

Nebo Football Conference - 7th Grade 2011 Schedule

Springville Rotary – Scott Hullinger – 850-3424
Springville SOS Drug – Warner Murphy -592-0499
Mapleton – Mark Asay – 367-5925
Spanish Fork 49ers – J Wyatt Anderson – 319-7558
Spanish Fork Broncos – Steven Campbell – 857-4683
Spanish Fork Vikings – Joe Kelly – 798-6146
Salem Navy – Troy Kunz – 319-8115
Salem Skyhawks – Elliot Collins – 423-2345
Payson Lions Silver – Chad Knapp – 465-0644
Payson Lions Green – Bryce Larsen – 465-4064

League Rules

High School Football rules will govern.

Game Time: 4 - 12 minute quarters. Clock will run straight through, stopping the last two minutes of the 2nd quarter and the final four minutes of the 4th. Stopping 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. 2nd 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 in 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 **18 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: 7TH GRADE - 11 can blitz, only 5 coming from within the tackles, must be lined up as down lineman in a 3/4 point stance. 8th 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, 6th grade only: **No defensive rush and No fake kicks.** Snap must be clean and kick away with in 5 seconds. In 7th, 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. 8th / 9th, 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.

6th grade - Coaches on the Field: For 1st two games only, 1 coach (**ONLY 1**) is allowed on the field during the game to instruct players. The official may send the coach off the field if he hinders play and/or officiating. After the 2nd game, ALL coaches must remain on the sidelines. **No Coaches on the field in 7th or 8/9th grade leagues.**

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 & www.salemcity.org

7th Grade – Nebo Football – Game Schedule

Wednesday, August 31st

5:00p Salem Salem Navy vs. Payson Silver Lions
 6:30p Salem Salem Skyhawks vs. SV Rotary
 6:00 p Sp. Fork SF Vikings vs. Payson Green Lions
 7:30p Sp. Fork Mapleton vs. SF 49ers
 7:30p Springville SV SOS Drug vs. SF Broncos

Wednesday, Sept. 7th

6:00p Payson Payson Silver Lions vs. Salem Skyhawks
 7:30p Payson Payson Green Lions vs. Salem Navy
 6:00p Springville SF Vikings vs. SV SOS Drug
 7:30p Springville SF 49ers vs. SV Rotary
 7:30p Sp. Fork Mapleton vs. SF Broncos

Saturday, Sept. 10th

9:00a Salem SV Rotary vs. Salem Navy
 10:30a Salem Salem Skyhawks vs. SF Vikings
 10:30a Sp. Fork Payson Green Lions vs. SF 49ers
 12:00n Sp. Fork SF Broncos vs. Payson Silver Lions
 12:15n Maple Mt. SV SOS Drug vs. Mapleton

Wednesday, Sept. 14th JV

5:00p Salem Salem Navy vs. Mapleton
 6:10p Salem Salem Skyhawks vs. SV SOS Drug
 6:00p Sp. Fork SF Vikings vs. SF 49ers
 7:10p Sp. Fork SV Rotary vs. SF Broncos
 8:20p Payson Payson Silver vs. Payson Green Lions

Saturday, Sept. 17th

9:00a Sp. Fork SF Broncos vs. SF Vikings
 10:30a Sp. Fork SF 49ers vs. Salem Navy
 10:30p Payson SV Rotary vs. Payson Green Lions
 12:00p Payson Payson Silver Lions vs. SV SOS Drug
 12:15n Maple Mt. Mapleton vs. Salem Skyhawks

Wednesday, Sept. 21st

5:00p Salem Mapleton vs. Payson Green Lions -revised
 6:30p Salem SF Vikings vs. Salem Navy
 6:00p Sp. Fork SF 49ers vs. Payson Silver Lions
 7:30p Sp. Fork SF Broncos vs. Salem Skyhawks
 7:30p Springville SV Rotary vs. SV SOS Drug

Saturday, Sept. 24th JV

9:00a Payson Payson Green Lions vs. Salem Navy
 10:10a Payson Payson Silver Lions vs. Salem Skyhawks
 9:00a Springville SF Vikings vs. SV SOS Drug
 10:10a Springville SF 49ers vs. SV Rotary
 11:30a Maple Mt. Mapleton vs. SF Broncos

Wednesday, Sept. 28th

5:30p Salem Payson Green Lions vs. Salem Skyhawks
 6:00p Payson SV Rotary vs. Payson Silver Lions
 7:30p Payson SV SOS Drug vs. Salem Navy
 6:00p Sp. Fork SF 49ers vs. SF Broncos
 7:30p Sp. Fork SF Vikings vs. Mapleton

Saturday, Oct. 1st JV revised for Payson Temple dedication

9:00a Salem Salem Skyhawks vs. SF 49ers
 10:10a Salem Salem Navy vs. SF Broncos
 11:15a Payson Payson Silver Lions vs. Mapleton
 11:15a Sp. Fork SF Vikings vs. SV Rotary
 9:00a Springville Payson Green Lions vs. SV SOS Drug

Wednesday, Oct. 5th

5:15p Salem Salem Navy vs. Salem Skyhawks
 7:30p Payson Payson Green Lions vs. SF Broncos
 7:30p Sp. Fork Payson Silver Lions vs. SF Vikings
 6:00p Springville Mapleton vs. SV Rotary
 7:30p Springville SF 49ers vs. SV SOS Drug

Playoffs TBA

Superbowl October 25th

Uniform Check-in:

Salem City – October 26th & 27th Loafer Rec. Complex – 5:00 to 6:30 p.m. (pads in clean pants, please!)
 Spanish Fork – October 26th & 27th Russell Swenson Ballpark – 5:00 to 6:30 p.m. (Pads out of pants, wrapped with belt.)