

Section 8 – LIVINGSTON COUNTY INSTRUCTIONAL CONFERENCE

A. Eligibility

1. Membership in this conference is limited to current members of the LCAJFL and those identified as being eligible to be members.

B. Guidelines (To be played in scrimmage environment)

1. Players will be 6, 7 and 8 years old.
2. Weight restriction at this level is 110lbs.
3. There will be no more than 6 hours a week for practice.
4. 18 minute quarters, continuous clock, no time outs (injury only), Maximum 45 seconds between plays. Three minutes between quarters, ten minutes between half.
5. No score will be kept at the instructional level.
6. Home team will start on offense, visitor's start on offense third quarter. No special teams.
7. A coach will receive one warning for unbecoming behavior, such as bad language, intensive criticism of a player, coach or referee. Second offense, coach will be ask to participate from the sideline only, third offense game misconduct as stipulated in the LCAJFL rules book. All discussions shall be out of players listening range and only at the end of the quarters or half.
8. Two coaches from each team will be allowed on the field on their side, show some class when instructing your players to block and tackle, do not intimidate.
9. Blitzing with any defensive player is prohibited. No more than six defensive players can be lined up on the line of scrimmage with no more than 3 of those defensive lineman on one side of the ball (this includes defensive ends). All other defensive players must line up behind the defensive lineman in a normal linebacker position.
10. The League shall arrange for the appearance of at least two (2) qualified officials at each scheduled game.
11. Penalties should be called only if the infraction directly affects the outcome of the play or play results in a score, or the infraction could result in an injury such as clipping, spearing or fighting, player shall receive two warnings before the team is penalized for infractions that occur before the play has started. All penalties will be limited to loss of down and 5 yards from the line of scrimmage after the ball has been snapped or 5 yards prior to the ball being snapped.
12. All players will be allowed to play all positions.
13. It will be the goal of the coaches to get the same amount of plays for each player. However, this may be modified due to disciplinary actions.
14. When on offense the team will start on their 40-yard line. Play will be normal; they will have four plays to get a first down or score. If they do not get the first down, the ball turns over and the opposing team will start on their 40-yard line.