

Granite State Football League Rules and Regulations

1. The League

- The governing body of the League will be “The Granite State Football League Rules Committee” (hereinafter referred to as “The Rules Committee”)
- League funding and new team initiation fees will be set each year by The Rules Committee.
- League membership shall be limited to teams invited to join at any regular or special League meeting.
- Current towns/organizations are members of the Granite State Football League: Bow, Concord, Gilford, Hartford (VT), John Stark, Kearsarge, Merrimack Valley, Monadnock and Pembroke.

2. Pre-Season League Rules

- Practice: Practice start date will coincide with NHIAA Rules. Coaches cannot have organized practices or contact as a team prior to the designated date of start of practice.
- The 10-hour no-pad rule has also been adopted by the league. However, camps are NOT included.
- NHIAA coach's handbook states that a team is allowed to run a conditioning program as long as no footballs or football equipment is used, and there is no running of plays, etc.

3. PLAYERS and ROSTERS

- The Granite State Football League teams are broken out as Varsity and Junior Varsity Team levels for grades 6 through 8.
- **Varsity Player:** The Varsity Team should consist of those players of age, size, and similar ability level and should be composed of, mainly, 8th graders.
 - All Varsity players must be less than freshman [grade 9] in school and not have reached their Sixteenth (16th) birthday before August 1st.
 - Any offending player will be terminated from all league activity and the offending team shall forfeit any games that the player participated in.
- **Jr Varsity Player:** The JV Team should consist of those players that are of lesser age, size and are less experienced.
 - JV teams will consist of players that do not play on Varsity. If a player plays on varsity, he **may not** play in a JV game
 - JV rosters are **SET** as posted on the "Web Site." Any changes, involving a non-posted JV player playing in the JV game must be approved by the Rules Committee designee and the opposing team head coach prior to the game.

- **Rosters:** All teams shall send a “**SET**” roster to the Rules Committee designee by **Wednesday before the first game of the season**. This team roster shall list each player’s
 1. Name,
 2. Jersey number
 3. Grade
 4. Level designation (Varsity or Junior Varsity)
 - The Varsity “**SET**” Roster will have a minimum 18 players on it and the balance of the players will be JV Roster players.
 - Rosters will be published to the GSFL website
- The roster shall be signed by the head coach of the team submitting the roster to acknowledge his confirmation of the information on the roster. Any suspected roster violation should be brought to the attention of the Committee.
- It is the strong intention of this league that **players on the Varsity Team DO NOT play on the JV Team** and that the teams are treated as two separate teams.

4. Swing Player Rule

- If players are playing in BOTH games for numbers reasons, the team shall notify the Rules committee designee and the opposing team's coach PRIOR to the start of the game with the information on those players.
- Any team with 36 or more players (not injured) will **not be allowed swing players**.
- If a team has 35 or fewer players on any given week then they will be allowed to have “swing players”. (See section 5 “Swing Player Defined”)
- A team may then swing down varsity players from the “**SET**” Varsity roster as needed to bring the JV team total to 18 players. (See section 5 “Swing Player defined”)
 - If the **JV** team already has 18 or more eligible players, no swing players will be allowed to play in the varsity game.
 - A JV team with a player that has to ‘sit-out’ a game due to disqualification shall not be replaced with a “Swing Player” regardless if their roster has less than 18.
- A team may swing JV players from the “**SET**” JV roster up to varsity as needed to bring the Varsity team up to 18 players. (See section 5 “Swing Player Defined”)
 - At any time, If the **Varsity** team already has 18 or more eligible players, no swing players will be allowed to play in the varsity game.
 - *A Varsity team with a player that has to ‘sit-out’ a game due to disqualification shall **not** be replaced with a “Swing Player” regardless if their roster has less than 18.*
- If a team moves a player up or down, it must be posted on the Web Site by the **Thursday prior to the game**, and can be reviewed by the Committee.
- A non-approved swing player who has been rostered for 2 or more **Varsity** games is ineligible for JV playoffs.

- **BOTTOM LINE: League wants two (2) separate teams where possible with numbers.**
- **Any violation of this rule will cause a forfeit of the JV game and also a forfeit of the Varsity game if the player in question played in the Varsity game as well.**
- The last JV roster submitted after five games have been played will be frozen for purposes of identifying JV players who will be eligible for the JV Play-offs. Swing players who are abiding by the above rules may play in both Varsity and JV playoff games.

5. Swing Players Defined

- Varsity players that are swinging down **shall be nonimpact players** and to be used in the game **if needed**. The thought behind this is that they have already played in a game and it is not the intent to the league to have players playing in two games a day.
 - Swing players may play only if they do **NOT** play any skill position. (back, receiver, end, and punter)
- JV players that are swinging up to Varsity shall have the ability to play the position assigned at the varsity level. Safety of the player should be a priority always is taken into consideration.

6. Game Day Rules

- **Game Rules:** Granite State Football League will adhere to the NFHS and NHIAA Rules of Football, with the exception of the following:
 - **Game Clock:** For Both JV and Varsity Games, Quarters (4), 10 Minutes in length; the clock is run by the National Federation Rulebook. (Not running time.)
 1. For games that may be running long, and if both coaches agree, running time may be used.
 2. For Games with a lopsided score (+30 points) and if both head coaches agree, running time may be used.
 - **Play Clock:** The offense will have 30 seconds to put the ball into play.
 1. A 5-yard penalty will be assessed after a delay warning has been given.
 - **Time-Outs:** Each team will have three (3) 60-second time outs per half.
- **Game Ball:** The GSFL uses a TDY or equivalent size football.
 - Two game balls should be available at each game and provided by their respective teams.
- **Tie Games:** In the event of a tie at the end of regulation, NHIAA overtime rules (10-yard line in).
- **Scoring:** Scoring values will follow NFHS Federation Rules.
 - For games with a lopsided score (+30 points) common sense mercy rules should be used. The GSFL will adopt the 30 point rule for running time. The rule would not go into effect until the second half. It was also decided that

there is no rule stating that you need to run the ball between the tackles to get the game over. Both teams will continue to play football.

- **Officials:** There should be a minimum of two (2) officials for each game and one WILL be patched. No game can start without at least one (1) patched official. When utilizing a volunteer, he or she will wear an official's jersey.
 - In the event that something comes up during a game that is not outlined in the GSFL bylaws then the game managers will revert to the NHIAA rulebook.
- **Medical:** There must be at the very least an EMT present prior to and throughout each game.
- **Home Team Responsibilities:** Home Team will notify of any changes in game times, location, jersey colors, etc., no later than the Wednesday prior to game day.
 - The Home team shall provide a "Chain Gang".
 - Home team should have a current rule book and league rules at each game.
 - Field issues need to be addressed the Wednesday prior to the scheduled game.
 - Chains and down markers are provided by the home team.
- **Legal Fields:** Due to the competitive nature, all efforts need to be in place for goal post(s) are in place. Field shall be regulation size.
 - If you do not have an option, a mutual agreement is acceptable. Otherwise, the alternative is to move to another site (the team with the issue will need to align the refs).

7. Post Season

- **Playoffs:** Any organization with less than 30 eligible players is **not** eligible for the JV playoffs tournament, and the next eligible seeded team will take their place.
- Teams may not swing more than 6 players for a playoff game (See section 5 "Swing Player Defined")
 - The Varsity play-off games will be on Saturdays.
 - JV Play-Off games will be on Sunday.
- Higher seeded teams will have home field advantage

8. Zero Tolerance Policy**• EXPECTATIONS OF SPECTATORS**

- The Granite State Football League has agreed that there will be a ZERO TOLERANCE for fan misbehavior at all football events. This includes, but is not limited to, booing, shouting at officials or arguing any call, expressing negative behavior, negative comments, threats, and obscene gestures to players, coaches or officials. This behavior is unsportsmanlike and will NOT be tolerated.
- Cheering in a positive fashion, for both sides, is highly encouraged. Many officials and coaches are volunteers, and we should all appreciate their efforts and support them, setting a good example for the children.
- Any spectator who does not behave appropriately (as directed above) will be asked to leave, according to the following steps:
- Official(s) will identify violators to the coaches or vice versa.
- Official(s) confer with both coaches, one of whom will then approach the spectator and may give a warning or ask them to leave. If the spectator is not recognized by either coach, the home coach will speak to him or her.
- If the decision is made for the spectator to leave, play will not resume until he or she has left the facility. If he or she refuses to leave, his or her team will forfeit and the game will be over.
- Please help us foster good sportsmanship, and encourage positive experiences for our youth.