



STRONGSVILLE FOOTBALL LEAGUE

2010 Varsity Rules

PLAYER ELIGIBILITY

1. Players' ages will be determined by their age as of September 1st.
2. Eleven, Twelve and Thirteen year olds may play at the Varsity level.
 - a. Players who are 11 years old and less than 80 lbs. may petition the board to play down at the JV level.
3. A valid birth certificate for each player must be on file with the SFL.

ROSTERS & WEIGHT RESTRICTIONS

1. A copy of each team's roster must be turned in by 5:00pm on 9/13/2010 to the Varsity Commissioner.
 - a. Rosters to include at minimum; Players Name, Player's #, Player's Weight
 - b. All rosters will be immediately sent to the Tri-City league on 9/13/10 and Tri-City will send the SFL their rosters in the same manner.
2. All weigh-ins will be performed by an SFL League Executive one hour before each team's first game of the season.
 - a. At the first official weigh-in, any player within five pounds of his desired position restricted weight must weigh in weekly. All other players will be exempt from weekly weigh-ins after their first official weigh in.
3. After the first week of the season, weigh-ins for all required players will occur at 8:15 a.m. at the location specified by the SFL.
 - a. A player may weigh in at the specified Tri-City weigh in post at 10:00am on their game day, should that be more convenient.
4. Varsity players who are 12 or 13 years old must weigh 150lbs. or less to participate in a game. This rule DOES NOT pertain to 11 year old Varsity players.
5. Varsity Players that weigh over 133 lbs must play an interior down lineman position. These positions include anyone of the following; Guard, Tackle, Center, Nose Guard or Defensive Tackle.
 - a. These players will not be able to run, throw or advance the ball.
 - b. Any player with a position weight restriction will have their helmet marked in a way that clearly identifies this player to the referees.

- c. THIS RULE WILL BE STRICTLY ENFORCED
6. Varsity Players that weigh 127lbs. or less may play any position and are the only players that may run, pass or advance the ball in any way.
7. Varsity Players that weigh over 127lbs. but less than 133lbs. may play any position EXCEPT for in the offensive backfield.
 - a. These players will not be able to run, throw or advance the ball.
 - b. Any player with a position weight restriction will have their helmet marked in a way that clearly identifies this player to the referees.
 - c. THIS RULE WILL BE STRICTLY ENFORCED

EQUIPMENT:

1. Players are prohibited from wearing metal spikes.
2. Players must wear all issued equipment.
3. All players MUST provide and wear their own COLORED Mouthpieces. Players are strictly prohibited from sharing mouthpieces.
4. All players must wear athletic supporters and protective cups.
5. Protective wear including tape, bandages, splints or support wrap is permitted to protect an injury, providing pregame inspection by the referees.
6. Players may not wear jewelry of any type.
7. Athletic gloves may be worn as long as they have an interior label securely attached indicating voluntary compliance (NFL/NCAA specifications).

PRACTICE:

1. Practice is permitted 5 times per week prior to the start of school and 3 times per week after school begins. Practices are defined as any time a coach meets with at least ½ of the team.
2. Practices are not to exceed 90 minutes.
3. Players may not participate in a scheduled game without completing at least 3 practices. Violation of this rule will result in immediate dismissal of the head coach.

GAME RULES:

1. Ohio High School Athletic Association Rules will govern play except where noted in the Varsity SFL Rules.
2. Eleven eligible players are necessary to start a game. Any number less than 11 will result in a forfeit.

3. The Coin Toss will occur at midfield with the team captains and the Referees. One coach from each team may be present with the team captains. Home team will call the coin side and the winner of the toss will have the following options:
 - a. **Offense** (defense to start the second half)
 - b. **Defense** (offense to start the second half)
 - c. The loser of the coin toss will then chose which end zone they will defend.
4. There are no kickoffs. Teams will start drives at the beginning of each half and after touchdowns at the 35-yard line.
5. The length of each quarter will be 8 minutes with a one-minute break between quarters. There will be a 10 minute break for halftime.
6. The clock will run according to Ohio High School Rules.
7. A team will have 30 seconds on the play-clock to run a play.
8. Each team is permitted three time-outs per half.
9. Each team is responsible for providing their game ball at every game..
 - a. Approved game balls include Wilson TDY, Nike 1000 Youth, MacGregor MXY, or other similarly Varsity size ball of a brand not mentioned.
10. Player mouthpieces must be colored and attached to the facemask and inserted into the player's mouth prior to the start of the play. A five-yard penalty will be invoked for violation of this rule.
11. Each Varsity player must play a minimum of 6 plays per half.
 - a. A one game suspension will be enforced for coaches that fail to comply.
 - b. A coach's decision to bench a player for disciplinary reasons must be made to the known to a league official before the start the game.
 - c. Substitutions may be made for an injured player but once the injured player is ready to return to the game he must re-enter in the same position he vacated. An injured player must leave game for 2 consecutive plays.
12. Following a safety, the team will be awarded the ball on the 35 yard line.
13. Fumbles and interceptions are live ball situations and can be advanced provided the player's weight does not eliminate him from advancing the ball as demonstrated by a mark on his helmet. If the recovering player is not eligible to advance the ball, play will be stopped, and the ball will be marked down at the point of recovery.
14. On fourth down, teams must declare within 10 seconds if they will punt or "go for it". Team's that fail to announce their 4th down intentions within 10 seconds will be charged with a 15 yard unsportsmanlike penalty. If punting is elected, the defense

is prohibited from rushing and the offense is prohibited from going downfield until the ball is kicked. The offense is prohibited from faking a punt.

15. All extra point attempts will occur from the 2.5 yard-line and have the following options:
 - a. Run = 1 point
 - b. Pass = 2 points
 - c. Kick = 2 points (live play with rushing and fakes allowed)
 - d. Fake Kick = 2 points (live play with rushing and fakes allowed)
16. Any Defensive formation is permitted except for the following restrictions:
 - a. All defensive players “inside the box” (offensive tackle to tackle) must be in a “down” (3 or 4pt. stance) position. Violation of this rule will result in a five-yard penalty and an automatic first down.
 - b. There are no restrictions on stance or alignment for a goal line defense (defending from the ten-yard line or within).
17. Overtime will occur if a game is tied at the end of regulation play. The ball will be placed at the ten-yard line and the OHSSA rules will apply. In the first series, a team that scores will have the opportunity to choose the extra point option. If the game is tied after one series, teams must go for a two-point conversion. If the game is still tied after two series, the game will continue (as the second series) until a winner occurs.
18. Playoffs will be held at the end of the season. For the purpose of playoffs, teams will be ranked based on season records. In the event of a tie, the following tiebreaker rules will be utilized:
 - a. Head to head record
 - b. Record against common opponents
 - c. Fewest points allowed
 - d. Points scored
 - e. Coin toss

CONDUCT RULES

1. All coaches and players must remain in the players’ box, within the 30-yard lines, except for one player and one coach.
2. Volunteer Down Marker Officials will be recruited by the home team and they will remain on the home team side of play for the entire game.
3. One coach may enter the field of play up to the hash marks for play calling purposes and then must return to the sideline. Coaches are not permitted to come onto the field of play for any other reason and will be assessed a 15-yard unsportsmanlike penalty for violating this rule to dispute a play or for any other unsportsmanlike behavior including the use of foul language.

4. Referees will have the authority to eject any coach that cannot maintain appropriate behavior. Any coach that receives a game ejection will be ineligible for the remainder of that game, the following week of practice and the subsequent game.
5. Trash talk and taunting is prohibited and will result in an unsportsmanlike penalty.
 - a. **1ST Penalty** - Players who receive an unsportsmanlike penalty must be removed from the game for a minimum of three consecutive plays.
 - b. **2nd Penalty (same game)** - will result in an ejection for the remainder of that game and the subsequent game.
 - c. Any additional unsportsmanlike penalties during the season will result in an indefinite suspension until the player appears in front of the board for a hearing on future eligibility. This hearing will occur within 30 days of the infraction and at a time specified by the Executive Board. The executive board will rule on the player's suspension and provide the player with a ruling of that will be either a four game suspension or a full season suspension.
6. A "mercy rule" is in effect if a team takes a lead of eighteen points. Play will continue and the leading team must remove the starting backfield. The leading team may retain the starting quarterback providing he does not advance the ball by run or pass. A five-yard penalty will be called for a violation of this rule. If the other team scores and reducing the lead to less than 18 points, the starting lineup may return.