



South Platte Youth
Football League
General Information

A. General Information

1. Equipment will be issued on the dates and times listed on the web page. Please check the website and news papers articles for current news. All players should pick up their own equipment for proper fitting. Coaches, please pick up any of your players equipment that has not been checked out. Practice balls and kicking tees will also be given to the coaches at this time.
2. Teams may begin practicing with this equipment any time after this date. Three practices per week are recommended until the games start. Two practices per week during the season are suggested. A minimum of three practices must be held before full contact between players is allowed.
3. All 5th & 6th grade games will be played on Saturdays at Sterling Middle School fields. All 3rd & 4th grade games will be played Saturdays at the Sterling High practice field and the Legion Baseball field. Six games will be scheduled for each team.
4. Player physicals are recommended but are not mandatory.
5. Scrimmages between teams in the same division are permitted after the first week of practice.
6. Time and place of equipment check-in at the end of the season will be announced toward the end of the season. Please check the website or ask you coach for details. Players must check in their own equipment. **COACHES ARE NOT TO ACCEPT ANY EQUIPMENT!**

B. Weight Restrictions

1. 3rd and 4th grade division

Players over 90 pounds may not play the following positions:

- * Offensive backs
- * Defense - Linebackers and backs

NOTE: Any player playing off the line is classified as a back.

2. 5th and 6th grade division

Players over 110 pounds may not play the following positions:

- * Offensive backs
- * Defense - Linebackers and backs

NOTE: Any player playing off the line is classified as a back.

3. Exception to this rule is that a punter or kicker can be over the weight restriction but must remain back as a safety after the ball is punted or kicked.

C. Equipment

1. Shoes: Any canvas type tennis shoe, any soft molded style of soccer shoes and turf shoes are legal.
2. Mouthpieces: All players must wear a mouthpiece during practices and games. Teams will be penalized 5 yards for each infraction during the games. Coaches, please make this a point of emphasis to your players.
3. The following equipment will be issued to all players:
 - * NOCSAE approved helmet
 - * Shoulder pads
 - * Jersey
 - * Pants with pads
 - * Mouthpiece
4. Equipment purchased by parents: Any equipment that is purchased by the parent for the player shall be approved by the coach and /or game officials. All protective equipment must meet the guidelines set forth by the National High School Federation.
5. Players that abuse or deface equipment are subject to disciplinary action. This includes sitting on the helmets.
6. All jewelry is considered illegal equipment and must not be worn during any practice, scrimmage or game.

D. Practices

1. Have a written plan for the entire practice and stay close to the time allotments on the plan. A suggested plan might look like this:

10 MINUTES- STRETCHING
10 MINUTES- TACKLING DRILLS
10 MINUTES-BLOCKING DRILL
10 MINUTES-OFFENSIVE DRILLS
15 MINUTES- OFFENSIVE EXECUTION
10 MINUTES- DEFENSIVE DRILLS
15 MINUTES- DEFENSIVE EXECUTION
10 MINUTES- SPECIAL TEAMS
10 MINUTES-CONDITIONING

2. Always start and finish on time. One hour and thirty or 45 minutes is long enough for practice.

3. Attendance is a must for the safety of the participants and success of the team. All players missing a practice or a game should notify the coach ahead of time! A player must attend at least one practice during the week preceding a game to be eligible to play in that game.

NOTE: Please contact the parent and a member of the SPYFL Board of Directors if you are not letting a player participate in a game due to lack of practice or disciplinary reasons.

4. Postponement of games due to inclement weather will be posted on our web site on the scrolling marquee at the top of the page and announced over KPMX 105.7 FM by 8:00 A.M. Cold weather will not postpone games so dress according.

The Game

The National Federation Football Rules shall be followed, except for the following rules which will be utilized by the South Platte Youth Football League.

1. Field Size - The field will be 52 yards wide by 80 yards long for the 3rd and 4th grade division. The 5th and 6th grade division will play on a regulation 11-man field of 52 yards wide by 100 yards long.

2. Starting times - The first games will begin at 8:30 A.M. (9:40 for the second 10:50 for the third, 12:00 for the fourth, and 1:10 for the final games). Please have your teams at the field 20 -30 minutes ahead of game time so they can get properly warmed up and stretched.

3. Game Length - Games in both divisions are 40 minutes long with a 5 minute half-time. There are two halves, each lasting 20 minutes. Teams change ends of the field at half-time only. The clock runs except for the last 2 minutes of each half. Officials will give 2 minute warnings to both benches. The clock will stop on all dead ball situations or until the ball is set. There are 2 timeouts per half which will stop the clock. Time outs are one minute in length and only one coach is allowed in the huddle. The referee will blow the whistle to start play at 45 seconds.

4. Kickoff - The kickoff will be made from the 35 yard line for the 3rd and 4th grade division (45 yard line for the 5th and 6th grade division). The receivers will line up to but not over the 35 yard line (45 yard line for the 5th and 6th grade division). At least 4 receivers must be line up to the 35 yard line (45 yard line for the 5and 6th grade) on kickoff.