

# Summary of Jr. Plainsmen Rules

10 minute quarters, clock stops per normal rules

Play starts on the 35

3 coin flips to start the game, first one is for possession last 2 are for squad selection

3 time outs per half

30 seconds to get a play off

One coach allowed beyond the box

Any player may advance a fumble

Punts are dead plays, ball is spotted where it is controlled

Extra points – Run from the 3 = 1pt. Run from the 5 = 2pts.  
Kick – snap from the 3 = 1pt., Snap from the 8 = 2 pts.

15 yard penalties for misconduct/personal foul only, any other 15 yard penalty would be reduced to 10 yards

2 coaches on the field during a time out

Sr. Tackle – Play can start after the first sound. Jr. tackle after the second sound

There is a Board member at each game to handle alignment/league specific issues.

No Overtime – games can end in a tie