



FOOTBALL IN TRAINING

FIT Tackle Rules

A. PLAYERS

1. ELIGIBLE PLAYERS MUST CURRENTLY BE ENROLLED IN 3RD or 4TH GRADE.
2. ELIGIBLE PLAYERS MUST ATTEND THE SCHOOL THEY ARE PLAYING FOR.
3. ALL PLAYERS MUST BE LISTED ON THE ROSTER. THE ROSTER WILL BE FINAL ON THE FIRST WEEK OF PLAY.
4. ALL PLAYERS MUST HAVE THE PROPER EQUIPMENT INCLUDING MOUTH GUARD TO BE ELIGIBLE TO PRACTICE OR TO PARTICIPATE IN GAMES.

B. COACHES

1. COACHES MUST SHOW A STRONG COMMITMENT TO THE DEVELOPMENT OF THEIR PLAYERS. A COACHES TOP PRIORITY SHOULD BE THE DEVELOPMENT OF PLAYER SKILLS, SPORTSMANSHIP AND TEAM CONTINUITY. ALL PLAYERS SHOULD FIND PLAYING IN THIS LEAGUE A POSITIVE AND REWARDING EXPERIENCE.
2. COACHES MUST MAINTAIN COMMUNICATION WITH THEIR TEAM'S PARENTS
3. COACHES MUST BE PRESENT OR HAVE A REPRESENTATIVE AVAILABLE FOR EQUIPMENT HAND OUT.
4. COACHES ARE RESPONSIBLE FOR CONTROLLING THEIR SPECTATORS AS WELL AS THEIR PLAYERS AT ALL GAMES.
5. ABUSE OF PLAYERS AND/OR REFEREES, EITHER PHYSICAL OR VERBAL: FOUL LANGUAGE, NEGLIGENCE, OR UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED AND COULD RESULT IN SUSPENSION FROM THE LEAGUE.
6. COACHES WILL BE RESPONSIBLE TO ENLIST 3 PARENTS FOR EACH GAME TO ASSIST IN THE CHAIN GANG.
7. ONCE OPPOSING QB APPROACHES THE CENTER, DEFENSIVE COACHES MUST BE SILENT, IF A RECOGNIZABLE OFFENSIVE FORMATION INDICATES A LIKELY QB DRAW, THE OPPOSING COACH SHOULD NOT YELL "*Jimmy, it's a QB draw, stay home and don't let #4 go up the middle.*" OR IF A FORMATION OR PERSONNEL MOVE LOOKS LIKE A REVERSE, DONT YELL "*It's a reverse to #4. Jimmy, stay on him wherever he goes, just in case.*" LET THE KIDS PLAY.

C. WEIGHT LIMIT

1. A WEIGHT LIMIT HAS BEEN ENACTED BY THIS LEAGUE TO KEEP GAMES MORE COMPETITIVE AND PROVIDE BETTER SAFETY FOR ALL PLAYERS. THE WEIGHT LIMIT WILL BE EVALUATED YEARLY WITH THE GOAL OF HAVING A TOTAL OF 5-7 BLACK STRIPERS PER TEAM.
2. PLAYERS OVER THE WEIGHT OF 90 POUNDS SHALL BE DESIGNATED BY A BLACK STRIPE ON THEIR HELMET.
3. OFFICIAL PLAYER WEIGHTS WILL BE RECORDED ON EQUIPMENT HAND-OUT DAY. THERE

ARE NO SECONDARY WEIGH-IN QUALIFICATIONS. ONCE DESIGNATED A BLACK STRIPER, PLAYER WILL REMAIN SO FOR THE ENTIRE SEASON.

4. ALL BLACK STRIPERS MUST PLAY ON THE OFFENSIVE OR DEFENSIVE LINE. AT NO TIME CAN A BLACK STRIPER ADVANCE THE FOOTBALL. BLACK STRIPERS MAY RECOVER A FUMBLE OR INTERCEPTION BUT CANNOT ADVANCE THE FOOTBALL.

5. OFFENSE: ALL BLACK STRIPERS MUST PLAY ON THE LINE OF SCRIMMAGE IN A DOWN POSITION. THEY MUST BE COVERED AT ALL TIMES BY A TIGHT END OR SPLIT END. A SLOT BACK DOES NOT CONSTITUTE A BLACK STRIPER BEING COVERED.

6. DEFENSE: ALL BLACK STRIPERS MUST PLAY ON THE DEFENSIVE LINE OF SCRIMMAGE AND START FROM A DOWN POSITION, DIRECTLY ACROSS FROM AN OFFENSIVE GUARD OR TACKLE. NO SHOOTING THE GAPS.

D. PLAYING TIME

1. ALL PLAYERS SHOULD PLAY IN EVERY GAME.

E. RULES

1. GAMES WILL CONSIST OF 2-(25) MINUTE HALVES WITH A RUNNING CLOCK UNTIL THE LAST 2 MINUTES. THERE WILL BE A 10 MINUTE HALF TIME. TEAMS ARE ALLOWED 40 SECONDS TO SNAP BALL ONCE THE PLAY ENDS.

2. 6 POINTS WILL BE AWARDED FOR ALL TD'S. A RUNNING EXTRA POINT WILL BE WORTH 1 POINT.

3. THE BALL WILL BE PLACED ON THE 30 YARD LINE AT THE START OF BOTH HALVES AND AFTER SCORES.

4. GAMES ENDING IN A TIE WILL FOLLOW A COLLEGE STYLE OVERTIME FORMAT. MUST GO FOR 2 IN 2nd OT.

5. BALL SIZE: WILL USE A PEE-WEE OR JUNIOR SIZED BALL

6. THERE IS NO OFFICIAL MERCY OR SCORING RULE. IT IS STRONGLY SUGGESTED THAT ALL COACHES SHOW PROPER SPORTSMANSHIP ON THIS ISSUE. IT IS SUGGESTED THAT ONCE A TEAM IS AHEAD BY 21 OR MORE POINTS, A NEW OFFENSIVE BACKFIELD SHOULD ENTER THE GAME. TEAMS UP BY 28 POINTS IN THE SECOND HALF MUST DO EVERYTHING POSSIBLE TO HEAVILY SUBSTITUTE, AND ELIMINATE DEFENSIVE STUNTING AND GAP CONTROL.

7. ALL LINEBACKERS SHOULD LINE UP AT LEAST 5 YARDS FROM THE LOS, THIS INCLUDES BLITZING LINEBACKERS. IN GOAL LINE SITUATIONS (IF THE BALL IS INSIDE THE 3 YARD LINE) LINEBACKERS MAY LINE UP CLOSER THAN 3 YARDS.

8. TEAMS WILL BE GIVEN 3 TIMEOUTS PER GAME.

9. THERE WILL BE NO APPEAL PROCESS FOR THE GAMES. ALL REFEREE DECISIONS ARE FINAL.

10. THE DEFENSE IS ALLOWED TO PLAY NO LESS THAN 4, BUT NO MORE THAN 6 DEFENDERS ON THE LINE OF SCRIMMAGE, PROVIDED THEY PLAY FROM A 3-POINT STANCE AND ARE COVERED BY AN OFFENSIVE PLAYER. NO DEFENDER SHALL LINE-UP ON THE LINE OF SCRIMMAGE UNCOVERED BY A BLOCKING LINEMAN AND MAY NOT LINE-UP IN THE GAP. PLAYERS MARKED WITH AN "X" CAN ONLY PLAY ACROSS FROM AN OFFENSIVE GUARD OR TACKLE AND MAY NOT LINE-UP ACROSS FROM A TIGHT END. IN THE EVENT THE OFFENSIVE LINE FORMATION HAS ONLY 1 TIGHT END, THE DEFENSE CANNOT OVERLOAD THE LINE OF SCRIMMAGE AND THEREFORE CAN ONLY HAVE 5 DEFENDERS PLAYING ON THE LINE OF SCRIMMAGE. AT NO TIME SHALL A DEFENDER LINE UP ACROSS FROM THE CENTER. THESE RULES APPLY ON EVERY PLAY, REGARDLESS OF DOWN AND DISTANCE. A GOAL LINE DEFENSE SHALL NOT BE PLAYED. A CORNER BACK (DEFENSIVE BACK) MAY USE PRESS COVERAGE ON A RECEIVER SPLIT WIDE FROM THE FORMATION, BUT MUST REMAIN CONNECTED TO THE PLAYER HE'S DEFENDING AND THEREFORE MAY NOT BLITZ OR OTHERWISE CROSS THE LINE OF SCRIMMAGE PRIOR TO A HANDOFF. IF THE DEFENDER LINES-UP 3 OR MORE YARDS OFF THE LINE OF SCRIMMAGE, HE SHALL MOVE ABOUT THE FIELD AT HIS DISCRETION.

F. PENALTIES

1. ILLEGAL PROCEDURE- 5YDS LOSS
2. ILLEGAL FORMATION- 5YDS LOSS
3. OFFSIDES- 5YD LOSS
4. ILLEGAL BLITZ- 5YDS LOSS
5. NO MOUTH GUARD- 5 YDS LOSS
6. HOLDING- 5 YDS LOSS
7. CLIPPING OR BLOCK IN THE BACK- 5 YDS
8. FACE MASK, INTENTIONAL OR UNINTENTIONAL- 5 YDS SPOF AUTO 1ST DOWN
9. PASS INTERFERENCE- 5 YDS LOS
10. UNSPORTSMANLIKE CONDUCT- 5 YDS SPOF AUTO 1ST DOWN
11. LATE HIT- 5 YDS SPOF AUTO 1ST DOWN
12. FIGHTING- AUTOMATIC EJECTION AND 1 GAME SUSPENSION

THERE WILL ALWAYS BE A SITUATION THAT ARISES THAT IS NOT IN OUR HANDBOOK. A BOARD MEMBER OR THE COMMISSIONER WILL BE AT ALL GAMES. IF THERE IS A DISPUTE, PLEASE CONATACT A BOARD MEMBER FOR AN IMMEDIATE RULING. IF NO BOARD MEMBER CAN BE FOUND, PLEASE COME TO THE BEST AGREEMENT BETWEEN BOTH HEAD COACHES THAT CAN BE FOUND AND ALERT US SO WE CAN ADDRESS THE SITUTATION.