



TEACHING YOUTH FOOTBALL AND LIFE SKILLS

Crown Point Junior Bulldogs – 2023 League Rules

Article 1 - Statement of Purpose

The League aspires to develop sportsmanship, physical fitness, and fellowship through athletic competition. The concepts of fair play and courtesy apply to the league participants, coaches, and spectators.

Objectives:

1. To instruct the participants in the fundamentals of football, including blocking, running, tackling, passing, kicking, fair play, and being mentally aware.
2. To teach sportsmanship, respect for coaches and referees. And to insure sportsmanship of the fans.
3. To ensure that the participants understand that football is a contact sport and conduct themselves without an artificial posturing or complaints.
4. To promote Safety-first football by enforcing strict control over player's ages, weights, and equipment.

Article 2 - League Organization & Eligibility

1. The league will have a minimum of 4 (four) teams. Each team will have three separate divisions determined by age. The first or little team will be players aged 6 (six) to 8 (eight) or under, the second or middle team will be players aged 9 (nine) to 10 (ten), and the third or big team will be players aged 11 (eleven) 12 (twelve) to 13 (thirteen) and eligible for the seventh grade. A player's age is determined as of the first day of July. The maximum age requirement is no more than 13 (thirteen) years old and eligible for the seventh grade.
2. No participant shall be registered for the leagues play unless present and accompanied by a parent or legal guardian at the time of registration. The parent/guardian must sign a witnessed Crown Point Panther Registration form. Each parent and player will receive a Code of Conduct at sign-up. Both parents and players must read the Code and acknowledge it by signing a form. Parental consent may be withdrawn at any time during the season. A parent/guardian wishing to withdraw consent will submit a written revocation of the withdrawal to the League President or Vice-president.



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3. Every player to participate must have a medical history from completed and signed by a parent/guardian. The league, at its discretion, can determine if a player has not attained, developed, or is sustaining a sound physical condition. If such a determination is made, the player cannot practice or participate. The league reserves the right to reject any applicant, deemed by league observation, unfit to play.
4. Each team will have a maximum of one head coach and 14 (fourteen) assistant coaches and a minimum of one head coach and 9 (nine) assistant coaches. Head coaches are to provide this list before Coaches signups. In the event the player count reaches (25) twenty-five players or more at any one level of play, an additional coach can be added at the discretion of the head coach, increasing the number of assistant coaches by (1) for each level of play impacted.
5. Registration of all players and coaches must be accomplished by the dates set by the Board. Registration ends when equipment shortages prevent the safe addition of additional players. Registration will include a written proof of birth for new applicants, a witnessed parental permission form, and a health card verified by a parent/guardian. Brothers will be assigned to the same team whenever possible. A copy of each team's roster, complete with jersey number, is to be filed no later than the second week of practice.
6. All players will be returned to their previous teams except in case of league expansion. An expansion will allow each head coach the right to freeze 10 (ten) players of each division who were on the previous year's roster. The existing teams will retain 4 (four) linemen and 6 (six) backs. This right is dependent on the total number of players. The board, in conjunction with the head coaches will decide reapportionment. The expansion teams will draft first until they have 10 (ten) players consisting of 4 (four) linemen and 6 (six) backs, then the draft will be conducted with all teams participating. If an existing team has less than 4 (four) linemen or 6 (six) backs, that existing team shall rejoin the draft when the expansion teams have reached the number of lineman or backs on the existing teams' roster. If a player fails to sign-up by the last sign-up day, that player will be placed in the draft. There will be no appeal. A player, who does not participate for one year and then returns, will be placed in the draft.
7. If a player request to play for another team, the player must go into the draft: no exceptions. Existing coaches switching teams can take son(s) with board approval.
8. Assignment players after the last registration date will be made on a pro-rata basis. The order of selection will be done in such a manner as to equalize the teams.



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Article 3 - Safety Equipment

1. All player equipment and protective gear must be worn at all practices and games. Failure to do so will result in a suspension from the practice or the game. Safety and protective gear includes: a helmet, mouth guard with lanyard (fitted by the parent/guardian) attached to the helmet, hip pads, thigh pads, face guard, shoulder pads, knee pads, a snug fitting jersey, an athletic supporter (supplied by parent/guardian), regulation football cleats of the plastic type (supplied by the parent/guardian), gloves are optional, padding (receiver, or lineman, supplied by parent/guardian).
2. Forearm pads (supplied by parent/guardian) are acceptable if they are the soft type. They may cover the hand or the forearm. No hard pads are allowed.
3. Elbow pads (supplied by parent/guardian) of the soft type are allowed. No hard pads.
4. Special protective devices, splints, and plaster casts may be used only when covered with $\frac{1}{2}$ (one-half) inch of foam padding. Use of these devices must be verified, in writing, by a physician and by the coach.
5. Opposing coaches have the right to have the referee inspect all pads.
6. Face Mask Visors shall be allowed (only clear).
7. No defacing of helmets, game jerseys, or game pants shall be allowed (no stickers or decals on helmets and no attaching of patches or lettering on jerseys or pants).

Article 4 – Liability

1. Participation is predicated on parental consent. All participants are subject to the inherent risks of a contact sport. The Crown Point Panther Inc. Football League assumes no responsibility for any and all injuries, including but not limited to, the participants, spectators, parents, siblings of participants. In sum any individual within the confines of the property of the Crown Point Panther Inc. Football League. Likewise, the down Point Panther Inc. Football League assumes no responsibility for any damage to property. This disclaimer is incorporated by reference to the parental consent form required to play. Participation is a parental decision. The participant's play at their own risk. The League's directors, officers, sponsors, coaches, managers, referees, supervisory personnel, and volunteers assume no responsibility for any physical injury or property damage.
2. First year coaches must attend mandatory league information seminar.



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Article 5 - Schedule

1. The League Board of Directors shall determine the number of games played during a season.
2. League standings shall be determined on a point basis. Two points shall be allocated for a win, 1 (one) point shall be allocated for a tie, 0 (zero) points shall be allocated for a toss.
3. At the end of the regular season ties in the standing shall be broken as follows: the first tie breaker is the head-to-head competition between the teams; the second tie-breaker is Division record. If a tie still exists, a coin toss will determine the play-off schedule.
4. Any games that end in a tie will result in an overtime period. The overtime period will start with a coin flip to determine possession. Each team shall be given the ball at the ten-yard line and allowed 4 (four) downs to score. A maximum of 3 (three) overtimes shall be permitted. At the conclusion of the 3 (three) overtimes and a tie still exists, the game will be considered a tie.
5. There shall be no post-season restrictions on overtimes.
6. Any division that consists of 4 (four) teams, the first-place team will play the fourth-place team; second place team will play the third-place team. Winners will play each other to advance to league championship.
7. Any division that consists of 6 (six) teams, the first and second place teams will receive a bye for the first playoff. The third-place team will play the sixth-place team and the fourth-place team will play the fifth-place team. The winner of the third-place team vs. the sixth-place team will play the second-place team. The winner of the fourth-place team vs. the fifth-place team will play the first-place team. Winners will play for the Mecklenburg and Byrd Super Bowl.
8. Any division of 8 (eight) teams, will be split into 2 Conferences National and American. The first round of the playoffs shall match the first-place team with the fourth-place team and the second-place team with the third-place team in each Conference. The winners will play for Conference Championship. The winners from each Conference Championship will play in the Mecklenburg Byrd Super Bowl.
9. Any division of 10 (ten) teams, will be split into 2 Conferences National and American. At the end of the regular season the fifth-place team from each Conference will play each other. The first round of the playoffs shall then match the first-place team with the fourth-place team and the second-place team with the third-place team in each Conference. The winners will play for Conference Championship.



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The winners from each Conference Championship will play in the Mecklenburg and Byrd Super Bowl.

10. Any division of 12 (twelve) teams, will be split into 2 Conferences National and American. At the end of the regular season the fifth-place team from each Conference and sixth place team from each Conference will play each other. The first round of the playoffs shall then match the first-place team with the fourth-place team and the second-place team with the third-place team in each Conference. The winners will play for Conference Championship. The winners from each Conference Championship will play in the Mecklenburg and Byrd Super Bowl.
11. Any division with an odd number of teams, will have the team with the lowest number of wins automatically eliminated from the playoffs.

Article 6 - Practice

1. Practices shall be from 6:00 p.m. until 7:30 p.m. on assigned weeknights.
2. Prior to school opening, 4 (four) practices a week shall be allowed at the discretion of the board, with the practice schedule being decided on prior to the start of the season. Practices prior to school opening being Monday, Tuesday, Wednesday, and Thursday nights. After school resumes, practices will be limited to 3 (three) practices a week. Practice days after school starts shall be Tuesday, Wednesday, and Thursday nights.
3. Every team shall start practice with a minimum of five minutes of calisthenics with particular emphasis on exercises that stretch, loosen, and strengthen the various muscle groups. Under no circumstances, exercises such as, but not limited to, neck bridges, will not be permitted.
4. Every team shall devote a minimum of 30 (thirty) minutes of practice to fundamentals such as running, passing, centering, handing off, blocking, tackling, stance, kicking, and other basic aspects of the game. Under no circumstances drills such as, but not limited to, as bull in the ring, shall be allowed.
5. No live player on player contact shall be permitted during the first week of practice. During the first week of practice, the use of dummies and shields is permitted. On Monday and Tuesday of the second week of practice, intra-squad Live player on player contact is permitted. Beginning on Wednesday of second week of practice, live player on player intra-squad scrimmages will be allowed.
6. Scrimmaging with other teams shall be limited to one (1) nights of a week, for a period of time not to exceed thirty-five (35) minutes.



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7. The final 5 (five) minutes of each practice shall be devoted to running and/or verbal and written instruction.
8. There shall be no practices or watching film outside the scope of the league rules for practice between the season-start and season-ending dates: July 31st, 2023, through October 14th, 2023.

Article 7 - Officials

1. Three (3) I.H.S.A.A. officials shall officiate every game. If not possible two (2) officials are acceptable.

Article 8 - Weight & Miscellaneous Rules

1. It is the leagues intent to ensure the safety of all participants. Safety dictates that the League, in its judgment, shall determine the maximum allowable weight for the various positions. This determination shall take place prior to the season's opening.
2. The maximum allowable weight is (250) two hundred fifty pounds. The Board of Directors will determine the eligibility of any participant over that weight.
3. All participants will weigh in at the leagues sign-ups. This allows the league to divide the teams as equally as possible.
4. A participant over the League determined weight for his age group, will have a black stripe of one inch running from front to back, affixed to his helmet. All backs and receivers and those whose weight was no more than 5 (five) pounds *over* the set limits of each division at sign-ups will re-weigh on Wednesday August 16th, 2023. All weighing and final weigh-ins of players will be done in front of all head coaches or a designated representative from each team and verified by a board member.
5. A second weigh in will be held on Wednesday prior to the fourth game of the season to make certain all non-linemen are within the designated weight allowances, this year's date falls on September 6th, 2023. There will be a five (5) pound weight allowance at the second weigh in. Once designated as a lineman, you remain a lineman the remainder of that season. You can't cut weight in an effort to run the ball.



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6. For the 2023 Season, the designated running back weights for each division are as follows:
 - a. *Little*s – 75.9 pounds on August 16th and 80.9 pounds on September 6th
 - b. *Middle*s – 105.9 pounds on August 16th and 110.9 pounds on September 6th
 - c. *Big*s – 130.9 pounds on August 16th and 135.9 pounds on September 6th
7. The kick-off and receiving teams will consist of non-striped players. Exceptions:
 - a. *If a team needs a black-striper with the least athletic ability, the opposing coach must be notified of the use of the black-striper before the kick-off and he must agree.*
 - b. *The opposing coach can match the number of black-striper*s on the kick-off and receiving teams, as long as the match is the black-striper with the least athletic ability. Failure to notify the opposing coach prior to kick-off will result in a 15-yard penalty. A black-striper can kick extra points, field goals, and punts but no advancement of the ball is allowed (must kick). A black-striper must play on the first line of the receiving team.
 - c. *No variations or trick plays are permitted - if a black stripe player is back to kick, it must be to kick - any other type of play, regardless of the situation, results in the play being blown dead and the loss of down and possibly loss of yardage or loss of ball. A kick from placement, that is blocked, so that the ball does not carry across the line of scrimmage, is immediately blown dead and is returned to the point from where it was kicked.*
8. A kick that carries across the line of scrimmage, but short of the goal line, shall be treated as any other kick-it may be fielded - Advanced - and downed as any other free or scrimmage kick.
9. A kick that carries into the end zone but fails to cross the cross bar between the uprights, is a touch back and will be returned to proper placement by the officials.
10. On offense, a team must have 5 (five) internal linemen. There shall be no more than (5) five black-stripers on offense or defense at any given time. There shall be no more than (4) four black-stripers on Littles defense at any given time.
11. The last man on the offensive line of scrimmage cannot be a black-striper.
12. On defense, black-stripers do not have to be covered by non-stripers.
13. On offense and defense a black-striper must be on the line of scrimmage in a three or four-point stance.



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14. On defense, Black-strippers may not back pedal to cover a pass and must go forward. Any deviation result in a 10 (ten)-yard penalty.
15. Black-strippers on the defensive line may not be any wider than the outside shoulder of the offensive tackle, which is defined for the purposes of this rule, as the second interior lineman outside the center. Failure to do so will result in a 15- yard penalty. When the offence is running an "unbalanced" offensive line, this may result in a black striker on the defensive line, lining up on the outside shoulder of the last player on the line of scrimmage which by league be a non-striper. If this does happen the result is no penalty.
16. Any defensive lineman that is black-striped cannot line up no more than the outside shoulder of the offense tackle. Any deviation results in a 10 (ten)-yard penalty.
17. Any defensive non-striper lining up between the offensive tackle to tackle, must be a minimum of three yards off the ball or take a stance. Any deviation results in a 10 (ten)-yard penalty.

Article 9 - Rules of Play: I.H.S.A.A. Rules Shall be Adhered to with the Following Exceptions:

1. The quarters shall be 10 (ten) minutes for the little teams, 10 (ten) minutes for the middle teams and 10 (ten) minutes for big teams. In the event the player count reaches (25) twenty-five players or more at any one level of play, quarters will be increased to (12) twelve minutes of play. For the 2023 season, Bigs will play (12) twelve minute quarters during each game.
2. Intervals between quarters shall be 2(two) two minutes.
3. Intervals between halves shall be 15 (fifteen) minutes.
4. Free substitution is allowed.
5. Under Armor Footballs shall be the Official Youth size for each age: Pee-Wee for the little teams, Junior for the middle teams, and Youth for the big team.
6. Game times will be announced prior to the season.
7. Rainouts shall be played on a date determined by the board.
8. Any team failing to play a scheduled game shall forfeit said game. Games may be rescheduled or postponed in advance.



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9. All participants, at all three levels shall play 10 (ten) minimum plays per game.
10. A participant must practice in 3 (three) of the weekly practices to be eligible to play in the game. Participating means being dressed in as much uniform as possible or as specified by a doctor's note.
11. Any participant who is returning from an injury severe enough to miss more than 1 (one) week of practice must have 3 (three) full practices and a doctor's release before playing a game.
12. Participants may be excused from 1 (one) practice by the President, Vice President, or Head Coach. Players that miss more than 1 (one) practice shall have their eligibility decided by the Board. A player must have 10 (ten) full practices before being allowed to play; the Board must approve any exceptions.
13. Disciplinary reasons with prior notification, of the League President or Vice President and the player's parents/guardians. Notification to a player's parents must be given before any disciplinary action.
14. Teams shall be called 3 (three) minutes prior to the start of the second half for warming up exercises.
15. Chop Block Rule/Cut Block Rule
 - a. 1st Offense: 15 (fifteen) yard penalty
 - b. 2nd Offense: ejection and suspension of the following game.
16. Any player ejected from a game will be suspended from all team activities and any contact with the team for the next game week. No appeals will be granted.
17. Standard IHSAA rules for extra points: (2-point run or pass, 1-point kick) are in affect for all three divisions of play: Little, Middle and Big. Littles will kick from the goal line, Middles and Bigs will kick from the 3-yard line.
18. Little Division teams are not allowed to rush on an extra point kick or field goal.
19. The team must declare its intention to kick and extra point prior to leaving the huddle.
20. Little Division teams are not allowed to rush on punts and the punting team shall not release a player until the ball is kicked.



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21. Little division teams are not allowed to fake on a punt or extra point.
22. Little division will not kick-off at the beginning of the game, second half, or after scoring. The start of play will begin at the 50-yard line.
23. No variations or trick plays are permitted if a black-striper is in the backfield. The play must be a field goal or extra point. Any other play shall be blown dead with the loss of down or no gain allowed.
24. A coin flip shall determine which team has the choice of offense or defense in an over-time situation.
25. Each team shall be allowed two time-outs per over-time. No time-outs shall be carried over from regulation.
26. Any defensive player on the line of scrimmage lined up tackle to tackle must be in a three or four-point stance.
27. If any team is up by 24 (twenty-four) or more points the clock will run continuously. If any team is up by 24 (twenty-four) or more points in the fourth quarter the clock will run continuously. ***However, at the losing coach's discretion, he/she will have the option to keep the clock running in an effort to get the players more playing time (league minimum play).
28. Any team running up the score or otherwise humiliating an opponent, without regard to the coaching ethics will be severely punished by the Board.

Article 10- Bench Area



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1. The player's bench area shall be absolutely reserved for participants in uniform, injured players, and coaches.
2. Coaches shall be responsible for the conduct of their team and spectators.
3. The team is restricted to the area between the 30 (thirty) yard lines and shall be at least 3 (three) yards from the playing field.

Article 11-Coaches

1. Every head coach, coach, assistant coach shall be given a copy of the Coaches Code of Ethics. This document delineates the level of professionalism our coaches are to maintain. This guideline is incorporated by reference into these regulations.
2. All coaches must have passed a Background Check and have completed Heads Up Training before the start of practice on July 31st, 2023. Any coaches not fulfilling these requirements shall not be allowed to coach until both requirements are fulfilled. The Board of Directors reserves the right to review and determine the eligibility of coaches whose background checks have been flagged.