

2006 SEASON
HOUSTON FOOTBALL ASSOCIATION
FOOTBALL RULES AND REGULATIONS

I. GOVERNMENT:

- A.) THE HFA IS AN ORGANIZATION MADE UP OF FIVE MEMBER CLUBS WITH OAKS DAD'S CLUB BEING ADDED AS A PROBATIONARY CLUB FOR 2005 SEASON. ACRES HOMES, ALIEF YOUTH ASSOCIATION, INWOOD DADS CLUB, SOUTHWEST COMMUNITY BAPTIST CHURCH AND ALIEF DAD'S CLUB. EACH NON PROBATIONARY CLUB HAS AN EQUAL VOTE IN THE ENACTMENT AND MODIFICATION OF ANY AND ALL RULES AND REGULATIONS.
- B.) RULES AND REGULATIONS WILL BE REVIEWED ON AN ANNUAL BASIS IN A MEETING TO BE HELD IN THE MONTH OF JANUARY FOLLOWING COMPLETION OF THE SUPERBOWL TOURNAMENT. FOR EXAMPLE: THE MEETING FOR REVIEW OF THE 2005 SEASON WILL TAKE PLACE IN JANUARY OF 2006.
- C.) ANY RULES CHANGES OR MODIFICATIONS, OTHER THAN PLAYING DIVISIONS, WILL BE DISCUSSED AND RATIFIED IN THE ANNUAL MEETING AND WILL BE APPROVED BY A SIMPLE MAJORITY.
- D.) SUPERBOWL TOURNAMENT IS HANDLED BY ONE CLUB ON A REVOLVING BASIS WITH ASSISTANCE AS NEEDED BY MEMBER CLUBS.
- E.) UNIFORM DRAFT RULES HAVE BEEN ADOPTED FOR HFA MEMBERS. THESE RULES WILL SERVE AS AN OVERALL GUIDE AND OTHER MEMBER CLUB'S DURING THE DRAFTING OF TEAMS WILL MONITOR THEIR IMPLEMENTATION. THESE RULES OVERRIDE LOCAL OPTIONS THAT FORMERLY EXISTED SUCH AS PROTECTION OF PLAYERS AND MULTIPLE PLAYERS BEING ASSIGNED TO A TEAM UNDER THE GUISE OF 'PARENT IS AN ASSISTANT COACH ON THE TEAM'.
- F.) DRAFT RULES ARE AS FOLLOWS:
- 1) EVERYONE IS ENTITLED TO A PICK IN THE 1ST AND 2ND ROUND.
 - 2) DRAFT ORDER IS TO BE DETERMINED BY NUMBER OF RETURNEES TO A GIVEN TEAM. THE TEAM WITH THE LEAST NUMBER OF RETURNERS SHALL DRAFT FIRST AND THE TEAM WITH THE MOST RETURNERS SHALL DRAFT LAST.
 - 3) ONLY ONE (1) PLAYER MAY BE ASSIGNED TO A TEAM OUTSIDE OF THE DRAFT AS 'SON OF AN ASSISTANT COACH'.
 - 4) ONLY PLAYERS THAT TRY OUT AND ARE REGISTERED BEFORE THE DRAFT CAN BE DRAFTED. ALL PLAYERS NOT SHOWING UP FOR THE TRYOUT THAT CANNOT BE RATED BY THE COACHES WILL BE TREATED AS A NO SHOW AND WILL ASSIGNED TO A TEAM BY MEANS OF A BLIND DRAFT (ALSO KNOWN AS A 'HAT PICK'). PLAYERS THAT DO NOT APPEAR AT TRYOUTS BUT ARE KNOWN BY THE COACHES MAY BE RATED IF A MAJORITY OF THE COACHES AGREE ON THE RATING. UNDER NO CIRCUMSTANCES MAY A PLAYER BE PLACED ON A TEAM WITHOUT GOING THROUGH THE DRAFT OR BEING A 'HAT PICK'.
 - 5) BROTHER'S MUST BE LIVING IN THE SAME HOUSE TO BE ELIGIBLE TO PLAY ON THE SAME TEAM AND BE DRAFTED AS A PAIR. COUSINS, NEPHEWS OR ANY OTHER RELATIVES MAY NOT BE PLACED ON A TEAM WITH THEIR RELATIVE BUT INSTEAD MUST BE ASSIGNED TO A TEAM BY WAY OF THE DRAFT.
 - 6) LOCAL RULES SUCH AS RATING AND DRAFTING BY RATING AND USE OF THE SNAKE DRAFT TECHNIQUE ARE STILL ALLOWED AS LONG AS THEY CONFORM TO THE OVERALL GUIDELINES
 - 7) ANY DRAFT THAT IS CONDUCTED WITHOUT A MONITOR FROM ANOTHER MEMBER CLUB MAY BE SUBJECT TO REDRAFT IF OTHER MEMBER CLUBS WERE NOT NOTIFIED OF TIME, DATE AND LOCATION OF EACH LEAGUES DRAFT.
- G.) ALL PLAYER'S PARENT(S)/LEGAL GUARDIAN(S) MAY BE REQUIRED TO COMPLETE A PLAYER'S AFFADAVIT TO ALLOW FREE AND UNFETTERED ACCESS TO EACH PLAYER'S BIRTH RECORDS AS WELL AS MIDDLE SCHOOL/JUNIOR HIGH SCHOOL RECORDS. THIS IS TO ALLOW FOR VERIFICATION OF PARTICIPATION AND AGE VERIFICATION IN A TIMELY AND EQUITABLE MANNER. THE AFFIDAVIT IS ONLY FOR THE CURRENT SEASON AND SHALL EXPIRE AT THE COMPLETION OF THE CURRENT SEASON. NO EXCEPTIONS WILL BE ENTERTAINED OR ALLOWED!

H. ALL CLUB TEAM NAMES WILL BE NATIONAL FOOTBALL LEAGUE (NFL) NAMES. NO COLLEGE, SEMI-PRO, CANADIAN FOOTBALL TEAM NAMES OR OTHER MONIKERS WILL BE ALLOWED.

II. COACHES:

- A.) ALL COACHES MUST CONDUCT THEMSELVES IN A PROFESSIONAL MANNER AT ALL TIMES AND MUST TEACH CLEAN, SPORTSMANLIKE FOOTBALL.
- B.) ALL COACHES HAVE THE RESPONSIBILITY OF DISCIPLINING ALL PLAYERS OR FANS WHO BY ACTION OR DEED BRING DISCREDIT TO THEIR TEAM. ALL PLAYERS ARE EXPECTED TO PLAY BY THE RULES AND USE CLEAN, SPORTSMANLIKE CONDUCT AT ALL TIMES. THE USE OF FOUL LANGUAGE AND/OR RUDE, CRUDE OR OFFENSIVE HAND AND/OR BODY GESTURES BY PLAYERS, COACHES OR FANS MAY RESULT IN AN UNSPORTSMANLIKE PENALTY.
- C.) ALL COACHES HAVE THE RESPONSIBILITY OF INSPECTING THEIR PLAYERS EQUIPMENT TO INSURE A PROPER FIT AND TO BE SURE THAT IT IS OF SUFFICIENT QUALITY, FIT AND CONDITION TO BE SAFE AND EFFECTIVE.
- D.) ANY COACH WHO IS EJECTED FROM A GAME WILL HAVE HIS ACTIONS REVIEWED BY HFA DIRECTORS TO DETERMINE IF ADDITIONAL ACTION SUCH AS SUSPENSION OR REMOVAL AS A HEAD COACH MAY BE WARRANTED.
- E.) DIRECTORS AND COMMISSIONERS OF EACH CLUB ARE CHARGED WITH ENFORCEMENT OF ALL HFA RULES. ANY COACHES THAT IGNORE A DIRECTOR AT A VISITING LOCATION, STONEWALL, OR TRY TO IGNORE THE RULES MAY BE SUSPENDED FROM HIS NEXT GAME.

III. PLAYERS:

- A.) ALL PLAYERS MUST BE REGISTERED THROUGH THE OFFICE OF THEIR CLUB'S FOOTBALL BOARD.
- B.) LEAGUE AGE SHALL BE THE AGE OF THE PLAYER AS OF JULY 31ST OF THE CURRENT YEAR. PROOF SHALL BE BY **BIRTH CERTIFICATE** OR ANY OTHER **GOVERNMENTAL DOCUMENT** (I.E. PASSPORT, IMMUNIZATION RECORDS, ETC.). KEEPSAKE HOSPITAL RECORDS ARE NOT CONSIDERED AS LEGAL GOVERNMENTAL DOCUMENTS FOR PURPOSE OF AGE VERIFICATION.
- C.) ALL MEMBER CLUB'S MUST HAVE A MINIMUM OF TWO (2) TEAMS IN ANY DIVISION, THESE TEAMS MUST BE FORMED BY A DRAFT SYSTEM. THE SYSTEM EMPLOYED CAN BE DETERMINED BY THE INDIVIDUAL CLUB, SUBJECT TO THE FOLLOWING RESTRICTIONS:
- 1.) THE DRAFT SYSTEM MUST PROVIDE TEAMS OF NEARLY EQUAL NUMBERS.
 - 2.) THE DRAFT SYSTEM WILL NOT BE SUCH THAT MAJOR/ MINOR TEAMS ARE CREATED BY DESIGN OF THE DRAFT SYSTEM.
- D.) CLUB'S PARTICIPATING IN THE H.F.A. AGREE TO MAKE A COPY OF THEIR CLUB'S DRAFT RULES AVAILABLE UPON REQUEST.
- E.) PLAYERS SHALL BE ASSIGNED TO A DIVISION ACCORDING TO THE FOLLOWING AGES AND WEIGHTS:

1.) FLAG FOOTBALL:

a.) FRESHMAN DIVISION: - AGES 5, 6

(OVERSIZED PLAYERS ARE DEFINED AS ALL AGES WEIGHING OVER 60 POUNDS)

2.) CONTACT FOOTBALL:

a.) **PREP DIVISION: - AGE 7 - NO MINIMUM
AGE 8 - NO MINIMUM**

(OVERSIZED PLAYERS ARE DEFINED AS ALL AGES WEIGHING OVER 80 POUNDS)

b.) JUNIOR VARSITY DIVISION: - AGE 9 - NO MINIMUM
AGE 10 - NO MINIMUM

(OVERSIZED PLAYERS ARE DEFINED AS ALL AGES WEIGHING OVER 110 POUNDS)

- c.) VARSITY DIVISION: - AGE 11 - NO MINIMUM
AGE 12 - NO MINIMUM

(OVERSIZED PLAYERS ARE DEFINED AS ALL AGES WEIGHING OVER 140 POUNDS)

F.) A PLAYER MAY PLAY IN THE DIVISION ABOVE (PLAY UP) AT THE CLUB DIRECTOR'S OPTION. ONCE THE MOVE IS MADE IT CANNOT BE UNDONE DURING THAT SEASON. (FLAG PLAYER A ELECTS TO PLAY PREP BUT AFTER ROSTER'S ARE TURNED IN PLAYER A WANTS TO RETURN TO FLAG, THIS IS NOT ALLOWED) THE PARENT(S)/GUARDIAN(S) MUST ALSO SIGN A RELEASE APPROVING SUCH A MOVE UP THAT WILL HOLD HARMLESS ALL MEMBER CLUBS GOVERNING OFFICER'S, COACHES AND OTHER PLAYER'S IF INJURY SHOULD OCCUR. THE PLAYER MAY NOT PLAY UP MORE THAN ONE DIVISION. **A PLAYER MAY NOT ELECT TO PLAY DOWN.**

- a) FLAG AGE MAY PLAY PREP, PREP PLAY JV AND JV PLAY VARSITY.
G.) OVERSIZED PLAYERS, AS DEFINED ABOVE FOR EACH DIVISION MUST PLAY TACKLE TO TACKLE ON THE OFFENSIVE LINE OF SCRIMMAGE.

- a. PLAYERS WHO WOULD BE CLASSIFIED AS OVERSIZED MAY NOT PLAY AT THE END OF THE LINE ON OFFENSE AS THAT WOULD MAKE HIM AN ELIGIBLE RECEIVER.

FOR EXAMPLE:

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                X
                X
            X
    X   X   X   O   X   X   X
    X   X   X   O   X   X   X
  
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PLAYERS UNDERLINED MUST
NOT BE OVERSIZED PLAYERS

NO EXCEPTIONS!!

H.) AN OVERSIZED PLAYER MAY NOT ADVANCE THE BALL ON OFFENSE.

- a. IF A TEAM IS RUNNING AN UNBALANCED LINE, SUCH THAT THEIR TACKLE IS NOW AT THE END OF THE LINE, THE PLAYER MUST NOT BE AN OVERSIZED PLAYER AND MUST HAVE A WRIST BAND ON HIS LEFT WRIST. PROMISING THAT THE PLAYER WILL NOT CATCH A PASS AND THUS VIOLATE THE BALL CARRIER WEIGHT RULE IS NOT ACCEPTABLE

I.) AN OVERSIZED PLAYER MUST PLAY ON THE FRONT LINE (LINE OF SCRIMMAGE) ON KICKOFFS. UNDER NO CIRCUMSTANCES CAN HE DROP BACK TO RECEIVE A KICK.

J.) AN OVERSIZED PLAYER MAY ADVANCE THE BALL ON DEFENSE OR ON KICKOFFS PROVIDING THAT HE IS THE INITIAL PLAYER TO RECEIVE POSSESSION OF THE BALL OR HIS TEAM (I.E. THE BALL CANNOT BE HANDED, PASSED, KICKED, LATERALLED OR FUMBLED TO AN OVERSIZED PLAYER BY ANOTHER PLAYER WHO OBTAINED POSSESSION OF THE BALL IN A LEGAL MANNER).

- a.) IN THE EVENT THAT AN OVERSIZED PLAYER RETURNS A KICKOFF FROM ANY SPOT OTHER THAN THE FRONT LINE THE PENALTY SHALL BE A REKICK WITH A TEN-YARD PENALTY FROM THE PREVIOUS LINE OF SCRIMMAGE.

- 1.) BALL IS KICKED FROM THE 40 YD LINE AND A PLAYER WITHOUT A WRIST BAND FIELDS THE BALL AND RETURNS THE KICK. THE PENALTY IS AN APPEAL PLAY. THE OPPOSING COACH MUST NOTIFY THE OFFICIAL OF THE PENALTY AND THE OPTION OF RE-KICK IS AT THE DISGRESSION OF THE DEFENSIVE COACH (TEAM THAT KICKED THE BALL. IF RE-KICK IT WOULD BE FROM THE 50 YD LINE. IF THE COACH FAILS TO APPEAL AND A PLAY IS RUN THE APPEAL IS NO LONGER VALID.

K.) AN OVERSIZED PLAYER MAY BE A KICKER OR PUNTER, BUT STILL MAY NOT ADVANCE THE BALL ON OFFENSE EVEN IF THE PUNT IS IN DANGER OF BEING BLOCKED. THE IDEA IS NOT TO PUNISH

THE PLAYER FOR HIS SIZE BUT TO ENSURE THAT SOMEONE WOULD NOT TRY TO GET AROUND THE RULE BY USING AN OVERSIZE PLAYER KNOWING THAT HE WAS GOING TO RUN FROM A PUNT FORMATION AS THE "PUNTER".

L.) AFTER THE SEASON BEGINS (**SEPTEMBER 17, 2005**), A PLAYER MAY NOT MOVE UP TO THE NEXT DIVISION, NOR APPEAR ON TWO (2) ROSTERS THAT COULD FACILITATE SUCH A MOVE.

M.) NO PLAYER MAY PARTICIPATE IN TWO (2) OR MORE PROGRAMS IN THE SAME SEASON (I.E. PLAYING JUNIOR HIGH SCHOOL FOOTBALL, MIDDLE SCHOOL FOOTBALL OR ANY OTHER ORGANIZED FOOTBALL CLUBS SUCH AS FUN FOOTBALL OR NORTH HARRIS COUNTY FOOTBALL AS WELL AS PLAYING IN THE H.F.A.). IF A PLAYER IS FOUND TO HAVE PARTICIPATED IN SCHOOL BALL AND H.F.A. BALL AT THE SAME TIME, ANY AND ALL VICTORIES WILL BE DECLARED A FORFEIT FOR EVERY GAME THE PLAYER WAS A MEMBER OF THE TEAM.

a.) PARTICIPATION IS DEFINED AS BEING SIGNED UP AT A HFA CLUB BUT PRACTICING AT SCHOOL AT THE SAME TIME. THIS IS NOT ALLOWED. IF A PLAYER APPEARS ON A SCHOOL ROSTER OR A COACH CERTIFIES THAT THE PLAYER PARTICIPATED WITH THE SCHOOL TEAM WHILE REGISTERED AT A HFA CLUB ALL VICTORIES WILL BE DECLARED FORFEITS.

N.) NO NEW PLAYERS MAY BE ADDED TO A TEAM AFTER **09/12/2005**.

O.) IN THE EVENT THAT AN OVERSIZED PLAYER IS PLAYED IN A POSITION THAT IS NOT LEGAL FOR AN OVERSIZED PLAYER, THE OPPOSING COACH SHOULD MAKE THE OFFICIALS AWARE OF THE INFRACTION (JUST LIKE AN APPEAL IN BASEBALL) BEFORE THE NEXT PLAY. THE OFFICIAL WILL GIVE THE TEAM ONE WARNING! IF THE INFRACTION HAPPENS AGAIN, AND FOR EACH SUBSEQUENT VIOLATION, AN UNSPORTSMANLIKE CONDUCT PENALTY WILL BE ASSESSED. IN THE EVENT THAT OFFICIALS FAIL TO ENFORCE THE WRIST BAND RULE, IT SHOULD BE NOTED THAT HFA WILL ENFORCE IT BY PENALIZING VIOLATING TEAMS BY FORFEITURE.

P.) TEMPER FLARE IN ALL GAMES AND CIRCUMSTANCES ARISE THAT MAY CAUSE PLAYERS TO HANDLE THEMSELVES IN LESS THAN SPORTSMANLIKE BEHAVIOR. SHOULD THIS OCCUR IN A GAME THE PLAYER MAY BE SENT TO THE SIDELINE FOR A SERIES TO "COOL DOWN" AND GET CONTROL OF HIS EMOTIONS. IN THE EVENT A SUBSEQUENT TEMPER PROBLEM SHOULD ARISE THE OFFICIALS WILL BE WITHIN THEIR BOUNDS TO ENFORCE WHATEVER PENALTY THEY FEEL WOULD BE APPROPRIATE INCLUDING EJECTION FROM THE GAME. **EJECTION FROM A GAME** SHOULD BE A LAST RESORT AND ONLY IMPOSED AFTER A PREVIOUS "COOLING DOWN" SESSION HAS BEEN UTILIZED AND HAS FAILED TO CONTROL THE SITUATION.

IV. TEAM ROSTERS:

A.) EACH CLUB SHALL SUBMIT ROSTERS FOR EACH OF IT'S TEAMS AT A DATE TO BE AGREED UPON (**9/10/2005**). IF ROSTERS ARE NOT RECEIVED, ALL TEAMS OF THE CLUB THAT HAS NOT SUBMITTED IT'S ROSTER WILL HAVE THEIR FIRST GAME RULED A FORFEIT AND ALL GAMES ON THE SCHEDULE PLAYED WITHOUT A ROSTER WILL BE FORFEIT UNTIL ROSTERS HAVE BEEN SUBMITTED.

B.) THE ROSTER WILL PROVIDE THE FOLLOWING INFORMATION: NAMES, AGES (AS OF JULY 31ST OF THE CURRENT YEAR), BIRTH DATES, WEIGHTS AND JERSEY NUMBERS OF EVERY PLAYER ON EVERY TEAM. THE CLUB AND TEAM NAME WILL APPEAR ON EVERY ROSTER. THE DIVISION (FLAG, PREP, J.V., AND VARSITY) MUST ALSO BE LISTED ON EVERY ROSTER. PLAYERS IN THE VARSITY DIVISION MUST ALSO LIST THE SCHOOL THEY ARE ATTENDING. HOME SCHOOL TO BE APPROVED AND VERIFIED BY THE DIRECTOR OF THE MEMBER CLUB. EACH ROSTER MUST BE LISTED ON ONE SHEET OF PAPER.

C.) ALL ROSTERS WILL BE CERTIFIED AS ACCURATE BY THE FOOTBALL DIRECTOR OR HIS DESIGNEE OR APPROPRIATE CLUB OFFICIAL OF EACH CLUB.

D.) THERE SHALL BE NO SWITCHING OF JERSEY NUMBERS ONCE THE TEAM ROSTERS HAVE BEEN SUBMITTED. IF FOR ANY REASON A JERSEY NUMBER CHANGE BECOMES NECESSARY, ALL OPPOSING COACHES MUST BE NOTIFIED BEFORE THE START OF THE GAME. FAILURE TO DO SO WILL RESULT IN A FORFEIT.

- 1) THE OPPOSING COACHES WILL MEET FOR A COIN TOSS TO DECIDE WHO HAS FIRST CHOICE AND MAY SELECT OFFENSE OR DEFENSE. THE LOSER SELECTS THE END OF THE FIELD THAT THE TIE BREAKER WILL BE PLAYED ON. TEN MINUTES IS PLACED ON THE CLOCK AND THERE IS ONE TIME OUT PER OVERTIME PERIOD. THE CLOCK IS RUN THE SAME AS DURING REGULATION PLAY. THE BALL IS PLACED ON THE 15-YARD LINE AND PLAY BEGINS. IF THE TEAM ON OFFENSE SCORES THE OPPOSING TEAM HAS AN OPPORTUNITY TO SCORE. IF SUCCESSFUL, THE PROCEDURE IS CONTINUED UNTIL ONE TEAM HAS SCORED AND PREVENTED THE OTHER TEAM FROM SCORING. FOR EXAMPLE:

TEAM A WINS THE TOSS, ELECTS OFFENSE AND SCORES
TEAM B SCORES

TEAM A WILL RECEIVE THE BALL AT THE 15 AND TRY AGAIN, THEY FAIL TO SCORE
TEAM B SCORES – TEAM B IS THE WINNER

IF TEAM B HAD NOT SCORED, TEAM A WOULD RECEIVE THE BALL ON THE 15 AND THE PROCESS WOULD BEGIN AGAIN.

IN THE EVENT TWO POSSESSIONS HAVE BEEN PLAYED AND THE SCORE REMAINS TIED THE EXTRA POINT ATTEMPTS MUST NOW BE FOR 2 POINTS. THIS MAY INCLUDE KICKING THE EXTRA POINT OR PASSING.

b.) 100 YARD FIELD

- 1) THE OPPOSING COACHES WILL MEET FOR A COIN TOSS TO DECIDE WHO HAS FIRST CHOICE AND MAY SELECT OFFENSE OR DEFENSE. THE LOSER SELECTS THE END OF THE FIELD THAT THE TIEBREAKER WILL BE PLAYED ON. TEN MINUTES IS PLACED ON THE CLOCK AND THERE IS ONE TIME OUT PER OVERTIME PERIOD. THE CLOCK IS RUN THE SAME AS DURING REGULATION PLAY. THE BALL IS PLACED ON THE 25-YARD LINE AND PLAY BEGINS. IF THE TEAM ON OFFENSE SCORES THE OPPOSING TEAM HAS AN OPPORTUNITY TO SCORE. IF SUCCESSFUL, THE PROCEDURE IS CONTINUED UNTIL ONE TEAM HAS SCORED AND PREVENTED THE OTHER TEAM FROM SCORING. FOR EXAMPLE:

TEAM A WINS THE TOSS, ELECTS OFFENSE AND SCORES
TEAM B SCORES

TEAM A WILL RECEIVE THE BALL AT THE 25 AND TRY AGAIN, THEY FAIL TO SCORE
TEAM B SCORES – TEAM B IS THE WINNER

IF TEAM B HAD NOT SCORED, TEAM A WOULD RECEIVE THE BALL ON THE 25 AND THE PROCESS WOULD BEGIN AGAIN.

IN THE EVENT TWO POSSESSIONS HAVE BEEN PLAYED AND THE SCORE REMAINS TIED THE EXTRA POINT ATTEMPTS MUST NOW BE FOR 2 POINTS. THIS MAY INCLUDE KICKING THE EXTRA POINT OR PASSING.

VII. GENERAL RULES OF PLAY:

A.) NO PRACTICE OR TEAM MEETING WILL BE PERMITTED PRIOR TO (AUGUST 13, 2005).

B.) PRACTICE WILL BE LIMITED TO THE FOLLOWING:

- 1.) A PRACTICE IS DEFINED AS ANY GATHERING OR GROUPING OF PLAYERS ON A TEAM (2 OR MORE) IN OR OUT OF DOORS, IN OR OUT OF UNIFORM, UNDER COACHES SUPERVISION THAT WOULD FURTHER THEIR MENTAL OR PHYSICAL DEVELOPMENT IN THE GAME OF FOOTBALL.
- 2.) A PRACTICE SESSION SHALL NOT EXCEED TWO (2) HOURS.
- 3.) THERE WILL BE ONLY ONE (1) PRACTICE SESSION PER DAY.
- 4.) ONLY FOUR (4) TEAM MEETINGS PER WEEK ARE PERMITTED. ANY PRACTICE SESSION, SCRIMMAGE OR GAME IS CONSIDERED A TEAM MEETING UNDER THE SCOPE OF THIS RULE.

C.) NO TEAM SHALL BE ALLOWED TO PLAY A GAME UNLESS IT'S HEAD COACH OR APPOINTED AND APPROVED ADULT REPRESENTATIVE IS PRESENT.

D.) IN CASE OF ADVERSE WEATHER CONDITIONS A GAME CAN BE POSTPONED BY THE FOOTBALL DIRECTOR, OR HIS / HER EQUIVALENT, OF THE HOME TEAM.

a.) GAMES POSTPONED WILL BE RESCHEDULED BY BOTH AFFECTED DIRECTORS ONLY, NOT BY COACHES AGREEMENT!

E.) AT LEAST TWO (2) OFFICIALS WILL BE PROVIDED FOR EACH GAME. THE HOME TEAM WILL SCHEDULE AND PAY FOR THE REFEREES. (NOTE: THREE (3) OFFICIALS ARE REQUIRED FOR THE SUPER BOWL TOURNAMENT AND ALL PLAYOFF GAMES LEADING TO IT FOR CONTACT FOOTBALL AND TWO (2) FOR FLAG FOOTBALL) IN THE EVENT A TEAM DOES NOT HAVE A HOME FIELD, THEN THAT TEAM WILL PAY HALF THE COST OF THE REFEREES WITH PAYMENT BEING DUE BEFORE THE GAME BEGINS.

F.) EACH PLAYER WILL PLAY A MINIMUM OF TWELVE (12) DOWNS PER GAME.

a.) IN THE EVENT THAT A PLAYER HAS NOT PLAYED THE MINIMUM NUMBER OF PLAYS, THAT PLAYER SHALL PLAY THE ENTIRE NEXT GAME ON EITHER OFFENSE OR DEFENSE.

b.) UPON THE SECOND VIOLATION OF THE MINIMUM PLAY RULE THE HEAD COACH WILL BE SUSPENDED FROM HIS NEXT GAME. THAT MEANS HE MAY NOT COMMUNICATE, SEND PLAYS, SIGNALS OR HAVE ANY CONTACT OR INFLUENCE UPON HIS TEAM FOR THAT GAME.

c.) IT IS SUGGESTED THAT EACH TEAM DESIGNATE A DOWNSKEEPER AND IDENTIFY THEIR DESIGNEE TO THE OPPOSING TEAMS HEAD COACH BEFORE THE START OF THE GAME. EACH HEAD COACH WILL SIGN THE OPPOSING TEAMS DOWN TRACKING SHEET AFTER EACH GAME. FAILURE OR REFUSAL TO SIGN A DOWNS SHEET COULD RESULT IN A SUSPENSION OR REMOVAL OF A HEAD COACH.

F.) THE OFFICIAL BALL FOR EACH DIVISION IS AS FOLLOWS:

a.) FLAG: WILSON K2 OR RAWLINGS PW, BJB OR NIKE EQUIVALENT

b.) PREP: WILSON K2 OR RAWLINGS PW, BJB OR NIKE EQUIVALENT

c.) JV: WILSON TDJ OR RAWLINGS KRB-P OR PRO 5 OR NIKE EQUIVALENT

d.) VARS: WILSON TDY OR NIKE EQUIVALENT

H.) PLAYING FIELD DIMENSIONS WILL BE AS FOLLOWS:

1.) FLAG:

a.) FRESHMAN: - 80 YARDS LONG BY 40 YARDS WIDE

2.) CONTACT:

a.) PREP: - 80 YARDS LONG BY 40 YARDS WIDE

b.) J.V.: -100 YARDS LONG BY 53 YARDS WIDE

c.) VARSITY: - 100 YARDS LONG BY 53 YARDS WIDE

J.V. AND VARSITY MAY PLAY ON A FIELD THAT IS NO SMALLER THAN 80 YARDS LONG AND 40 YARDS WIDE. IF THEY ELECT TO PLAY ON A FIELD THAT IS 80 YARDS LONG AND 40 YARDS WIDE, THE CHOICE WILL BE THAT OF THE HOME TEAM.

3) A.) KICKOFFS ON A 100 YARD FIELD WILL BE ON THE KICKING TEAMS 40 YARD LINES.

b.) KICKOFFS ON AN 80 YARD FIELD WILL BE ON THE KICKING TEAMS 30 YARD LINE.

I.) THE RULES OF PLAY WILL BE THE CURRENT NCAA RULES OF PLAY, EXCEPT AS NOTED IN THE H.F.A. RULES. TIES WILL BE ALLOWED DURING THE REGULAR SEASON ONLY!

J.) MAJOR PENALTIES WILL BE TEN (10) YARDS.

- K.) QUARTERS FOR ALL CONTACT DIVISIONS WILL BE TEN (10) MINUTES WITH A NCAA CLOCK.
- L.) EXTRA POINTS ARE ONE FOR RUNNING THE BALL AND TWO (2) FOR KICKING OR CATCHING A PASS, PAST THE LINE OF SCRIMMAGE. THE PASS MUST BE CAUGHT ON THE DEFENSIVE SIDE OF THE LINE OF SCRIMMAGE. (I.E. NO FLARE, SCREEN, SWING OR OTHER SIMILAR PASS, REGARDLESS OF TERMINOLOGY, WILL BE ALLOWED FOR TWO (2) POINT CONVERSION PURPOSES.)
- M.) ALL PLAYERS THAT MAY CARRY THE BALL AS A RECEIVER, RUNNING BACK, KICKOFF RETURNER, PUNT RETURNER OR ANY OTHER POSITION THAT MAY ALLOW A PLAYER TO CARRY THE FOOTBALL ON OFFENSE MUST BE WEIGHED BEFORE EVERY GAME – NO EXCEPTIONS OR COACHES AGREEMENT! PLAYERS CERTIFIED AS ELIGIBLE WILL HAVE A WRISTBAND PROVIDED BY THE HOME TEAM PLACED ON THEIR LEFT WRIST. CHANGING OF WRISTBANDS OR ADDING A WRISTBAND WITHOUT BEING WEIGHED WILL NOT BE TOLERATED AND WILL RESULT IN A FORFEIT FOR THE GUILTY TEAM.
- N.) ONCE A PLAYER HAS BEEN WEIGHED HE WILL NOT BE ALLOWED TO RE-WEIGH TO POSSIBLY GAIN BALL CARRIER ELIGIBILITY. IN OTHER WORDS, ONCE WEIGHED YOU CANNOT BE WEIGHED AGAIN UNTIL THE NEXT GAME, REGARDLESS WHETHER THE PLAYER PASSED OR FAILED THE BALL CARRIER ELIGIBILITY WEIGHT TEST. A PLAYER MAY NOT SKIP WEIGHING IN, PLAY IN THE 1ST HALF OF THE GAME AND THEN BE WEIGHED AT THE HALF TO TRY TO BE BALL CARRIER ELIGIBLE.
- O.) DURING WEIGH-IN ONLY, BIRTH CERTIFICATES MAY BE CHALLENGED, AT THAT TIME FAILURE TO PROVIDE BIRTH CERTIFICATES WILL RESULT IN THE PLAYER(S) WITHOUT BIRTH CERTIFICATES BEING INELIGIBLE TO PARTICIPATE IN THAT GAME. UNTIL A VALID BIRTH CERTIFICATE IS PRESENTED FOR REVIEW BY THE OPPOSING TEAM.
- P.) LATE ARRIVAL AT THE GAME SITE WILL NOT EXCUSE A PLAYER OR COACH FROM THE CHALLENGE PROCESS. IF A PLAYER ARRIVES AFTER THE START OF THE GAME, HE WILL NOT BE ALLOWED TO PARTICIPATE PRIOR TO HALF TIME AND THEN **AS A SKILL PLAYER** ONLY IF HE SUCCESSFULLY PASSES THE CHALLENGE PROCESS.
- Q.) IF OFFICIALS FOR A FLAG GAME DO NOT ARRIVE AS SCHEDULED THE TWO TEAMS HAVE TWO CHOICES:
- 1) HAVE THE GAME RESCHEDULED WHENEVER IT IS POSSIBLE (WITH THE UNDERSTANDING IT MAY REQUIRE WEEKNIGHT TRAVEL)
 - 2) USE A VOLUNTEER FROM EACH TEAM THAT CAN BE FAIR AND OBJECTIVE AND KNOWS THE RULES OF THE GAME AND IS AGREEABLE TO BOTH HEAD COACHES.
- GAMES WILL NOT BE RULED FORFEIT FOR OFFICIALS NOT SHOWING UP FOR THE GAME.
- R.) ANY TEAM NOT ABLE TO FIELD, ELEVEN (11) PLAYERS IN CONTACT OR EIGHT PLAYERS IN FLAG, NO MORE THAN 15 MINUTES AFTER A GAME IS SCHEDULED TO START AND FOLLOWING A CHALLENGE WILL FORFEIT THE GAME AND BE RESPONSIBLE FOR PAYING THE REFEREES.
- S.) A STAFF OF NO MORE THAN SEVEN (7) PER TEAM WILL BE ALLOWED ON THE SIDELINES DURING A GAME. THIS INCLUDES WATER BOYS, TRAINERS AND ANY OTHER TYPE OF PERSONNEL.
- a.) IN THE EVENT THAT A TEAM HAS MORE THAN A SEVEN (7) PERSON STAFF, THE HEAD COACH WILL NOT BE ALLOWED TO PARTICIPATE AS A COACH IN THE NEXT GAME HIS TEAM PARTICIPATES IN. THIS MEANS HE MAY NOT BE ON THE SIDELINES OR PASS NOTES, SEND MESSAGES OR HAVE ANY OTHER COMMUNICATION WITH HIS TEAM FOR THAT GAME.
- T.) ALL COACHES PER TEAM WILL BE ALLOWED ON THE FIELD DURING

The kicking team may not split ends all the way out to prevent the rushing ends from having a reasonable chance of blocking the punt. In other words, the defensive ends will rush from the normal defensive end spot regardless whether there is an end present or split out.

RECEIVING TEAM

The underlined players are the **ONLY** receiving players that may rush the punt.

SE E T G C G T E SE
 OO O O O O O OO

O O The underlined players on the receiving team must be legally defined ball carrier weight. No oversized players may receive a punt or drop back under the guise of blocking and thus improving their chance of receiving a short kick.

AC.) JV AND VARSITY PUNT RULES: A TEAM MAY ELECT TO PUNT THE BALL ON ANY DOWN. IN THE EVENT A TEAM FAKES A PUNT THE PUNTER MUST BE BANDED AND ELIGIBLE TO CARRY THE BALL. IF AN OVERSIZE PLAYER IS THE PUNTER HE MAY NOT RUN THE BALL EVEN IF THERE IS A DANGER OF THE PUNT BEING BLOCKED.

IT SHOULD BE NOTED THAT NCAA RULES REQUIRE AT LEAST 1 SECOND DELAY BEFORE RUSHING OVER THE CENTER TO ATTEMPT TO BLCOK THE PUNT. FAILURE TO ALLOW THE 1 SECOND DELAY IS A PROCEDURE PENALTY (5 YARDS).

AN OVERSIZED PLAYER WHO MAY BE PLAYING LINEBACKER MAY NOT DROP BACK AND FIELD A PUNT, ONLY ELIGIBLE BANDED PLAYERS MAY RETURN A PUNT. ALL OTHER RULES OF PLAY PREVAIL IN RELATION TO THE GAME WITH RESPECT TO WHO MAY COVER THE PUNT, FAIR CATCHES, TWO OUTSIDE PLAYERS RELEASING ON THE SNAP ETC.

FOR EXAMPLE:

KICKING TEAM

X The kicking team underlined players are the only players that may release on the snap of the ball, the line shall maintain a normal tackle to
 X tackle set as illustrated below (there shall be no more than 1 foot (12 inches) between each lineman.

SE X X X X X X X SE
 E T G C G T E

RECEIVING TEAM

SE E T G C G T E SE
 OO O O O O O OO

O O The underlined players on the receiving team must be legally defined ball carrier weight. No oversized players may

receive a punt or drop back under the guise of blocking and thus improving their chance of receiving a short kick.

AD.) A TEAM MAY ELECT TO KICK FOR THEIR EXTRA POINT. THE SAME RULES APPLY FOR KICKING EXTRA POINTS AS THEY DO FOR PUNTS. PREP IS MODIFIED FREE KICK AND JV AND VARSITY HAS NO RESTRICTIONS EXCEPT FAKES MUST USE BANDED PLAYERS. NO OVERSIZE KICKERS MAY SCORE, PASS OR HANDOFF THE BALL EVEN IF THE KICK IS IN DANGER OF BEING BLOCKED. SUCCESSFUL KICKS ARE AWARDED 2 POINTS. GOAL POSTS ARE NECESSARY FOR THIS PLAY, THE DEFENSE MAY SCORE ON THE TRY IN JV AND VARSITY ACCORDING TO NCAA RULES OF PLAY. DEFENSE MAY NOT SCORE ON KICKS IN PREP.

FOR EXAMPLE:

KICKING TEAM

```

                X
            X
        X
    SE      X   X   X   X   X   X   SE
      E   T   G   C   G   T   E
  
```

DEFENDING TEAM

```

                SE      E   T   G   C   G   T   E
                OO      O   O   O   O   O   O
  
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The underlined players are the **ONLY** receiving players that may rush the punt. (**Prep Only**)

AE.) BANDANAS BEING WORN HAVE BEEN BANNED FOR ALL PLAYERS.

AF.) REMOVING THE HELMET ON THE FIELD OF PLAY FOR ANY REASON SUBJECTS THE OFFENDING PLAYER TO EXPULSION IN THAT GAME.

SPECIAL PROVISIONS FOR CLUBS FOUND IN VIOLATION OF PLAYER ELIGIBILITY RULES.

1ST VIOLATION - HEAD COACH AND ANY OTHER ASSISTANTS FOUND TO BE CULPABLE WILL BE REMOVED FROM ALL COACHING RESPONSIBILITIES FOR THE CURRENT SEASON IN ALL DIVISIONS. CLUB VIOLATING THE RULE WILL BE PLACED ON PROBATION IN THAT DIVISION FOR THE REMAINDER OF THE SEASON. ALL VIOLATIONS WILL BE REVIEWED BY A PANEL OF EACH MEMBER'S DIRECTORS FOR FAIRNESS IN REGARD TO THE VIOLATION(S).

2ND VIOLATION - HEAD COACH AND ANY ASSISTANTS FOUND AS PARTICIPANTS WILL BE BANNED FROM COACHING IN ANY HFA DIVISION UNTIL HE PETITIONS TO BE REINSTATED AND OBTAINS UNANIMOUS APPROVAL OF PARTICIPATING CLUBS. CLUB VIOLATING THE RULE WILL NOT BE ALLOWED TO PARTICIPATE THE FOLLOWING SEASON IN THE DIVISION THE VIOLATION OCCURRED IN.

IN THE EVENT A TEAM HAS FOUND TO BE IN VIOLATION OF PLAYER ELIGIBILITY RULES, ANY AND ALL GAMES THE PLAYER (S) PARTICIPATED IN WILL BE FORFEITED AND THEIR SEASON RECORDS ADJUSTED ACCORDINGLY. ALL AFFECTED TEAMS WILL BE NOTIFIED OF ANY RECORD CHANGES BECAUSE OF ANY ENFORCED PENALTY.

IT SHOULD BE NOTED THAT RULES ARE DESIGNED TO MAKE DISHONEST PEOPLE HONEST AND KEEP HONEST PEOPLE HONEST! NEITHER THESE RULES NOR ANY OTHER RULES ARE PERFECT - THE ETHICS OF THE COACHES AND PLAYERS SHOULD BE OF THE HIGHEST STANDARD! IF A QUESTION OF ELIGIBILITY IS BROUGHT TO A CLUB'S DIRECTOR THE BURDEN OF PROOF IS ALWAYS TO BE ON THE PLAYER TO PROVE HIS ELIGIBILITY AND NOT THE CLUB ALLEGING THE DISHONESTY.