



**South Dakota Junior
Football Inc.
2018 Coaching Manual**



Table of Contents



Introduction

- Information/League Objectives
- 2018 Calendar of Events
- Heads up Football Information

Rules and Regulations

- Head Coach Responsibilities
- Player Requirements
- Player Placement
- General Practice Rules
- Pre-Season Practice
- In-Season Practice
- Game Rules
- Special Rookie Division Rules
- Special Pee-Wee Division Rules
- Special Junior Division Rules
- Special Senior Division Rules
- Unsportsmanlike Conduct
- Possible Game Forfeiture
- Video Taping Policy
- Use of Alcohol, Tobacco, and Drugs Policy
- Policy on Child Abuse/Molestation
- Severe Weather Policy

Exhibits

1. Team Practice attendance
2. "Ringer" Placement
3. 2018 Team Quit List
4. 2018 Team Roster Form
5. Quarter Sheet
6. Rookie Division Session Sheet



**South Dakota
Junior Football Inc.**
Established 1969



Welcome to the 2018 South Dakota Junior Football Inc., coach's meeting. We are glad that you are volunteering to be a coach! We have five requirements all head coaches and 1st assistant coaches must complete:

- Fill out coaching application
- Complete Level 1 coaching certification
- Pass background check
- Attend Coaches Meeting
 - July 9 at 6:00 PM in the Schroeder Auditorium Sanford Hospital:
- Attend the Heads Up Football training seminar with the Player Safety Coach:
 - Training will be held on: 7/21 from 8:00 AM to 12:00 PM Sanford Pentagon

July 16-25 Equipment handout and parent meeting days.

July 30 – First practice

August 18: Pee Wee Games start

November 12: Annual league meeting 6:30pm.

Mid-Season Coaches meeting

Location and time TBD



**South Dakota Junior
Football Inc.
Established 1969**



INFORMATION

South Dakota Junior Football Inc. is an instructional participation tackle football program for area youth in 2nd through 8th grade. This organization was established in 1969 by a number of Sioux Falls business leaders and parents who wanted their children to better learn and understand the game of football before entering high school. These parents went out and obtained financial support from the Sioux Falls business community through donations and sponsorships to purchase equipment to start this youth football program. Thousands of volunteer hours have gone into organizing and coaching since 1969 to get this program where it is today. Over 2,400 youth from Sioux Falls, Yankton, and surrounding communities participate annually in the South Dakota Junior Football Inc. program. South Dakota Junior Football Inc. is a South Dakota non-profit corporation in good standing with an IRS designation as a 501C3 Corporation.

Teams are aligned into four divisions: Rookie Division is made up of 2nd graders, Pee Wee Division is made up of 3rd and 4th graders, Junior Division is made up of 5th and 6th graders, and Senior Division is made up of 7th and 8th graders. All players are placed on teams by address with other players from the same neighborhood. Equipment is provided by South Dakota Junior Football Inc.

LEAGUE OBJECTIVE

The objective of South Dakota Junior Football Inc. is to promote, manage, and conduct an organized youth football program for the pre-high school youth in the southeastern South Dakota area. The league's goal is to teach the basics of the game of football, sportsmanship, and teamwork in a positive, encouraging environment that will assist all participants in improving self-worth and confidence.

To meet this objective, one of our rules is for all players to play a minimum of one full, continuous quarter per game. By playing one full continuous quarter, each player is taught to play on offense, defense, and special teams. This teaches all players the basics in all areas of the game.

All teams play a 6 game regular season schedule and are guaranteed 2 playoff games. Games are played on 9 marked football fields maintained by the City of Sioux Falls Parks Dept. at the Sanford Youth Sports Complex in Sioux Falls. The complex is located near the Benson Road exit off I-29. Beginning in 2012, games were also played in Yankton, SD.

USA FOOTBALL INFORMATION:

South Dakota Junior Football has teamed up with USA Football in supporting and administering its Heads Up Football Training Program. All Head Coaches and First Assistant's are required to complete the USA Football online Level 1 Coaching Certification Program.

All Head Coaches and First Assistant's are also required to complete our in-person Heads Up Football Training. Once the on-site training is completed, there will be short quiz to become certified rather than completing the 4 hour training online.

If you were unable to attend the on-site training, please complete the training prior to conducting your 1st practice.

Visit the following link and either sign in to your existing account and renew, or create a new one. New coaches will have to create an account on usafootball.com by going to <https://usafootball.com/login>. select "South . Junior Football" when connecting with an existing organization, select <https://usafootball.com/development-training/certification/>.

USA Football is not using Promo codes this year. Instead search by organization name and type in South Dakota Junior Football.

If you encounter any issues while registering or certifying, direct coaches to **call our Member Services team at 1-877-5-FOOTBALL (1-877-536-6822)** or visit the Help Desk: <https://helpdesk.usafootball.com/hc/en-us>

Videotaping Policy

Videotaping of games and practices is allowed under certain, limited circumstances. Only parents or guardians and head coaches are allowed to tape games or practices. Head coaches may appoint one person to tape for them. The following rules apply to all South Dakota Junior Football Inc. games and practices, regardless of location:

Practices

Parents or guardians wishing to tape their child's practice(s) must obtain permission from the head coach. Coaches are encouraged to allow parents or guardians to tape their own child's practice(s).

Head coaches may tape their own team's practice(s). No taping of another team's practice(s) is allowed under any circumstances.

Games

Parents or guardians are allowed to tape their own child's game(s). Taping for commercial purposes is prohibited. No other taping is permitted.

Head coaches are allowed to tape their own team's game(s). No taping of another team's game(s) is allowed.

No other parties are allowed to tape games or practices without expressed permission from South Dakota Junior Football Inc.

No Coaches, Team Personnel or Parents will be allowed to tape games in the designated Coaches Box or playing field During a league game.

Penalty

Any violation of this policy will result in suspension of the coach of the offending team for a minimum of one game.

Use of Alcohol, Tobacco, and Drugs

The use of mood-altering chemicals (i.e. alcohol, tobacco, drugs and marijuana) is expressly prohibited. During the playing season, regardless of quantity, a player shall not (1) use a beverage containing alcohol, (2) use tobacco (including chewing tobacco), or (3) use or consume, have in possession, buy, sell, or give away any other controlled substance defined by law as a drug. This rule applies to the entire season. It is not a violation for a player to be in possession of a controlled substance specifically prescribed for the player's own use by his/her physician.

Penalties

First Violation: After confirmation of the first violation, the player shall lose eligibility for the next two consecutive games or 2 weeks of a season, whichever is greater. No exception is permitted for a player who enters a treatment program.

Second Violation: After confirmation of the second violation, the player shall lose eligibility for the balance of the season. No exception is permitted for a player who enters a treatment program.

Denial Disqualification

Players shall be disqualified from participation for the balance of the season when the player denies violation of the rule, is allowed to participate, and is then subsequently found guilty of the violation.

Parental Responsibility

In accordance with our policies regarding the use of mood-altering chemicals (i.e. alcohol, tobacco, drugs and marijuana) by players, the use of mood-altering chemicals (i.e. alcohol, tobacco, drugs and marijuana) is prohibited by all coaches, team managers and officials of South Dakota Junior Football Inc. In accordance with our policies regarding the use of mood-altering chemicals (i.e. alcohol, tobacco, drugs and marijuana) by players, the use of mood-altering chemicals (i.e. alcohol, tobacco, drugs and marijuana) is prohibited by parents and spectators at all South Dakota Junior Football Inc. activities. In all cases, mood-altering chemicals (i.e. alcohol, tobacco, drugs and marijuana) should not be consumed or be present at games, practices, team meetings, or in transportation vehicles to and from games, tournaments, or practices.

Severe Weather Policy

The severe weather policy of South Dakota Junior Football Inc. consists of two sections. The first section addresses practice time conditions at various park locations in and around Sioux Falls, SD. The second section addresses game day and equipment hand out conditions at the South Dakota Junior Football Game Fields and Sanford Sports Complex.

General Practice Rules

Practice time conditions are addressed in the following portion of our League Rules and Regulations; General Practice Rules, paragraph two, as follows:

There will be NO practices on days when the temperature has reached 95 degrees at any time or the heat index has reached 100 degrees, or whenever the weather is unfavorable for practice (i.e. lightning in area). During practice time within the set temperature guidelines, the decision on postponing or ending practice is ultimately up to each coach. Good judgment should be applied in assessing the current weather conditions at the practice site. South Dakota Junior Football utilizes <http://weather.gov> for official temperature. All coaches, parents, and players can access our web site at www.sdjrfb.com. The league will notify players and coaches of cancellations or weather related announcements via email and Facebook.

Our Rules and Regulations are reviewed with all coaches at a coaches meeting prior to the start of our preseason practices. Our teams practice in parks all over the city of Sioux Falls and towns in the surrounding area. During practice time within our temperature guidelines, the decision on postponing or ending practice is ultimately each coaches. Good judgment should be applied in assessing the current weather conditions at the practice site.

Game Days

Game time weather and field conditions at the South Dakota Junior Football Game Fields are monitored by the Board of Directors of South Dakota Junior Football Inc. The Board of Directors, through the President, have the authority to cancel games prior to two hours before the first scheduled game of the day due to severe weather, threat of severe weather, or dangerous or unsuitable field conditions. A message will be placed on the league's phone system, the league web site, and local radio and television stations. As time allows, every effort will be made to contact all head coaches to inform them of the game cancellations.

A representative of the Board of Directors is present at all games. On game days, when the teams are present at the South Dakota Junior Football Game Fields, the representative(s) on site will monitor weather conditions. In the event of sudden weather changes, a horn will sound. A long, continuous horn sounding will indicate that all games are postponed for that day and will be rescheduled. A series of short, rapid horn sounds will indicate that a delay of 20 minutes is being instituted. All players and coaches should leave the field immediately and return when the delay is over. Information on rescheduling of any postponed games will be provided to coaches at a later time.

Player and fan safety is the number one concern given to all severe weather decisions. The time factor, 15 to 30 minutes, to evacuate the Sanford Sports Complex and the South Dakota Junior Football Game Fields is a major concern when fast approaching, unexpected weather comes upon us on game days. This time factor will be accounted for in the decision of what time is appropriate to cancel or postpone games.

This policy is reviewed annually by our Board of Directors and presented and discussed with all coaches prior to the start of each season.

USA Football

Website: www.usafootball.com

Check out the website for the following:

Coaches certification

Officials certification

Drills library

Film room

Practice planner

Interactive playbook

QB wristbands

Document library

Team messaging

And other helpful tools to make you a better coach!

2018 South Dakota Junior Football, Inc., Tackle Rules and Regulations

Board of Directors

The Board of Directors of South Dakota Junior Football, Inc. (SDJRFB) reserves the right to make whatever decisions necessary for the benefit of all players. The modified rules for this season are listed below. All other rules are as specified in the National Federation of State High School Associations Football Rules Book and the South Dakota High School Activities Association (www.sdhsaa.com). **E-book available at www.nfhs.org/ebooks.** Other situations that are not listed in these rules will be evaluated and ruled on by the SDJFB Board of Directors.

The SDJFB Board of Directors will schedule all league games, playoff games, and exhibitions, and will reschedule all postponed games. Non-league games must be approved by the SDJRFB Board of Directors before arrangements are made.

Any action determined to be in violation of SDJRFB Rules and Regulations will be subject to immediate review by the SDJRFB Board of Directors.

Head Coach Responsibilities

SDJRFB Rules and Regulations are reviewed with all coaches at a coaches meeting prior to the start of preseason practices.

Head coaches are representatives of the league and should conduct themselves in a manner which reflects positively on SDJRFB at all times. All coaches should have a commitment to the best interest of all players and SDJRFB, and they shall treat all players equally regardless of abilities. The league can only be as good as its coaches make it.

All head coaches must complete a Coaching Application Form annually. As a head or assistant coach, he/she understands and agrees to the following:

- 1) As a coach, I will support, promote, and participate in all league activities.
- 2) I will exhibit good sportsmanship and self-control and act in a professional manner at all league events.
- 3) I will abide by and promote the goals, objectives, code of ethics, rules, and procedures of the league.
- 4) I acknowledge that specific educational materials on concussions are available on the league's website www.sdjrfb.com, and I will review them.
- 5) I will be expected to and will participate in coaching education to assist me in training the youth participants I serve on the proper basic fundamentals and safety related to correctly playing the game of football.
- 6) Coaches will be expected to review the rules of the South Dakota High School Activities Association (www.sdhsaa.com) and be knowledgeable of those rules.

All head coaches must complete a Self-Registration Background Check through the league's assigned partner and receive certification clearance prior to being officially approved to have any affiliation with SDJRFB. Currently, cleared coaches are automatically recertified for their second year. Any coaches who do not pass the background screening will be immediately dismissed from coaching for SDJRFB.

The head coach is responsible for the team and all equipment supplied by SDJRFB. This also includes the behavior of assistant coaches, players, parents, and fans. Verbal or physical abuse, profanity, use of any illegal substances, alcohol, or tobacco, by any coaches, parents, players, or fans is prohibited at all team events.

Head coaches may have up to four assistant coaches who are recognized at each league game. One of the assistant coaches must also complete a Self-Registration Background Check through the league's assigned partner and receive certification clearance prior to being officially approved to have any affiliation with SDJRFB. At least one screened coach must be in attendance at all team events.

Others assisting in any way with SDJRFB who are found to be listed on a national or state-recognized sex offender list or are found to have been convicted of child abuse, neglect, child endangerment, or a violent felony, will be immediately dismissed from assisting in any way with SDJRFB.

The head coach will schedule and conduct a pre-season parents' meeting. All players, parents, and assistant coaches should be present. This meeting will cover the practice area, practice schedule, expectations of players' and parents' behavior, game rules, league calendar, and other items of the head coach's choosing.

All coaches are responsible for keeping practice areas and field sidelines clean during games.

A team roster (see exhibit #4) and team quit list (see exhibit #3) must be turned in prior to your first scheduled game. Players must keep the same jersey number all season. Equipment from players who quit after equipment is handed out must be collected by the head coach and returned. **See special Rookie rules for formation requirements.**

Any coach who is verbally or physically abusive toward any player, coach, official, or fan, will be suspended immediately and may be banned from the league permanently if deemed necessary by the SDJRFB Board of Directors.

Player Requirements

Grade and Age

Rookie Division: Players entering the 2nd grade and less than 9 years of age as of September 1st. If the player turns 9 before September 1st and is a 2nd grader, he/she must move up to the Pee Wee Division.

Pee Wee Division: Players entering the 3rd or 4th grade and less than 11 years of age as of September 1st. If the player turns 11 before September 1st and is a 4th grader, he/she must move up to the Junior Division.

Junior Division: Players entering the 5th or 6th grade and less than 13 years of age as of September 1st. If the player turns 13 before September 1st and is a 6th grader, he/she must move up to the Senior Division.

Senior Division: Players entering the 7th or 8th grade and less than 15 years of age as of September 1st.

Weight and Position

Each player will weigh in on the official league scale during his/her team's scheduled equipment handout time. The player's weight at equipment handout is his/her official weight for the entire season. For purposes of compiling data, player weigh-ins will also be required at equipment turn-in at the end of the season.

Rookie Division: Players weighing 80 pounds or more will have a red ring placed on his/her helmet and will be referred to as a "ringer."

Pee Wee Division: Players weighing 100 pounds or more will have a red ring placed on his/her helmet and will be referred to as a "ringer."

Junior Division: Players weighing 125 pounds or more will have a red ring placed on his/her helmet and will be referred to as a "ringer."

Senior Division: Any eligible player may play any position.

Ringer Alignment: All "ringer" players must start each play on the line of scrimmage. On offense, "ringers" must line up from tackle to tackle, be covered by an end, and they are an ineligible receiver. On defense, "ringers" must line up on or between the offensive tackles (see exhibit #2). "Ringers" may not participate on free kicks.

Player Placement

The purpose of player placement is to place all registered players onto teams as evenly as possible without influences. Board members may not be involved in the placement of players in a division they have an interest in as a parent, coach, sponsor, etc. Each player's registration form is numbered at registration. This allows the SDJRFB Board of Directors to place all players on teams by number without knowledge of the player's name, weight, abilities, or experience.

All first-year players and players moving up a division will be placed onto teams. Players who are returning players from the previous season and are returning to the same division of play will return to the same team as the previous year.

All first-year players and players moving up a division with addresses that fall within a school district boundary area having four or more teams per division: players will be placed onto teams within that same school district boundary area. Player registration numbers will be placed on a map according to address. These players are then placed on teams with reference to home address relative to team practice sites.

All first-year players and players moving up a division with addresses that fall within a school district boundary area having three or fewer teams per division: players are randomly split by the SDJRFB Board of Directors and placed onto teams.

Players with addresses that fall within a school district boundary area with not enough players to form their own team will be combined with players from another nearby school district area to gain enough players to form a team.

Roster sizes are targeted between **18** and **22** players per team. The SDJRFB Board of Directors will make the selections necessary to establish teams with the best interests of all players and teams in mind.

General Practice Rules

Players are the coach's responsibility. A background screened coach shall be present at the scheduled practice time and shall stay until the last player is picked up. Under NO circumstances do the background screened coaches leave a player unsupervised.

There will be NO practices on days when the temperature has reached 95 degrees at any time or the heat index has reached 100 degrees, or whenever the weather is unfavorable for practice (i.e. lightning in area). During practice time within the set temperature guidelines, the decision on postponing or ending practice is ultimately up to each coach. Good judgment should be applied in assessing the current weather conditions at the practice site. **South Dakota Junior Football utilizes <http://weather.gov> for official temperature** All coaches, parents, and players can access our web site at www.sdjrfb.com. **The league will notify players and coaches of cancellations or weather related announcements via email and Facebook.**

Players should be allowed water freely. Player safety should be a priority in dealing with weather concerns.

Medical authorization to participate in practices and games after a diagnosed injury or illness must be obtained and retained by the coach.

SDJRFB teams practice in parks all over the city of Sioux Falls and towns in the surrounding area. All practice locations must be approved by the SDJRFB Board of Directors.

Players' families cannot be solicited by a head coach or any of his or her assistant coaches to pay funds for any additional training during the SDJRFB season. The time frame for this policy runs from the coaches meeting in July until the championship games.

SDJFB equipment shall only be used for league-related activities (i.e., practice, scrimmages, games). SDJRFB players and coaches are prohibited from using any league-issued equipment to practice, scrimmage, or play with (or against) any players not registered with SDJRFB, unless prior written approval is received from the President of the SDJRFB Board of Directors.

Pre-Season Practice

All players must have 8 hours of non-contact practice before having contact practices and then have 10 hours of contact practice before being able to play in a game.

Rookie and Pee Wee teams may practice either 3 or 4 days per week. Junior and Senior teams may practice 3, 4, or 5 days per week. Only one practice is allowed per day for all teams.

Each practice will be 1½ hours to 2½ hours in length.

The total number of practice hours per week must be between 4½ and 12½ hours.

A league week is defined as 12:00 am on Monday to 11:59 pm on Sunday.

Practices may be held any day of the week.

Practices may be held any time of day.

In-Season Practice

Each team will practice 1 or 2 times per week. Only one practice is allowed per day for all teams.

Each practice will be between 1 hour and 2 hours in length.

The total number of practice hours per week will be between 1 and 4 hours.

A league week is defined as 12:00 am on Monday to 11:59 pm on Sunday.

Practice may be held any day of the week.

Practice times shall be scheduled for after-school hours.

Game Rules

The footballs used will be the Wilson "Pee Wee" size in the Rookie and Pee Wee Divisions. Wilson "Junior" size will be used in the Junior Division, and Wilson "Youth" size will be used in the Senior Division.

On-line regular season schedules will depict the home team with a "house" symbol. However, during playoffs, the home team is the team listed at the bottom of each bracket. The home team will have the "HOME" sideline of the field as designated on the game field scoreboard. The home team is responsible for putting out the field markers the first game of the day, and the winning team is responsible for picking them up after the last game of the day. The visiting team is responsible for supplying the chain crew.

Games are NORMALLY NOT CANCELED due to the heat/heat index rule. The SDJRFB Board of Directors schedules all games at specific times so games can be supervised by the league. During games, through our game officials, we are able to supervise the game and will instruct the game officials to ensure that adequate water breaks, in addition to game quarter breaks, are given to all teams.

Practices ARE ALWAYS CANCELED due to the heat/heat index rule because the league cannot monitor all practice sites. Practices are scheduled at different times throughout the day by each team's coach. The SDJRFB Board of Directors are unable to effectively manage and supervise over 100 teams' practice sites to ensure the safety of the players on hot days. Team practices can be 2 hours long; while games are generally played with four 8 or 10-minute quarters, equaling 32 or 40 minutes of playing time. Depending on a team's size, approx. ½ of the players are not in the game and are on the sideline for a period of time during games.

Scheduled league games may be cancelled due to unsafe field conditions or unsafe playing conditions (i.e. lightning). Player safety is our main concern. We look at every day's situation individually and make decisions as quickly as possible based on facts, rather than forecasts or projections.

Only head coaches may address game officials for a rules interpretation or clarification. Judgment calls are not to be questioned.

During a charged timeout, only one coach may be on the field with the team.

Medical authorization to participate in practices and games after a diagnosed injury or illness must be obtained and retained by the coach.

Every player must play at least 1 continuous full quarter without substitution for any reason other than an injury. "Ringers" are an exception to this rule during free kicks.

A quarter sheet (see exhibit #5) will be exchanged with the opposing coaching staff before the game, and a copy will also be given to the head game official. The quarter sheet must be filled out with every player on the team roster and should match the previously submitted league roster. If a player has left your team, is injured, or not present, it should be indicated on the quarter sheet. If no indication is given, the player is expected to play. On the quarter sheet, each player should have one quarter box (X) for the designated full quarter the player will be playing. With the exception of the Rookie Division, a minimum of 8 new players must be marked to start each quarter until all players have played. The exceptions to this rule are injury or illness during the game and "ringers," who are ineligible for free kicks. The only other exception is when a player is serving out a suspension. In that case, the player will be marked for the quarter he/she is eligible to play. You may have players who play more than one quarter, but it is only necessary to designate one quarter for each player. If there is a quarter sheet discrepancy, game officials will stop the game, and the onsite SDJRFB Board of Directors representative will resolve the situation.

Successful kicks on point-after-touchdown (PAT) attempts will receive 2 points. A successful run or pass on a PAT attempt will receive 1 point.

When both teams have similar colored jerseys, an alternate jersey will be provided by the league and will be worn by the visiting team. The South Dakota High School numerical rule is not in effect.

In case of a tie, South Dakota High School tie-breaking system rules will apply but will be subject to a maximum of 2 overtimes in the regular season, with the exception of the Rookie Division, where no overtimes are allowed.

Mercy Rule: If a team is leading by 45 points at halftime or any time after the half, the game is officially over, and the team ahead is declared the winner. The game may be continued if both head coaches agree to continue play. The officials will stay to finish the game as long as the scheduled league games for that day are running on time. The referees may end the game if they determine it to be unsafe to continue. The head coach of the winning team will be immediately suspended from the following week of practices and the following game, with no exceptions.

Game protests must be verbally stated to the onsite SDJRFB Board of Directors representative by the head coach immediately after the game. The head coach then has 48 hours to submit the protest in written form to the SDJRFB Board of Directors.

Absolutely no labels or stickers will be allowed on helmets, except for authorized SDJRFB stickers.

Special Rookie Division Rules

The Rookie Division was created as an instructional experience to expose players to the fundamentals of the game of football, execution of running football plays, playing of the game, and the competitive nature of game situations. As such, rookie teams will play “Jamboree” sessions and “Game” sessions each week.

Rookie Division Session Sheets (Exhibit #6): All players must play at least one continuous Jamboree Session and one continuous Game Session. Every player shall be marked for one session in the Jamboree and one session in the Game. Essentially, every player will be required to play at least two full sessions. The Rookie Division format will be as follows:

Jamboree Sessions

Two coaches for each team may be on the field at all times. Jamboree Session 1 will be 12 minutes in running time, with clock stoppage only for injuries and when teams change possession of the football. The time will be kept on the scoreboards by a game official. The home team will run their offense for 6 minutes. Once the home team has completed their 6-minute period on offense, the clock will stop, and that team will switch to the defensive side of the ball. The visiting team will then complete their 6-minute period on offense. A PAT conversion attempt will occur following each touchdown. At the conclusion of that time, Jamboree Session 1 is completed.

Two coaches for each team may be on the field at all times. Jamboree Session 2 will be 12 minutes in running time, with clock stoppage only for injuries and when teams change possession of the football. The time will be kept on the scoreboards by a game official. The home team will run their offense for 6 minutes. Once one team has completed their 6-minute period on offense, the clock will stop, and that team will switch to the defensive side of the ball. The visiting team will then complete their 6-minute period on offense. A PAT conversion attempt will occur following each touchdown. At the conclusion of that time, Jamboree Session 2 is completed.

Game Sessions

There will be two Game Sessions, and they will be played as a regular game. Each Game Session will be 12 minutes in running time, with clock stoppage only for timeouts and injuries. Each team is allowed three timeouts. The time and score will be kept on the scoreboards by a game official. No overtimes are allowed in the Rookie Division.

Two coaches for each team may be on the field at all times. Both the offensive and defensive coaches will be allowed to give directions until the snap of the ball. At NO time during the game are the coaches on the field allowed to address the officials or members of the opposing team. When the ball is snapped, coaches on the field must be at least 15 yards back from the line of scrimmage, must be silent, and shall not communicate in any way. The first violation of this rule will be a delay of game/dead ball penalty (5 yards) and repeat the down. Subsequent violations will be unsportsmanlike penalties. If the coach continues to violate this rule, he/she will be removed from the playing field.

The defense cannot have more than 6 players on the line of scrimmage at the snap of the ball, except on 4th down situations or inside their own 20-yard line. The other 5 players must be at least 3 yards behind the line of scrimmage at the snap of the ball. Once the offensive line is down and set in position, the defense cannot shift forward until the snap of the ball. (Incidental movement by a defender as a result of a "hard count" or "long snap count" is not a violation.) These violations will be considered an illegal formation/dead ball penalty (5 yards) and repeat the down.

During time-outs, one sideline coach is allowed on the field with the field coaches.

There will be no kickoffs, and the ball will be placed on the opponent's 40-yard line. In addition, the snap will be excluded from PAT and field goal attempts. A game official will call out the cadence of 'down,' 'set,' 'hut.' The play will start on the 'hut' sound by the game official. There will be no punts. In lieu of punting, the ball will be placed 20 yards beyond the line of scrimmage. If the line of scrimmage is within the opponent's 20-yard line, the ball will be placed half the distance to the goal line.

Teams can only use 2 formations throughout the season. Coaches must turn in the two formations that they will use for the season when they turn in their roster sheet and team quit list prior to the start of their first game.

Special Pee Wee Division Rules

All quarters will be 8 minutes in length, with clock stoppage. The time and score will be kept on the scoreboards by a game official.

One coach may be on the field at all times. Once the offensive huddle breaks, both the offensive and defensive coaches on the field must be silent and shall not communicate in any way. At NO time during the game is the coach on the field allowed to address the officials or members of the opposing team. When the ball is snapped, coaches on the field must be at least 15 yards back from the line of scrimmage. The first violation of this rule will be a delay of game/dead ball penalty (5 yards) and repeat the down. Subsequent violations will be unsportsmanlike penalties. If the coach continues to violate this rule, he/she will be removed from the playing field.

The defense cannot have more than 6 players on the line of scrimmage at the snap of the ball, except on 4th down situations or inside their own 20 yard line. The other 5 players must be at least 3 yards behind the line of scrimmage at the snap of the ball. Once the offensive line is down and set in position, the defense cannot shift forward until the snap of the ball. (Incidental movement by a defender as a result of a “hard count” or “long snap count” is not a violation.) These violations will be considered an illegal formation/dead ball penalty (5 yards) and repeat the down.

After an opponent scores, any team trailing by 21 points or more will have the option of receiving the ball after a score, or at the start of the second half, 20 yards downfield (toward their own end zone) from the kickoff spot, in lieu of a kickoff.

During time-outs, one sideline coach is allowed on the field with the field coach.

The snap will be excluded from the PAT attempts, field goal attempts, and punts. The punter or holder will start with the ball in hand. A game official will call out the cadence of 'down,' 'set,' 'hut.' The play will start on the 'hut' sound by the game official. “Ringers” will be allowed to kick PAT attempts and field goals. However, if a “ringer” lines up to kick a field goal or PAT attempt, no fakes are allowed, and the play is dead if the kick is blocked.

Players must be in a legal kick formation. A scrimmage kick formation is one in which no player is in position to receive a hand-to-hand snap from between the snapper’s legs, and at the snap either:

- A. A player is in position with a knee on the ground 7 yards or more behind the line of scrimmage, in position to be the holder and receive the long snap and with another player 3 yards or less behind that player in position to attempt to place kick, or**
- B. A player is 10 yards or more behind the line of scrimmage and in position to receive the long snap.**

Special Junior Division Rules

All quarters will be 8 minutes in length, with clock stoppage. The time and score will be kept on the scoreboards by a game official.

The snap will be excluded from PAT attempts and field goal attempts. The holder will start with the ball in hand. A game official will call out the cadence of 'down,' 'set,' 'hut.' The play will start on the ‘hut’ sound by the official. “Ringers” will be allowed to kick extra points and field goals. However, if a “ringer” lines up to kick a field goal or PAT attempt, no fakes are allowed, and the play is dead if the kick is blocked.

Players must be in a legal kick formation. A scrimmage kick formation is one in which no player is in position to receive a hand-to-hand snap from between the snapper’s legs, and at the snap either:

- A. A player is in position with a knee on the ground 7 yards or more behind the line of scrimmage, in position to be the holder and receive the long snap and with another player 3 yards or less behind that player in position to attempt to place kick, or**
- B. A player is 10 yards or more behind the line of scrimmage and in position to receive the long snap.**

Special Senior Division Rules

All quarters will be 10 minutes in length, with clock stoppage. The time and score will be kept on the scoreboards by a game official.

Unsportsmanlike Conduct

In addition to the playing rules of the game, unsportsmanlike conduct penalties will be called for anything listed below and are subject to game forfeiture if deemed necessary by the SDJRFB Board of Directors. If the unsportsmanlike conduct penalty is called on the coaching staff, the situation will be referred to the SDJRFB Board of Directors for review, and coaches could be subject to game suspension or league dismissal.

- Verbal abuse by the head coach, assistant coaches, players, or fans, on or off the field;
- Use of profanity by the coaching staff, players, or fans on or off the field;
- Consumption or presence of any illegal substances, alcohol, or tobacco products by the coaching staff or players.

Player Suspension

Any player who is ejected from a game will be suspended from play for the remainder of the quarter he/she is ejected and four additional quarters. Example: If a player is ejected in the 2nd quarter of a game, that player is suspended for the remainder of that quarter and the 3rd and 4th quarters of that game. He/she is also ineligible to play in the 1st and 2nd quarter of the next game. He/she is eligible to play again in the 3rd quarter of that next game. However, the player is allowed to continue to participate in scheduled practices during the suspension period.

Possible Game Forfeiture/Coach Suspension

The following situations could result in forfeiture of the game:

- Failure to turn in a pre-season team roster. Forfeits will continue until a roster is received;
- Failure to exchange a correct game roster/quarter sheet with opposing coaching staff and game official prior to game;
- Not playing designated players in their designated continuous quarter;
- Any coach who willingly fails to adhere to all practice and game rules.

2018 South Dakota Junior Football, Inc., Indoor Flag Football Rules and Regulations

Board of Directors

The Board of Directors of South Dakota Junior Football, Inc. (SDJFB) reserves the right to make whatever decisions necessary for the benefit of all players. The rules for this season are listed below. Other situations that are not listed in these rules will be evaluated and ruled on by the SDJFB Board of Directors.

The SDJFB Board of Directors will schedule all league games, playoff games, and exhibitions; and will reschedule all postponed games.

Any action determined to be in violation of SDJFB Indoor Flag Football League rules and regulations will be subject to immediate review by the SDJFB Board of Directors.

Head Coach Responsibilities

SDJFB Indoor Flag Football League rules and regulations are reviewed with all coaches at a coaches meeting prior to the start of preseason practices.

Head coaches are representatives of the league and should conduct themselves in a manner which reflects positively on SDJFB at all times. All coaches should have a commitment to the best interest of all players and SDJFB, and they shall treat all players equally regardless of abilities. The league can only be as good as its coaches make it.

All head coaches must complete a Coaching Application Form annually. As a head or assistant coach, he/she understands and agrees to the following:

- 7) As a coach, I will support, promote, and participate in all league activities.
- 8) I will exhibit good sportsmanship and self-control and act in a professional manner at all league events.
- 9) I will abide by and promote the goals, objectives, code of ethics, rules, and procedures of the league.
- 10) I acknowledge that specific educational materials on concussions are available on the league's website www.sdjfb.com, and I will review them.
- 11) I will be expected to and will participate in coaching education to assist me in training the youth participants I serve on the proper basic fundamentals and safety related to correctly playing the game of football.

All head coaches must complete a Self-Registration Background Check through the league's assigned partner and receive certification clearance prior to being officially approved to have any affiliation with

SDJRFB. Currently, cleared coaches are automatically recertified for their second year. Any coaches who do not pass the background screening will be immediately dismissed from coaching for SDJRFB.

The head coach is responsible for the team and all equipment supplied by SDJRFB. This also includes the behavior of assistant coaches, players, parents, and fans. Verbal or physical abuse, profanity, use of any illegal substances, alcohol, or tobacco, by any coaches, parents, players, and fans is prohibited at all team events. The head coach must be in attendance at all team events.

Others assisting in any way with SDJRFB who are found to be listed on a national or state-recognized sex offender list or are found to have been convicted of child abuse, neglect, child endangerment, or a violent offense, will be immediately dismissed from assisting in any way with SDJRFB.

The head coach will schedule and conduct a pre-season parents' meeting. All players, parents, and assistant coaches should be present. This meeting will cover the practice area, practice schedule, expectations of players' and parents' behavior, game rules, league calendar, and other items of the head coach's choosing.

All coaches are responsible for keeping practice areas and field sidelines clean during games.

Any coach who is verbally or physically abusive toward any player, coach, official, or fan, will be suspended immediately and may be banned from the league permanently if deemed necessary by the SDJRFB Board of Directors.

Player Placement/Requirements

Grades/Divisions

The SDJRFB Indoor Flag Football League consists of grade-specific divisions.

The purpose of player placement is to roster all registered players onto teams as evenly as possible without influences. Board members may not be involved in the placement of players in a division they have an interest in as a parent, coach, sponsor, etc. Each player's registration form is numbered at registration. This allows the SDJRFB Board of Directors to place all players on teams by number without knowledge of the player's name, abilities, or experience.

All players with addresses that fall within a school district boundary area will be placed onto teams within the same school district boundary area. Player registration numbers will be placed on a map according to address. The registration numbers are then placed on teams with reference to home address relative to team practice sites.

Players with addresses that fall within a school district boundary area which do not have enough players to form their own team will be combined with players from another nearby school district area to gain enough players to form a team.

Team roster sizes are targeted between 8 and 10 players per team. The SDJRFB Board of Directors will make the selections necessary to establish teams with the best interests of all players and teams in mind.

General Practice Rules

Players are the coach's responsibility. A head coach shall be present at the scheduled practice times and shall stay until the last player is picked up. Under NO circumstances does the head coach leave a player unsupervised.

There will be NO practices on days when the temperature has reached 95 degrees at any time or the heat index has reached 100 degrees, or whenever the weather is unfavorable for practice (i.e. lightning in area). During practice time within the set temperature guidelines, the decision on postponing or ending practice is ultimately up to each coach. Good judgment should be applied in assessing the current weather conditions at the practice site. Questions should be directed to the league voice mail system at 605-334-3140. This system is limited and should only be used by the head coach. All coaches, parents, and players can access our web site at www.sdjrfb.com.

Players should be allowed water freely. Player safety should be a priority in dealing with weather concerns.

Medical authorization to participate in practices and games after a diagnosed injury or illness must be obtained and retained by the coach.

SDJRFB teams practice in parks all over the city of Sioux Falls and towns in the surrounding area. All practice locations must be approved by the SDJRFB Board of Directors.

Players' families cannot be solicited by a head coach or any of his or her assistant coaches to pay funds for any additional training during the SDJRFB season. The time frame for this policy runs from the coaches meeting in July through the end-of-the-season tournament.

SDJFB equipment shall only be used for league-related activities (i.e., practice, scrimmages, games). SDJRFB players and coaches are prohibited from using any league-issued equipment to practice, scrimmage, or play with (or against) any players not registered with SDJRFB, unless prior written approval is received from the President of the SDJRFB Board of Directors.

Pre-Season Practice

All flag teams may practice either 1 or 2 days per week.

Each practice will be 1 to 2 hours in length.

The total number of practice hours per week must be between 2 and 4 hours.

A league week is defined as 12:00 am on Monday to 11:59 pm on Sunday.

Practices may be held any day of the week.

Practices may be held any time of day.

No practices are allowed at the South Dakota Junior Football facility under any circumstances.

In-Season Practice

SDJRFB has reserved a 30 minute time slot prior to each team's game in the Sanford Fieldhouse in which teams may hold practice. Riggs Premier Football Academy staff members are available during this time assist with fundamentals and should be utilized. In addition to the indoor practice time on game days, each team will be allowed to practice 1 time during the week, which may be between 1 hour and 2 hours in length.

A league week is defined as 12:00 am on Monday to 11:59 pm on Sunday.

Practice may be held any day of the week.

Practice times shall be scheduled for after-school hours.

No practices are allowed at the South Dakota Junior Football facility under any circumstances.

Game Rules

All games will be played in the Sanford Fieldhouse. Each game will consist of 2 halves, both halves will be 20 minutes in length, with no clock stoppage, unless time outs are called or there is a player injury. However, game referees may stop the clock at their discretion. The time and score will be kept by a representative from the home team.

The footballs used will be the Under Armor "Pee Wee" size in grades K through 4. The Under Armor "Junior" size will be used in the 5th/6th grade division.

The home team will be listed second on the on-line regular season schedules (example: K2 vs K3, K3 is the home team). The home team will wear dark-colored jerseys and the visiting team will wear light-colored jerseys. During playoffs, the home team is the team listed at the bottom of each bracket.

Players' jerseys must be tucked into their shorts or pants. Shorts shall not have pockets or belt loops.

Only head coaches may address game officials for a rules interpretation or clarification. Judgment calls are not to be questioned.

Medical authorization to participate in practices and games after a diagnosed injury or illness must be obtained and retained by the coach.

Coaches should make every effort to ensure equal playing time for players on offense and defense.

General Rules

- A coin toss determines first possession.
- One coach from each team may be on the field at all times.
- There are no kickoffs.
- Each team is allowed two 30-second timeouts per half.
- Halftimes are 2 minutes in length.
- If the offensive team fails to score, the ball changes possession, and the other team takes over on offense at the cone starting point.
- Teams must field a minimum of five players at the start of a game. In the event of injuries, a team with insufficient substitute players may play with four players on the field; however, no fewer than four.
- Each time the ball is spotted and ready for play, the offensive team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

Scoring

- Touchdowns are 6 points
- Teams have two options for points after touchdowns:¹
 - Option 1: 1 point from the 5 yard line (no run zone)
 - Option 2: 2 points from the 10 yard line

Game Rules

- **Offense**
 - The offense gets the ball at the same starting point every new series (cone starting point)
 - The offense is allowed three plays to cross midfield. If the team crosses midfield, it gets three more plays to score a touchdown.
 - The snaps between the center and quarterback (QB) may be between the legs or to the side.
 - Only 1 player is allowed to be in motion at any time.
 - QB cannot run the ball.
 - A player who receives a handoff may throw the ball from behind the line of scrimmage.
 - All offensive players are eligible to receive passes (including the center). The QB may also receive a pass if the ball has already been handed off behind the line of scrimmage.
 - The QB has a 6-second “pass-clock” in which to pass the ball. If the pass is not thrown within that 6-second time frame, the play is blown dead, and the down is over. If the ball is handed off, the 6-second rule is no longer in effect.
 - Shovel passes and laterals are allowed.
 - A player must have at least one foot in bounds when making a reception.
 - There are no fumbles. If a player fumbles the ball at any time, the play is blown dead, and the ball is spotted where it touched the ground.
 - Spinning is allowed, but players are not allowed to leave their feet to avoid a defensive player (no diving). The ball is spotted where the ball carrier’s feet were when the flag is pulled (not where the ball was).

¹ Interceptions on point after touchdown attempts cannot be returned.

- “No running zones” are located 5 yards from the end zone and 5 yards from the midfield line. The zones are created to avoid short-yardage and power-running situations. If a team is within the “no run zone,” the team must pass the ball (Shovel passes are considered a forward pass).
- No blocking is allowed. Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier is allowed.
- The “center-sneak” play is not allowed.
- **Defense**
 - On defense, all players who rush the QB must be a minimum of 9 yards from the line of scrimmage when the ball is snapped. Any number of players may rush the QB. Once the ball is handed off or passed, the 9-yard rule is no longer in effect, and all defensive players are allowed to cross the line of scrimmage.
 - Players not rushing the QB may defend the line of scrimmage but may not cross the line of scrimmage until the ball has been handed off or passed. Once that happens, all defensive players are eligible to rush (cross the line of scrimmage).
 - If a defensive team intercepts the ball, it may be returned for a touchdown. However, if the interception is not returned for a touchdown, the team which intercepted the football takes over on offense at the cone starting point. Interceptions on point after touchdown attempts cannot be returned.

Overtime Rules

- The referee will determine which end of the field will be used for overtime.
- There are no timeouts in overtime.
- **First Round of Overtime**
 - A coin flip will determine the team which chooses to be on offense or defense first.
 - Each team will take turns getting one play from the defense’s 5-yard line for 1 point or from the defense’s 10-yard line for 2 points. Whether to go for 1 point or 2 points will be decided by the offensive team. Depending on the success of the offense’s play, the team that started on defense will get one play to win or tie by converting a 1 or 2-point play of its own.
- **Second Round of Overtime**
 - If the game is still tied after the first round of overtime, the team that lost the coin toss will start on offense, using the same process.
 - **After the second overtime and the score is tied – the game will end in a tie.**

Penalties

All penalties will be called by the referee. Referees determine incidental contact that may result from the normal run of a play. All penalties will be assessed from the line of scrimmage and include the following:

<u>Infraction</u>	<u>Result</u>
Defensive Offside	5-yard penalty and automatic first down
Defensive Interference	10-yard penalty and automatic first down
Illegal Contact	10-yard penalty and automatic first down
Illegal Flag Pull	10-yard penalty and automatic first down

(before receiver or runner has the ball)

Illegal Rushing

10-yard penalty and automatic first down

Illegal Motion

5-yard penalty

Illegal Forward Pass

10-yard penalty and loss of down

Flag guarding

10-yard penalty and loss of done

Delay of Game

Clock stops-10-yard penalty and loss of down

Unsportsmanlike Conduct

In addition to the playing rules of the game, unsportsmanlike conduct penalties will be called for anything listed below and are subject to game forfeiture if deemed necessary by the SDJRFB Board of Directors. If the unsportsmanlike conduct penalty is called on the coaching staff, the situation will be referred to the SDJRFB Board of Directors for review, and coaches could be subject to game suspension or league dismissal. Examples of unsportsmanlike conduct are:

- Verbal abuse by the head coach, assistant coaches, players, or fans, on or off the field;
- Use of profanity by the coaching staff, players, or fans on or off the field;
- Consumption or presence of any illegal substances, alcohol, or tobacco products by the coaching staff or players.

Player Suspension

Any player who is ejected from a game will be suspended from play for the remainder of the half he/she is ejected and two additional halves. Example: If a player is ejected in the first half of a game, that player is suspended for the remainder of that half and the 2nd half of that game. He/she is also ineligible to play in the first half of the next game. He/she is eligible to play again in the second half of that next game. However, the player can continue to participate in scheduled practices during the suspension period.

Possible Game Forfeiture/Coach Suspension

The following situations could result in forfeiture of the game:

- Any coach who willingly fails to adhere to all practice and game rules.



Team Practice Attendance



Weeks of Practice

	Week 1	Week 2	Week 3	Week 4	5	6	7	8	9	10	11	12
Player												



Ringer Placement



Legal Offensive Formations

O	O	O	X	O	O	O
E	T	G	C	G	T	E
	®	®	®	®	®	

(Balanced Line)

O	O	X	O	O	O	O
E	G	C	G	T	T	E
	®	®	®	®	®	

(Un-Balanced Line)

O	O		O	X	O	O	O
E	T		G	C	G	T	E
	®		®	®	®	®	

(Split Set Balanced Line)

Legal Defensive Formations

If the offense is in a **balance line set**, the “ringer” defensive lineman must line up no wider than head up on the offensive tackles or any place inside the offensive tackles.

If the offense is in an **unbalanced line set**, the “ringer” defensive lineman must line up no wider than head up on one offensive guard and head up on the outside offensive tackle on the other side of the line or any place inside of the offensive guard and the outside tackle.

--	--	--	--	--	--

Exhibit #6

(3/18)