



## **THE FITZ LEAGUE OPERATING/POLICY & PROCEDURES**

### **TEAMS**

#### **A. Number Of Players On A Team**

Number of players per team will be a function of available finances and interest in involving as many players as possible in game play. The suggested number of players will be determined by Board.

#### **B. Team Registration**

Teams will not be considered eligible for league play until the CDA Jr Tackle Football Board has received and approved the team registration package which will include the following:

1. Parent and Player Applications
2. Physical Examinations
3. Proof of Residence
4. Proof of age and grade – This requirement waived if the child's age has been verified in a previous year.

No player may participate in any practice or game until a full packet has been given to their coach.

#### **C. Insurance**

Insurance will be purchased by the league. The premium will be paid by the players and will be included in the registration fee. Injuries resulting in a claim for hospitalization, doctor, or medicine must be reported to the Coeur d'Alene Jr. Tackle Football Board immediately by parents and coaches.

#### **D. Team Equipment**

All Players will be required to be dressed in full protective equipment for all practices involving 'body to body' contact and all games. The team uniform jersey will not be worn during practice.

#### **E. Player Equipment**

Each player is required to purchase their own (white) practice/game pants and pant pads and practice jersey.

### **PLAYER ELIGIBILITY**

#### **A. Player Application**

Each player will complete a player application provided by the league and will obtain their parent's or guardian's permission to play football as signified by the signatures required on the application. All new players to CDA Jr Tackle will be required to provide proof of residence.

**B. Physical Examination**

Each player will obtain a statement from a physician which states the player is physically fit to participate in football. Any new player will be required to provide a physical prior to playing. Physicals are good for 2 years.

**C. Fees**

Each player must pay a fee established by the league prior to receiving a uniform to be eligible to play on a team.

**D. Scholarships**

Scholarships are available and must be written requests presented and approved by the CDA Jr Tackle Board

**E. Refunds**

\$20.00 will be deducted from the registration fee paid to cover cost of insurance and administration costs. Refunds will be addressed by the CDA Jr Tackle Board of Directors on a case by case basis. No refunds will be granted after the 1<sup>st</sup> game has been played.

**F. Player**

The Fitz League participation is limited to third and fourth graders. A player is limited to one year eligibility at each grade level and no more than 2 years of eligibility.

**GAME AND FIELD RULES****A. Game Rules**

Games rules will be in accordance with Idaho State High School rules except for the following special rules:

1. The unlimited substitution rule will always be in effect. Each player must play equal playing time in each scrimmage.
2. Time limit for each quarter of play will be (12) twelve minutes with a running clock for 3<sup>rd</sup> & 4<sup>th</sup> grades.
3. Spectators must stay behind “fenced off” markers during all games.
4. Official game ball will be a junior size ball for 3rd and 4th grade.
5. 3<sup>rd</sup> & 4th grade teams will have the opportunity to play for extra points after a touchdown. No rushing kicker in 3rd grade. Free kick (No Rush)
6. No covered Center
7. No Shotgun
8. No Defensive Blitz
9. Coaches Officiate

## **B. Field Rules**

The following special field rules apply:

1. Field length will be a 50 yard field, ball spotted on 40 yard line.
2. The CDA Jr Tackle organization will provide down markers, clock/scoreboard, and game officials.
3. The CDA Jr Tackle organization will be responsible for all football field maintenance.

## **GAMES AND PRACTICE SCHEDULES**

### **A. Practices**

Clinics/Practices will be Monday & Tuesday at designated time.

### **B. League Scrimmages**

League scrimmages will be Wednesdays at Person Field at 5:30PM.

## **COACHES**

### **A. Selection of Coaches**

Coaches must meet the CDA Jr Tackle Football organization's coaching criteria. Coaches will be selected by the Board of Directors and shall be volunteers working for the CDA Jr Tackle organization. Coaches must re-apply each year they wish to coach.

### **B. Mandatory Rule**

Each coach will comply with each of the following rules:

1. Refrain from profane and abusive language and unsportsmanlike conduct in the presence of players or spectators.
2. Accept game official's decisions on the field as being fair and unbiased. Game Official's decisions are final.
3. Refrain from intentionally 'running up' a score against any opponent.
4. Attend coaching clinic(s) provided by the Coeur d'Alene Jr. Tackle organization.

## **EQUIPMENT**

### **A. Helmet**

The helmet is to be of a high quality material and must have as a minimum the following: Adequate head suspension, face guard and chin strap. Helmets must be NOC SEA approved. Any helmets not provided by the CDA Jr Tackle Organization must be approved prior to use. NO ALTERATIONS OR 'QUICK FIXES' WITHOUT PRIOR APPROVAL.

### **B. Shoes**

Shoes will be provided by the player. No exposed metal on shoes.

### **C. Shoulder Pads**

Shoulder pads are provided by the CDA Jr Tackle organization.

### **D. Hip Pads and Tail Pads**

Hip pads/Tail pads are provided by player.

### **E. Thigh Pads**

Thigh pads are provided by player.

### **F. Knee Pads**

Knee pads are provided by players.

### **G. Pants**

Pants must be white and may be either one piece or shell construction. One piece pants must have removable pads.

### **H. Jerseys**

Game jerseys will be provided by CDA Jr Tackle. Any exceptions must be approved by the CDA Jr. Tackle Board. Numbers on the back of the jersey must be eight inches in height. Game jerseys will be worn in games only. Players must provide their own practice jerseys.

### **I. Mouth Piece**

Every player must use a mouth piece during all contact drills and games. Mouth pieces will be provided by the League.

## **DIVIDING TEAMS**

3<sup>rd</sup> & 4<sup>th</sup> grade squads will be divided by equally by Board at their discretion.