

Libertyville Boys Club

Policies and Game Rules

Instructional, Junior Varsity, and Varsity
Revised (2007)

Overview:

It is the intent of the L.B.C. to help teach the fundamentals of football, while at the same time encouraging good sportsmanship and enjoyment of the game. Understanding that player's abilities vary significantly our program is designed so that all players have the same opportunity to participate in games at the In House (Instructional, Junior Varsity and Varsity), and travel levels (Bantam, Featherweight, Middleweight, Lightweight, and Heavyweight).

We are committed to improve the level of play at our area high schools and to be competitive with other community youth football programs. We offer a competitive travel program for our more advanced players. These teams differ in that playing time is dictated by ability and head coaches discretion. Of course the same commitment to fundamentals and good sportsmanship applies to this level.

The Libertyville Boys Club is "about the kids." In that spirit we expect from our staff, coaches and parents the best in sportsmanship. The L.B.C. is made up of volunteers at all levels. We take seriously our commitment to the rules and sportsmanship. Action will be taken against players, coaches, parents and staff whose conduct violates what the L.B.C. deems as contrary to the best interest of the program. These actions can include expulsion of any participant from the program.

The following are the policies and rules that govern our program and games.

Sincerely,

The L.B.C. Board of Directors

Varsity, Junior Varsity and Instructional Rules

The following are the in-house rules for the Varsity, Junior Varsity and Instructional programs. The Varsity rules are the same as those of the IHSA with the exception of playing time and weight restrictions.

Purpose:

The purpose of these rules is to promote safety and participation in the execution of a positive learning football experience for all participants in the program.

General:

The Libertyville Boys Club football program uses IHSA rules as a general guideline. Any L.B.C. rules stated herein, however, shall supercede IHSA rules.

Playing Time:

Our first and most important rule is that all players and each player will be given a starting offensive or defensive position. Players will play in an offensive or defensive position throughout the game except due to injury, which clearly inhibits the player from participating. The objective of this rule is to eliminate interest in winning as a reason for reducing individual players playing time. The head coach is responsible for ensuring compliance of this rule by his assistants. The head coach will provide a list of players and starting positions to the opposing head coach and commissioner prior to the weigh in for each game.

EXCEPTIONS:

1. The coach can select any player for special teams play.
2. If a team has more than 22 players, then the additional players must be used as play runners **on offense and defense**. On a team with more than 22 players a play runner may not sit out consecutive plays. This does not include special teams.
3. 2 or more unexcused or missed practices during the previous week. The parents and opposing coach to be notified prior to the game. *
4. Disciplinary infractions during the previous week The parents and opposing coach to be notified prior to the game. *

*The Commissioner or a Board Member must approve actions prior to the weigh in. A disciplinary card must be turned in at weigh in. All non playing players may stand on the sidelines, the jersey may be worn.

Violation of Playing Rule: This rule will be vigorously enforced. All infractions are subject to review by the coaches' council and/or board. Penalties can include in game penalties, post game forfeiture, coach suspension and even expulsion from league for repeat violators.

Equipment

1. Only league approved shoes may be worn for in house teams. League approved shoes will be flat soled shoes with no deep treads, bumps, or grooves, (ie, classic basketball shoes, deck shoes, etc.). Cleats, cross trainers and shoes with significant protrusions will not be allowed. A player with improper shoes will not be allowed to play until he can report back with proper shoes.
2. There shall be no defacing, marking, or decals on the league furnished equipment. Changing the original structure of jerseys or pants is not allowed. A player or team that has violated this rule may be prevented from playing in games.
3. Any non league purchased helmet, shoulder pads, or pants/pads must be reviewed and approved by league management with written disclaimer and release signed by parents prior to being worn.
4. Game balls must be league approved balls.

The league expends significant money in equipment not only for individuals, but also for team use. We have had frequent neglect of our blocking and tackling dummies due to teams not putting away every pad after practice. Dummies have been left on the field or piled in front of the shed. This is unfair to others who have to do the work and allows theft of league equipment. **Therefore, any team that does not properly handle the responsibility of the leagues equipment can and will be denied the use of the equipment during practice.**

Practice Times and location

1. Prior to the season a time slot and practice area is/will be assigned to each team. Due to limited space available it is critical that each team maintain discipline and keep to their assigned fields and times. On all practice nights the team with approved slot and time will have priority. In particular on Friday nights all teams must stay with their assigned practice time, as we do not have space for all teams to practice at any one time. In case of a conflict the assigned/authorized team will have the space and the violating team will have practice immediately and automatically canceled as deemed by in house/league management.
2. The first two weeks of practice may be held Monday through Saturday. Starting with the 3rd week practices may be held on 2 school nights and Friday only. At not time are Sunday practices allowed.
3. All practices are to be held at Butler Lake Park, and can last a maximum of 90 minutes.
4. League management will decide if fields or weather is unsafe for practices or games to proceed as scheduled.

Coach Qualification

1. Selection for head coach for any team in the program is done by the Coaches' Council and/or the Board of Directors.
2. Coaches' conduct is subject to review of the council at any time. The council has the right to suspend or expulse any coach from the program for conduct deemed contrary to the rules and spirit of the L.B.C..
3. All coaches **must** be certified.
4. All coaches must have a background check completed prior to the season start.
5. All coaches will adhere to the rules, and provide positive leadership examples to the players and parents and other coaches in the program at all times.

Coaches Conduct

1. Coaches will conduct themselves in the L.B.C. spirit of good sportsmanship. Inappropriate behavior from coaches to referees, parents, players or other coaches will be reviewed and if necessary penalized by the L.B.C. coaches council and/or Board.
2. IHSA rules of ejection will apply as determined by the game officials. If an individual, (coach, player, or parent) is ejected from a game for any reason, that ejection will include the following weeks practices and game, and they may be subject too further sanctions deemed appropriate by Libertyville Boys Club.
3. The coaches' box will be within the 35 - yard lines. No manager or coach may be outside this area during a game. Only certified coaches of the L.B.C. and their players are permitted in this area. The head coach is responsible for maintaining control of the conduct on his sideline. This includes; players, asst. coaches, and parents.
4. No communication devices may be used. (i.e. Cell phones, radios, head sets, etc.)
5. No filming of any games/practices other than your own.

Safety

1. No equipment shall be worn until a player has participated in three complete conditioning practices. Inhouse players must have one day with no pads and one day in helmets only.
2. A mouthpiece shall be worn during practice and games. No player will participate in any contact without a mouthpiece. The mouthpiece can not be white or clear.
3. L.B.C. encourages the use of protective cups.
4. The Varsity, Junior Varsity, and Instructional program has position restrictions based on weight.
5. Any new player joining the team after the start of the season must complete 5 full practices before playing in a game. (Two non pads, one helmet only, and two with pads)

Weigh-in

All in house players will be weighed in on a weekly basis prior to each games start. Players will be weighed wearing league pants with all pads, shoulder pads, jersey, shoes and socks. Any player caught violating this rule will have a stripe added for the remainder of the season, and the coach will be brought before the Coaches Council.

Weight Restrictions

Non Striper

Inst= 86.0 lbs. or less is a Non Striper.

J.V.= 102.0 lbs. or less is a Non Striper.

Var= 118.0 lbs. or less is a Non Striper.

Non Stripers may play any position

Single Striper

Inst= 86.1 lbs. to 96.0 is a single striper

J.V.= 102.1 to 112.0 is a single striper

Var= 118.1 to 128.0 is a single striper

A single striper may play any position except the offensive and defensive backfields. Defensively a single striper may play a defensive end or a linebacker. A single striper may return an intercepted pass, or fumble recovery. Offensively, a single striper must line up as a lineman or a tight end. As a tight end, a single striper shall not be considered an eligible receiver and may not catch an offensive pass.

Double Striper

Inst= 96.1 lbs or more is a double striper

J.V.= 112.1 lbs or more is a double striper

Var= 128.1 lbs or more is a double striper

A double striper must initiate play in a down position from an interior line position. The interior line position is defined as the outside shoulder of one offensive tackle to another. Spinning, slanting and pulling are allowed.

Fumbles and Interceptions

Single stripers may advance a ball on a fumble or interception. However, a double striper may do neither. The ball is dead when and where a double striper obtains possession of the ball.

Kicking

Strippers may not return punts. In the instructional and J.V. levels double strippers must be in the first row only on kick off returns. Single strippers may be in the first or second rows, but the ball is dead when caught or touched by any stripper on a kick off.

Anyone is eligible to punt or kick. The kicker is the only stripper allowed in the back field. No stripper may advance a bad snap from center. Any attempt to advance the ball will result in the ball being whistled dead at the point of contact with loss of down.

In the instructional level punts are free kicks, no rushing, and declared. Once declared the ball must be punted. 2 players only are allowed to rush an extra point attempt once the ball hits the tee.

At the J.V. level punts are not declared and don't have to be punted even if a stripper is the kicker. 2 players only may rush the punter and extra point attempt at the snap of the ball.

At the J.V. and Varsity levels during a punt and extra point attempts, single strippers may be used as blockers.

Defensive Formations

Only Applies to Instructional and Junior Varsity

In order to improve the quality of play on both the varsity and junior varsity level we have instituted the following defensive formation restrictions. These rules will allow coaching of more complex pass and run schemes. In addition we will be able to teach blocking assignments against defensive sets they will see at higher levels. Last, they will, and do open up the ability to score, and therefore the fun of the game for all concerned. In the instructional level at no time is a player allowed to blitz.

1. The defense may have a maximum of six players on the line of scrimmage.
2. All other players must be a minimum of three yards behind the line of scrimmage prior to the snap of the ball. This includes all linebackers, and defensive backs.
3. At the J.V. level teams may blitz a maximum of two players not to exceed the 6 player rule. The penalty for violation is 10 yards and automatic first down.

Scoring

Only variance from IHSA rules is that a kicked conversion is worth 2 points and a conversion utilizing a run or pass is worth 1 point.

The slaughter rule will take place when a team has a lead of 23 points or more. The ball will be placed on the defensive 35 yard line of the winning team after a score, at the beginning of the second half, and every subsequent possession. If the trailing team fails to obtain a first down, or a score, the leading team takes possession under normal playing rules.

Varsity becomes running clock and remains running until game's end.

Game Length

Varsity games will be comprised of four quarters, which are eight minutes in length and will be a “stopped clock.”

Instructional and Junior Varsity games will be comprised of 10-minute quarters and will be a “running clock” except for the last two minutes of each half, which will be a “stopped clock.” The only other time the clock will stop is during time outs, injuries, or following a score.

Game Time Schedule Changes will be allowed only when the following conditions are met:

1. League Commissioner has approved reason for change. Reason must be significant.
2. Flip flopping of game times has been approved by each of the four coaches.
3. Requests, notifications and agreements are completed prior to the first game of the season.

Game Protests

Protests must be made at the time of the rule infraction. They will be addressed during an official time out. No protests will be heard after the game has finished.

Overtime Procedure

During an overtime period each team has the opportunity for an offensive series of downs. Other than the play clock, not time is kept. At the overtime coin toss the visiting team shall call it. The winner of the toss shall have the choice of offense or defense first, or of designating the end of the field at which the ball will be put in play for this set of downs. The loser will have the choice of the other options.

The ball is placed on the 10-yard line. After the first team on offense has completed its series of downs, (4 plays) the ball is brought back to the 10-yard line for the other team’s offensive series. The same end of the field will be used for possessions by both teams. If the score remains tied after each team has been given one series of downs in the overtime periods, then the procedure shall be repeated. A maximum of two overtimes shall be played except in a play off or championship game.

At the meeting of the team captains, the loser of the first coin toss will be given first choice of the options. If the score remains tied after both teams have completed two series of downs, the game shall be recorded as a tie. Only in play-off games will this process be repeated until a winner is declared. Each team shall be permitted one additional time-out during each overtime period plus any unused 2nd half time-outs.

If the defensive team gains possession, the ball becomes dead immediately and the offensive team’s series of downs is ended.

Any penalty occurring on/after fourth down, or during stoppage of play, which could be assessed after the play (such as personal foul, etc.) shall be carried over into the following overtime period. All other rules apply as in regulation play.

Tie breakers for ranking, and playoff qualification:

1. Best overall record
 2. Best head to head record *
 3. Least points allowed (adjusted for 14 point rule)**
 4. Least points allowed (unadjusted)
 5. Most points scored (adjusted for 14 point rule)**
 6. Most points scored (Unadjusted)
 7. Coin Toss
- Head to head refers to only the teams involved in the tie

** The 14 point rule; Most points scored shall be the total points scored in the game, up to a maximum of 14 over the opponents score

Example: is for team "A" scoring.

Team A	7	Team B	6	Points scored =	7
Team A	21	Team B	14	Points Scored =	21
Team A	21	Team B	0	Points Scored =	14
Team A	7	Team B	21	Points scored =	7

Draft Information

1. Players selected to play with a travel team will go to the in-house draft. All 8th, 6th and 4th grade returning players will return to their previous team.
2. If any player does not try out, or does not fully participate in try outs, that player may have position eligibility restrictions placed on him/her. If the player is a returning 8th, 6th, 4th grader they will be pulled from the previous team and placed back in the draft. The decision to penalize a player in this manner must be made by either the Coaches Council or the Board of Directors.
3. All teams are allowed one named assistant coach per year. The named assistant coaches' son is to be placed in either the first or second round of the draft based on a vote of the other head coaches only. New head coaches players are to be placed by a vote of the other coaches, but they are not limited to the first or second rounds.
4. The maximum number of double stripers on any team is 9.

5. Player trades are allowed on the night of the draft only, and may only involve newly drafted players.
6. Team drafting orders will be determined by lotteries to be completed prior to the draft.

Coaching

At the instructional level only, one coach may be on the field to promote the instructional aspects of the game. Once the offensive team leaves the huddle, the coach must step back out of the play at that point. He may not communicate with his players in any way until the play has ended. Penalty for this rule is first a warning, than a 5 yard game misconduct.

Miscellaneous

The visiting team is responsible for supplying all three (3) adult members of the chain gang.

Both teams in the first game are responsible for setting up the field, (i.e., cones, yard markers, benches, down marker and first down markers).

Both teams in the last game are responsible for putting away the field equipment and are responsible for clean up around the field and the stands following the last game of the day.

Every team is responsible for cleaning up their bench area after their individual game.

The home team of the previous game shall be responsible for providing a certified coach to run the clock for the next game. The home team in the last game of the day shall be responsible for clock operation for the first game the following week.

Travel Team Guidelines

LIGHT AND HEAVY WEIGHT TEAMS:

1. All players in 7th and 8th grade and 105 lbs. and over must tryout for the Light Weight and/or Heavy Weight teams. Failure to tryout or expend maximum effort during tryouts will result in position eligibility restrictions in the house league. Non stripers will become single stripers, single stripers will become double stripers and double will become triple stripers (only center position). In addition these players will be resubmitted to the draft.
They may also have their registration money returned.
2. Any player can tryout for any of the traveling teams if weight and age eligible.

Bantam:

Tryouts for this team are open to all players who are 8 years old or less and weigh 87 lbs. and under, or are 9 years old and weigh 57lbs. or less.

Pee Wee:

Tryouts for this team are open to all players who are 10 years old or less and weigh between 76 lbs. and 90lbs, or are 11 years old and weigh 70 lbs. or less.

Feather Weight:

Tryouts for this team are open to all players who are 12 years old or less and weigh between 91 lbs. and 112 lbs., or are 13 years old and weigh 92 lbs. or less.

Light Weight: mandatory for 7th & 8th graders

Tryouts for this team are open to all players who are 14 years old or less and weigh
A maximum of 129 lbs.

Heavy Weight: mandatory for 7th & 8th graders

Tryouts for this team are open to all players who are 14 years old or less and weigh
129 lbs. or more.

