

# Nebo Football Conference

## 7<sup>th</sup> Grade 2009 Schedule

<b>Springville Rotary –</b>	<b>Chris Creer –</b>	<b>471-1735</b>
<b>Springville Bona Signs -</b>	<b>Darren Dixon –</b>	<b>369-7553</b>
<b>Springville S.O.S. Drug –</b>	<b>Rich Jensen –</b>	<b>361-1716</b>
<b>Salem Skyhawks Navy –</b>	<b>Steve Quesenberry –</b>	<b>423-2135</b>
<b>Salem Skyhawks Blue –</b>	<b>Tim Albrecht –</b>	<b>423-8190</b>
<b>Spanish Fork Eagles –</b>	<b>Brian Smith –</b>	<b>358-5328</b>
<b>Spanish Fork 49ers –</b>	<b>Fred Davis –</b>	<b>798-0342</b>
<b>Spanish Fork Vikings –</b>	<b>Mike Johnson –</b>	<b>669-4861</b>
<b>Payson Broncos –</b>	<b>Brett Harmon –</b>	<b>465-4994</b>
<b>Payson Chargers –</b>	<b>Mike Hiatt –</b>	<b>465-2621</b>
<b>Payson Dolphins –</b>	<b>John Schroemges –</b>	<b>404-4461</b>

1. 7<sup>th</sup> grade tackle football. 11 players on the field per set. Coaches are encouraged to find playing time for all players on the team roster. Players must attend practices and adhere to team rules in order to play. Only players on the team roster may play in league games, practices and scrimmages.
2. The weight limit to carry the ball in 7<sup>th</sup> grade is 125 lbs. Ball carriers must meet the weight limit to begin the season. A second weigh-in will be held the first week of the season prior to game day. Ball carriers must make weigh on this date. A third weigh-in will take place prior to the playoffs. Players who have been carrying the ball during the season that are within 5 bounds on the limit must re-weigh in order to carry the ball in the playoffs. If a player misses any weigh-in they will not be allowed to weigh later. They are a non- ball carrier. **Playoff weigh-in** will take place Monday, October 5<sup>th</sup> from 6:00 to 7:00 p.m. at the Spanish Fork Sports Park. **Sucking weight to play football is strongly discouraged!**
3. League play is **governed by High School Federation** rules. Games will be split into four 12 minute quarters. The clock will run straight, only stopping on timeouts and touchdowns – field goals. The clock will stop the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters on all out of bounds plays, incomplete passes and 1<sup>st</sup> downs. The clock will restart after the ball is set on 1<sup>st</sup> downs. **Overtime:** 4 plays from 10 yard line. 2<sup>nd</sup> OT: 4 plays from 10 yard line, both teams must kick PAT. 3<sup>rd</sup> OT and beyond: 1 play field goal attempt until someone wins. **Halftime** will be 5 minutes.

### Rules and scoring - 7th grade only

1. Straight up defensive play. With tackle to tackle rushing limit. The defense may rush 11 players on any offensive play, but may only send 5 players between the offensive tackles. In order to rush between the tackles the player must line up on the line in a 3 or 4 point stance when the ball is called set. If only four players line up between the tackles than only 4 players may rush up the middle. Kicks, Punts and field goals will be live plays where the defense may only rush 5 players (from anywhere). Fakes are allowed so coaches will want to have the other 6 defensive players awake!
2. The center may not be covered or touched on any kicking play.
3. Team will have 30 seconds from the time the ball is set to get of a play. Starting 1<sup>st</sup> game.
4. Player must stay between the 30 yard lines when on the sidelines.
5. Horse collar tackling is illegal in this league and will be flagged as a face mask.
6. Scoring: Touch down 6 pts. Field Goal 3 pt. Kicked PAT 2 pts. Run or passed PAT 1 pt. When a team is trailing by more than 20 points they may opt to receive the kickoff after either team scores. An onsides kick at this point would be poor sportsmanship, show your colors!
7. One coach maybe on the field for the first game only. After the first game only players and officials will be allowed on the field.

## Field Locations

Salem – Loafer View Recreation Complex 600 East Canal Road, Salem  
Spanish Fork – Spanish Fork Sports Park 295 West Volunteer Drive (950 South), Spanish Fork  
Payson – Payson High School – 1050 South Main, Payson  
Springville – Springville High School – 1205 East 900 South, Springville

Updates on unsafe weather conditions or fields that cause games to be cancelled will be posted at  
[www.spanishfork.org/dept/parkrec/news](http://www.spanishfork.org/dept/parkrec/news)

## **7th Grade – Nebo Football – Game Schedule**

### Saturday, August 29<sup>th</sup>

9:30a SF Skyhawks Navy vs. SF Eagles  
11:00a SF SV Bona Signs vs. SF Vikings  
11:00a Pay Skyhawks Blue vs. Pay. Chargers  
12:30p SV SV SOS Drug vs. SF 49ers  
2:00p SV SV Rotary vs. Pay. Dolphins

### Wednesday, Sept. 2<sup>nd</sup>

6:00p Pay Pay. Dolphins vs. Skyhawks Navy  
7:30p Pay Pay. Broncos vs. SV Bona Signs  
8:00p SF SF 49ers vs. SF Eagles  
5:00p Salem SF Vikings vs. Skyhawks Blue  
6:30p Salem Pay. Chargers vs. SV SOS Drug

### Wednesday, Sept. 9<sup>th</sup>

5:00p Salem SF Eagles vs. Skyhawks Blue  
6:30p Salem SF 49ers vs. Skyhawks Navy  
8:00p SF SF Vikings vs. SV SOS Drug  
6:00p SV Pay. Dolphins vs. SV Bona Signs  
7:30p SV SV Rotary vs. Pay. Broncos

### Saturday, Sept. 12<sup>th</sup>

9:30a Salem Pay. Dolphins vs. Pay. Broncos  
11:00a Salem Skyhawks Navy vs. Pay. Chargers  
9:30a SF SF Eagles vs. SF Vikings  
12:30p SV SV Bona Signs vs. SV Rotary

### Wednesday, Sept. 16<sup>th</sup>

5:00p Salem Skyhawks Navy vs. SV Rotary  
6:30p Salem Skyhawks Blue vs. Pay. Broncos  
7:30p SV SV SOS Drug vs. SV Bona Signs  
5:00p SF SF 49ers vs. Pay. Dolphins  
8:00p SF SF Eagles vs. Pay. Chargers

### Thursday, Sept. 17<sup>th</sup>

5:30p Pay Pay. Chargers vs. Pay. Dolphins

### Saturday, Sept. 19<sup>th</sup>

8:00a SF Pay. Broncos vs. SF Eagles  
9:30a Salem SV Bona Signs vs. Skyhawks Navy  
11:00a Salem SV Rotary vs. Skyhawks Blue  
8:30a Pay Pay. Dolphins vs. SF Vikings  
10:00a Pay Pay. Chargers vs. SF 49ers

### Wednesday, Sept. 23<sup>rd</sup>

6:30p Salem SV SOS Drug vs. Skyhawks Blue  
6:00p SV SF Vikings vs. SV Rotary  
7:30p SV SF 49ers vs. SV Bona Signs

### Saturday, Sept. 26<sup>th</sup>

9:00a Salem Skyhawks Navy vs. SV SOS Drug  
10:30a Salem Skyhawks Blue vs. SV Bona Signs  
9:00a SF SF Vikings vs. Pay. Chargers  
10:30a SF SF 49ers vs. Pay. Broncos  
1:30p SV SF Eagles vs. SV Rotary

### Wednesday, Sept. 30<sup>th</sup>

6:00p Salem Skyhawks Blue vs. Skyhawks Navy  
7:30p Pay SV SOS Drug vs. Pay. Broncos  
7:30p SV SV Rotary vs. Pay. Chargers  
8:00p SF SV Bona Signs vs. SF Eagles

### Saturday, Oct. 3<sup>rd</sup>

9:00a Pay Skyhawks Blue vs. Pay. Dolphins  
10:30a Pay Pay. Broncos vs. SF Vikings  
12:00n SV SF Eagles vs. SV SOS Drug  
1:30p SV SV Rotary vs. SF 49ers

### Wednesday, Oct. 7<sup>th</sup> Location & Time TBA

5:00p SF Skyhawks Blue vs. SF 49ers  
5:00p Salem Skyhawks Navy vs. SF Vikings  
6:00p SV SV SOS Drug vs. Pay. Dolphins  
6:00p Pay. Payson Broncos vs. Pay. Chargers

### Saturday, Oct. 10 Location & Time TBA

Game A #1 seed vs. #8 seed

Game B #2 seed vs. #7 seed

Game C #3 seed vs. #6 seed

Game D #4 seed vs. #5 seed

9:00a SF Playoff 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> seeds

*6 quarters of football – Round Robin*

### Wednesday, Oct. 14 - Location & Time TBA

Winner Game A vs. Winner Game D

Winner game B vs. Winner Game C

### Wednesday, Oct 21<sup>st</sup>

7:30 p SuperBowl – Location TBA

**Uniform Check-in:**

Salem City – October 21<sup>st</sup> & 22<sup>nd</sup> Loafer Recreation Complex – 5:00 to 6:30 p.m. (**pads in clean pants, please!**)

Spanish Fork – October 26<sup>th</sup> & 27<sup>th</sup> Russell Swenson Ballpark – 6:00 to 8:00 p.m.

Payson-