

# Nebo Football Conference - 7<sup>th</sup> Grade 2014 Schedule

Springville SOS Drug	Ryan Johnston	801-420-6565
Springville Rotary	Kelly Thorpe	801-836-1950
Salem Navy	Danny Higginson	801-376-1575
Salem Columbia	Danny Higginson	801-376-1575
Payson Silver Lions	Chad Bahr	801-623-2528
Payson Green Lions	Phil Perez	385-329-9704

## League Rules

High School Football rules will govern.

**Game Time:** Four - 12 minute quarters. Clock will run straight through, stopping the last two minutes of the 2<sup>nd</sup> quarter and the last four minutes of the 4<sup>th</sup> for penalties [out of bounds, incomplete pass, change of possession. The clock will start off the snap in the two minute and four minute windows. After the ball is set, the offense has 30 seconds to get a play started. Three time-outs per half. Five minute half-time.

- ◆ **Overtime:** 4 plays from ten yards out. Both teams will have even series. 2<sup>nd</sup> overtime teams must kick extra point. All OT's after will be field goal try from 10 yard line until a team wins.
- ◆ **Mouth guards are mandatory.** If a player is without his mouth guard, the play is dead, a five yard penalty will be awarded [replay the down] & the player will sit out one play.

**Weight:** Players 95 / 110 / 130 /150 pounds and under are eligible to carry the football. Players over LISTED pounds may not be used as BLOCKING BACKS, RUNNING BACKS or RECEIVERS. QUARTERBACKS may exceed the weight limit, but may not cross the line of scrimmage with the ball and are subject to the "in the grasp" rule in the backfield. If a person over WEIGHT LIMIT intercepts a pass or recovers a fumble, he can advance it. No orchestrated plays! There is no weight limit on DEFENSIVE POSITIONS. Players not eligible to carry the ball will have helmets marked with a black "X". Any player or coach that removes the "X" from a helmet will be disqualified for the remainder of the season.

**XMAN may:** play QB (cannot advance the ball), punt (cannot advance the ball), return fumbles or interceptions and play any defensive position.

**XMAN may not:** return punts or kickoffs (ball is dead at spot where they control ball), line up or play any position in the offensive backfield or catch a pass as a Tight End( can play TE if lined up on the line of scrimmage and not split out, if they go down field on a pass its ineligible receiver downfield).

**Playing Time:** Each player must play at least 10 plays per game. It is the coaches responsibility to make sure this happens. Kickoff, Punt and PAT's will be counted as a play. Players may be disciplined for not attending practice, but this should not serve as a way for coaches to skirt around the rule. It is the belief of the league that a good coach will find a way to help players improve and not be a liability to the team.

**Blitzing:** **5th & 6<sup>TH</sup> GRADE** - 11 can blitz, only 5 coming from within the tackles, must be lined up as down lineman in a 3/4 point stance. **7<sup>TH</sup> GRADE** - 11 can blitz, only 5 coming from within the tackles, must be lined up as down lineman in a 3/4 point stance. **8<sup>th</sup> GRADE** - High School rules, no restrictions.

**Scoring:** A team more than 20 points behind may opt to receive the kick-off after a touchdown by either team. This helps to control a game that may be turning into a severe blowout. A on-sides kick would be poor sportsmanship in this case. You may show your colors!

- ◆ Extra points will be obtained by kicking for 2 points or running for 1 point. Blitzing rule in effect.
- ◆ In kicking Field Goals & PAT's, **5th & 6th grade only: No defensive rush and No fake kicks.** Snap must be clean and kick away with in 5 seconds. In 7<sup>th</sup>, the defense may rush five from anywhere, fakes are allowed. The ball may be advanced by the offense on a bad snap or blocked kick. The defense may score on either. 8<sup>th</sup> / 9<sup>th</sup> , will be played same as High School rules.

**Conduct:** Any punch will be a 15 yard penalty and the player must be removed from the game for the series and possible ejection at the discretion of the official. If a player or coach is ejected they will be suspended for the next football game.

**No Coaches on the field in 7<sup>th</sup> or 8/9th grade leagues.**

**Field Locations**

Salem – Loafer View Recreation Complex 600 East Canal Road, Salem  
 Payson – Payson High School – 1050 South Main, Payson  
 Springville – Springville High School – 1205 East 900 South, Springville

**7th Grade – Nebo Football – Game Schedule revised 8/18/14**

**Wednesday, August 27<sup>th</sup>**

8:00p Spr.Ville Rotary vs. Spr.Ville SOS Drug  
 5:15p Payson Salem Columbia vs. Payson Silver  
 6:40p Payson Salem Navy vs. Payson Green

**Saturday, Sept. 6<sup>th</sup>**

10:30a Salem Spr.Ville Rotary vs. Salem Navy  
 12:00n Salem Payson Green vs. Salem Columbia  
 10:00a Spr.Ville Spr.Ville SOS Drug vs. Payson Silver

**Wednesday, Sept. 10<sup>th</sup>**

5:00p Salem Salem Navy vs. Salem Columbia  
 5:15p Payson Spr.Ville Rotary vs. Payson Silver  
 8:00p Spr.Ville Payson Green vs. Spr.Ville SOS Drug

**Saturday, Sept. 13<sup>th</sup>**

9:00a Salem Payson Silver vs. Salem Navy  
 10:30a Spr.Ville Payson Green vs. Spr.Ville Rotary  
 12:00n Spr.Ville Salem Columbia vs. Spr.Ville SOS Drug

**Wednesday, Sept. 17<sup>th</sup>**

5:30p Salem Spr.Ville SOS Drug vs. Salem Navy  
 8:00p Spr.Ville Salem Columbia vs. Spr.Ville Rotary  
 8:00p Payson Payson Silver vs. Payson Green

**Saturday, Sept. 20<sup>th</sup>**

9:00a Spr.Ville SV SOS Drug vs. Spr.Ville Rotary  
 12:00n Salem Payson Silver vs. Salem Columbia  
 1:30p Salem Payson Green vs. Salem Navy

**Tuesday, Sept. 23<sup>rd</sup>**

5:00p Payson Spr.Ville SOS Drug vs. Payson Green  
 6:30p Spr.Ville Payson Silver vs. Spr.Ville Rotary

**Saturday, Sept. 27<sup>th</sup> (Soccer Fields)**

9:00a Payson Payson Green vs. Payson Silver

**Monday, Sept. 29<sup>th</sup> (SHHS Field)**

5:30p Salem Salem Navy vs. Spr.Ville SOS Drug  
 7:00p Salem Spr.Ville Rotary vs. Salem Columbia

**Wednesday, Oct. 1<sup>st</sup>**

6:00p Spr.Ville Salem Navy vs. Spr.Ville Rotary  
 7:30p Spr.Ville Payson Silver vs. Spr.Ville SOS Drug

**Saturday, Oct. 4<sup>th</sup>**

10:30a Salem Salem Columbia vs. Payson Green

**Wednesday, Oct 8<sup>th</sup>**

5:00p Salem SV SOS Drug vs. Salem Columbia  
 5:00p Payson SV Rotary vs. Payson Green  
 8:00p Payson Salem Navy vs. Payson Silver

**Tuesday, Oct 14<sup>th</sup> - Payoffs**

**Wednesday, Oct. 22<sup>nd</sup> -**

**Super Bowl**