

#1 SCHEDULES & TEAM NAMES

Hopefully to be completed by this weekend. Will send out to coaches when completed.

#2 EQUIPMENT

Jerseys, flag & balls should be available by the 1st game. If they come prior to the first game, coaches will be notified. Jerseys should be tucked in during play.

Shorts should be without pockets. Fingers can get caught in pockets. Please tape them.

Flags should not be altered. The "tongue" of the belt can be cut off to accommodate the size of the wearer, but the flags cannot be shortened.

Mouth guards are REQUIRED! There should be some for sale at the site. \$3

#3 BACKGROUND CHECKS – please finish, if haven't already.**#4 WEATHER** – in case of bad weather . . .

TeamSideline text alerts

web site

Office phone (402) 441-7892

Games will be canceled for the evening if temp is expected to dip below 32 degrees.

Wet Bulb Globe Index == 88 is considered "dangerous" and play will be canceled

#5 NFL ON-LINE RESOURCES available through "downloads" on TeamSideline
rule book play books skills & drills (with videos)**#6 SPORTS INJURY PREVENTION TASK FORCE** through county health department
On-line in "downloads" – concussion, dehydration, heat illness, overuse information**#7 RULES OVERVIEW**

Time Outs – one per half.

Handoffs – Change in rule. Laterals & pitches now legal. Center CAN'T take 1st handoff of a play.

4th Downs – Can only be used when attempting to cross midfield for 1st down.

Mercy Rule -- 21 pt. difference – team behind gets 2 offensive series starting from 5-yd line.
 28 pt. difference – team behind gets two offensive series starting at mid-field.

Scoring – A single player can only score 3 offensive touchdowns (2 per half).

Coaching – max ONE coach on field. Must stay away from play once line is set. DON'T become involved in the play. Coaching ends when offensive line is set.

CONTINUATION FOR FALL 2024 – Kindergarten-1st grade PLUS 2nd-3rd Grade

** Defense may not rush the passer unless ball is handed off.

** No-Run Zones are eliminated. Teams may run anywhere on the field.

Rule Changes for fall 2024 =

Pitches, laterals and backwards passes are permitted behind the line of scrimmage.

Rushers must identify themselves by raising their hand pre-snap. Max of 2 rushers per play.

Rush MUST be immediate by the rusher/s. NO delayed rushing permitted. (safety concerns)

Fumbles/loss of possession: ground contact must be made for the play to be dead. “A fumble is loss of possession by a player resulting in the ball contacting the ground.”

The ball will be placed in the middle of the field to start every play. The ball may be moved toward the boundary by the referee if asked by the offense before the “ready for play.” The ball may not be spotted less than 10-yards from either boundary.

Electronic communication of any kind is prohibited.

Illegal contact penalty added. Spot foul 5-yards and automatic first down or loss of down.

“Onside kick:” In the 2nd half, a team that scores and is still BEHIND may choose to declare an onside kick. The ball will be placed at their own 5-yard line, and they will be given one play to get a first down. If they fail, the opposing team takes over at the dead ball spot, 1st and goal.

#8 CLARIFICATION OF SOME PENALTIES

Charging – A ball carrier making contact with a defensive player who has established position (similar to basketball).

Roughing the Passer – A defender cannot make contact with QB passing the ball.

EXAMPLE: Hitting a quarterback’s arm while or after he has thrown the ball (follow through).

Flag Guarding – Shirts hanging over flags; stiff arms; lowering the head or elbow; blocking access to flags.

Blocking/Screening – any player impeding the progress of a defender trying to pull the flag.