



# Upper Valley Grid Kid Football

---

## League Rules

2023

---

*The purpose of the Grid Kid Football program is to teach players sportsmanship, teamwork, discipline and the fundamentals of football. It is to provide a means for boys to play football under organized and supervised conditions with proper equipment and officials. Grid Kid Football is geared toward stimulating interest in organized sports and creating a desire to participate in interscholastic athletics.*

## **Table of Contents**

1. TEAM REQUIREMENTS
  - 1.1 Weight Restrictions
  - 1.2 Age
  - 1.3 Grade Levels
  - 1.4 Number of Players on a Team
  - 1.5 Team Registration
  - 1.6 Insurance
  - 1.7 Team Colors
2. PLAYER REQUIREMENTS
  - 2.1 Application
  - 2.2 Physical Examinations
  - 2.3 Residence
  - 2.4 Player Equipment
  - 2.5 Waivers
  - 2.6 Registration Fees
  - 2.7 Player Conduct
3. GAME AND FIELD RULES
4. PRACTICE AND GAME SCHEDULES
  - 4.1 Practices
  - 4.2 League Games
  - 4.3 Non-League, Exhibition and Practice Games
  - 4.4 Divisions
  - 4.5 Playoffs
5. COACHES
  - 5.1 Selection of coaches
  - 5.2 Coaches Responsibilities
  - 5.3 Violation of Coaching Responsibilities
6. GAME OFFICIALS
7. PLAYING TIME
  - 7.1 Minimum Playing Time
  - 7.2 Eligibility

## 7.3 Policing

## 1. TEAM REQUIRMENTS

Each area may have teams representing the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades.

### 1.1 Weight Restrictions

The following weight limits will be used in establishing eligibility of players for each grade level:

Grade	Max. Weight	Min. Weight
4th	98	-
5th	118	-
6th	138	78
7th	158	87
8th	178	97

Players over the maximum weight will be designated as “X” players and will be subject to the rules under section 3. Players will be weighed prior to **every** scheduled game. Players weighing in will be required to have, at a minimum, a pair of football pants on during weigh in. There is NEVER a time when a player will be allowed to weigh in wearing less than a pair of football pants

### 1.2 Age

Players will be assigned to teams in accordance with their respective grades, not age.

However, any player, whose 15<sup>th</sup> birthday is prior to September 1<sup>st</sup> of the given year, is NOT eligible to play Grid Kid Football.

Ages will be verified by the Area Director and coach using a certified birth certificate. The Ultimate responsibility for age verification and player eligibility lies with the coach.

### **1.3 Grade Levels**

All players are encouraged to play with their own grade level; however, if the player, player's parents, coach, and Area Director agree, a player can play one grade up. The league does not encourage this however we understand that there are circumstances where this is in the best interest of the player.

A player may play down one grade level if he weighs less than the listed minimum weight. A player is not required to play down if he is less the minimum weight limit. It is up to the player, player's parents, coach and Area Director.

No person below 4<sup>th</sup> grade or in 9<sup>th</sup> grade may play Grid Kid Football.

### **1.4 Number of Players on a Team**

Teams are allowed to have a maximum of 32 players

### **1.5 Team Registration**

- 1.5.1 Team registration will be completed prior to the first day of August of each year. After August 1st, players may be added to a team if there are less than 32 players. If there is not sufficient room for additional

players after August 1<sup>st</sup>, they may still submit their registration understanding that they may have to play for another team outside of their immediate area. Players can be added to official team rosters up until August 15<sup>th</sup> of the current season. After that date, no players will be added to official team rosters and will not be able to play that season.

1.5.2 Teams will not be eligible for play in any games or be placed on the league schedule until the area director has received, and the Executive Committee has approved, the team roster. The area director is required to maintain a team registration package, which is to include the following items:

- Player registration forms with both parent and players signature.
- Signed copy of Minor Waiver/Release – RELEASE OF LIABILITY FOR MINOR PARTICIPANTS form.
- Physical Examination forms as required.
- UVGK Standard Team Roster as recorded by the area director.
- Registration fee.

1.5.3 The area director must make the team registration package available to the Executive Board upon request. Each area will be responsible for determining its applicable registration process and associated fees. This process, and fee schedule, must be presented and approved by the Executive Committee.

- 1.5.4 Players will be divided between teams by their area director. No team will be allowed to draft or select their players based on the individual's skills, talent, experience, or size. The Area Director is responsible to oversee the division of teams in accordance with these rules.
- 1.5.5 Players must stay on the same team and with the same coach from year to year.
  - 1.5.5.1 If a returning team has shrunk in numbers to the point where they can no longer compete, an appeal can be made to combine back with another team in the same area.
    - 1.5.5.1.1 If the numbers on different teams in the same area differ by more than three players due to reduction in players or expansion of players, an appeal to transfer players to another team may be made to balance the area teams. All appeals for altering teams must be made in writing and approved by the Executive Board under the direction of the Area Director prior to any transfers being made. Players, parents and coaches must all be agreement for transfers to take place.
- 1.5.6 Any team that allows a player that is not on the official roster to participate in a game

will forfeit that game and the coach will be dismissed from the Grid Kid program.

### **1.6 Insurance**

Accident and Liability insurance will be purchased by the league. The premium will be paid by the league. The league will bill each area for their portion of the insurance premium (based on a per player basis) and will be due by November 1<sup>st</sup> of that year. If the league does not receive payment for these fees in a timely manner the area will not participate in any votes by the board until the fees are paid (see section 2.4.4 of the league Bylaws).

### **1.7 Team Colors**

Each area will be assigned a specific color for team jerseys. All teams, 4<sup>th</sup> through 8<sup>th</sup> grade, from a given area shall use jerseys of the same color. The Board of Directors will assign the team colors.

## **2. PLAYER REQUIREMENTS**

### **2.1 Application**

Each player will complete a player registration form provided by the Area. The registration form must be read and signed by both the player and the player's parent or guardian. This registration form provides parental or guardian permission to play football.

### **2.2 Physical Examinations**

Each player will provide to the league a statement from a physician who states that the player is physically fit and able to participate in football. Physicals will be required prior to the 1<sup>st</sup> year of participation in Grid Kid football and



prior to the start of the 7<sup>th</sup> grade year in Grid Kid football. Boys scout physicals, or other physicals obtained after January 1<sup>st</sup> of the given year will suffice for this requirement.

### **2.3 Residence**

Each Player must play in the designated area in which he lives at the time of registration. Players moving to another geographic area during the season must continue playing in the area of registration, unless an exemption is approved by the Board of Directors.

### **2.4 Player Equipment**

Each player is required to be equipped in full protective equipment for all practices and games involving body contact. The player is responsible for taking care of the league supplied equipment and for keeping it in good condition. A player that intentionally alters league equipment will be required to reimburse the league for the cost of the equipment. Equipment shall include the following:

- Helmet – the helmet and facemask must be made of a high quality material and must be NOCSAE approved. Helmets will be provided by each individual area.
- Shoulder pads – Shoulder pads shall be made from a molded plastic material and have appropriate padding between the protective surfaces and the player. All shoulder pads must have adjustable elastic underarm straps and be properly fitted to the player. Shoulder pads will be provided by each individual area.
- Shoes – Official footwear shall consist of a rubber-cleated shoe, sneaker or shoe that meets the requirements established in

the Idaho High School Football regulations. No metal cleats will be allowed. Shoes will be provided by the player.

- Pants – Pants will be one piece that allows for removable pads. Pads included with the pants will be hip pads, a butt pad, thigh pads, and kneepads. Pants and pant pads must be provided by the players.
- Mouth Guard – A mouth guard must be used during any practice or game in which there is body contact. The mouth guard must be made of a non-clear plastic material and formed to the player's mouth. The mouth guard will be provided by the player.

## 2.5 Waivers

A player may obtain a waiver to play for a team other than the designated team specified in the sections 2.4 above. A request for waiver must be submitted at the start of the football season and must be approved prior to the first game. All waivers must be approved by the Area Director and the Executive Board. After approval of the waiver, a waiver list will be prepared and be available to the Area Directors. ***Please note that waiver will be issued only for extreme circumstances.***

## 2.6 Registration Fees

Each player must pay the established registration fee prior to participating in practice or playing in a game. The fee will be established by each Area Director and approved by the Executive Committee prior to the start of the season. Scholarships can be obtained in lieu of paying the registration fee for special hardship cases. All

scholarship decisions are made by the Area Directors and each area is responsible for funding their area's scholarships.

## **2.7 Player Conduct**

Any player that does not exhibit a high standard of personal conduct while participating in practice or games may be determined to be ineligible to play and/or referred to the Area Director for discipline actions. All decisions of the Area Director are final. All players must abide by the following Grid Kid Code of Conduct:

I will:

- Be on time to practice and games in the prescribed uniform
- Give my best effort and accept assignments and decisions cheerfully
- Not argue or lose my temper with any player, coach or game official
- Not swear, use abusive language, use dirty tactics, or play unfairly
- Not belittle others because of inexperience, inability or mistakes
- Win humbly, lose proudly and play fair.

Any player that is ejected from a game by the game officials, or Area/Field Director, shall be suspended according to the IHSAA guidelines. "In any athletic contest, including jamborees, any coach, player or bench personnel ejected by an official for unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree- and will be suspended for the next regularly scheduled contest.

- a. The officiating crew must approve any additional suspension by a majority vote at the conclusion of the contest.
- b. The league will follow the process with the official who ejected the player and the Grid Kid commissioner of officiating.

The player will not be allowed on the sidelines or within the team area during a game while suspended.

- c. Any ejection that is the result of physical contact or excessive verbal abuse by a player/coach will be referred to the Grid Kid commissioner of officiating for review to determine if any additional reprimand of suspension is warranted.
- d. A suspended player must also complete a free on-line sportsmanship course and submit a certificate of completion to their area director before they are eligible to participate in the next game.  
NFHSlearn.com (National Federation of State High School Associations)

There is also a free on-line course "Positive Sport Parenting" that any ejected coach or parent must complete before they are able to coach or attend another game.

### **3. GAME AND FIELD RULES**

Game rules will be in accordance with the Idaho State High School rules with the following exemptions:

1. The Unlimited substitution rule will always be in effect.
2. The time duration shall be four eight minute quarters for 4<sup>th</sup>-7<sup>th</sup> grades, 8<sup>th</sup> grade will play four nine minute quarters, with the clock operated per high school regulations.

3. A “junior” size football will be used for the 4<sup>th</sup> and 5<sup>th</sup> grade games. A “Youth” size football will be used for the 6<sup>th</sup> thru 8<sup>th</sup> grade games. The league will supply the Area Directors with games balls.
4. Game officials may pronounce a forfeit if a team is not ready to play 10 minutes after the scheduled game time.
5. Points after touchdowns will be scored as follows:
  - a. Running a play from the 3-yard line will be worth 1 point.
  - b. Running a play from the 10-yard line will be worth 2 points.
  - c. Kicking a PAT is worth 2 pts.

In 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade, during a PAT kick, the offensive or defensive players are not allowed to cross the line of scrimmage during the kick attempt. The kicking of a conversion attempt is considered a dead ball play and must resemble a PAT scrimmage kick. Teams must notify the officials of their extra point attempt, and cannot FAKE an extra point kick. A fumbled snap is considered a dead ball. The PAT kick must not last more than 5 seconds from snap to kick. 7<sup>th</sup> and 8<sup>th</sup> grade will follow high school rules for a PAT kick with the exception being that a successful kick is worth 2 points.

6. All games ending in a tie score will be resolved using the “10-yard line Overtime Procedure” as outlined in the Idaho State High School Rules.
7. The field length for the 4<sup>th</sup> and 5<sup>th</sup> grade games will be 80 yards, with the ball placed on the 30-yard line for kickoffs. The 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades will play on a standard 100-yard field.
8. For the 4<sup>th</sup> and 5<sup>th</sup> grade games (80 yard field), a ten yard penalty is the maximum penalty that can be assessed for a given infraction. Multiple infractions could result in a longer penalty. The only penalties affected by this rule are those

which have a penalty of 15 yards. All other penalties are enforced in accordance with the High School rules.

9. All coaches and players that are not participating in the game must remain on the sidelines within 20 yards of the mid-field yard line.
10. The Area Director/Field Director, or representative, is responsible for all activities associated with the scheduled game. Any decisions made by the Area Director/Field Director are final.
11. If a player exceeds the weight limit for the grade the player is participating in he/she will be designated as an "X" player.
  - a. "X" players are required to wear a large visible "X" on the **top, front** of their helmet. These will be a league standardized "X" and will be provided by each area director. "X's" are expected to be on the player's helmet and ready for inspection by the field manager at **weigh-in**.
  - b. They must play the position of an interior offensive or defensive lineman (tackle to tackle)
  - c. ***Defensive "X" players must line up, in a 3 or 4-point stance, between the head of the guard and head of the tackle of the offensive line. Their first contact with offensive players cannot be outside the tackle and cannot be with the offensive center. The same rules apply that are in effect to protect a center during a field goal, punt, or extra point. The penalty for violating the first contact rule shall be a personal foul with a 15-yard penalty.*** The player may only participate during 1<sup>st</sup> thru 4<sup>th</sup> down plays. ***(No kickoffs or receiving kickoffs)***. A team

may play up to four players at one time on defense.

- d. ***An Offensive "X" player may be lined up at center, guard or tackle, but not further out than 2 positions away from the center. The following illustrates the ONLY positions an offensive "X" player may be lined up in.***

T G C G T  
X X X X X

A team may play up to four players in this category at a time on offense.

- e. Cannot carry or receive the ball on any play.
12. "Mercy Rule" – If any team has a lead of 35 points or more at half time or later, the game shall continue with the following caveat: the leading team will replace all offensive skill position players with players that have not played those positions thus far in the game (i.e. all new players at quarterback, running backs, and receivers). The same players can not be rotated within these positions, in short if they have touched the ball they can not handle the ball from here on out. The one exception to this rule is that if the lead gets to within 14 points the rule is no longer enforced.
- a. If the field director does not feel that the coach has abided by this rule he or she shall have the authority to suspend that coach for the remainder of the game.

13. Players must wear their helmets during the post game hand shake line.

## **4. PRACTICE AND GAME SCHEDULES**

### **4.1 Practices**

Teams will practice where they are directed by the Area Directors. Under no circumstances will

practice exceed 2 hours a day. A team shall not practice more than 5 times in a given week during the first 3 weeks of the season. As of the first game week of the season, a team will be limited to four activities per week (i.e. 1 game and 3 practices, or 4 practices). No practices may be held on Sunday.

Week 1- conditioning/non-contact practice 10 hrs, max. 5 practices

Week 2- full contact -max. 5 practices

Week 3- full contact- max. 5 practices

Week 4 – (scheduled games week 1) through end of 1<sup>st</sup> round of playoffs -max. 5 activities per week

There will now be up to 5 events allowed per week (after games start), with 1 of these events being a **non-practice, non-contact event**. example: film night, team building activity, etc.

Round 2 playoffs and Championship week- teams competing in both of these games may have practice or a game Mon-Sat of this week.

Each player, prior to involvement in full contact practices must participate in at least ten (10) bonus hours of conditioning/non-contact activities during a team practice. No organized, team practices will be allowed prior to the official start date of the Grid Kid season. Off season conditioning, skills workouts, position training, and camps are encouraged.

A coach caught violating preseason or any practice rule in section 4.1 will be suspended from coaching in UVGK.

## 4.2 Contact Rule



**We will follow the USA Football guidelines for the amount of contact allowed in a week.**

**Preseason-** The 2 weeks of padded practice prior to Jamboree.

**Regular Season-** The first week that games are scheduled, regardless of whether you have a scheduled game or a bye week.

### **USA Football Practice Guidelines:**

Full-contact drills should be limited during the preseason and regular season as the number of exposures may increase the chance for injury to youth players. For purposes of these guidelines, full-contact consists of both “Thud” and “Live Action” using USA Football’s definitions of Levels of Contact. Rationale: By definition, “Thud” involves initiation of contact at full speed with no predetermined winner, but no take-down to the ground. Initial contact, particularly with linemen, is just as physical with “Thud” as with “Live Action.” USA Football recognizes that “Live Action” likely carries a higher injury risk to the body than does “Thud.” The first three levels of USA Football Levels of Contact “Air,” “Bags,” and “Control” are considered no- or controlled-contact, and thus no limitations are placed on their use in practice.

Recommended number of team practices and amount of “full contact” drills per week **Preseason** Recommendation Following the preseason acclimatization period, it is recommended youth teams conduct no more than four practices per week. Consideration should be given to limiting full-contact time to **no more than 30 minutes per day and no more than 120 minutes per week**. No two-a-day practices should be allowed at any point throughout the preseason. Rationale: USA Football recognizes preseason practices may require more full-contact time than practices occurring in the regular season to allow for teaching fundamentals with sufficient repetition to prepare for the season. Coaches are encouraged to introduce contact through a progressive manner to ensure they are using proper technique before full-contact (Thud & Live Action) drills are allowed.

**Regular Season Recommendation** Once the regular season begins and games commence, USA Football recommends the number of practices per week is decreased to three to account for the weekly game. Consideration should be given to limiting **full-contact time to no more than 30 minutes per day and no more than 90 minutes per week**. Rationale: At this point in the season, games have begun and full-contact exposure rates have increased on a weekly basis for players. To account for this, the recommendation to eliminate one practice per week and decrease the amount of time dedicated to full-contact drills decreases the number of exposures per week.

Allocating a level of contact for each drill period in practice use of USA Football Levels of Contact within their daily practice plan USA Football defines contact using its Levels of Contact chart to help coaches assign a level of resistance for each drill period within their practice plan. Properly employing the levels of contact during a football practice is an important skill for youth coaches to learn. This is completed by adjusting the distance between players, the speed at which they conduct a drill and modifying the “winner” of a drill. In doing this, coaches can better accomplish specific teaching objectives during practices and decrease the chance for injury. Planning when to teach, when to compete and when to adjust contact promotes a better experience for players and coaches. Proper usage of the Levels of Contact system will help players perform their contact skills at a high level while instilling confidence. Employing the Levels of Contact system also helps reduce player fatigue, which can advance player safety.

### **4.3 League games**

League games will be normally played on Saturday mornings. However, some games may be played on Tuesday and Wednesday evenings during playoffs and weeks that have designated holidays. The official game schedule will be established each year by the Executive Committee. Any games postponed will be made

up on the earliest possible date. The Area Director responsible for the field during the postponement is responsible for ensuring that the game rescheduling details are planned and conveyed to the affected teams.

#### **4.3 Non-League, Exhibition and Practice Games**

***All non-league, non-area exhibition games, scrimmages & practices must be approved by the Executive Committee prior to accepting or scheduling invitations to participate.*** No Scrimmages, ***practices*** or games will be allowed between teams of different grade levels. An exception may be considered for a non-league game where classifications may differ slightly.

#### **4.4 Divisions**

In order to promote competition at all levels the league will divide each grade into three divisions. The divisions will be determined as follows:

**4<sup>th</sup> Grade** – There will be no divisions in the 4<sup>th</sup> Grade

**5<sup>th</sup> Grade** –

- Division I – Top 7 teams from the previous year
- Division II – Next 7 teams
- Division III – Remainder of registered teams

**6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grades**

- Division I – Top 5 teams from Division I plus the top 2 Division II teams
- Division II – Bottom 2 teams from Division I, 3 teams from Division II, and the Top 2 teams from Division III

- Division III – Bottom 2 teams from Division II, remaining Division III teams.

Each team will only play the other teams within its Division. If there are less than 20 teams Division II and Division III may be combined.

We understand that teams will change due to the changes in number of kids participating, but it is expected that the area combining teams fulfill the spot in the highest division qualified for. If a team is dissolved, then the team with the next best record (regular season W/L record & head-to-head matchups) will move up to fill that spot within the division. Should other factors need to be considered it will be done with the Area Directors and the Executive Board.

#### **4.5 Playoffs**

For the **4<sup>th</sup> grade** the teams eligible for the playoff will be determined as follows:

1. Top 8 teams based on W/L record.  
Because all teams will not play each other, the board of directors and the E-board may need to consider other factors such as common opponents and strength of schedule to determine playoff teams. Kansas City Play-off may also be used.

For grades **5<sup>th</sup> thru 8<sup>th</sup>** the teams eligible for the playoff will be determined as follows:

2. Division I – Top 5 Teams
3. Division II – Top 2 Teams
4. Division III – Top 1 Team

The following criteria will be used (in the listed order) to select the teams from each Division:

1. Division Record
2. Results of Head to Head Games during the regular season
3. Kansas City Play-off

After the Kansas City Overtimes have been held the Board will meet to determine the seeding for the playoff games for all grades. The higher seeded team will receive home field for the first round of playoff games. ***Note: Point differential will NEVER be used to determine seeding or division placement.***

## 5. COACHES

### 5.1 Selection of Coaches

Coaches will be selected by the individual Area Directors. The Area Directors must submit, by August 1<sup>st</sup> of each year, the names of the selected coaches (with completed coaching application forms), including assistant coaches if known, to the Executive Committee for approval. The Executive Committee reserves the right to disapprove the selection of any or all coaches submitted.

### 5.2 Coaches Responsibilities

The Following list addressed the responsibilities of all coaches within the league. Any coach can be removed from participation in the Grid Kid Football program or put on probation for violations of any of the following responsibilities.

1. All coaches are required to complete “Heads Up” certification through USA Football and a background check. Coaches must have a badge or USA Football certificate of completion in order to be on the side line of a

game or participating in practice. Field managers will check for badges of everyone on the sideline before every game. Anyone without a badge will be asked to move to the spectator area of the game field.

2. All head coaches are responsible for the behavior of assistant coaches in the coaches box. An ejected coach will be suspended for the remainder of the game he is ejected from and the next scheduled game as per rule 5.3.
3. The coach is responsible for the conduct of his assistant coaches, players and spectators.
4. The coach is responsible for displaying Good Sportsmanship, and to teach good sportsmanship to his players.
5. The coach is responsible for teaching all his players the fundamental skills and rules required to play the game of football
6. The coach is responsible for ensuring that all players are properly registered with the league and are on the official team roster. Any changes to the roster must be approved by the Executive Committee. Violations may result in forfeiture of games or other disciplinary actions as deemed appropriate by the Executive Board.
7. The coach is responsible for issuing equipment to each player on his team and for collecting all equipment and checking it in with the Area Director at the completion of the season.. The coach must also ensure that the equipment used by his players is in good repair and is not intentionally damaged or altered. Any player intentionally damaging or altering league equipment will be required to reimburse the league for the cost of the equipment.
8. The Coach is responsible for ensuring that no ineligible players participate on his team.

Ineligible players include players playing in the wrong area or players that do not meet league age requirements. Any exceptions to eligibility requirements shall be presented to the Executive Committee in writing and approval obtained prior to participation in any practice or game. Failure to comply with this requirement will result in forfeiture of all affected games.

9. The coach is responsible for supporting any fund raising projects required by their area director. Although the coach may delegate fund raising activities to others, it is the sole responsibility of the coach to promote the fund raising activity with his players, collect money, account for unsold items and return all funds and items to the Area Director by the specified date. No individual team fundraising is allowed without approval from their area director.
10. The coach is responsible for accepting all game official decisions on the field as being fair and unbiased
11. The coach may not allow an injured player to re-enter a game after injury, unless his condition is unquestionably safe.
12. The coach may not intentionally run up the score against any opponent. Running up the score is defined as continuing to play your best players at their positions when your team has a 24 or more point lead.
13. The coach is responsible for ensuring that all players on his team receive as much playing time as possible. It is highly recommended that each player be able to play at least one quarter during each game.
14. The coach and/or the parents are allowed to film games. They are allowed to film from anywhere that spectators are allowed to view

the game, (this may vary from field to field) and as long as they are not interfering with the game, coaches or players. Anyone filming between the 20 yard lines (the coaches box) must be USA certified, wearing a badge, and have the head coaches permission. The league will allow the use of 1 drone per participating team. The only place a drone can be operated is **behind** the end-zones, not **in** the end-zones or any other part of the field, in-bounds or out-of-bounds. There is NO FILMING of another team's practice.

### **5.3 Violation of Coaching Responsibilities**

Any coach can be removed from participation in the Grid kid program or put on probation for violation of the responsibilities outlined in section 5.2 by the Executive Board. Coaching violations may also result in forfeiture of one or more games as decided by the Executive Board.

Any coach that is ejected from a game by the game officials, or Area/Field Director, shall be suspended from coaching for the rest of the game he is suspended from and the next scheduled game. There is NO appeal process for this. The coach will not be allowed on the sidelines or within the team area during a game while suspended. The coach may be able to assist in team practices during the period of suspension unless directed otherwise by the Executive Board.

## **6. GAME OFFICIALS**



Game officials will be recognized high school officials with a complete knowledge of High School Football rules and regulations for the State of Idaho as set forth in section 3 above. During all games, at least one Idaho State Certified Referee shall be on the field at all times. Game officials will be arranged by the Executive Committee.

## **7. PLAYING TIME**

### **7.1 Minimum Playing Time**

Each player shall participate in any and all games for which he is eligible. This means that a player shall have the opportunity to play in a minimum of 10 plays during the course of a game. Please note that this includes **ALL** games.

### **7.2 Eligibility**

A player shall be considered eligible if he or she has attended all practices for that week and given his or her full effort during practice. As a coach it is your foremost responsibility to ensure the safety of your players and to help them reach their potential.

### **7.3 Policing**

The policing of this rule shall be the responsibility of the head coach. He or she must have a system to ensure that each player has the opportunity to play 10 plays. The coach can create whatever system he or she would like but records must be available should a player's playing time be in dispute. Failure to comply may result in disciplinary action for the Head Coach.

Should a player's parents be concerned about playing time they must first approach the Head

Coach. If the Head Coach does not provide a reasonable explanation the parents should then approach the Area Director. Parents approaching League officials prior to meeting with the Head Coach and the Area Directors will simply be directed to do so.

Should this reach the Area Director the league expects that he or she will discuss the situation with the Head Coach and the parents and attend and observe practice should it be necessary. The Area Director should also review the coach's records to ensure that he or she is maintaining adequate records. Should this reach the Executive Board they will visit with the Area Director and the Head Coach to review their explanation for the amount of time the player in question is receiving. Absent a reasonable explanation the Head Coach may be suspended for 1 game.

Important note on policing this rule: This is strictly the concern of each team and their players. Any complaints from parents other than the player's parents or other teams WILL NOT BE HEARD!!!! If an Area Director has a concern he can contact the other Area Director but it is **NOT THE OPPONENTS PLACE TO POLICE THIS RULE!!!!**