

Lone Peak Youth Football 2009

Conference Information:

Game Length –

- 1st-7th: 16 minute running clock except for the last two minutes of the 2nd and 4th quarters.
- 8th: 20 minute running clock except for the last two minutes of the 2nd and 4th quarters.

Conference Rules –

- Freeze punt for 1st – 5th grade. Must be declared. No one moves until the ball is punted.
- Kick off for 1st/2nd grade – ball starts on the 25 yd line. All others regular kick-offs from 30yd line.
- 1st – 6th grade – 30 second play clock; 7th-8th grades – 25 second play clock.
- 3 time outs per half. Clock stops for 30 seconds and then restarts.

Minimum Plays –

- Play sheets will be checked at halftime by field rep. 10 plays per game.
- Only non-starters need to be tracked
- Must turn time sheet into field rep at end of each game.

Coaches –

- 6 coaches maximum
- Coaches own crowd control.
- Coaches allowed on field in 1st – 5th grades. No coaching after QB steps under center. Stay 15 yds away from line of scrimmage.
- Responsible to clean up fields after games.

Illegal Players – result in game forfeits

- Older grades playing down.
- Players outside boundaries
- Coaches are responsible to make sure player is legal

Referees –

- 1st – 4th – 1 veteran, 1 younger; 5th – 6th – 2 veterans, 1 younger; 7th – 3 veterans; 8th – 4 veterans
- Contact with referee – suspension
- Don't intimidate the referees. Please show respect.

X-man Rule –

- Can play the following positions on offense – center, guard, tackle. Must not be in a position where they are eligible receivers. Must be “covered”
- No restrictions on defense
- Not allowed to line up on special teams in a position where they would receive the ball.

Weight Limit –

- 1st / 2nd grade – 75lbs
- 3rd grade – 85 lbs
- 4th grade – 95 lbs
- 5th grade – 105 lbs
- 6th grade – 120 lbs
- 7th grade – 135lbs
- 8th grade – 165 lbs

District Information:

Rosters –

- We need final rosters no later than Friday, Aug. 7.

Coaching Staffs –

- We need an official list of each coaching staff as soon as possible but no later than Friday, Aug 7.
- Any coach who has not registered as such nor filled out an application will need to do so this Saturday and Sunday.
- Applications should be mailed or emailed to us as soon as possible.

Background Checks –

- All coaches must complete the background check by Sunday, Aug. 9.
- Log into account to complete

CPR/First Aid –

- One member of each staff must be certified in CPR and complete First Aid training.
- Head coaches to designate a coach to complete courses and give name to District by Friday, Aug. 7.
- District will provide username and password to designated coach.
- Courses must be completed by Sunday, Aug 16.

Weigh-Ins –

- Aug. 14 at the LDS church building just south of Highland Heritage Park.
- Make up date Aug. 19.
- Each player must wear at least a tee-shirt and shorts.
- Only one chance to weigh-in.

Conduct on the Field:

A coach or assistant coach should at all times set a good example by his/her behavior for the players in his/her charge.

He/she should always remember to:

- refrain from profane or abusive language in the presence of the players;
- not criticize players in front of spectators, but reserve constructive criticism for private;
- accept decisions of officials on the field as being fair and called to the best ability of the officials;
- not criticize the opposing team, its coaches, or fans by word of mouth or gesture;
- not permit “sweating down” tactics so that a player will make the team X-man weight;
- not permit a player to re-enter any game after being badly bruised or injured;
- be prepared to hold down the score of any game, once the outcome of that game is no longer in doubt.

Other Notes:

- Games begin Saturday, Aug. 22 for grades 1st-6th and Tuesday, Aug 25 for grades 7th & 8th.
- Once school starts, limited to three 2 hour practices per week. Film sessions do not count as practice.
- Scouting film allowed.
- Must wear badges at games. Only those with badges allowed on sidelines.
- Team pictures provided by Aspire. More info to follow.