

Nebo Football Conference

8th Grade 2009 Schedule

Springville Quality Cleaners - Scott Clark – 427-9985
Springville Reams - Will Biesinger – 623-8602
Springville SunRoc – Rick Hansen – 669-7056
Salem Skyhawks – JD Ford – 372-0356
Spanish Fork Broncos – Jason Maughan – 836-7192
Spanish Fork Dolphins – Kip Rasmussen – 794-9772
Payson Cowboys – Scott Dellos – 465-9973
Payson Giants – Scott Mortensen – 754-3809
Payson Bears – Chad Knapp – 465-0644

1. 8th/9th 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 8th grade is 145 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 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 5th from 6:00 to 7:00 p.m. at the Spanish Fork Sports Park. **Sucking weigh 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 2nd and 4th quarters on all out of bounds plays, incomplete passes and 1st downs. The clock will restart after the ball is set on 1st downs. **Overtime:** 4 plays from 10 yard line. 2nd OT: 4 plays from 10 yard line, both teams must kick PAT. 3rd OT and beyond: 1 play field goal attempt until someone wins. **Halftime** will be 5 minutes.

Rules and scoring - 8th grade only

1. Straight up defensive play. The defense may rush 11 players from anywhere at any time. Kicks, Punts and field goals will be played live.
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 1st game.
4. No coaches allowed on the field. 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 onside kick at this point would be poor sportsmanship, show your colors!

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

8th Grade – Nebo Football – Game Schedule

Saturday, August 29th

8:00 a Pay Payson Giants vs. SF Dolphins
9:30 a Pay Payson Bears vs. SF Broncos
11:00 a SV SV Reams vs. SV SunRoc
12:30 p Salem SV Quality Cleaners vs. Skyhawks

Tuesday, Sept. 1st

6:00 p Pay SF Dolphins vs. Payson Bears
7:30 p Pay Payson Cowboys vs. Payson Giants
6:00 p SV Skyhawks vs. SV Reams
7:30 p SV SF Broncos vs. SV Quality Cleaners

Tuesday, Sept. 8th

6:00 p SF SF Broncos vs. SF Dolphins
6:00 p Salem Skyhawks vs. Payson Cowboys
6:00 p SV SV Reams vs. Payson Bears
7:30 p SV SV SunRoc vs. Payson Giants

Saturday, Sept. 12th

8:00 a SF Payson Cowboys vs. SF Broncos
8:00 a Pay Payson Bears vs. SV SunRoc
9:30 a Pay Payson Giants vs. Skyhawks
11:00 a SV SV Quality Cleaners vs. SV Reams

Tuesday, Sept. 15th

6:30 p SV SV SunRoc vs. SV Quality Cleaners
6:30 p SF SF Broncos vs. Payson Giants
8:00 p SF SF Dolphins vs. Payson Cowboys
6:00 p Salem Skyhawks vs. Payson Bears

Thursday, Sept. 17th

7:00 p Pay Payson Bears vs. Payson Cowboys

Saturday, Sept. 19th

8:00 a SV Payson Cowboys vs. SV SunRoc
9:30 a SV Payson Giants vs. SV Reams
11:00 a SV Payson Bears vs. SV Quality Clean.
8:00 a Salem SF Dolphins vs. Skyhawks

Tuesday, Sept. 22nd

6:00 p Pay SV Quality Cleaners vs. Payson Giants
7:30 p Pay SV Reams vs. Payson Cowboys
6:00 p SF Skyhawks vs. SF Broncos
7:30 p SF SV SunRoc vs. SF Dolphins

Saturday, Sept. 26th

8:30 a Pay Payson Bears vs. Payson Cowboys
10:30 a SV SV Quality Cleaners vs. SF Dolphins
12:00 n SV SV SunRoc vs. Skyhawks
1:30 p SF SV Reams vs. SF Broncos

Tuesday, Sept. 29th

6:00 p SF SF Broncos vs. SV SunRoc
7:30 p SF SF Dolphins vs. SV Reams
6:00 p Pay Pay. Cowboys vs. SV Quality Cleaners
7:30 p Pay Payson Giants vs. Payson Bears

Saturday, Oct. 3rd

5:00 p Salem SV Quality Clean. vs. Pay. Giants
6:30 p Salem Skyhawks vs. SF Broncos
6:00 p SV SV Reams vs. Payson Cowboys
7:30 p SV SV SunRoc vs. SF Dolphins

Tuesday, Oct. 6th Location & Time TBA

9:00 a SF Play-in Game 8th seed vs. 9th Seed

Saturday, Oct. 10 Location & Time TBA

Game A #1 seed vs. #8/9 seed
 Game B #2 seed vs. #7 seed
 Game C #3 seed vs. #6 seed
 Game D #4 seed vs. #5 seed

Tuesday, Oct. 13 - Location & Time TBA

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

Tuesday, Oct 20th

6:00 p SuperBowl – Location TBA

Uniform Check-in:

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

Spanish Fork – October

Payson-

Springville -