

2023 (5th Grade)
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Badger Central Youth Football Alliance

Mission:

- The mission of the BCYFL is to offer a positive and well-structured instructional youth football program for youth in grades 4-6.
- The objective of the program and teams involved is to provide a fun and exciting football experience while teaching the fundamentals and skills of the game.
- An emphasis will be placed on good sportsmanship by players, coaches, parents and fans, encouraging effort and a strong work ethic out of the players, and developing positive communication between programs.
- At the conclusion of the season, program directors will attend a working meeting to evaluate the concluded season and possible adjustments for the following season. This meeting shall be held no later than the month of January following the season.
- All programs will have 'All' coaches certified through USA Football 'Heads Up' program.
 - All certifications must be renewed annually and **completed before August 1st**.

Program Structure:

- Programs that have more than one team per grade level, are to make an effort to divide teams into two separate and equal teams.
 - If this isn't possible, they must two platoon. There should be the effort by all programs for all teams to have 22 starters every game – starting 11 players on offense and 11 different players on defense.
- Our goal is to develop equally balance teams for each grade level
- Some movement between teams may be due to injuries, discipline problems, scholastic ineligibility, etc.
 - These players should be those that see less playing time during their regular scheduled game – IE. Do not play your better "stud" players in both games if players are needed.

*For programs with more than one team, coaches can not move players with out their boards prior approval & must notify your opponent that you will have players playing in more than one contest for that week.

- Coaches will notify their upcoming opponent at least one week in advance of their game.
 - **This call should be made Sunday evening – the weekend prior to your scheduled game.**
 - *****This call *should be initiated* by the home team.
 - Base defense and offense schemes should be communicated along with confirming time, location and jersey colors & any special player concerns
- The home team should furnish any needed ice and have an emergency plan including a cell phone at all games.
- Any concerns or problems with officiating should be directed to your program director within 48 hours of previous game. There will be no review of any game!
- There will be no win-loss records, standings or play-off's kept or participated in, in any form

Registration / Roster / schedule:

- All participants in the BCYA must complete official program registration form and medical emergency information form generated by their program.
- All forms must be in file with program director.
- All programs must maintain a copy of the roster of each team at each grade level.
 - Rosters must include all participants on the team.
- Rosters should include:
 - name of participant, grade, weight, and jersey number.
- Rosters are required to be at league games.
- Schedules will be generated after all programs have completed sign-ups
 - Each program will communicate team counts at each grade level **by July 1st**.
 - Schedules will be finalized and posted by August 10th. (or sooner)

Age Classes:

- Any youth in grades 4-6 may participate in the BCYA whom, as of Sept 1, of the fiscal year, is attending any grade in school from grade 4 through grade 6.
- Players will play with their grade or may play up 1 grade with the director's approval but cannot play down a grade.

Weight Classes:

- **Grade 5** -Any player that weighs 105.0+ lbs must play in the DOWN LINE tackle to tackle position.
 - These players will be designated with tape, of contrasting color of the helmet, and will run from the **Front to the Rear of the helmet, down the center.**

Weigh-ins:

- Weigh-ins will be conducted by each program at the time of equipment hand-out .
- All weights must be recorded by the program coordinator / president / director and/or (1) one unbiased / unassociated official – school official, school board official, park and rec official, etc.)
- Everyone will be weighed in t-shirts / shorts.
- Each team coordinator / president / director will keep a roster for their program identifying player name, number and weight.
- Rosters will be shared with each team / program official prior to the start of scheduled contests.
- Program coordinator must organize and manage all weigh-in records.

Coaches:

It is the responsibility of all coaches to follow through with coaching requirements set by the BCYA. To include but not limited to:

- 1) Follow through with certification requirements set by the League and their respective programs – any new coach will be allowed a (1) one year grace period.
- 2) Certification shall be from USA Football/Heads up football
- 3) Have all needed forms and rosters at each contest.
- 4) Handle and display responsibility for the conduct of players, assistant coaches, and parents / fans of their program.
- 5) Participate in coaches meeting set by BCYA.
- 6) Meet all requirements set by individual program that they are involved with.
- 7) Display enthusiasm and energy to the players they work with.
- 8) Have Fun!

General Rules:

All general WIAA rules will apply from August to November.

- The season shall begin no earlier than the week the high school programs start by WIAA rules.
- Games will start on the first Saturday before Labor Day.
- Games will be played on Saturdays unless mutually agreed upon by both participating teams and do not create a scheduling conflict for the BCYFA.
- A team may practice each day of the week until the first game. After the first game, practices may not exceed (3) time per week plus one game for the remainder of the season. No practices shall exceed 2 hours in length.
- The junior sized football will be used.
 - It may be made of rubber or leather provided it meets the **size & inflation requirements** and the same ball is used for the entire contest.
 - Home team shall furnish the game ball.
 - Either team may use their own ball during game play, provided they bring it in on change of possession.
- The home team is required to provide three workers for the chains.
 - Chains are to be operated on the home sideline.
- The home team will be responsible for officials –
 - scheduling and payment.
 - Each game will require a minimum of (3) three officials, (2) two of which must be adult (18+ years) and WIAA certified.

Games Allowed:

- 7 games plus 1 scrimmage-prior to the start of the season
 - (Scrimmages will be held 1 week before the first game)
- There shall be at the most (1) one game per week with at least 4 days in between games.
 - Teams can schedule 1 extra game following completion of the season schedule
 - Any postponed games **must** be played before an extra game is allowed.

Game Rules:

- Each quarter shall be **(9) nine minutes in length.**
- The clock will run with normal WIAA rules.
 - Officials will enforce a 40-second clock
 - *with the understanding that this is an instructional league.*
- Coaches can mutually agree to shorten quarters.
- It is recommended that all programs have a visual game clock. If not, The Referee will have the official timing.

Point Differential Rule:

- It is important to keep scores down and the game competitive. Coaches are encouraged to do what they can to see that this happens. The purpose of the league is to allow players to play, learn the fundamentals of the game, and enjoy the game of football.

If a point differential of **24 or more points exists, teams shall:**

- Coaches of team leading WILL make position changes to give more playing time to others
 - Key players will play other positions
- Coaches should communicate strategies during TOs, halftime, change of possession, change of quarters to facilitate this goal—Referee may facilitate this discussion & changes....

- **Any score, >24 points, the other team will take the ball at the 50 yard line, unless the score falls below 24 points**
- Keep the game Fun, competitive & engaging for all

Modified Punt Rule :

- Punts are untimed downs & Dead Ball Play: (Play clock will still run)
 - After 3rd down, coach will confirm, 'live play or Punt'
 - **If punt**-- game clock will stop, 40 sec. clock is still running
 - No Rushing by Offense OR Defense
 - Encourage long snap
 - No penalty if the ball hits the ground
 - Must be punted between the tackles
 - NO Returns
 - If caught:
 - Receiving team awarded **5** yards from the catch anywhere on the field
 - If NOT caught:
 - Possession begins from the furthest point traveled
 - NO possession will begin inside the 20-yard line (either side of the field)
 - Must have 22 players on the field
 - **If Live Play**
 - Clock continues to run & play on!

Modified Kick-Off Rules

- **The 1st & 3rd Quarters will begin with a 'kick-off'**
 - All kick-offs will be from the 40-yard line (unless moved by penalty)
 - Kick-Offs are Dead ball plays
 - No Returns
 - If caught receiving team is awarded **10** yards from the spot of catch
 - Not past the 50-yard line
 - If not caught, possession starts from the furthest point the ball traveled
 - Can NOT be inside the 20-yard line
- Must have 22 players on the field
- **After all scoring plays, the ball will be put in play at the 35-yard line.**
 - *Except safety—50-yard line*
 - *Except if score is >24 point difference—50-yard line*

Field Goals / Extra Points

- Must have 22 players on the field
- Dead ball plays
 - NO rush
- Long Snap in encouraged
 - No penalty for ball hitting the ground or not directly caught by holder
- Extra Points are scored:
 - By kick = 2 Points
 - Live play = 1 Point
- Field Goal
 - 3-point play
 - If no good
 - Ball is put in play at previous spot
 - Never inside the 20-yard line
 - Ball is dead, cannot be returned if it does not cross the goal line
- Any turnover, or turnover on downs inside the 20-yard line, will be played from the spot of the turnover.
- All games that end in a tie shall remain tied.

Modified Safety Procedure:

- If the defense forces the offense into a safety, the defense will be awarded 2 points, and the defense will take over possession on the 50-yard line. *(No free kick)*

5th grade--Offense Rule Modifications

Offensive Rules:

- Normal line spacing shall be from foot-to-foot and up to (2) two feet or arms length.
- Lineman may pull.
- One offensive coach may be on the field with offense – must be at least one yard deeper than the Referee---No coaching once cadence begins!
- Any blue stripe player may not carry the football – ball becomes dead immediately.
 - **Blue stripe players must be on the line of scrimmage and cannot play end.**
- Maximum number of blue players on the field at any one time is 5.
- Interior lineman (tackle to tackle) may be in 3- or 4-point stance
- No Motion or shifting
- No Quarterback sneaks
 - Definition- A direct hand to hand snap while under center, with the quarterback immediately taking the ball, and running toward the line of scrimmage.
- Backs may be in "I" or split backfield and may be in 2-point or 3-point stance.
- Offensive line must be balanced formations— (No Unbalanced Lines)
 - E T G C G T E
 - Ends can be tight or split
- Splits by Ends or Wide Receiver can be no more than 12 yards from the tackles.
 - Twin/Trips formations:
 - Must have a minimum of 2 yards of separation from person to person
 - Any back that is split out must be at least 1 yard behind the LOS.

Defense Rule Modifications-5th Grade

- 1-Defensive coach may be on the field
 - Once Offensive cadence begins
 - No more coaching
 - Must be at least 3 yards deeper than the deepest D-back
 - Must move to stay out of the way of the play in progress

Defensive Lineman:

- Must use a '6' or '4' man front
- Can Not cover the center position
- Interior Defensive linemen may be in a (3) or (4) point stance.
- Any defensive player on the LOS, must line head up on the offensive line player
 - Defensive Ends, may align head up or *Outside Shoulder* alignment
- **The defense may cover any offensive lineman that is on the LOS (except Center)**
 - Tight ends **may be covered** -but **MUST** be heads up or outside Shoulder alignment
 - Split Ends/Receivers on the LOS- **MUST** be covered by a D-Lineman with heads-up alignment, **OR** a D-Back-5 yards off the LOS
- Max number of Blue Star allowed on D-Line is 4(four)
- Blue Stripe players cannot advance the football
- Blue stripe players must play interior line and con not play end except in a 4-man front

Defensive Backs:

- Linebackers/D-Backs must play a minimum of (5) yards behind the defensive line until the snap. (Umpire will set at 5 yards pre-snap)
 - At goal line & short yardage situations---The Linebackers/d-Backs will be at 5 yards off of the LOS at the snap.
 - Drop Back Pass
 - ALL D-Backs Will Not cross the LOS until:
 - After the pass
 - QB is outside the tackle box
 - **PENALTY---1st Warning----2nd & beyond—10 yd penalty from previous spot.**
- No blitzing by any position.