



## CONNECTICUT WINTER INDOOR FOOTBALL LEAGUE “RULES & POLICIES”

In order to best ensure both the safety of our League’s participants and the overall success and longevity of the League all infractions will be dealt with swiftly by the League’s governing body. Any and all concerns, comments and suggestions are welcome. Our League is only as good as its participants so please adhere to the below listed rules. The Connecticut Speed School is committed to delivering a 1st class youth football experience stressing the importance of athletic development, competitiveness, sportsmanship and a positive attitude. Any occurrence viewed by the League’s governing body to be contradictory to these values will be dealt with immediately.

### Sportsmanship

1. Any person acting inappropriately will be subject to immediate dismissal from the facility and be subject to suspension for the remainder of the season. Inappropriate behavior will not be tolerated.
2. Sportsmanship starts with our coaches as they set the tone for their respective teams. Our Winter Football coaching staffs will be held to a high standard of sportsmanship at all times. Head coaches are ultimately held responsible for the behavior of their staff, players and parents. In the unfortunate event of unsportsmanlike conduct by any member of a team (including parents) the head coach can face suspension. It is important for our coaching staffs to take direct responsibility for the conduct of their team, their parents and their fans.
3. Due to the limited number of players in Winter Football the game is visually much clearer. As a result, coaches, players and parents will see infractions that may or may not get called by the League’s officiating staff. Blocks from behind, holds and other infractions will certainly occur. At no point will player-specific denouncements from opposing players, coaches, parents and other spectators be tolerated. Coaches and parents are not allowed to address the coaches and players of an opposing team.
4. Any uninvited parent or spectator entering the field of play will be subject to immediate dismissal from the game, removal from the facility and turned over to law enforcement if necessary. That person will be banned from the League for the remainder of the season and that person’s participating player may also suffer the same consequence.

### General

1. All games will consist of two 25-minute halves and a 5-minute halftime.
2. All players must play at least 20 snaps. We expect our coaching staffs to self-police themselves in order to best develop each and every player. If a pattern of players not getting the necessary playing time develops the governing body will be forced to take disciplinary action.
3. One (1) coach is allowed on the field on both offense and defense during play. Coaches must not physically interfere with play. And coaches must be quiet during the snap count.
4. Coaches and parents are not allowed to address the coaches and players of an opposing team.
5. Coaches must be quiet during the snap count.



### Offensive-Oriented Rules

1. Six (6) players on the field, three (3) down linemen and three (3) players made up of a quarterback, running backs and/ or receivers at all times. Skilled players may line up anywhere but must be off the LOS.
2. 30-second play clock.
3. Offensive formations must consist of three (3) down linemen with the Center in the middle. Wide receivers and running backs can line up anywhere. Line splits should be no bigger than 3 feet.
4. All offensive players are eligible.
5. Quarterbacks are allowed to run.
6. After a player scores four touchdowns that player is restricted from touching the ball on offense UNLESS the point spread score margin is less than eighteen (18) points.
7. No "baiting" with regards to cadence is allowed with extended snap counts. Keep snap counts simple. If a pattern of intentional "baiting" occurs penalties will be imposed by the Officiating staff. This should only be for the sixth grade and younger.
8. The offense can elect to "go for it" on 4th Down or punt. In the event of a punt the ball is placed 25 yards from LOS. In the event that the LOS is inside the 25-yard line at the time of punt the ball will be placed on the 10-yard line.
9. In the Lil Tacklers Division offensive linemen must engage the defensive linemen. Youth blocking rules apply.
10. Teams have option for the Points-After-Touchdown (PAT) attempt. For 1 point the ball is placed on the 3-yard line. For 2 points the ball is placed on the 5-yard line.
11. All offensive drives start with the ball on the 10-yard line.
12. Coaches intentionally taking penalties to manipulate the clock will be subject to a 15 yard penalty, loss of down and the addition of 30 seconds to the game clock.

### Defensive-Oriented Rules

1. Blitzing is not allowed. Linebackers must line up at least three (3) yards off the LOS except in goal line situations where LBs can have their feet on the goal line. No forward movement is allowed for any defensive player before the ball is snapped. Once the ball is snapped defensive players may go anywhere, this includes sacking the Quarterback.
2. The maximum allowable down linemen (DL) for every division are two (2) DL. DL may line up in the A gap and slant to the Guards. However slanting into the Center is NOT allowed. We want to keep the Center somewhat "protected" in order to best ensure a proper QB/ Center exchange.
3. Defensive Noseguards are NOT allowed to line up over the Center at any level.
4. A player is deemed down when and where the player's knee touches the ground.
5. All fumbles and interceptions can be advanced.
6. Safeties are allowed. After a safety the ball is placed on the team's 10-yard line.



### Field Operations

1. There will be designated sideline areas for both players and parents. Opposing teams will share the same sideline and will not be allowed to occupy any part of the opposing team's designated space.
2. In order to maximize the allowable field space strict rules will apply for everyone's safety.
3. Each team is responsible for supplying two (2) parents to work the down and distance chains.