

# Nebo Football Conference - 7<sup>th</sup> Grade 2010 Schedule

<b>Springville Bona Signs – Sandy Jenkins – 318-2941</b>
<b>Springville Rotary - Steve Lancaster – 376-8888</b>
<b>Springville SOS Drug – Dwayne Houtz – 865-3290</b>
<b>Salem Skyhawks Gold – Eric Smith – 722- 4999</b>
<b>Salem Skyhawks Blue – Jeff Christensen – 836-9590</b>
<b>Spanish Fork 49ers – Scott Clayton – 798-1904</b>
<b>Spanish Fork Broncos – Jaron Johnson – 798-0868</b>
<b>Spanish Fork Vikings – Justin Keisel – 804-4784</b>
<b>Payson Packers – Travis Barker – 465-7976</b>
<b>Payson Falcons – Scott Mortensen – 754-3809</b>
<b>Mapleton Clyde Co. Eages – Kirk Boyer – 489-7797</b>

## League Rules

**High School Football rules will govern.**

- Game Time:** 4 - 12 minute quarters. Clock will run straight through, stopping the last two minutes in quarters two and four for penalties [out of bounds, incomplete pass, change of possession]. 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.
  - ◆ **JV Games:** 2 JV games will be played during the season. Games will not count against regular season standings. JV rosters will be limited to 16 players unless more are approved by the league board. Games will consist of 4 eight minute quarters. The clock will stop only on time-outs and last 2 minutes of the game. Varsity players on the JV roster may not play their Varsity positions. Teams top players should not be included on the JV roster. 1 coach may be on the field for all JV games. Coaches purpose on the field is to speed up time in between plays.

- Weight:** Players 105/125/145 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 of 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:** 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, 6<sup>th</sup> 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.

### 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  
Payson – Legend Fields = Pay Soc - Soccer complex 1045 South Main  
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) & [www.salemcity.org](http://www.salemcity.org)

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

### **Wednesday, September 1<sup>st</sup>**

6:00p SVHS Skyhawks Gold vs. SV SOS Drug  
7:30p SVHS Skyhawks Blue vs. SV Rotary  
6:30p Sp. Fork SF 49ers vs. SV Bona Signs  
8:00p Sp. Fork SF Broncos vs. SF Vikings  
7:30p PHS Pay Falcons vs. Mapleton

### **Wednesday, Sept. 8<sup>th</sup>**

6:30p Salem Skyhawks Blue vs. Skyhawks Gold  
6:30p SVHS SV Rotary vs. SV Bona Signs  
6:00p Pay Soc Pay Packers vs. SF Broncos  
7:30p Pay Soc Pay Falcons vs. SF 49ers  
8:00p Sp. Fork Mapleton vs. SF Vikings

### **Saturday, Sept. 11<sup>th</sup>**

8:00a Sp. Fork SF Broncos vs. Skyhawks Gold  
9:30a Sp. Fork SF Vikings vs. Skyhawks Blue  
11:00a Sp. Fork SV Rotary vs. Mapleton  
8:00a Pay Soc SV SOS Drug vs. Pay Packers  
9:30a Pay Soc SV Bona Signs vs. Pay Falcons (extra)

### **Wednesday, Sept. 15 revised 8/24/10**

5:00p Salem Skyhawks Blue vs. SV Bona Signs  
6:30p Salem Skyhawks Gold vs. SF Vikings  
6:30p Sp. Fork SF 49ers vs. SF Broncos  
8:00p Sp. Fork Pay Falcons vs. SV SOS Drug  
8:00p PHS Pay Packers vs. SV Rotary

### **Saturday, Sept. 18<sup>th</sup>**

11:00a Salem Skyhawks Gold vs. SF 49ers  
8:00a PHS Pay Falcons vs. SF Vikings  
8:00a SVHS Mapleton vs. SV SOS Drug  
9:30a SVHS Pay Packers vs. SV Bona Signs  
12:30p Salem Skyhawks Blue vs. SF Broncos

### **Wednesday, Sept. 22<sup>nd</sup> JV games**

7:20p Sp. Fork SF Vikings vs. Mapleton  
8:30p Sp. Fork SF Vikings vs. SF Broncos  
6:10p PHS Pay Packers vs. Pay Falcons  
5:00p SVHS SV Bona Signs vs. Skyhawks Blue  
6:10p SVHS SV SOS Drug vs. Skyhawks Gold  
7:20p SVHS SV Rotary vs. SF 49ers

### **Saturday, Sept. 25<sup>th</sup>**

8:00a Sp. Fork SF 49ers vs. Skyhawks Blue  
9:30a Sp. Fork SF Broncos vs. Pay Falcons  
11:00a Sp. Fork SF Vikings vs. Pay Packers  
11:00a SVHS SV Bona Signs vs. Mapleton  
12:30p SVHS SV SOS Drug vs. SV Rotary

### **Wednesday, Sept. 29<sup>th</sup>**

6:30p SVHS SV Bona Signs vs. SV SOS Drug  
8:00p SVHS SF Broncos vs. Mapleton  
8:00p Sp. Fork SF Vikings vs. SV Rotary  
6:00p PHS SF 49ers vs. Pay Packers  
7:30p PHS Skyhawks Gold vs. Pay Falcons

### **Saturday, Oct. 2<sup>nd</sup>**

10:30a Salem SV Bona Signs vs. Skyhawks Gold  
10:30a Sp. Fork SF Vikings vs. SF 49ers  
12:00p Sp. Fork Mapleton vs. Pay Packers  
9:00a SVHS SV SOS Drug vs. Skyhawks Blue  
10:30p SVHS SV Rotary vs. Pay Falcons

### **Wednesday, Oct. 6<sup>th</sup>**

5:30p Salem Mapleton vs. Skyhawks Blue  
6:30p Sp. Fork SV Bona Signs vs. SF Broncos  
8:00p Sp. Fork SV SOS Drug vs. SF 49ers  
7:30p SVHS SV Rotary vs. Skyhawks Gold  
8:00p PHS Pay Packers vs. Pay Falcons

### **Saturday, Oct. 9<sup>th</sup> JV games**

10:10a Salem Skyhawks Blue vs. Skyhawks Gold  
11:20a Salem Skyhawks Gold vs. Mapleton  
11:20a Sp. Fork SF 49ers vs. SF Vikings  
12:30p Sp. Fork SF Broncos vs. Pay Falcons  
1:40p Sp. Fork SV Bona Signs vs. Pay Packers  
1:40p SVHS SV SOS Drug vs. SV Rotary

### **Tuesday, Oct. 12<sup>th</sup>**

5:30p Sp. Fork 2 quarters #11 vs. #8  
6:30p Sp. Fork 2 quarters #10 vs. #9  
7:30p Sp. Fork 2 quarters losers of 5:30 & 6:30  
8:30p Sp. Fork 2 quarters winners of 5:30 & 6:30

### **Tuesday, Oct. 19<sup>th</sup> - Location & Time TBA**

Game A #1 seed vs. play-in 8:30p winner  
Game B #2 seed vs. #7 seed  
Game C #3 seed vs. #6 seed  
Game D #4 seed vs. #5 seed

### **Saturday, Oct. 23<sup>rd</sup>**

Winner Game A vs. Winner Game D  
Winner game B vs. Winner Game C

### **Wednesday, Oct 27<sup>th</sup>**

6:30 p SuperBowl – Location ALA HS

**Uniform Check-in:** Salem City – October 26<sup>th</sup> & 28<sup>th</sup>. Spanish Fork – October 26<sup>th</sup> & 28<sup>th</sup>