

WILLISTON PARKS AND RECREATION

TACKLE FOOTBALL

1. OBJECTIVE

- 1.1.** The objective of the Williston Parks and Recreation 5th and 6th Grade Tackle Football Program is to inspire youth regardless of sex, race, color, creed, or national origin; to practice the ideals of health, citizenship, and character; to teach our youth sportsmanship and fair play; to bring to the game elements of safety, sanity, and intelligent supervision; and to keep the welfare of the player first, and foremost and entirely free of adult lust for glory.
- 1.2.** Specific Purpose
 - 1.2.1.** To acquaint the players with the fundamentals of game rules, running, kicking, blocking, and tackling.
 - 1.2.2.** To teach, through the game, sportsmanship, love of the game, and discipline.
 - 1.2.3.** To promote safe play throughout.
 - 1.2.4.** To provide an opportunity for kids to have fun.

2. COACHES

- 2.1.** Williston Parks and Recreation Football League is comprised of Adult Coaches who volunteer to assist in a capacity designated and approved by Williston Park and Recreation. Coaches can be removed, at any time, by any Parks and Recreation Administrative staff.
- 2.2.** Each head coach and assistant coach must have completed a coach's code of conduct. All coaches are expected to know the rules of Federation Football and teach fair play and sportsmanship to their players through their good example and conduct while on the practice and game fields at all times.
- 2.3.** Sportsmanship
 - 2.3.1.** Coaches are responsible for assisting officials and Parks and Recreation staff with the sportsmanship of all playing and non-playing team members.
 - 2.3.2.** Coaches are responsible for assisting officials and Parks and Recreation staff with the sportsmanship of parents and spectators.
- 2.4.** Head Coaches are responsible for practice schedules and team compliance with respect to established practice policies.
- 2.5.** Head Coaches are responsible for the care, maintenance and return of all equipment issued to their respective team.
- 2.6.** All rules, regulations, policies and/or procedures apply equally to head and assistant coaches.

3. SPORTSMANSHIP

- 3.1.** We operate under the premise that the most important facet of any youth sports program is the positive role it can play in the development of each individual participant.
- 3.2.** Coaches have a great impact by directly helping them believe in themselves, learn how to deal with competition, how to prepare to succeed and how to handle a win or a defeat.
- 3.3.** We must always remember that our ultimate goal is the development of our participants as individuals; we've just selected football as a fun and constructive way to impart these valuable life-lessons.
- 3.4.** Williston Parks and Recreation regards poor and/or bad sportsmanship as unacceptable and completely intolerable.
- 3.5.** Excessive celebration will not be tolerated.
- 3.6.** Coaches, Participants and Spectators are required to demonstrate positive sportsmanship in respect to their players, opposing team players, parents, coaches and game officials. Coaches, Participants or Spectators who are unable to demonstrate proper sportsmanship will be suspended.
- 3.7.** Any negative criticism directed towards coaches must be done before or after practice. Remember our parents are volunteer coaches. Please respect that and do not bother them at home or on their personal time.
- 3.8.** No parent or spectator is allowed to bring any negative criticism to coaches or Parks and Recreation Staff for twenty-four hours after a game.
- 3.9.** The below listed provisions, although documented as player specific, will be applied uniformly to encompass parents, spectators and coaches alike, relative to violation of league sportsmanship policies.
 - 3.9.1.** Temporary Ejection: Officials may eject, temporarily, a player for any conduct they deem unbecoming of or unsafe for a league participant. It may be as brief as one (1) play, or as long as an entire half.
 - 3.9.2.** Permanent Ejection: If a player is permanently ejected from a game, that player, coach, and parent will meet with a Williston Parks and Recreation Officials and determine the length and or severity of the suspension.

4. PRACTICE

- 4.1. No player shall be permitted to participate in any practice, conditioning or other activity until they are registered and waiver is signed by parent or guardian with Williston Parks and Recreation.
- 4.2. Practice Regulations
 - 4.2.1. No practice will be longer than two hours.
 - 4.2.2. A minimum of two 5-minute breaks per hour for water is required for every practice. Be smart, if kids ask for water breaks or if it is hot out give them extra water breaks.
 - 4.2.3. No practice shall continue past 8:00 PM CST.
 - 4.2.4. Teams can have up to 4 football games or practices a week. (Scrimmages at halftime of Varsity games do not count as practices or games) A week is defined as Sunday through Saturday.
 - 4.2.5. Team parties, chalk-talks and other similar activities do count as practice sessions.
 - 4.2.6. Practice dates and times will be established by Head Coaches in accordance with these guidelines.
- 4.3. All practices where contact occurs must be conducted with full protective gear utilized.
- 4.4. It is required that a practice and game attendance log be maintained for future reference.
- 4.5. The first three practices will be devoted entirely to conditioning. During these practices the kids will wear athletic clothing and helmets only, no shoulder pads or lower body pads. The fourth practice will be devoted entirely to teaching the proper tackling and blocking techniques. During the fourth practice all pads will be worn.

5. EQUIPMENT

- 5.1. Requirements/Allowed/Not Allowed
 - 5.1.1. Only issued equipment by Williston Parks and Recreation will be permitted in all league sanctioned activities. Chin straps, commercially manufactured forearm and elbow pads approved for football use, gloves, a protective cup, rib protector pads and approved neckrolls will be the only allowable additions to the issued equipment. The only exceptions to this rule involve situations where a player might be required to utilize additional equipment in order to protect an injury, i.e., a knee brace, additional padding to protect a deep bruise, etc. Allowable additions must be approved by coaches and Williston Parks and Recreation staff.
 - 5.1.2. Shoes must be of the molded cleat variety.
 - 5.1.3. Glasses should preferably be athletically approved construction with non-shattering glass (safety glass) or contact lenses.
 - 5.1.4. No helmet shield will be allowed.
 - 5.1.5. Under no circumstances will any player be allowed to wear bandannas, scarves, or any other type of head covering under the helmet or on any part of the uniform at any time.
 - 5.1.6. All players MUST wear a mouth protector at all times during practices where any form of contact is initiated.
 - 5.1.7. The mouthpiece will be worn at all times during league play and must be attached to the helmet and cannot be clear.
- 5.2. Defacing Equipment
 - 5.2.1. Equipment is not to be altered or defaced in any way. This includes swapping facemasks, altering jerseys, attaching patches or writing on helmets.
 - 5.2.2. The NOCSAE Seal of Certification and Warning Label will not be removed from the helmet for any reason.
 - 5.2.3. Individual player names will not be permitted on league jerseys in any form.

6. RULES

- 6.1. All rules should be viewed as a means of providing a semi-controlled environment for the purpose of enhancing instruction of the players and developing their understanding for the fundamentals of the game. These restrictions should NOT be viewed as an opportunity to use bizarre and unconventional defensive and offensive schemes in an attempt to exploit the restrictions.
- 6.2. Except as provided herein, we will follow all rules and regulations as outlined in the current, official National Federation of State High School Associations Rule Book. In the event one of the listed rules is in direct conflict with the current published NFHS rules, our rules shall have preference.
- 6.3. The goal is to make the teams as even as possible. The Recreation Staff has the final say regarding team rosters.
- 6.4. Playing Field
 - 6.4.1. All games will be played on a field with the following dimensions:
 - 6.4.1.1. Length - Sixty yards
 - 6.4.1.2. Width - Forty yards
 - 6.4.1.3. End zones – Ten yards in depth
 - 6.4.2. While it is the responsibility of every player, coach, and fan to clean up all trash after themselves, it is specifically the responsibility of the coaches and players of the last game of the day to do a walkthrough of the field and pick up any trash.

Remember that we are guests of Williston Public School District #1 and Trinity Christian School. Please help us leave the fields as we found them.

6.5. Game Length/Clock

- 6.5.1.** There will be two halves of play in each game, consisting of twenty-five minutes of continuous running time in each quarter. The continuous clock will stop for change of possession, an injury, official and team time-outs.
- 6.5.2.** Halftime will be five minutes in duration.
- 6.5.3.** During the last two minutes of each half, standard regulation time will be in effect. The scoreboard clock will be the official clock.
- 6.5.4.** A thirty-five second play clock will be in effect and strictly enforced for all games. First offense will be a warning; all violations thereafter will result in a five yard penalty.
- 6.5.5.** There will be no overtime. When the clock runs out the game is over.
- 6.5.6.** Each team is allowed three time outs per half, the duration of which will be one minute each.

6.6. Scoring

- 6.6.1.** Touchdown - Six points
- 6.6.2.** Point After Try (P.A.T.)
 - 6.6.2.1.1. P.A.T. from the two yard line – One point
 - 6.6.2.1.2. P.A.T. from the five yard line – Two points
- 6.6.3.** Safety - Two points.

6.7. Coaching

- 6.7.1.** Teams may have one coach on the field.
- 6.7.2.** All Head Coaches will submit a team roster to Williston Parks and Recreation. The roster will include, in order from left to right, the player's jersey number, name, and grade level. Likewise, the roster will be arranged from the lowest jersey number to the highest.
- 6.7.3.** If a participant is not attending games or practices the coaching staff must report this information to Williston Parks and Recreation as soon as possible.

6.8. Defense

- 6.8.1.** No defense may have more than five players on the line of scrimmage. Linebackers and Defensive Backs may not line up closer than 5 yards away from the line of scrimmage. The only exception to this rule is in goal line situations (five yards and in).
- 6.8.2.** When the ball is on or inside the defenders own five yard line, a goal line defense may be employed, with the mandatory yardage depth restrictions being reduced to three yards for linebackers and defensive backs. The maximum number of players on the line of scrimmage for a goal line defense is six.
- 6.8.3.** No Blitzing or Stunting: No blitzing is permitted by linebackers or secondary players. Once players "read" this movement, they may react accordingly. Defensive "stunts" are prohibited. Linebackers and Defensive Backs must be at least five (5) yards off the line of scrimmage and must play "read and react" to the flow of the play. Linebackers will be instructed that they may not immediately rush the line of scrimmage at the snap of the ball with no regard for the flow of the play.

6.9. Scrimmage Kicks (Punting)

- 6.9.1.** The offensive team must notify the officials and defensive team that they are going to punt.
- 6.9.2.** No offensive players may cross the line of scrimmage while punting until the ball has been punted.
- 6.9.3.** No defensive players may cross the line for scrimmage until the ball has been punted.
- 6.9.4.** No fake punts

6.10. Kick Offs

- 6.10.1.** The ball will be placed on the 30 yard line of the team possessing the ball for kick offs.

6.11. Participation

- 6.11.1.** The League strongly promotes the active participation of all players. Unless on disciplinary probation as dictated in the Code of Conduct.
- 6.11.2.** All players will be required to play at least 40% every game.
- 6.11.3.** All players must start at a position each game.
- 6.11.4.** No one player can play in the offensive back field for more the 50% of the offensive plays.
- 6.11.5.** 5th grade players must play at least 25% of the time at every backfield position.
- 6.11.6.** Free substitution of players is in effect at all times.

6.11.7. Head Coaches will be held accountable and responsible for this provision. If a player's playing time is being limited for any reason, it is the Head Coach's responsibility to notify the player, officials, and Parks and Recreation Staff as to the reason/cause.

6.11.8. Reasons / Causes for limiting playing time may include:

6.11.8.1. Missing Practices: If a player repeatedly misses practice sessions, playing time may be reduced. Players must attend practices to safely and effectively participate.

6.11.8.2. Illness / Injury: The player may be ill or sustain an injury during the game.

6.11.8.3. Limited Preparation: If a player starts late and has not had adequate time to prepare for the rigors of participation.

6.11.8.4. Disciplinary Reasons: League or team imposed disciplinary measures.

6.12. Fumbles and Interceptions are live and may be returned.

6.13. Competitive Adjustment: This rule becomes effective when a team is twenty-four points ahead of an opposing team. When in effect, the winning team must run the ball exclusively between the tackles and may not pass.

6.14. Violations of rules during a game or scrimmage may result in an unsportsmanlike penalty being called with a five or fifteen yard penalty being called depending on the severity of the offense and the efforts or lack thereof of coaches to correct player conduct. Repeated and blatant offenses by the same player or coach may result in ejection from the game.

7. INJURIES

7.1. In no event shall a league coach or representative treat injuries sustained by a participant unless of an extremely minor nature which necessitates very basic first aid applications; or, he/she is a licensed medical practitioner.

7.2. Any participant injured in a game must be withdrawn for at least one play. Any player sustaining a head and/or neck injury must be withdrawn for the remainder of the game.

7.3. Any injury in practice or game situations that results in the injured player missing a subsequent game must be reported to Williston Parks and Recreation by a member of the team coaching staff within twenty-four 24 hours. All coaches will be given injury report forms. This provision also applies to injuries deemed serious enough to require medical attention. In this case, the injury should be reported as soon after the occurrence as possible.

8. WEATHER

8.1. In the case of extreme weather, for example: cold, rain, snow, wind, etc, the game will be called or delayed at the discretion of Williston Parks and Recreation administrative staff and/or in their absence, the officials on the field.

8.2. In the case of a lighting sighting there will be an automatic minimum 20 minute suspension of the game. We will not begin playing again until at least 20 minutes pass without a lighting sighting.

8.3. In the event of a game being canceled due to inclement weather Williston Parks and Recreation staff will contact all Head Coaches and all local radio stations.