

By-Laws

Developed: 11/11/11 Revised: 5/22/22

Purpose

The Big 14 Conference was founded to sponsor a football program for the 5th, 6th, 7th and 8th grade boys and girls residing in the Big 14 Conference members' school districts.

Objective

The objective of the Big 14 Conference is to inspire the participants to practice the ideals of sportsmanship and physical fitness, to teach good habits of fellowship with other players, to respect adults and to develop the ability to take adversity without complaint while enjoying the game of football.

League President and League Meetings

- A. The Big 14 President shall be elected at the annual season ending meeting. Each Big 14 Conference Member shall be represented at league meetings and have one vote per team as a board member.
- B. The annual report shall be given at the season ending meeting, which should be take place with in two weeks following the conclusion of the current season.
- C. The President will make the annual report. Any discussion of the rules, schedule or officials should be brought to everyone's attention at this meeting.
- D. A "Rules Committee" shall be composed of the President and additional members so the committee consists of a simple majority of the members. The role of the committee is to review and make any decisions on rule interpretations that may arise during the season.

Registration

- A. All players who wish to become a member of a Junior Tackle Team, must be registered with that organization.
- B. A child attending a parochial school, home school, or having a sibling attending a parochial high school could play for that parochial program.
- C. A child attempting to register in a program they don't reside in must have the Big 14 conference board approval. The request would be brought to the board by the program head for the town the child is wanting to register with.
- D. A player that reaches the age of 12 (5th grade), 13 (6th grade) or 14 (7th grade) by August 1st will be moved up to the next grade level. Any player over the age of 15 by August 1st cannot participate. The board reserves the right to hear exceptions.
- E. If suspicion of a participant playing outside of the age restriction of the Big 14 Conference's policy occurs, a protest may be filed to force a forfeiture of the game.
 - a. Protests are to be filled with the President & Vice President of the Big 14 Conference via email on the same day the alleged infraction occurred.
 - b. Only the head of the organization can file a protest on behalf of their respective team.
 - c. Protest information must include:
 - i. Organization & Head of Organization filing the protest with contact information
 - ii. Organization alleged of infraction
 - iii. Jersey number & position of participant in question
 - iv. Nature of suspicions
 - d. The alleged organization will be contacted as soon as possible by a conference official to request a viewing of a copy of the birth certificate of the participant in question.
 - e. The alleged organization will be granted 1 week to accommodate a viewing of the birth certificate in question.
 - f. If found to be in compliance, the organization of the participant in question will be exempt from having to produce any further documentation on this individual for said grade level during the remainder of the season.

Weigh-In and Practicing

- A. Every player shall weigh-in prior to every game with game jersey on or in-hand. For each grade level, the two Big 14 teams participating in the game will provide a representative to judge and verify the weights turned in by the two teams. . The weigh-in time for each team shall start no sooner than 60 minutes prior to the scheduled game time for the two teams and end no later than 30 minutes prior to the scheduled game time. All players from both teams must weigh-in with their team during this allotted 30-minute weigh-in period. An additional 1 pound will be added to each weight classification prior to Game 3, Game 5, Game 7 and Game 9 (Play-Off).

- B. A player may be reclassified during the weigh-ins. For example: Single striker to a non-striker or a non-striker to a striker.
- C. The time and duration for all practices shall be set by the individual coaches and teams. The Big 14 Conference shall establish the date of the first practice session. For the current season no team shall start practice before July 25, 2022. The first Conference scheduled games will be played on August 13 or 14, 2022 with the post season games being played on Oct 8th & Oct 10th, 2022.
- D. Practice shall not exceed two hours.
- E. Prior to the start of the school year, there should be no more than five practices a week. After the start of the season and school is in session, coaches and teams should use sound judgment in the number of practices held per week.
- F. Participants shall not participate in contact drills until they have been cleared by a doctor's physical and/or a parental permission slip as governed by the individual Conference member's league rules. Each team accepts this as their responsibility.
- G. Each player must have 10 practices in before they are eligible to play in a game. The first two practice days must only consist of helmet, shoes, mouth guard, shorts & shirt.
- H. Beginning week 3 and through the remainder of the season, full contact will be allowed in no more than 3 practices per week and full contact time is limited to no more than 90 minutes per week.

“Full Contact” definition adopted per IHSA By-Law 3.157: “Full contact” is defined as football drills or live game simulations where ‘live action’ occurs. ‘Live action’, as defined by USA Football, is contact at game speed where players execute full tackles at a competitive pace taking players to the ground. It is assumed when players are not in full pads, no live action drills or simulations will occur. Players not in full pads may participate in ‘air’, ‘bags’, ‘wrap’, and ‘thud’ drills and simulations at any point. These contact levels are defined as:

Air – Players should run unopposed without bags or any opposition.

Bags – Activity is executed against a bag, shield, or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.

Wrap – Drills run at full speed until contact, which is above the waist with the players remaining on their feet.

Thud – Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

- I. No weight increases will be entertained until the 2020 season.
- J. Organizations shall follow the Acclimatization guidelines established by the IHSA. See Appendix A for guidelines.

Coaches

- A. Each Big 14 Conference Member shall appoint its coaches for their various teams.
- B. Any coach ejected from a football game by an official will be automatically suspended for the remainder of the day and the following scheduled game date. The suspended coach may continue to coach practices and all other duties but will not be able to coach in his/her team's next game. The suspended coach may be in attendance at the game but cannot participate in any method. The suspended coach shall be confined to the press box or designated visitor area. The conference member team officials will be notified of their coach's suspension and they may take other additional action.
- C. Coaches must see to it that his players and other assistant coaches are in the bench area during the game and that he/she is solely responsible for his/her team's conduct.
- D. The Big 14 organization of the suspended coach shall pay a fine of \$200.00. The \$200.00 fine shall be applied towards the following season's league fee for Official assignments. The fine of \$200.00 fine will offset / reduce proportionally the other Big 14 organizations' obligation for Official assignment fees.

Equipment

- A. Footballs – The size of the football for the 7th and 8th grade level cannot be less than a “Youth” model (generally the intermediate size) that is defined by the manufacturer as encompassing 14 years of age. At the discretion of the team, the 5th & 6th grade level may play with a “Youth” model or the “Junior” model which typically has a maximum age of 12 years of age. Under no circumstance will a “Pee Wee” ball be acceptable for any age level.
- B. Uniform Numbers – Any player eligible to catch a pass (not exceeding the weight limit requirements for his/her grade level), lined up as an eligible receiver (an end or back coming out of the backfield), must wear number 1 through 49 or 80 through 99. Any player lined up as an interior offensive lineman (center, guard or tackle), must wear number 50 through 79 or a proper penne pullover or turn jersey inside out.

Weight Classes

- A. Ball Carriers, Quarterbacks and Offensive Ends who carry and/or catch the ball. No helmet stripes.

5 th Grade	Max. 105 lbs.
6 th Grade	Max. 120 lbs.
7 th Grade	Max. 140 lbs.
8 th Grade	Max. 155 lbs.

- B. Offensive Lineman and one Offensive End who cannot catch the ball. A single helmet stripe down the middle of the helmet. The stripe must be a contrasting color to the helmet as to be visible from the sideline.
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|-----------------------|---------------|
| 5 th Grade | Max. 145 lbs. |
| 6 th Grade | Max. 160 lbs. |
| 7 th Grade | Max. 180 lbs. |
| 8 th Grade | Max. 190 lbs. |
- Any player exceeding these maximums will have a double parallel stripe down the middle of the helmet. The double stripe must be a contrasting color to the helmet as to be visible from the sideline.
- C. All Defensive Players cannot weigh more than except up to two tackles play head up to the offensive tackles:
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| 5 th Grade | Max. 145 lbs. |
| 6 th Grade | Max. 160 lbs. |
- D. Linebackers and Defensive Backs cannot weigh more than:
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|-----------------------|---------------|
| 5 th Grade | Max. 105 lbs. |
| 6 th Grade | Max. 120 lbs. |
- E. Players Punting or Kicking the ball cannot weigh more than:
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|-----------------------|------------------------|
| 5 th Grade | No Kick-Offs, No Punts |
| 6 th Grade | No Kick-Offs, No Punts |
| 7 th Grade | No Kick-Offs, No Punts |
- F. In the 8th grade, a player punting the ball and weighing over 150 lbs. (single and double helmet stripe) must punt the football. This type of player cannot attempt to pitch, hand off, run or throw the football. If the player attempts to advance the ball, the play will be blown dead on the spot of the infraction. This is a judgment call by the officials.
- G. On offense, a double stripe player – players exceeding 140 lbs. in 5th grade and 155 lbs. in 6th grade – these players at these weights cannot pull to block, but may block downfield. Only two double stripe players can play on the offensive line at the same time in 5th and 6th grade. A 7th grade player exceeding 175lbs or an 8th grade player exceeding 185 lbs. must play offensive & defensive line from tackle to tackle. In 7th and 8th grade, up to 5 double stripe players may play offense at the same time from tackle to tackle. This player is allowed to pull block but cannot attempt to run or throw the ball. In 7th and 8th grade up to 4 double stripe players may play defense at the same time, but must be lined up from tackle to tackle (no double stripe player can line up on the offensive tackles outside shoulder or beyond). All players within this weight class must have a double parallel stripe down the middle of the helmet. The double stripe must be a contrasting color to the helmet as to be visible from the sideline.
- H. One Offensive End can weigh up to 140 lbs. (5th grade), 155 lbs. (6th grade), 175 lbs. (7th grade) and 185 lbs. (8th grade), but cannot run, catch or throw the football.
- I. The penalty for violating the weight restrictions at all grade levels will be as follows:
 Offense: 5-yard penalty from line of scrimmage.
 Head Coach: Warning Unsportsmanlike conduct.
 Head Coach: Second incident – Unsportsmanlike conduct, Head Coach ejected from the game.
 Defense: 5-yard penalty.
 Head Coach: Warning Unsportsmanlike conduct.
 Head Coach: Second incident – Unsportsmanlike conduct, Head Coach ejected from the game.
- J. Weight limits shall not be modified until the 2020 season.

Games, Length of Games & Scoring

- A. Each quarter of play is as follows:
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|-----------------------|-----------|
| 7 th Grade | 9 minutes |
| 8 th Grade | 9 minutes |
| 5 th Grade | 8 minutes |
| 6 th Grade | 8 minutes |
- B. Half-time will be 10 minutes for all grades, consisting of a 7-minute break period and 3 minutes for player warm up.
- C. If a team gets ahead by 28 points at or after half-time, the game shall then be shortened by using a continuous clock for the remainder of the game.
- D. Overtime periods will be limited to two for the 8th grade game only, except in the event of a playoff situation where all levels will have overtime play until one team wins. IHSA Overtime Rules Shall Apply
- E. No game shall begin prior to the scheduled start time as shown on the official Big 14 Conference schedule with no less than 10 minutes between each game.

F. Each team (8th, 7th, 6th, & 5th grade) will be allotted 3 time-outs per half. This is in accordance to the IHSA Rules.

“Potential Post Season” Games

The two teams that finish 1st and 2nd by record for each age group, 5th through 8th grade, will play on the last Saturday for the championship of their respective age bracket. The hosting site for all the championship games will be the 8th grade team with the best record at the conclusion of the regular season. The 2 teams that finish in 3rd and 4th by record for each age group, 5th through 8th grade, will play on the last Sunday for 3rd place of their respective age bracket. The hosting site for all 3rd place games will be the 8th grade team that finished in third place.

If a team ranking in the top 4 chooses not to play, the team ranked directly under them will fill their rank and play in the final game.

If the 1st place team cannot host the entire championship series but wants to play the 8th grade team that finished 2nd will be given the option of hosting the game's. If neither can host it would be granted to the 7th grade team that finished first and so on so that all teams finishing first and second can play in the game even if they cannot host. The 3rd place games will be handled in the same manner. Overtime's for all post season games will be limited to 2 overtime's in each of the 5th, 6th, and 7th grade levels, the 8th grade will play until a winner is declared.

In the event of any ties in the regular season standings for 1st through 4th place, the following will be used in order to determine the final results:

- 1.) Head-to-head matchup.
- 2.) The better record against common opponents.
- 3.) Strength of schedule as determined by total wins of all opponents.
- 4.) And in the event of a tie after all the above, the flip of a coin.

Playing Rules

A. 5th Grade

General Coaching:

One coach is permitted on the field while on Offense and Defense. The Coach is to assist with play calling, alignment set up. Coach is not to direct players while “ball is live”.

1. 5th Grade – Special Teams

- a) No Kick-off. Ball will be placed on the offensive team's 35 yd. line.
- b) No punts. Offensive coach shall declare punt. Mark off 20 yds., stop clock.
- c) If ball is on or inside the 40 yd. line, no punt, a play must be performed.
- d) Field goals and point after must be declared and defensive team may rush the kicker only after the snap is handled or fumbled by the holder. **NO FAKES ALLOWED.**
- e) If a safety is scored, the ball will be placed on the 50 yd. line to begin the next offensive series.

2. 5th Grade – Offense

- a) Any formation may be used with the exception of not more than two (2) Split Ends on opposite side of the field. Backs may not be split wider than 2 yards from the furthest lineman in the tight formation at the snap of the ball. Motion man cannot be more than 2 yards from Offensive Tackle or Offensive End whichever is the furthest in the tight formation.
- b) Must have balanced offensive line, consisting of a guard, tackle and end, using normal splits (2 ft.) unless the end is split.
- c) Quarterbacks must handle the ball in all formations, except during punts.
- d) If Quarterback (QB) is to carry the ball the play must be ran outside the offensive guard.
- e) May use up to two players exceeding 140 lbs. (double stripe) on the offensive line at the tackle position at the same time, however, they shall not pull block.
- f) Any player eligible to catch a pass (not exceeding 100 lbs.), lined up as an eligible receiver (an end or back coming out of the backfield), must wear number 1 through 49 or 80 through 99.
- g) Any player lined up as interior offensive linemen (center, guard, tackle), must wear number 50 – 79 or a proper penne pullover or turn jersey inside out.
- h) See Appendix B: Legal Offensive Formations 5th & 6th Grade
- i) Any player with a single stripe cannot line up as a running back during an offensive play, except when performing the actions as a punter.

3. 5th Grade – Defense

- a) Only a six-man front can be used on the defensive line.
- b) The following formations must be used: 6-3-2, 6-2-3, 6-2-1-2, 6-2-2-1.
- c) Down defensive lineman must line up within the box.
- d) The box will be defined as from tight end to tight end.
- e) The defensive end shall not lineup no further then the outside shoulder of a tight formation.
- f) Defensive Guards and Tackles must be head up on the offensive guards and tackles.
- g) No defensive player shall play over the Center at any time.
- h) Defensive Ends must play on the line of scrimmage.
- i) Defensive Linebackers must stay five (5) yards back from the line of scrimmage until the ball is snapped.
- j) Defensive Backs must stay eight (8) yards back from the line of scrimmage until the ball is snapped.
Exceptions: when the offensive team uses a Flanker split more than 2 yards away from the Offensive End, then the Defensive Back may be up on the line of scrimmage for “bump and run” coverage.
- k) Linebackers and Defensive Backs shall not weigh more than 100 lbs.
- l) Up to two players weighing more than 140 lbs. (double stripe) may play defense and must be head up on the offensive tackles.
- m) Inside the 10-yard line, any defense can be used however, no defensive player shall line head up on the Center.

B. 6th Grade

1. 6th Grade – Special Teams

- a) No Kick-off. Ball will be placed on the offensive team’s 35 yd. line.
- b) No punts. Offensive coach shall declare punt. Mark off 20 yds., stop clock.
- c) If ball is on or inside the 40 yd. line, no punt, a play must be performed
- d) Field goals and point after must be declared and defensive team may rush the kicker only after the snap is handled or fumbled by the holder. NO FAKES ALLOWED.
- e) If a safety is scored, the ball will be placed on the 50 yd. line to begin the next offensive series.

2. 6th Grade – Offense

- a) Any formation may be used with the exception of not more than two (2) Split Ends on opposite side of the field. Backs shall not be split wider than 2 yards from the furthest lineman in the tight formation at the snap of the ball. Motion man cannot be more than 2 yards from Offensive Tackle or Offensive End whichever is the furthest in the tight formation.
- b) Must have balanced offensive line, consisting of a guard, tackle and end, using normal splits (2 ft.) unless the end is split.
- c) Quarterbacks must handle the ball in all formations, except during punts.
- d) If Quarterback (QB) is to carry the ball the play must be ran outside the offensive guard.
- e) May use up to two players exceeding 155 lbs. (double stripe) on the offensive line at the tackle position at the same time, however, they shall not pull block.
- f) Any player eligible to catch a pass (not exceeding 115 lbs.), lined up as an eligible receiver (an end or back coming out of the backfield), must wear number 1 through 49 or 80 through 99.
- g) Any player lined up as interior offensive linemen (center, guard, tackle), must wear number 50 – 79 or a proper penne pullover or turn jersey inside out.
- h) See Appendix B: Legal Offensive Formations 5th & 6th Grade
- i) Any player with a single stripe cannot line up as a running back during an offensive play, except when performing the actions as a punter.

3. 6th Grade – Defense

- a) Only a six-man front can be used on the defensive line.
- b) The following formations must be used: 6-3-2, 6-2-3, 6-2-1-2, 6-2-2-1.
- c) Down defensive lineman must line up within the box.
- d) The box will be defined as from tight end to tight end.
- e) The defensive end shall not lineup no further than the outside shoulder of a tight formation.
- f) Defensive Guards and Tackles must be head up on the offensive guards and tackles.
- g) No defensive player shall play over the Center at any time.
- h) Defensive Ends must play on the line of scrimmage.
- i) Defensive Linebackers must stay five (5) yards back from the line of scrimmage until the ball is snapped.
- j) Defensive Backs must stay eight (8) yards back from the line of scrimmage until the ball is snapped.
Exceptions: when the offensive team uses a Receiver split more than 2 yards away from the Offensive End, then the Defensive Back may be up on the line of scrimmage for “bump and run” coverage.
- k) Linebackers and Defensive Backs shall not weigh more than 115 lbs.

- l) Up to two players weighing more than 155 lbs. (double stripe) may play defense and must be head up on the offensive tackles.
- m) Inside the 10-yard line, any defense can be used, however no defensive player shall line head up on the Center.

C. 7th Grade

1. 7th Grade – Special Teams

- a) No Kick-off. Ball will be placed on the offensive team's 35 yd. line.
- b) No punts. Offensive coach shall declare punt. Mark off 25 yds., stop clock.
- c) If ball is on or inside the 40 yd. line, no punt, a play must be performed
- d) If a safety is scored, the ball will be placed on the 50 yd. line to begin the next offensive series.

2. 7th Grade – Offense

- a) Any formation may be used that is allowed in the IHSA Rules.
- b) Quarterbacks must handle the ball in all formations, except during punts and field goals.
- c) May use up to five players exceeding 175 lbs. (double stripe) on the offensive line, lined up from tackle to tackle. This player does not have to stay within the free blocking zone and is allowed to pull block but cannot attempt to run or throw the ball.
- d) Any player eligible to catch a pass (not exceeding 135 lbs.), lined up as an eligible receiver (an end or back coming out of the backfield), must wear number 1 through 49 or 80 through 99.
- e) Any player lined up as interior offensive linemen (center, guard, tackle), must wear number 50 – 79 or a proper penne pullover or turn jersey inside out.
- f) Any player with a single stripe cannot line up as a running back during an offensive play, except when performing the actions as a punter.

3. 7th Grade – Defense

- a) Any defense may be used.
- b) May use up to four players exceeding 175 lbs. (double stripe) on the defensive line but must be lined up from tackle to tackle. No double stripe player can line up on the offensive tackles outside shoulder or beyond.

D. 8th Grade

1. 8th Grade – Special Teams

- a) Kick-off shall be from the 40-yard line as per IHSA Rules
- b) Any player punting the ball and weighing over 150 lbs. (single and double helmet stripe) must punt the football. This type of player cannot attempt to pitch, hand off, run or throw the football. If the player attempts to advance the ball, the play will be blown dead on the spot of the infraction.

2. 8th Grade – Offense

- a) Any formation may be used that is allowed in the IHSA Rules.
- b) Quarterbacks must handle the ball in all formations, except during punts and field goals.
- c) May use up to five players exceeding 185 lbs. (double stripe) on the offensive line, lined up from tackle to tackle. This player does not have to stay within the free blocking zone and is allowed to pull block but cannot attempt to run or throw the ball.
- d) Any player eligible to catch a pass (not exceeding 150 lbs.), lined up as an eligible receiver (an end or back coming out of the backfield), must wear number 1 through 49 or 80 through 99.
- e) Any player lined up as interior offensive linemen (center, guard, tackle), must wear number 50 – 79 or a proper penne pullover or turn jersey inside out.

3. 8th Grade – Defense

- a) Any defense may be used.
- b) May use up to four players exceeding 185 lbs. (double stripe) on the defensive line but must be lined up from tackle to tackle. No double stripe player can line up on the offensive tackles outside shoulder or beyond.

General Rules

- A. All players should play in every game unless the player is being disciplined or ineligible. Every team has the responsibility to all players of playing them at every opportunity, however, there will be no logbook kept of plays for every team member. As a note, every coach has parents, grandparents, and other family members coming to watch their child play. Each individual Big 14 Conference member maintains the right to discipline their coaches based upon the member organization's guidelines for appropriate playing time.
- B. The best officials shall be obtained, and fair compensation given to those who officiate the games.
- C. Official team rosters, with player weights, must be available at the beginning of each game. Rosters must be submitted on the Official Big 14 Weigh-In Sheet.

- D. No game will start prior to the Official Big 14 Conference Schedule starting time unless agreed to by both teams. No game may start less than ten (10) minutes after the conclusion of the preceding game, and prior to the Official Big 14 Conference Schedule starting time.
- E. Any play involving a player recovering, intercepting or caught handling the football that has a single stripe or a double stripe on the player's helmet will result in the play being immediately blown dead and the ball spotted at the point of recovery, interception or possession. The player should fall down to protect themselves if a player with a single or double stripe attempt to advance a ball, the ball would go back to the spot of recovery and a 5-yard penalty enforced.
- F. Any player ejected from a game will be prohibited from playing in the following Big 14 League game
- G. Any incident, situation or rule not covered in the Big 14 Bylaws will be enforced in accordance with the IHSA rules.
- H. A team cannot elect to forfeit a game due to a player not making his/her desired weight just to allow the player to play. If the affected player wants to play, the affected player must be designated as a player/position per the designated weight classes.
- I. If a team fails to show within 15 minutes of the established start time, that team will forfeit the game. If the team shows up after 15 minutes but prior to 30 minutes after the established start time, and if an agreement can be made between the two coaches and officials to play the game with a running clock for all 4 quarters, the game will be played, but a forfeit is recorded for Big 14 league standings.
- J. Bad Weather Guidelines: If lightening is observed or thunder is heard, games in play will be suspended for 30 minutes. If lightening is detected or thunder is heard within the 30-minute delay period, the 30-minute delay requirement resets to 30 minutes. If games cannot be resumed within the 1.5-hour delay, games will be suspended and rescheduled.
- K. Illegal plays will be enforced as follows: Result of play or 5 yd. penalty and replay the down.
- L. The Big 14 Conference member hosting the weekly games is responsible for submitting the results of those games (score and winning team) to Roy Snyder. The preferable method is by email at rosnyder@vactor.com. If unable to provide the results through email, please text – 815-673-9201 and Derek Johnson (Rochelle): text – 815-751-8161 and/or email – Derek@rochellejuniortackle.com.
- M. Game officials will be paid \$45.00 per game. Official's game fees will be reviewed for increase for the 2021 season.
- N. Refer to Big 14 League Official's Pay schedule for cancelled / rescheduled games.
- O. Big 14's entry fee to games is as follows: \$3.00 per Adult and \$2.00 per Student.
- P. The chain crew shall be on the sideline of the home team.
- Q. When a spectator is ejected or removed from a game, that spectator is prohibited from attending the next scheduled game.
- R. If a player plays down (6th to 5th, 7th to 6th, 8th to 7th) the game will be played, the team will not be eligible for play-offs and their opponent will receive a forfeit on the league's game score sheet.
- S. Home team shall notify visiting team with-in 3-hours of game time if scheduled games will be cancelled due to field conditions. Exception would be an act of God, i.e.: severe rain falls prior to scheduled games. Failure for proper notification will result in a forfeit by the home team.
- T. Roy Snyder 815-673-9201 to be contacted concerning officials concerns. The designated Assignor for Officials is not to be contacted concerning officiating issues. Exception: To request officials for non-scheduled scrimmage games or to inform Assignor of schedule changes to allow assigned officials to be notified.

Saturday Game Times Regular Season: 10:00 (7th), 11:15 (8th), 12:30 (6th), 1:45 (5th), minimum 10-minutes between games
 Sunday Game Times Regular Season: 12:00 (7th), 1:15 (8th), 2:30 (6th), 3:45 (5th), minimum 10-minutes between games
 Saturday Night Game Regular Season: 2:30 (5th), 3:45 (6th), 5:00 (7th), 6:15 (8th), minimum 10-minutes between games

Appendices:

- A. IHSA Acclimatization Schedule
- B. Legal offensive formations for 5th & 6th grade

Appendix: A – IHSA Acclimatization Guidelines

FB calendar day	Practice Type	Allowed Equipment
1	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet only
2	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet only
3	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
4	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
5	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
6	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
7	No practice allowed – day of rest	

8	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
9	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Full pads
10	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
11	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Full pads
12	5 hours of practice limit. No single practice can exceed 3 hours. 2 hours rest between practices.	Full pads
13	3 hours of practice limit. With a 1 hour walk-through. 2 hours rest between all practices and w-t.	Full pads
14	No practice allowed - day of rest	

During the first two days of practice, helmets and appropriate footwear should be the only protective equipment permitted. During days three through five, helmets, shoulder pads and appropriate footwear should be the only protective equipment permitted. Beginning on calendar day six (Saturday of Week 6 in the IHSA standardized calendar), all protective equipment may be worn and full contact may begin. Sunday of week 6 and Sunday of week 7 are determined to be rest days and no practice is allowed.

Appendix B: Legal Offensive Formations 5th & 6th Grade

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0	<pre> 0 0 x 0 0 0 0 0 0 ↘ 0 </pre>	0	<p><u>Illegal formation</u> if either “wing” or RB goes in motion <u>after</u> “Ready for Play” to make “trips” to one or the other side</p>
0	<pre> 0 0 x 0 0 0 0 0 0 </pre>	0	<p><u>Legal formation</u></p> <p>Only 2 receivers on each side of formation</p>
0	<pre> 0 0 x 0 0 0 0 0 0 ↘ 0 </pre>	0	<p><u>Illegal formation</u> if “wing” or RB goes in motion <u>after</u> “Ready for Play” to make “trips” to one or the other side</p>
0	<pre> 0 0 0 x 0 0 0 0 0 0 ↙ </pre>		<p><u>Illegal formation at</u> “Ready for Play” – 3 Receivers to right side of formation, even if “wing” goes in motion <u>after</u> “Ready for Play”</p>
	<pre> 0 0 0 x 0 0 0 0 0 0 0 </pre>		<p><u>Legal formation</u></p> <p>Only 2 receivers on each side of formation</p>
	<pre> 0 0 0 x 0 0 0 0 0 0 0 ↘ 0 </pre>		<p><u>Illegal formation</u> if “wing” or RB goes in motion <u>after</u> “Ready for Play” to make “trips” to one or the other side</p>
	<pre> 0 0 0 x 0 0 0 0 0 </pre>		<p><u>Legal formation</u></p> <p>Only 2 receivers on right side of formation</p>
	<pre> 0 0 0 x 0 0 0 0 0 0 ↗ </pre>		<p><u>Illegal formation</u> if either RB goes in motion <u>after</u> “Ready for Play” to make “trips” to the right side</p>
0	<pre> 0 0 0 x 0 0 0 0 0 ↗ </pre>		<p><u>Illegal formation</u> if either RB goes in motion <u>after</u> “Ready for Play” to make “trips” to the right side</p>