

RULES for INTER LEAGUE PLAY

August 19, 2010

The following rules have been discussed, reviewed and agreed to by representatives of Upper Loudoun (Purcellville), Central Loudoun (Leesburg), AYFL (Ashburn) & Lower Loudoun (Sterling) Youth Football, in a concerted effort to use the following rules during Inter League Play. These rules shall be adhered to their fullest extent during Inter League Play. Said rules do not need to be adopted during Non-Inter League play.

Mercy Rules – The following rules shall apply once a team establishes a lead as follows:

- i. A league – 24 points
 - ii. B & C league – 18 points
- a. **Running Clock** – During the second half of an Inter League game, the clock will continually run, nonstop, once the leads have been established in the second half, as outlined above.
 - b. **Change of possession** – The ball will change possession without a kick off once a team establishes a lead, as referenced above, and in accordance with the following:
 - a. A League – possession for the losing team on the 50
 - b. B & C leagues – possession for the losing team on their opponents 40

On Side Kicks – If a team establishes a lead of 12 or more points, the following will result:

- a. the receiving team will keep the ball regardless who recovers the kick
- b. the only way the ball could go to the kicking team, is if the receiving team recovers the ball, advances the ball after establishing possession, and then fumbles the ball during the advancement

Age limitations / Status of 14 year olds – Any 8th grader and below who is 14 years of age or younger (13 or 12) on September 30th, is eligible to play in A league.

Playing weights – Weights determine the ability for players to play certain positions in all leagues. Weights that are exceeded as outlined below will restrict players from playing running back, safety, defensive backs or line backers, as well as restrict players from catching passes, or playing any other position than the line on both sides of the ball. These weights are fixed, and determined as follows:

- a. A league – 132 pounds
- b. B league – 104 pounds
- c. C league – 82 pounds

Re-weighs and weight increments – there shall be two re-weighs. Each re-weigh will increase the established weights outlined above, as follows:

- a. A league – 5 pounds at first re-weigh, an additional 5 pounds at the re-weigh at play offs
- b. B league – 4 pounds at first re-weigh, an additional 4 pounds at the re-weigh at play offs
- c. C league – 3 pounds at first re-weigh, an additional 3 pounds at the re-weigh at play offs

Playing time – all players must play a minimum of twelve (12) plays per game, broken out as six (6) plays each half. Should a team not abide by this rule, then that team and their head coach will be subject to disciplinary actions by their Board. The championship games, a Board Member will monitor the play count.

Blitzing – there will be no blitzing allowed by safeties, defensive backs or line backers, and a defensive player not playing the line must line up as follows:

- a. A non lineman must be a minimum (and cannot encroach) 3 yards from the line of scrimmage
- b. Said players can only advance on the snap of the ball, and cannot creep into the 3 yard zone

Red Dots – Players with red dots are indicated with a red dot (or green dot) on their helmets, and are subject to the following:

- a. Said players must play on the line, (offense / defense)
- b. Once a player has gained “Red Dot” status, they cannot have their status changed even if they lose weight at the re-weighs
- c. No more than 5 dots at any given time on the field for each team
- d. Teams can have a red dot uncovered on the line, such as lining up in an end position or if their line is unbalanced, strong side, etc.

Green Dots – There will be NO green dot play in Inter League. Green dots will be considered red dot status.