

SANDY-ANDY FOOTBALL LEAGUE

JAY, LIVERMORE FALLS

*Big Team/Varsity - BRONCOS, RAIDERS
Farm Team/JV - BUCS, BEARS*

FARMINGTON, WILTON

*Big Team/Varsity - PATRIOTS, GIANTS
Farm Team/JV - BOBCATS, LYNX*

WOODSTOCK, BETHEL

*Big Team/Varsity - SPARTANS
Farm Team/JV - SPARTANS*

RUMFORD, MEXICO, DIXFIELD

*Big Team/Varsity - FALCONS, 49RS,
Farm Team/JV - OILERS, STEELERS*

GRAY - NEW GLOUCESTER

*Big Team/Varsity - PATRIOTS
Farm Team/JV - PATRIOTS*

The Sandy-Andy Football League (SAFL) currently has 15 teams, from five areas, with over 350 players from 2nd to 6th grade. Teams travel throughout Western Maine each weekend playing games from September to November.

The SAFL has two divisions, 2nd through 4th grade play in our "Farm" (or JV) League and 5th and 6th make up our "Big Team" (or Varsity) League.

SAFL is a full contact youth league which follows NFHS football rules, as well as its own SAFL rules. The SAFL is always striving to better the level of competition while keeping the games safe and enjoyable for the players.

Games are scheduled for Sundays and generally start at 11:00 am. In most circumstances we try to schedule 4 games at each location which allows areas teams to travel together and keep siblings together when playing in separate divisions. Some games may be rescheduled due to weather or field availability.

Home teams are responsible for providing board approved officials. SAFL rules require no less than two officials per game.

Teams participating in the SAFL are required to pay an entry fee. This money is used to pay the expenses of the championship games. Currently the fee is \$85.00 per team.

The board is responsible for developing our rules and regulation as well as approving each year's schedule. Participating areas are allowed two voting board members. Generally the board will meet 2-4 times a year. Area representatives and coaches are encouraged to attend and participate in SAFL meetings.

HISTORY

The SAFL was organized in 1986 in Jay, Maine. It currently has kids from well over 20 communities that makeup the five areas that participate in the SAFL. Since its inception, at least six High School state titles have been won by participating areas with countless playoff appearances. The SAFL prides itself as being one of the most competitive and well represented youth football leagues in the state

Sandy-Andy Football League

2014 rule book (as of 8/27/2014)

I. Team Classification

Farm Team / JV:

1. May consist of 2nd, 3rd, and/or 4th graders.
2. Minimum number of players – 11. Maximum number of players – 35.
3. All players will be counted on the roster, 2nd/3rd/4th. (as of 9/9/2012)

Big Team / Varsity:

4. May consist of 5th, and/or 6th graders.
5. Minimum number of players – 11.
6. Maximum number of players – 35.

All Teams:

7. If at any time during the regular season (prior to playoffs) a team drops to 13 players or less, that team has two options:
 - a. A team with 13 players or less may (for the remainder of the regular season and playoffs) move players from another team from the area. Before players are moved the SAFL must be notified as to which players are moving and the players must be approved.
 - b. If for any reason an adequate number of players cannot be moved, a team with 13 players or less can “fold” and combine with another team from the same area. The remaining games on the “folded” teams schedule will be forfeited. The combined team will keep the record of the team that did not “fold”.
8. Each team will pay an \$85.00 entry fee (payable to Sandy-Andy Football League “SAFL”)

II. Area Representation

- Area Youth Football (AYF) - Mountain Valley, Andover, Dirigo - RSU #10
 - Mt. Blue Area Youth Football - (MBAYF) Farmington - MSAD #9
 - Area Youth Sports (AYS) - Jay, Livermore Falls - MSAD #36
 - Greenwood, Bethel - MSAD #44
 - GNG Youth Football - Gray, New Gloucester - MSAD #15
1. No area may actively recruit players from another area.
 2. If a player wishes to participate in a program that is different from the one he/she is living in, that player must get permission from each area involved.

III. Footballs

1. The home team will provide a game ball. The visiting team has the option to put their own game ball in play during their offensive series. Game balls may be leather or composite footballs. (as of 8/28/2013)
 - a. All Farm Teams / JV will use a Wilson "TDK" size ball.
 - b. All Big Teams / Varsity will use a Wilson "TDJ" size ball.

IV. Practices

1. Teams can begin practicing for the season on August 13th.
2. A maximum of 15 practices are allowed prior to the first game of the season.
3. A minimum of 3 practices of conditioning and/or drills are required prior to full contact.
2. Practices will not exceed 4.5 hours per week beginning on the Monday following the first game. (as of 8/28/2013)
4. Players may only practice 4.5 hours per week and play in one (1) game per week during the regular season (unless a SAFL game has been rescheduled).
5. SAFL players are not allowed to practice or play in another football league during the regular season. (EXAMPLE; if a player plays or practices on a Middle School team, the player is ineligible to play in the SAFL).

V. SAFL Coaches

Farm Teams / JV:

1. Each team (offense and defense) may not have more than one (1) coach on the field at any time. Coaches may assist their players until the quarterback begins cadence. Once the QB begins cadence, the coaches on the field must remain quiet and still. At no time will the coaches on the field be allowed to talk or move (unless movement is to prevent interfering with the play).
 - a. The first violation will result in a warning from the official.
 - b. Every violation after that will result in a 15 yard penalty for assisting.

Big Teams / Varsity:

2. Coaches will not be allowed on the field, except during time-outs.
 - a. The first violation will result in a warning from the official.
 - b. Every violation after that will result in a 15 yard penalty for assisting.

All Teams:

3. A maximum of five (5) coaches per team will be allowed on the sidelines and/or field during the games.
4. Coaches are responsible to assign jersey numbers to players that best fit the position they will be playing.

5. At no time will electronic (1-way or 2-way radios) devices be allowed to be used between any coaches or players.

VI. Officials

1. At least two board officials will be assigned to each game by the host program. The host program will be responsible for paying any/all officials or student/parent helpers, (EXAMPLE; Board Official \$45.00 – 1 game; \$80 – 2 games).
 - a. If necessary, an official game can be played with one board official.
 - b. If in an extreme circumstance, no board officials are present, the head coaches will decide if a qualified, non-board official is available. If agreed upon prior to the start of the game, the game will be official.

VII. Length of Game

1. All games will consist of four (4), 8-minute quarters. Overtime is the same as High School rules (4 plays for each team from the 10 yard line until the tie is broken).

VIII. Substitutions

1. The SAFL is a developmental league and coaches should keep the kids involved and interested. It is highly encouraged that coaches play all players who are not injured or withheld for disciplinary reasons an adequate amount of playing time each game. There is no rule for minimum playing time.
2. Coaches have the right to discipline players by not allowing them to play on game day.

IX. Positional Weight Limits

Farm Team / JV: 125lbs

Big Team / Varsity: 150lbs

1. When on offense, any player that is over the positional weight limit must line-up as an interior lineman. The player is not allowed to carry / run / handle the football, receive a pass or be a lead blocker by going in motion (not to be lined up in a back field position). This rule does not apply to pulling linemen or centers.
 - a. A player is allowed to line up as a Tight End as long as the above restrictions are followed.
 - b. Players over the positional weight limit are not to be lined up in the back row on kick returns.
2. Prior to the first regular season game players will be weighed and the roster will be kept by the head coach.

Protesting Positional Weight Limits (as of 9/9/2012)

3. Home teams should have scales available at all games. If an opposing coach has a question about a player's weight, the player must be weighed immediately after the game. Both teams' coaches must be present at the time of the weighing, if there was a violation the SAFL President will be notified by the challenging coach (immediately following the game in question).
4. The SAFL President and V. President will investigate and resolve the issue prior to the next game. If there is found to be a flagrant violation of the weight rule, the game in question could result in forfeiture by the team utilizing the overweight player (forfeiture will be determined by the Pres. and V. Pres.).
5. Violations of the weight rule could lead to the team losing its playoff position.

X. Time Outs

1. During extreme weather conditions (if both coaches agree), an uncharged time-out will be allowed half-way through each quarter for a water break.
2. Three (3) time outs will be allowed during each half. Any team with a 17 point lead will not be allowed any time outs, regardless of how many they have left.
3. There are two exceptions:
 - a. Injury timeouts (Officials discretion)
 - b. A substitution time out can be called to align and position new players

XI. Play Clock

Farm Team / JV: 40 seconds from the spot of the ball

Big Team / Varsity: 25 seconds from the spot of the ball (as of 9/9/2012)

XII. Point after Touchdown (PAT)

1. It is mandatory for each team to attempt a PAT kick after their first touchdown of the game.
2. A successful PAT kick is worth 1 point.
3. After their first PAT attempt the team has the option of either kicking or running / passing their PAT.
4. A successful PAT run / pass is worth 2 points.
5. Coaches must announce to the official and the opposing coach of their decisions prior to the snap of the ball. If a team wishes to kick, the defense and offense must wait 5 seconds (as counted down by the official) after the ball is snapped before they can make any attempt to cross the line of scrimmage. After the 5 seconds has expired or once the ball is kicked, the defensive team will be allowed to try and prevent the point. A team that elects to kick, must kick, and a PAT by any other means will not be allowed (no advancing of the ball by running or throwing).
6. If a team has more than a 17 point lead they must kick the PAT.

XIII. Field Goals

1. Coaches must announce to the official and the opposing coach of their decisions prior to the snap of the ball.
2. If a team wishes to kick, the defense must wait 5 seconds (as counted down by the official) after the ball is snapped before they can make any attempt to cross the line of scrimmage. After the 5 seconds have expired or once the ball is kicked, the defensive team may attempt to prevent the point.
3. A team that elects to kick, must kick (no advancing of the ball by running or throwing).

XIV. Punting

Farm Teams / JV:

1. Coaches must announce to the official and the opposing coach that they have decided to punt.
2. The ball must be snapped at least 5 yards, to the punter. The defense must wait 5 seconds (as counted down by the official) after the ball is snapped before they can make any attempt to cross the line of scrimmage.
3. The kicking team may run the ball if the snap is not clean, however they may not advance the ball beyond the line of scrimmage. Should the ball be advanced beyond the line of scrimmage, the ball will be returned to line of scrimmage and the receiving team will take possession from there.

Big Teams / Varsity:

4. High School rules apply – “Live Rush”.
5. Coaches do not need to announce that they are punting.
For the first three games of the 2014 season when an offense is inside their own 35 yard line the defense must delay three (3) seconds before rushing .The offense will not be allowed to advance up the field before the three (3) second delay is up. The play is live once the ball is punted or the delay is up. (as of 8/27/2014)

XV. Defensive formations (as of 9/9/2012)

Farm Teams / JV:

1. May only play a five man defensive front line all other players must remain at least 3 yards behind the line of scrimmage until the ball is snapped.

Big Teams / Varsity:

2. May play up to six men on the defensive front line all other players must remain at least 3 yards behind the line of scrimmage until the ball is snapped.

All Teams:

3. May play a goal line defense when the offense reaches the 10 yard line.

All Teams:

4. The first defensive formation violation will result in a warning from the official.
5. Every defensive formation violation after that will result in a 5 yard penalty against the defense.

XVI. "17" Point Rule

1. If your team has just scored, and still trails by 17 points or more, you will be entitled to receive the kick-off.
2. If your team trails by 17 points or more at the half, you will be entitled to receive the 2nd half kick-off.
3. If a team has a 17 point lead and score a touchdown, they must attempt to kick the PAT.
4. Any team with a 17 point lead will not be allowed any time outs, regardless of how many they have left.

XVII. "30" Point Rule

1. If a team leads by 30 or more points, they must replace the entire starting backfield with 4 different players, if they have not done so already.

XVIII. Swiping at the Ball

1. The Nose Guard is not allowed to contact football during the snap of the football.

XIX. Horse Collar Tackles

1. No "Horse Collar Tackles" will be allowed in the SAFL. The result will be a 15 yard penalty and be treated like a face mask penalty.
 - a. *The definition of a "Horse Collar Tackle" is any tackle made by a player grabbing the shoulder pad around the neck hole and pulling a player down.*

XX. Unsportsmanlike Conduct

1. Any unsportsmanlike penalty for a physical act will result in a mandatory 1 game suspension.
2. The official has the right to call an unsportsmanlike conduct penalty on fans.
3. Any coaches whose actions are detrimental to the SAFL are subject to disciplinary action by the board (up to, and including permanent dismissal from the SAFL).

XXI. Playoffs

1. All teams will make the playoffs and be seeded by their win / loss record, in the result of a tie a coin toss will determine the seeding's. (as of 9/9/2012)
2. Playoff games will have two board officials to be paid by the home team. The visiting team has the option to bring a board certified official of their choice to the game. If the visiting team elects to invite their own official they must notify the host team 5 days prior to the game and are responsible for payment of that official.

3. Playoff Host teams will finalize the suggested dates & times for playoffs and report to the SAFL League President for the Final Schedule to be sent out. (as of 8/27/2014)

XXII. Championship Games

Farm Team / JV:

1. Championship game will begin at 11:30am.

Big Team / Varsity:

2. Championship game will begin 20 minutes after the presentation of the Farm Team trophies.

All Teams:

3. For the Championship games, the SAFL will be responsible for paying for officials. There will be four (4) board officials, three (3) on the field and one (1) running the clock. Officials will be agreed upon by the board.
4. The gate will be donations only. No admission charged.

Championship hosts:

- 2012 Rumford
- 2013 Greenwood
- 2014 Gray-New Gloucester
- 2015 (tbd)

XXIII. Trophies

1. Trophies for all #1 / #2 Finishers will be purchased by the SAFL.

Table of Contents

- I. Team Classification
- II. Area Representation
- III. Footballs
- IV. Practice
- V. SAFL Coaches
- VI. Officials
- VII. Length of Game
- VIII. Substitutions
- IX. Positional Weight Limits
- X. Time Outs
- XI. Play Clock
- XII. Point after Touchdown (PAT)
- XIII. Field Goals
- XIV. Punting
- XV. Defensive formations
- XVI. "17" Point Rule
- XVII. "30" Point Rule
- XVIII. Swiping at the Ball
- XIX. Horse Collar Tackles
- XX. Unsportsmanlike Conduct
- XXI. Playoffs
- XXII. Championship Games
- XXIII. Trophies