the kick does not go 20 yards from the spot on recovery by either team the ball will be the receiving team's ball at the spot of recovery. If the ball goes more than 20 yards it is a free ball. (NO ONSIDE KICKS ALLOWED PERIOD!) This is a safety precaution. This allows the opposing team to have possession after a touchdown. However, if the receiving team has a player and the player picks up or catches the ball and runs 3-5 yards then fumbles that would be a normal turnover. However, if the referee decides the attempt was more of an "onside kick" to force a fumble then the ball will be the receiving team possession at the point of kick.

7. After a touchdown and extra point attempt, the ball shall be placed on the 30-yard line to begin the opposite team's possession.

8. Each quarter will be 10 minutes long. The clock will stop on change of possession, measured first downs, time outs, injury timeouts called by the official, Official and coordinator time outs, and after touchdowns during extra points. After touchdowns/extra points the clock will start back after the referee gets the ball set on the 30-yard line or fake punt line and initiates the clock to start for the next play. An exception will be if both coaches agree not to have the clock stopped for mercy rule 20+ points ahead or reasonable reason. Games will be played under high school rules for the last two minutes of each half. This means that the clock will stop when the ball is out of bounce, incomplete pass, etc.

9. Punts: The fake punt will be 30 yards except with the following. Upon punting inside the 30-yard line the ball will place half the distance to the goal. So if the ball is on the 29-yard line it will go to the 14.5 distance. All other punts outside the 30-yard line the ball will go 30 yards. This means if the ball is on the 31-yard line and is punted then it will be placed on the 1-yard line.

10. Any penalty maybe declined to support the punt distance.

11. Each team will have 3 time-outs each half. An exception is if a team is beating another team “blowout 20+ points” then the winning team should not use a time out

12. The offense will have 30 seconds to run a play once the ball is set. The official shall monitor this, but if no play clock is shown and the official is going by his watch then the official shall 1st issue a warning. Officials will need to use sound judgment when enforcing this rule. (i.e. delaying game, game blowouts, etc.)

13. Points after a touchdown will be 2 points for a field goal or 1 point for a run/pass play.

14. No rushing the kicker at all during the extra point. Defensive players may jump in place but cannot exceed the line of scrimmage. No time limit as to kick the football once the ball has been hiked. Even if the snap is dropped they cannot rush and the player can set the ball on the tee for the kick. The ball is not dead. This is set up to allow the kicker to kick regardless of bad snaps etc. (NO FAKE FIELD GOALS ARE ALLOWED).

15. No team will line head-up with the center in the 1 & 2 and 3 & 4 grade division. Shading is permitted in the gaps. Linebackers must be 3-5 yards back from the line of scrimmage to be able to rush the gaps. Linebackers - -Are players that are not in the down stance—exceptions will be if the ball is within the 10-yard line to allow for a goal-line defense. (if a linebacker goes to rush and stops because of a 2-3 count then

the linebacker needs to try and return to the 3-5 yard spot. However, it is understood that these children make mistakes and the referee will be the judge of this rule.

### **Rule Violations**

1.Chain of Command. A parent must first speak to the coach 1st, then the town coordinator, then league president (not preferred). A Coach must first speak to his/her town coordinator, then the league president.

2.Cheating is not permitted. This includes athletes playing downgrades, incorrect ages, etc. and anything else as determined by the Board. If a team is caught cheating this team will be banned from the league for the entire season, the coach will be banned, and all games will be counted as a loss with 20 points awarded to each loss. Also, the town will be required to pay the fine for games not played. The fine will be payable to each town that missed the game because of the loss and cheating. Please refer to rule #23.

3. If a player, coach, or parent is asked to leave the game by an official or administration they must do so immediately. The option to return to the field will be monitored by the home field coordinator.

4.If a person gets banned or removed from games multiple times (2 or more) then the board will discuss a permanent ban on that individual and/or student-athlete/player. Only the Board can reinstate any player, coach, parent, or spectator that has been banned from the game.

5.There will be a zero-tolerance of the taunting of any player, coaches, or referee. Games get emotional, but professionalism must be maintained. An official may flag the offending team as necessary for this offense similar to HS rules.

6.Targeting will be monitored and shall be enforced. Targeting will typically first be issued a warning if the official does not deem it flagrant. Second time in a game and the player may be removed from the game. This was discussed in the league meeting and it is suggested that each official speaks with the town coordinator about this discussion.

7.Suspect cheating will not be tolerated. To just suspect and accuse someone on cheating will be considered unprofessional and tarnish such a person's reputation. ONLY the Coach or town president can present hardship of cheating to the president and/or board. Parents, relatives, spectators must follow the chain of command if suspected cheating is taking place. They must have reasonable evidence before

accusing another team and town. The town coordinator may bring it to the president and board. They must have evidence and not assumptions. THE LEAGUE will not research for you. The evidence will be presented to the accused of their defense before being determined guilty so they may state their case. If it is determined a town is cheating the rules as stated shall apply.

8. Protests should be brought to the referee or official during the game and the referee shall continue the game under protest. The coach protesting must also notify his town coordinator within a reasonable time (Typically after the game) of the protest. The official shall note the time and quarter of the protest and may have an official timeout to consult the town coordinator. The 1-a-little league President and Board must be notified of the protest as soon as possible. Rule protest shall be the only protest made and judgment calls should not be made as a protest. However, if multiple judgment calls severely affect the outcome of a game then a protest can be made. However, physical evidence must be provided to the board to determine if the protest has substantial ground. Officials have a difficult job and must be respected and appreciated. Some judgment calls are expected to be missed or incorrect and should not be challenged. Disrespect of officials will not be tolerated. A coach may professionally approach an official and then is allowed to approach his town director or opposing town director and follow the chain of command.

## **Playoffs**

1. Game playoffs shall be determined by the board for each calendar year.

2. Playoff rankings will start with win/loss records. In the event of a tie, a maximum of 20 points per game per team will be added to decide the winner. In a forfeited game the winner will be given 20 points. If this is a tie then a coin flip must take place. If a 3-way tie takes place again a coin flip must take place

3. Championship rings and crystal trophies will be awarded at the Super Bowl for 1<sup>st</sup> place in each division. A second-place team trophy will be awarded to the 2<sup>nd</sup> place team. Similar to a silver ball like high school. The league will pay for the Super Bowl trophies and the school with play-off games will purchase the championship rings and second place trophy. **(Redetermined on 5-17-23)**

4. Each town will donate the share of the cost of the crystal trophies. .

5. If a team drops out of the playoff or forfeits then the other team will advance in the playoff. No other team may fill in for a forfeit playoff.

~~6. Only 2 referees are required for conference games, but 3 or more referees are required for playoffs and super bowl games. If a home town elects to have more officials they may do so.~~ Two referees are required for 1/2 grade games. Three referees are required for 3/4 grade, 5/6 grade, playoffs, and Super Bowl. **(Rule changed on 7-14-21)**

7. Post Season	Super Bowl	Play-off Site	<b>(Approved 5-17-23)</b>
2023	Roland	Muldrow	
2024	Vian	Haskell	
2025	Stigler	Keys	
2026	Gore	Checotah	

### Tie Games

1. Upon a tie high school rules apply with the exception that the ball is placed on the 10-yard line. The offense gets 4 plays to score unless they turn it over. Each team will have an opportunity for the offense until the tie is broken.

### General Rules

1. Other than these rules all high school rules apply. Please use common sense and common courtesy while coaching and playing in the 1A Little League. Any complaints about these rules or problems during games should be presented to the president for rule confirmation. You may contact the president by phone.

2. All student-athletes must be allowed to participate in some fashion of the game at the coach's discretion. For instance, if the player is not attending practice then the coach may decide to playtime. However, if normal attendance is completed then the coaches need to find a way for the player to participate.

3. Stigler, Warner, Stillwell, and Vian only has 3 home games on the 2019 season and thus should have 4 games on the 2020 season. Muldrow, Roland, Panama, and Spiro have 4 home games for the 2019 season and thus shall receive 3 home games the following season or the lesser amount than the others having fewer games in 2019 and so forth.

4. The league name was changed to I-40 Little League Conference on 4-13-22. **The league name was changed back to 1-A Little League on 5-17-23.**

### Concussion Protocol



1-A Football is committed to maintain an adequate system and regularly promote concussion awareness and safety recognition programs including but not limited to the online Concussion Course offered by the Center for Disease Control and Prevention.

1-A Football communicates, in writing (including by electronic means), our concussion awareness and safety recognition program to all participants, coaches, parents, and involved parties.

1-A Football has a clear understanding of concussion and the potential consequences of the injury: recognizing concussion signs and symptoms and how to respond.

1-A Football is focused on prevention and preparedness to help participants stay safe and learn the steps for returning to activity after a concussion.

1-A Football will take the following 5 steps if we suspect a participant has a concussion:

1) Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.

2) Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.

3) Recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

4) Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional who is experienced in evaluating for concussion.

5) Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he/she is symptom-free, and it's OK to return to play. A repeat concussion that occurs before the brain

recovers from the first concussion—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death. (Added on 7-15-21)

#### Contact Information

President	David Honeycutt	5-17-23
Vice President	Glen Soulte	5-17-23