**WVYL YOUTH LEAGUE ATHLETICS**

**(Central Linn, Harrisburg, Creswell, Pleasant Hill, Junction City, Monroe, Oakridge)**

### FOOTBALL RULES

1. Shoes with metal **cleats** will not be allowed.

2. Athletes must have:

* 1. 9 days of practice prior to any competition including the jamboree.
  2. 2 of these days are for helmets only
  3. The third day is partial gear
  4. The fourth day is for full gear and ONLY LIGHT CONTACT

3. Quarters will last 10 minutes. There will be 2 minutes between quarters and 10 minutes between halves.

4. Points after touchdown – A P.A.T. achieved by kicking will be awarded 2 points. The two-point conversion is meant to promote the skill of kicking. One point will be awarded for a conversion run from the line of scrimmage.

5. A 17-point lead is considered substantial. When a team reaches this point, coaches should strive not to run up the margin further. A running clock starts in the second half once the point spread has reached 30 or more.

6. Coaches need to play all players as much as possible. As a guideline, coaches should attempt to use each athlete a substantial amount of time in at least one quarter during each game.

7. An intermediate-sized football will be used.

8. For general football rules other than outlined here, the OSAA rulebook will be used.

9. In case of a tie after regulation, the “Kansas Plan” will be used to break the tie. Each team will receive the ball on the opponent’s 25-yard line and attempt to score.

10. Football start times – 4:30 single games 4:00 and 5:30 for double games

11.  **Coaches need concussion training.**