

**THE OFFICIAL
GALLATIN EMPIRE LIONS CLUB
YOUTH FOOTBALL PLAY BOOK**



**A PROGRAM DEDICATED
TO THE DEVELOPMENT
OF TODAY'S YOUTH AS
INDIVIDUALS AND AS
ATHLETES**

2019 UELC FOOTBALL RULES

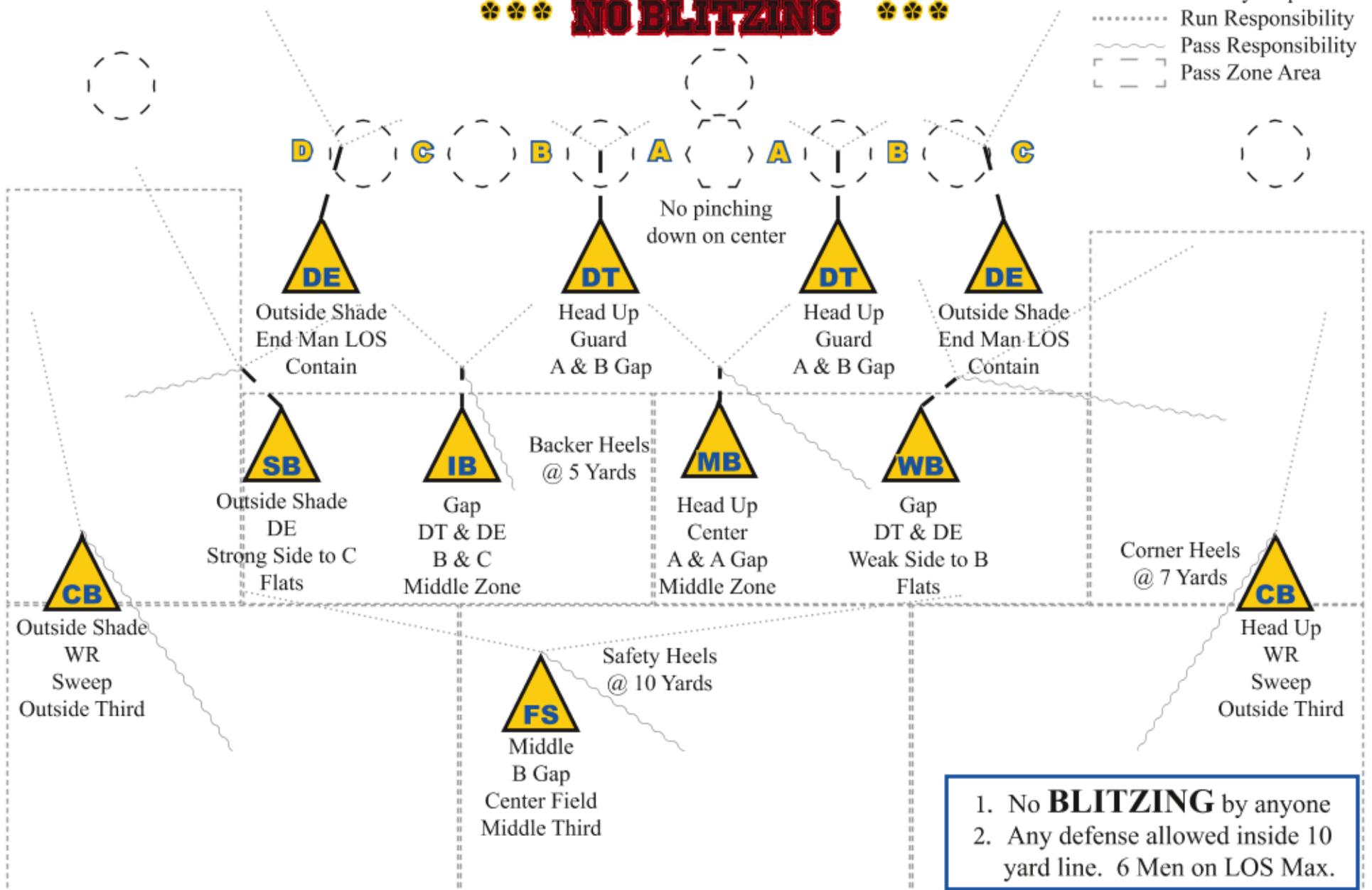
1. 20 minute running halves
2. 5 minute half-time
3. Teams change ends of field at halftime
4. Clock stops for injuries and time-outs
5. Clock stops last 45 seconds of each half for incomplete passes, out of bounds and penalties
6. Each Team is allowed 2 time-outs per half
7. One coach is allowed in the huddle/on the field first 2 games
8. No Kickoffs. Teams start on own 20-yard line.
9. No Punts- On forth down offensive coach has the option of running a play or 30 yards of field position change to the opposing team (no further back than the 20 yard line).
10. No QB sneaks (Illegal procedure, 5 yard penalty)
11. No **BLITZING** by anyone (Illegal procedure, 5 yard penalty)
12. Offensive line splits maximum of 1 yard (Illegal formation, 5 yard penalty)
13. Defensive Ends line up parallel to line of scrimmage, outside shade of Tackle or TE
14. Teams go on one HUT the first 2 games, okay to go on two after 2 games
15. Weight limited players (WLP) can only play tackle to tackle on offense & defense. Plays are immediately whistled dead upon WLP gaining possession of the ball with WLP's team having possession of the ball. Stickers will dictate WLPs.
16. Tie Games. Coaches choice to end play or has one possession each from 10 yard line.
17. Team players & all Coaches to remain in the coaches box at all times (except for rule #7).
1st Offense (Warning) 2nd Offense (Personal foul, 15 yard penalty & REMOVED FROM GAME)

18. RESPECT THE OFFICIALS, PLAYERS, AND COACHES!

GELC DEFENSIVE FORMATION & RULES

*** **NO BLITZING** ***

- Primary Step
- Run Responsibility
- ~~~~~ Pass Responsibility
- [- - -] Pass Zone Area



I RIGHT FORMATION

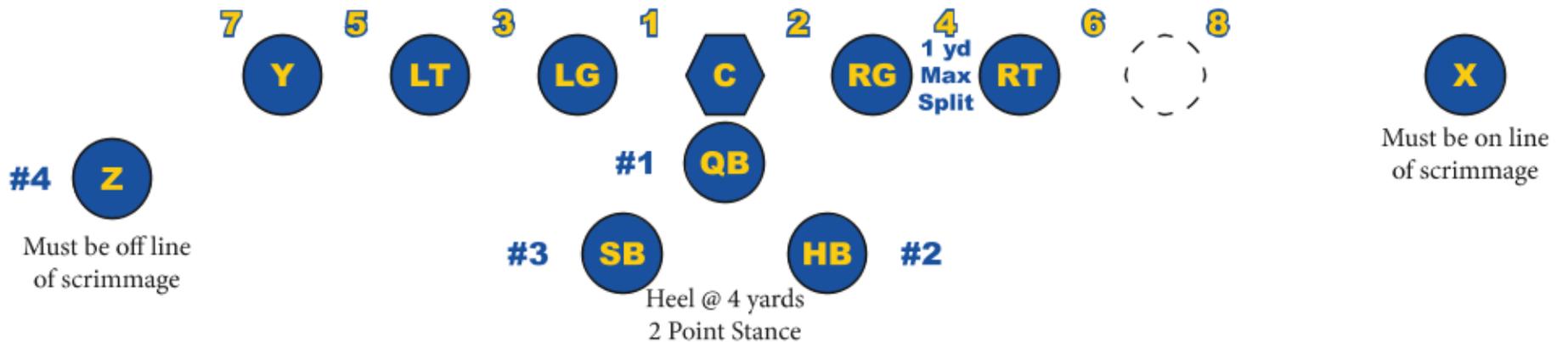


4 PART PLAY CALLING SYSTEM

1. Formation
 - I-Formation (above)
 - Split Formation (below)
2. Strong Side
 - Right (Y/Z line up on right of formation above)
 - Left (Y/Z line up on left of formation below)
3. First number of each play designates the ball carrier.
 - 1 = Quarter Back
 - 2 = Full Back (I) or Half Back (Split)
 - 3 = Tail Back (I) or Split Back (Split)
 - 4 = Z Receiver
4. Second number of each play designates the hole where the ball carrier will run.

GELC OFFENSIVE FORMATIONS

SPLIT LEFT FORMATION



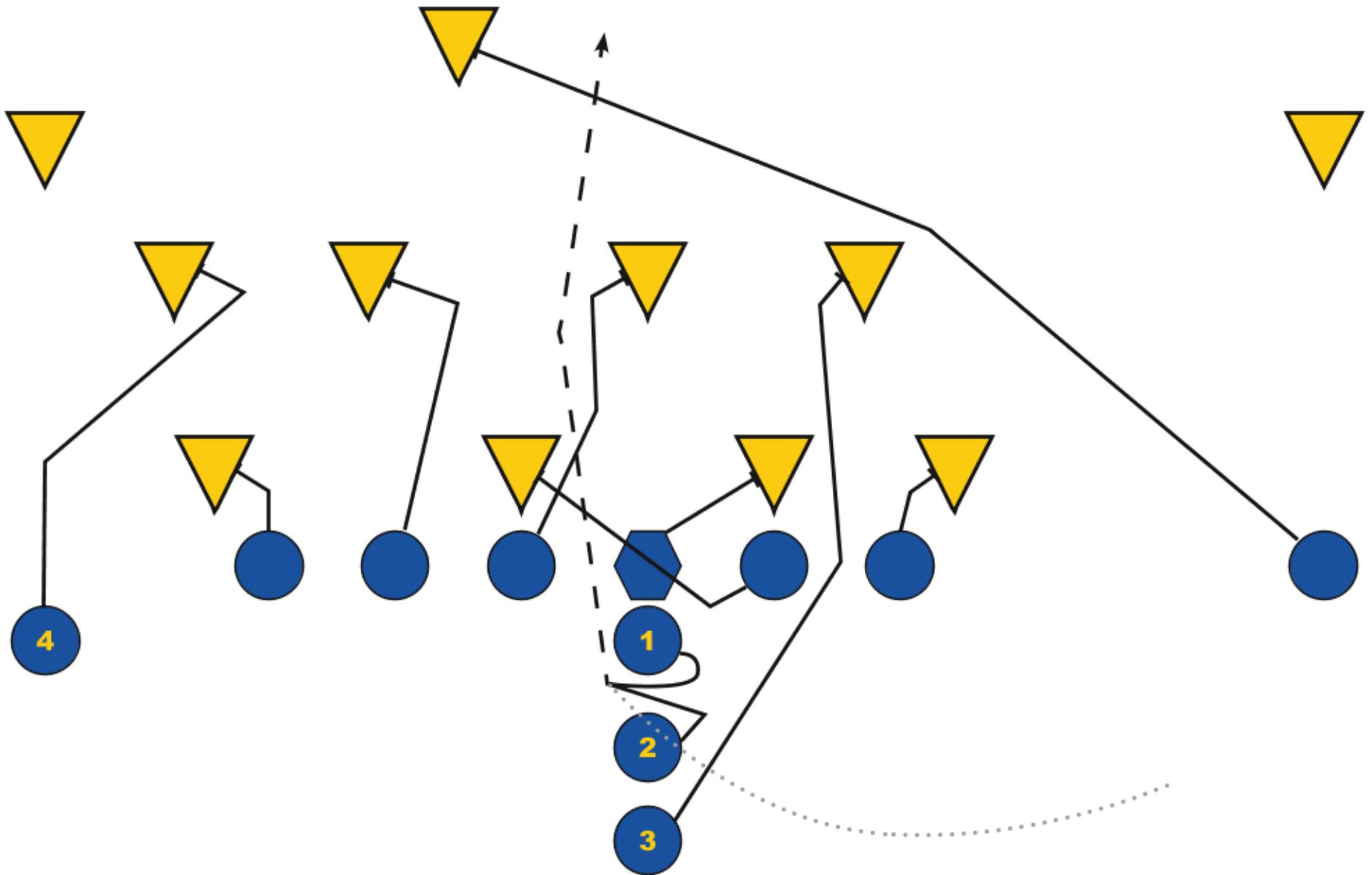
2019

OFFENSIVE RULES

1. Every team must use the GELC offensive play book for the First 4 games. After 4 games, coaches may implement their own plays, but must always have 2 WR, 1 TE and 2 Backs.
2. Both backs have to be aligned within the Tackle to TE box before the snap.
3. After 2 games, motion can be implemented, as long as the above rules are still followed; I.E. no backs can motion out to the WR position, but can motion within the tackle box.
4. A twins alignment is acceptable, as long as the other rules are followed.
5. After 2 games, QB's can be in the shotgun formation.
6. All season long, whenever a team is within 10 yards of the end zone or trying an extra point, goal line offense with 2 TE and 3 backs is allowed.

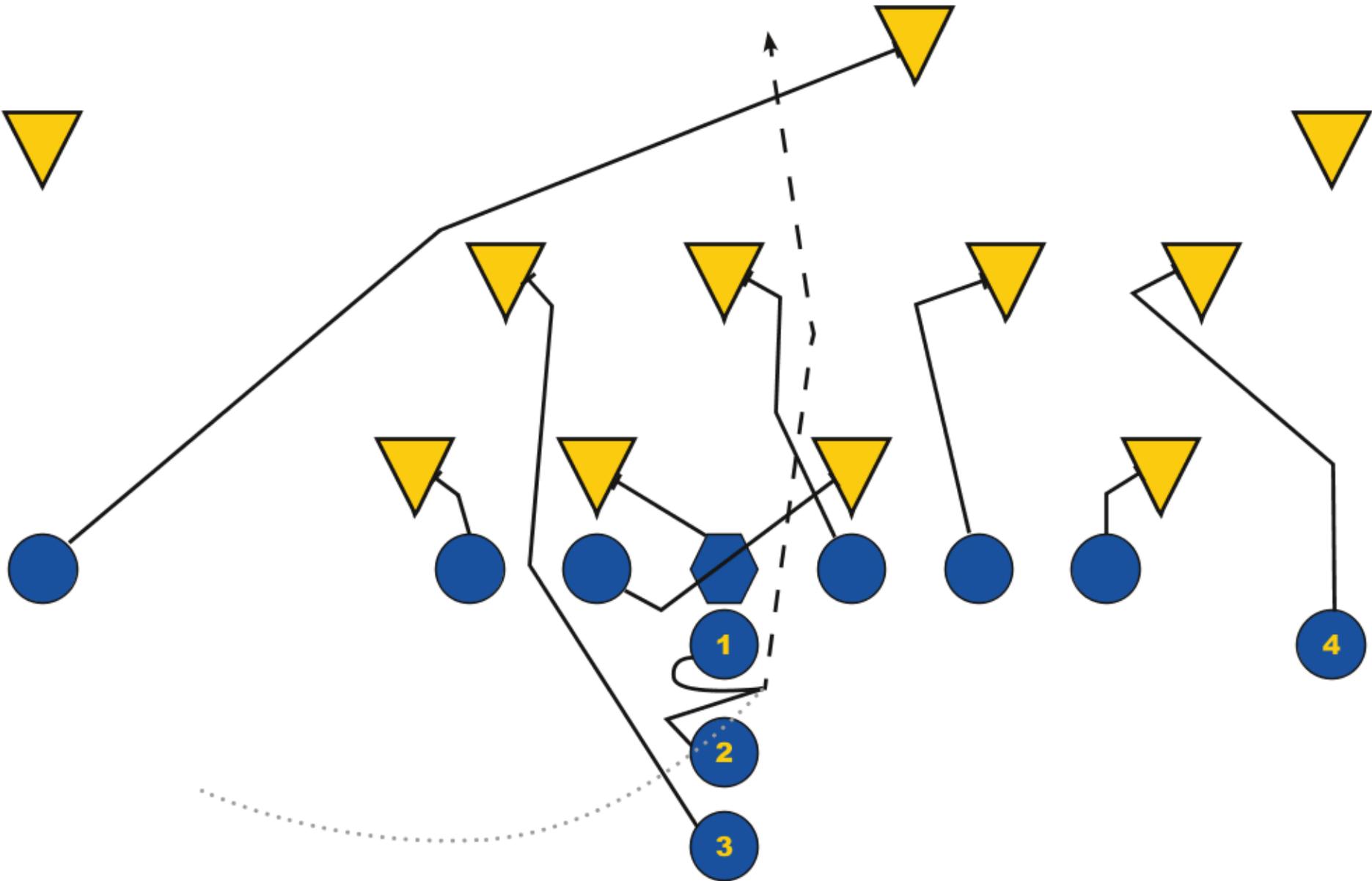
If there is a question about a formation that you are considering to implement, please contact GELC to review, so that you are in compliance. Remember to keep it simple and fun. We want these kids to continue playing the great game of football.

1 LEFT 21 TRAP



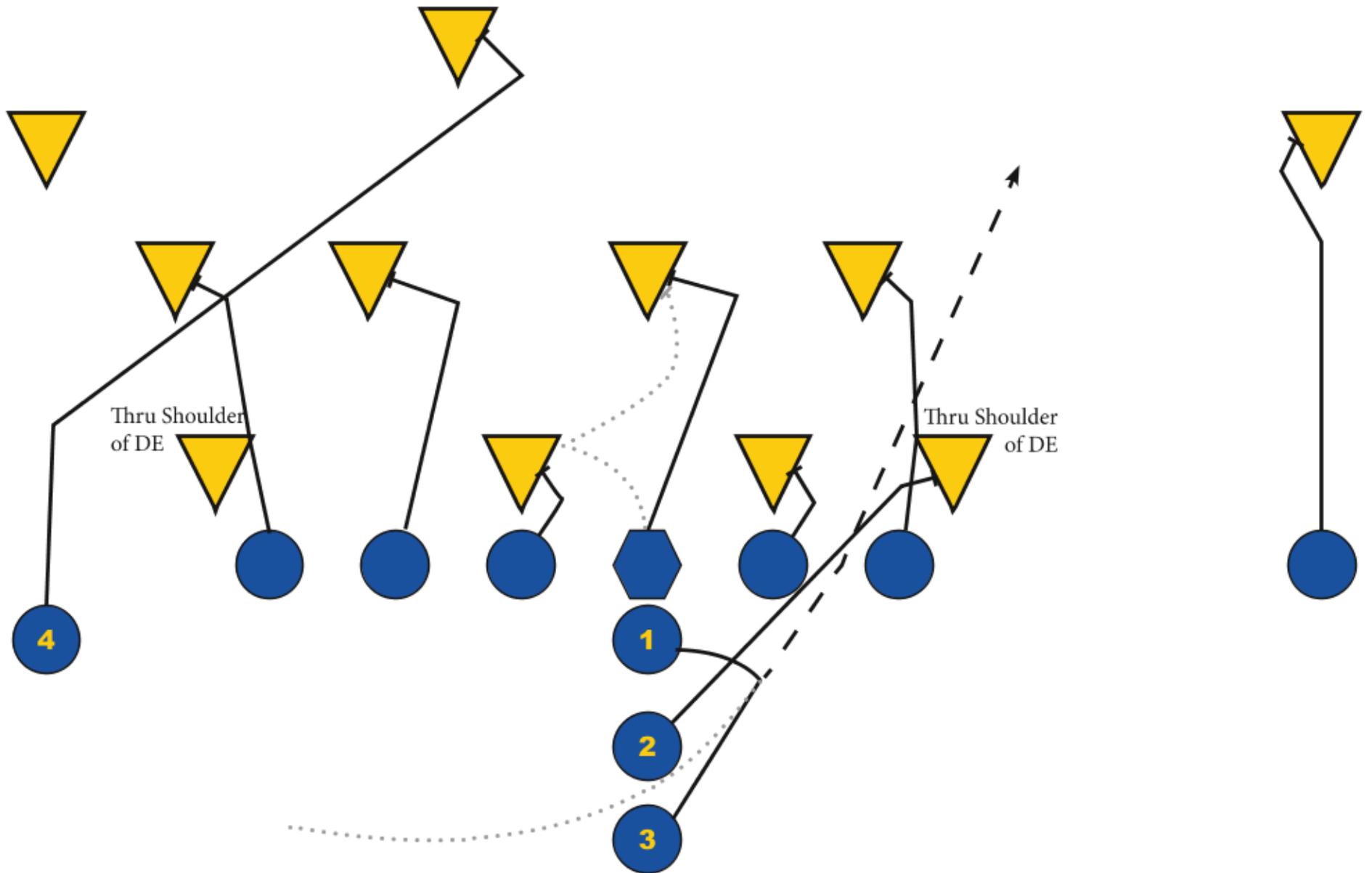
Make play look like 34 ISO

1 RIGHT 22 TRAP

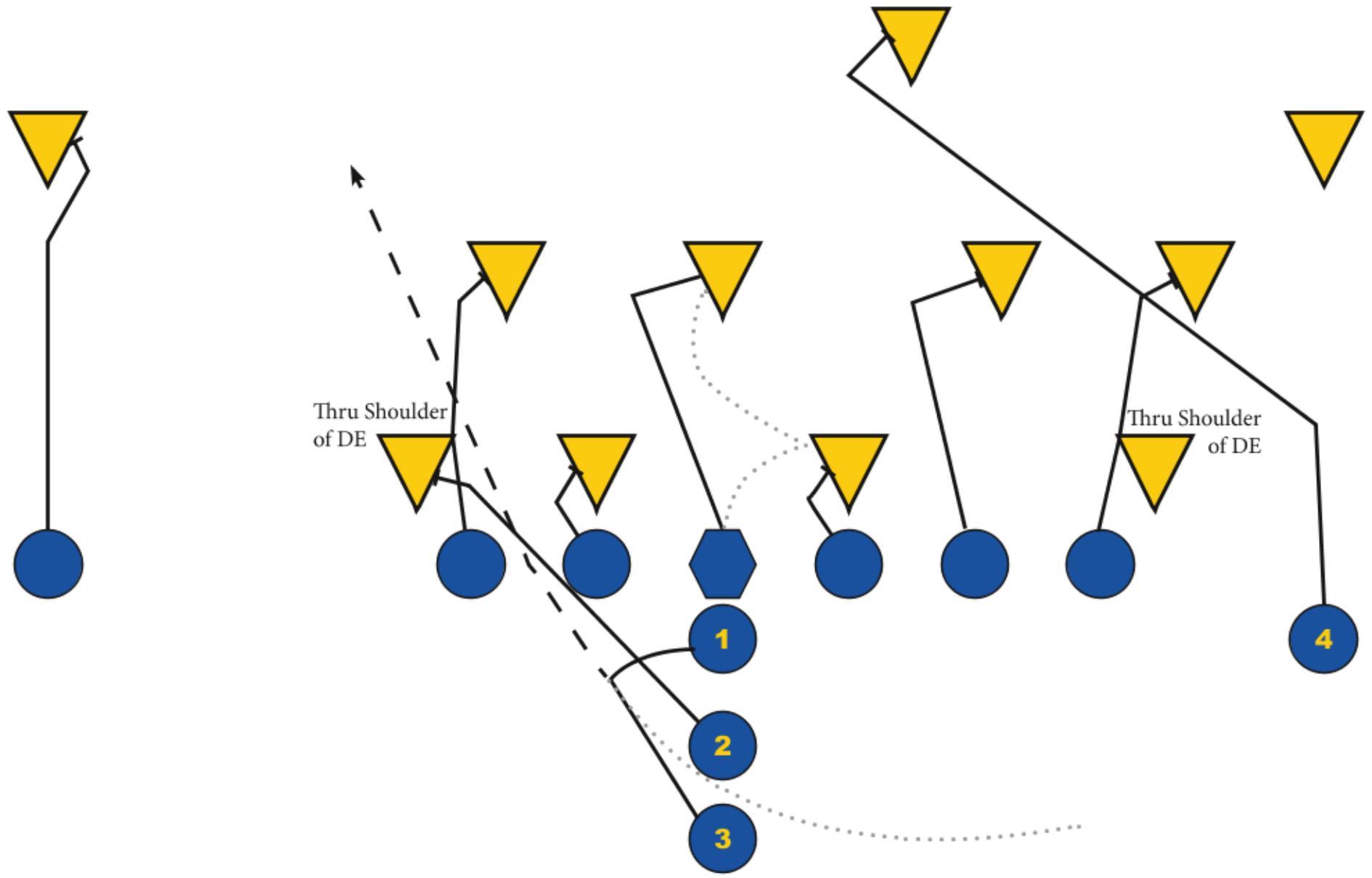


Make play look like 33 ISO

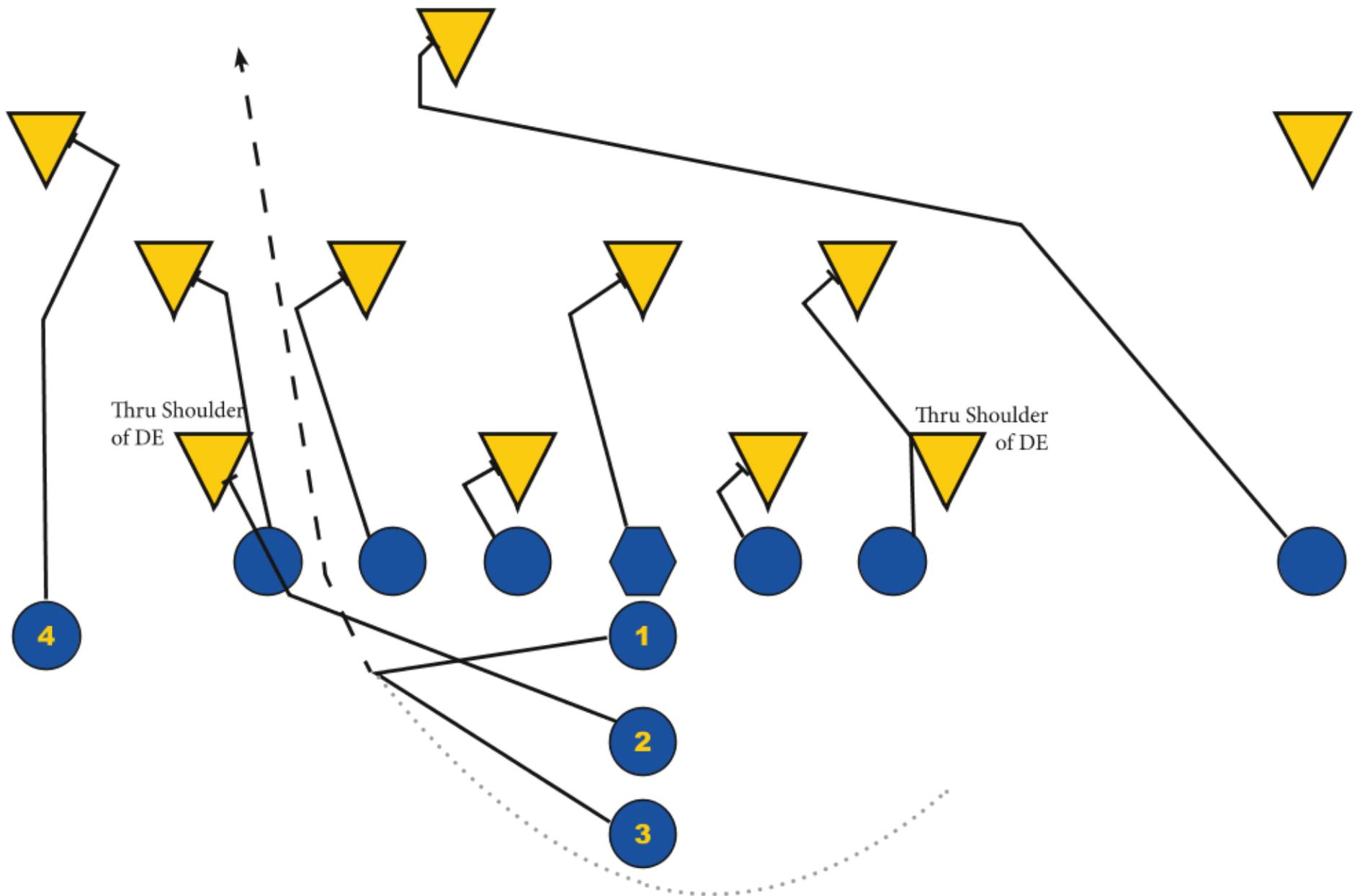
I LEFT 34 ISU



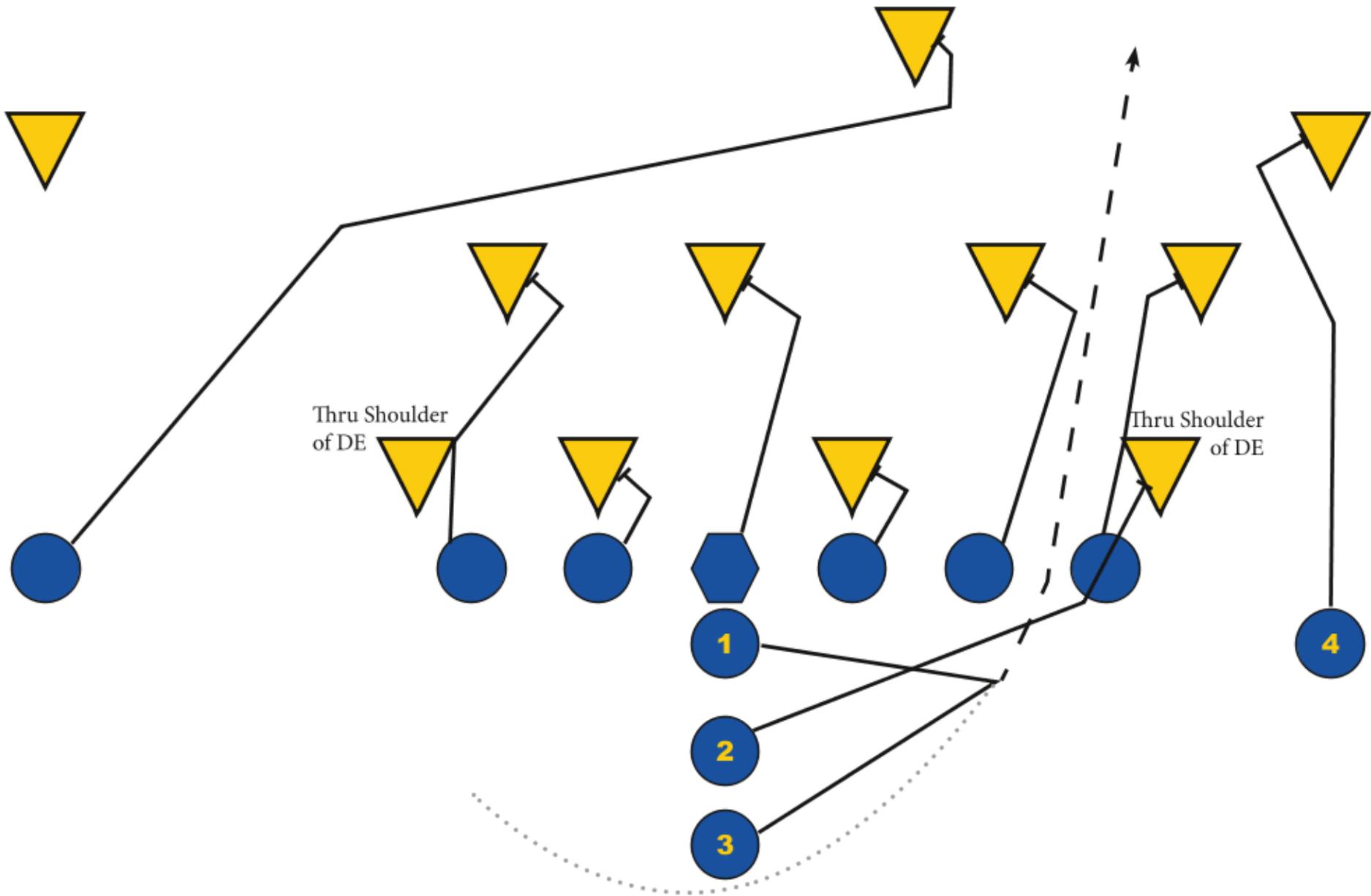
1 RIGHT 33 ISU



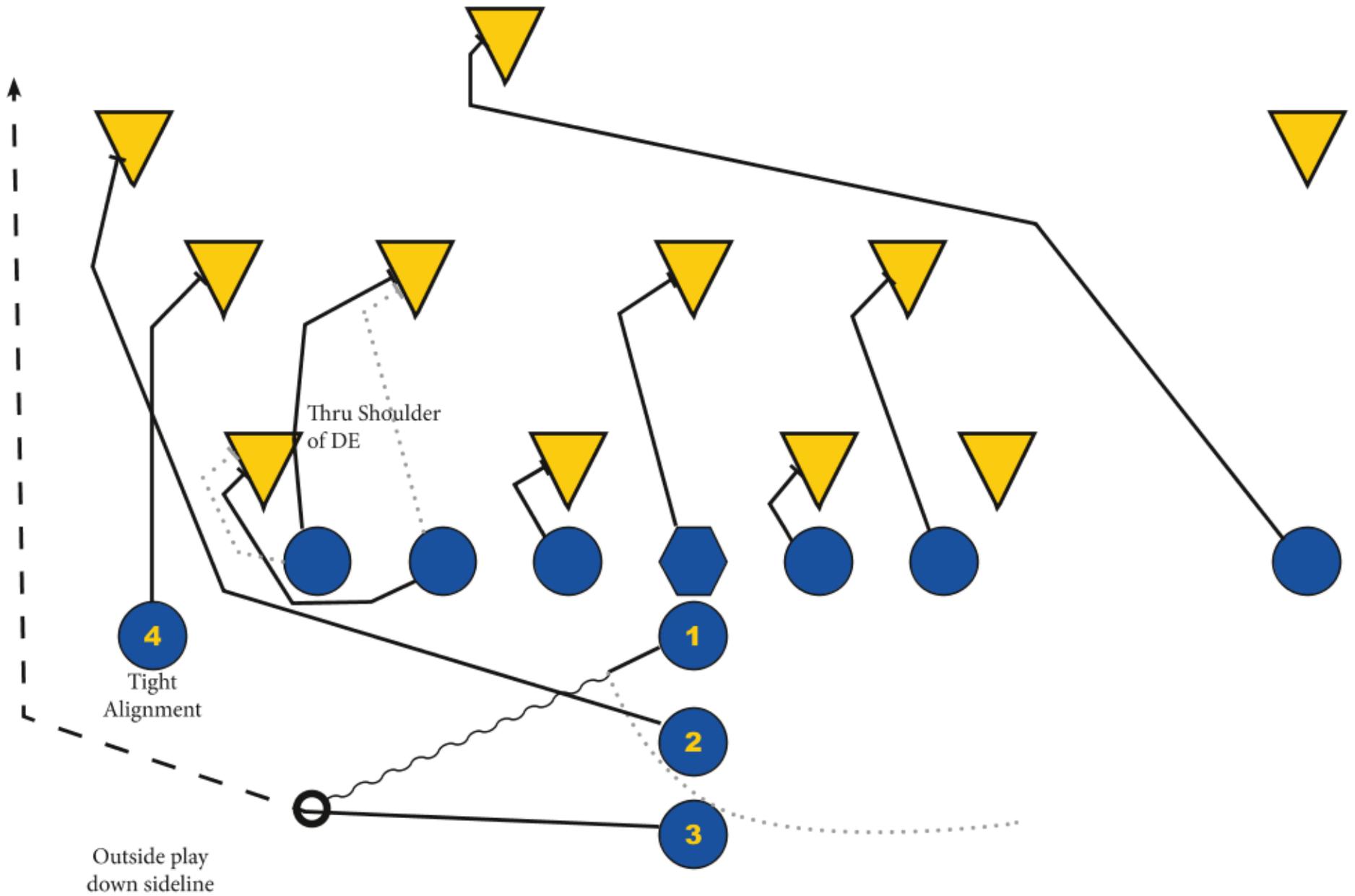
I LEFT 35 BLAST



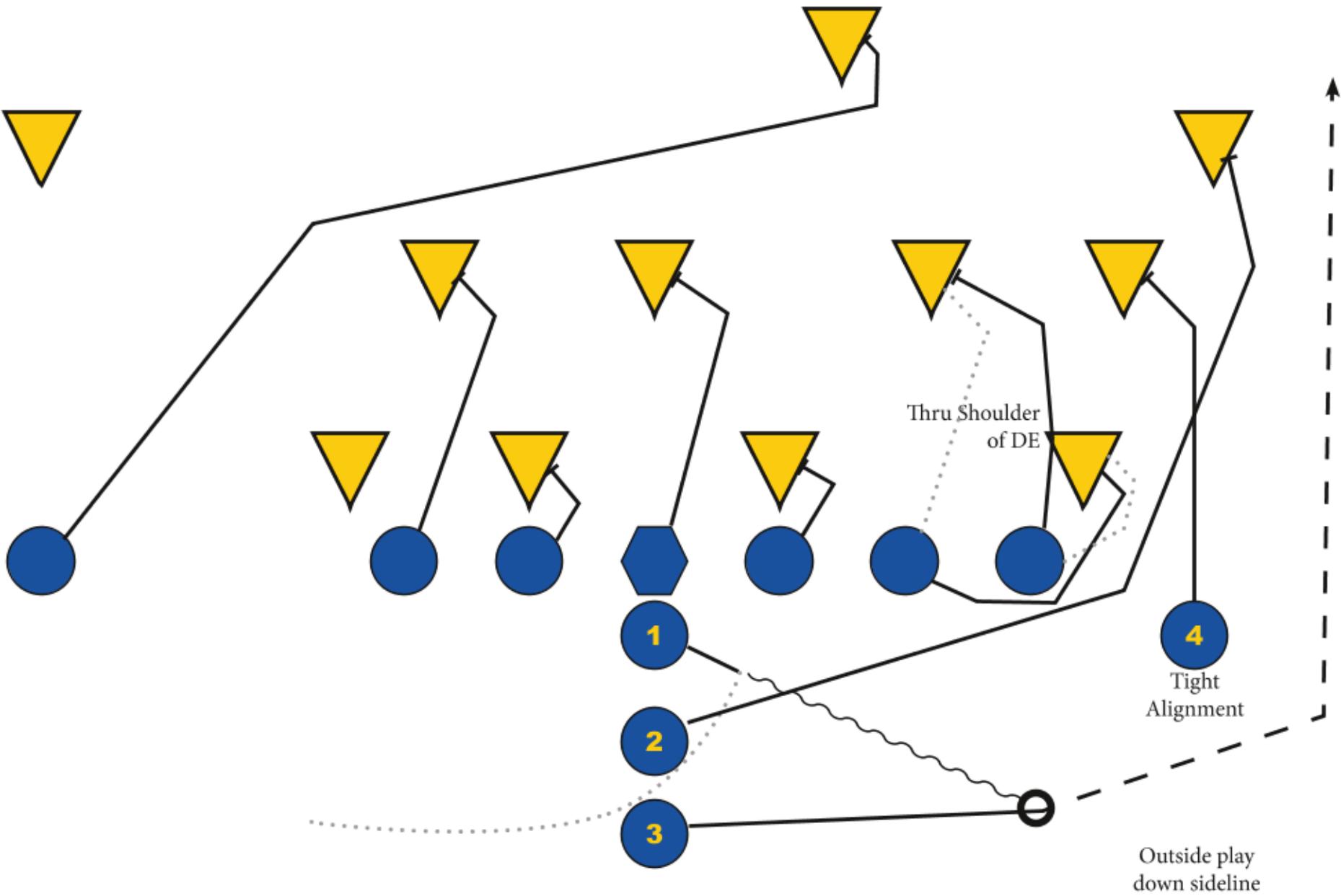
I RIGHT 36 BLAST



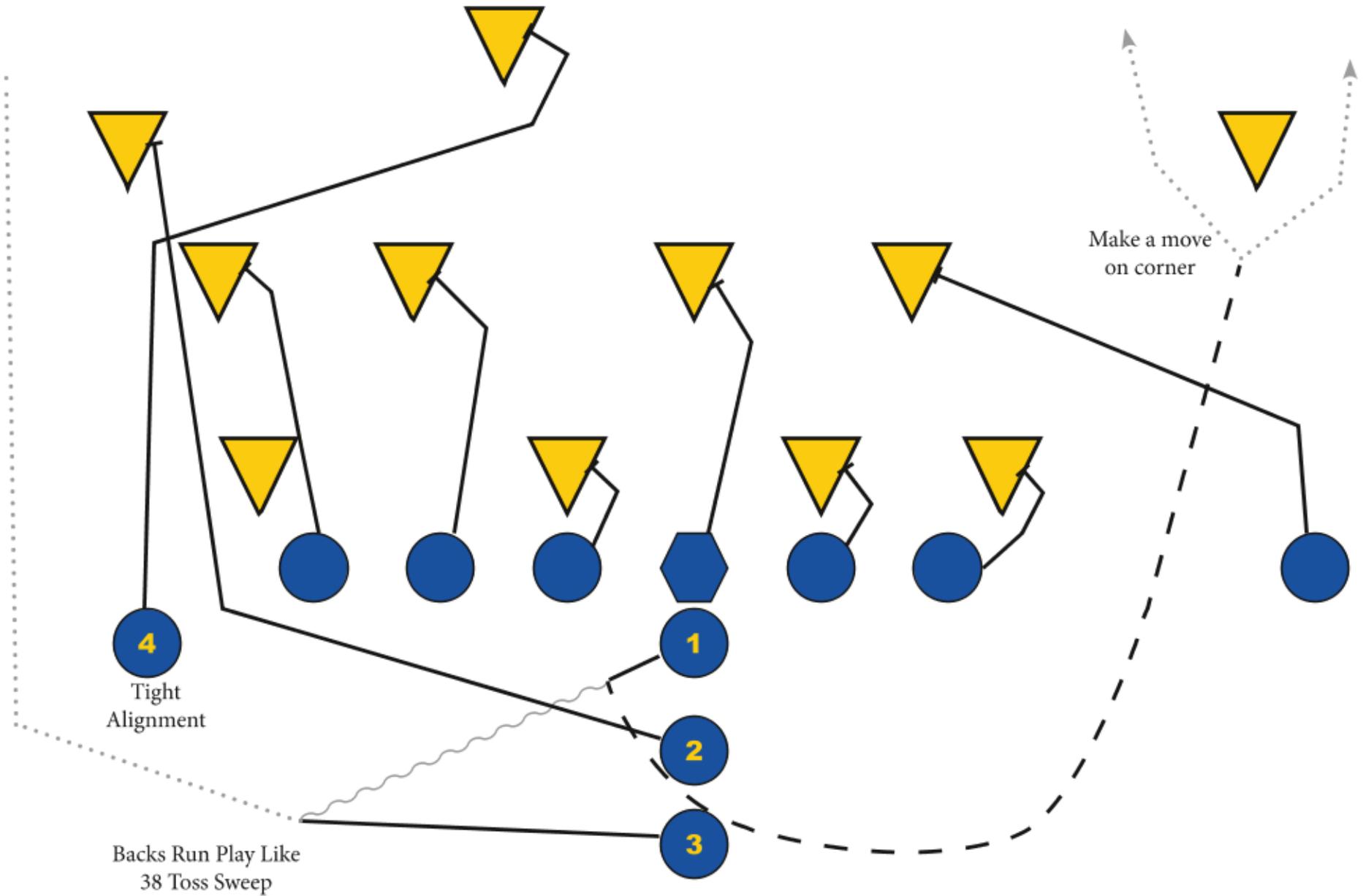
I LEFT 37 TUSS



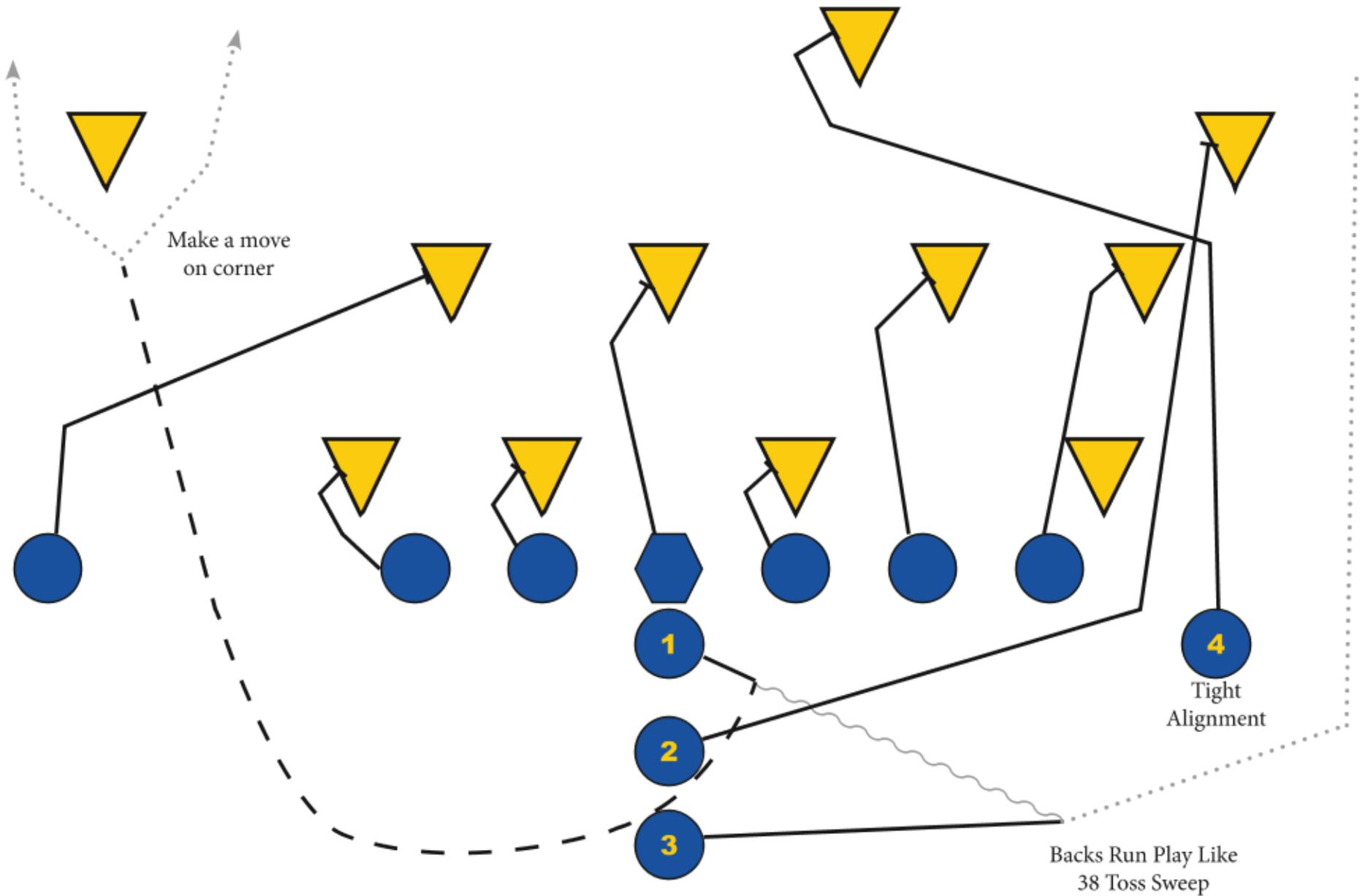
I RIGHT 38 TUSS



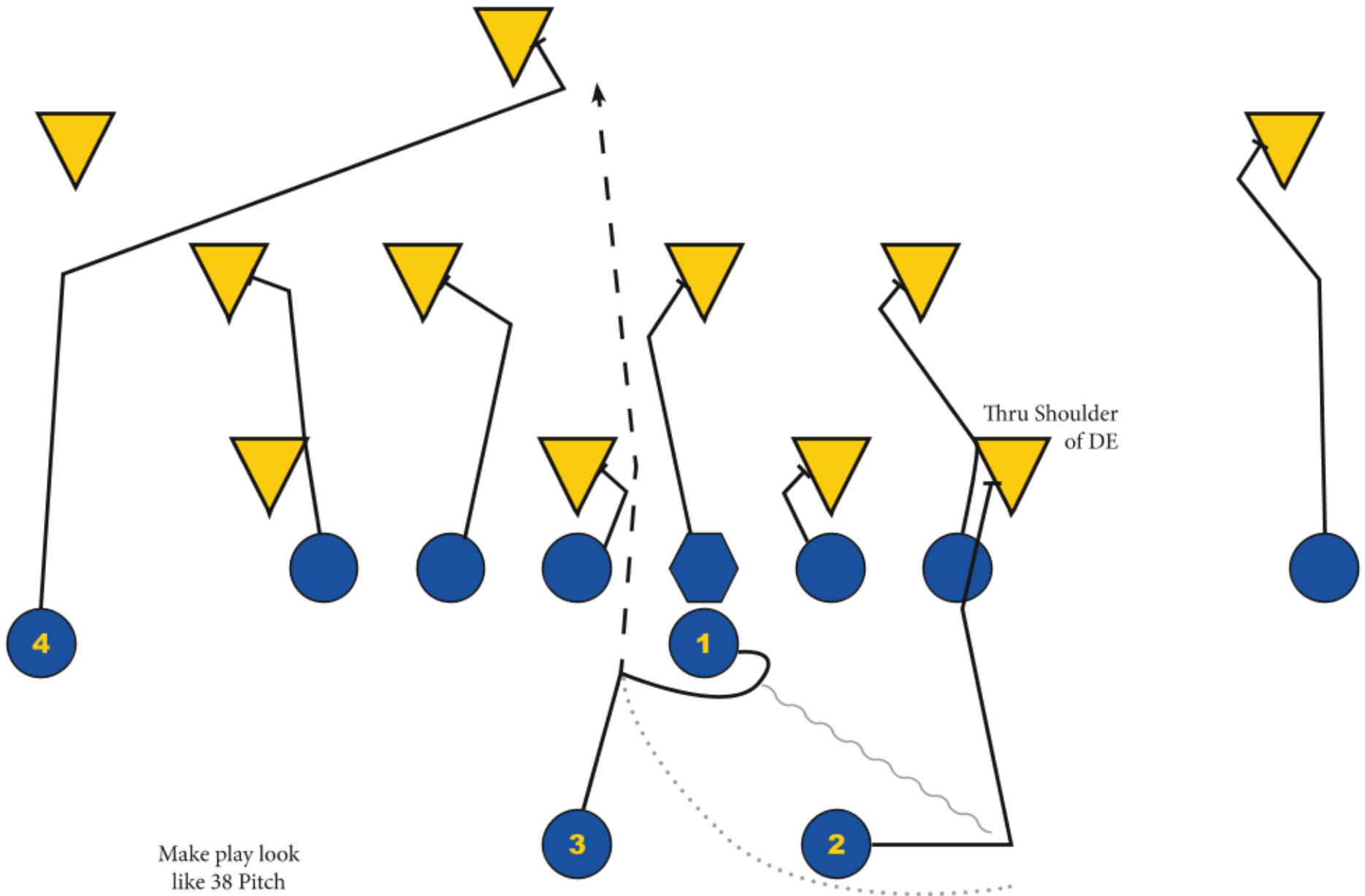
1 LEFT 18 SWEEP



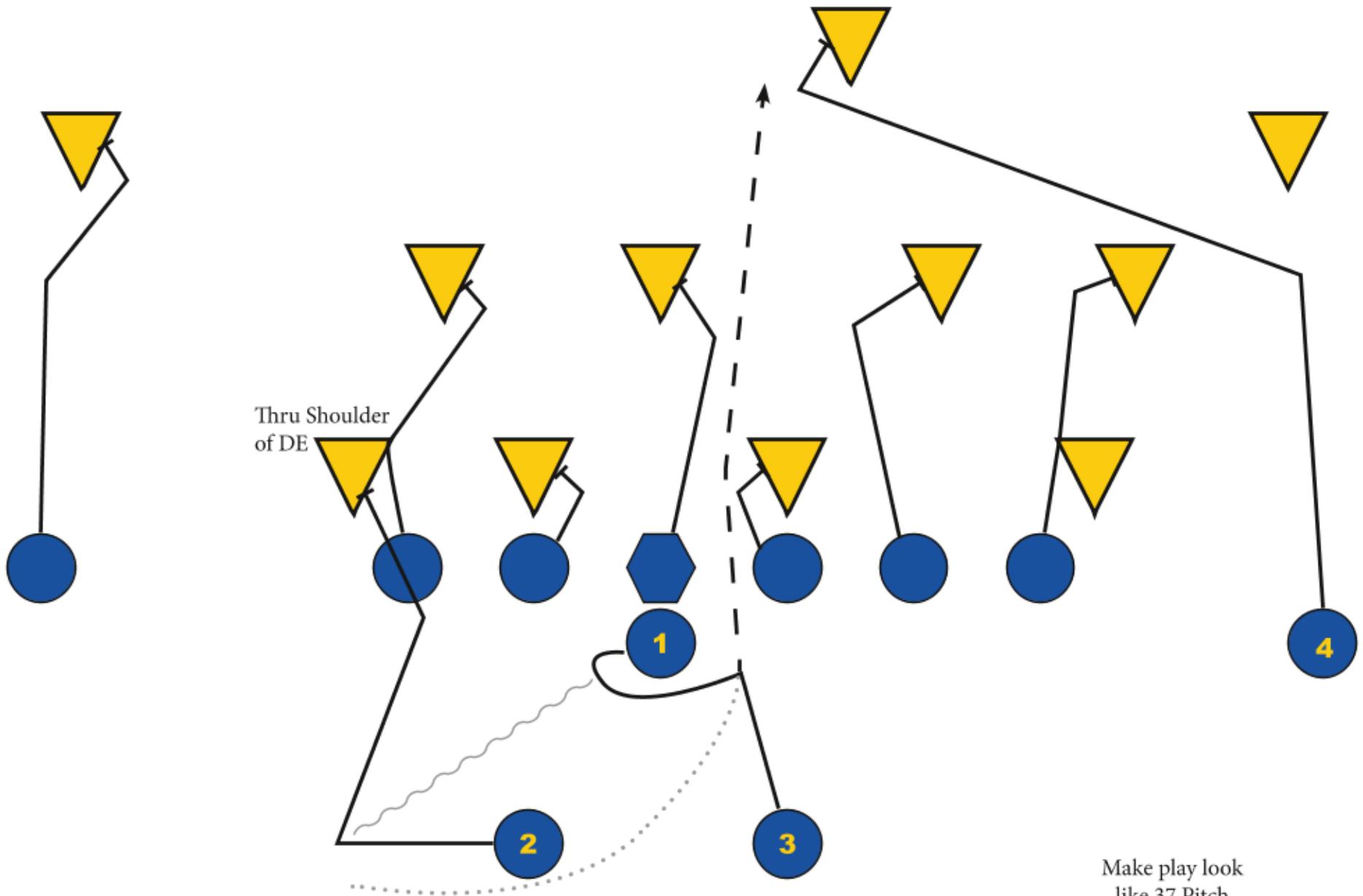
I RIGHT 17 SWEEP



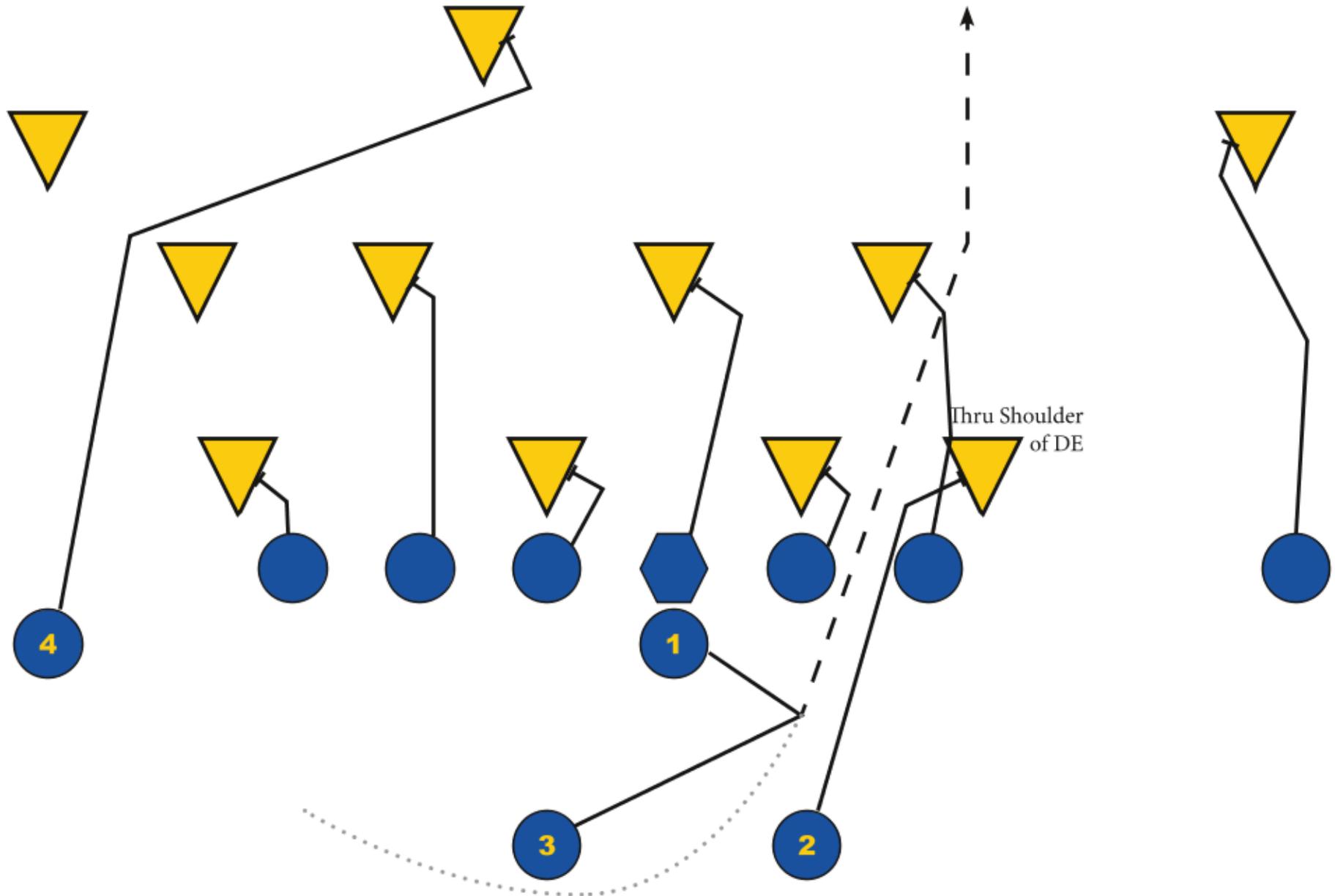
SPLIT LEFT 32 DIVE



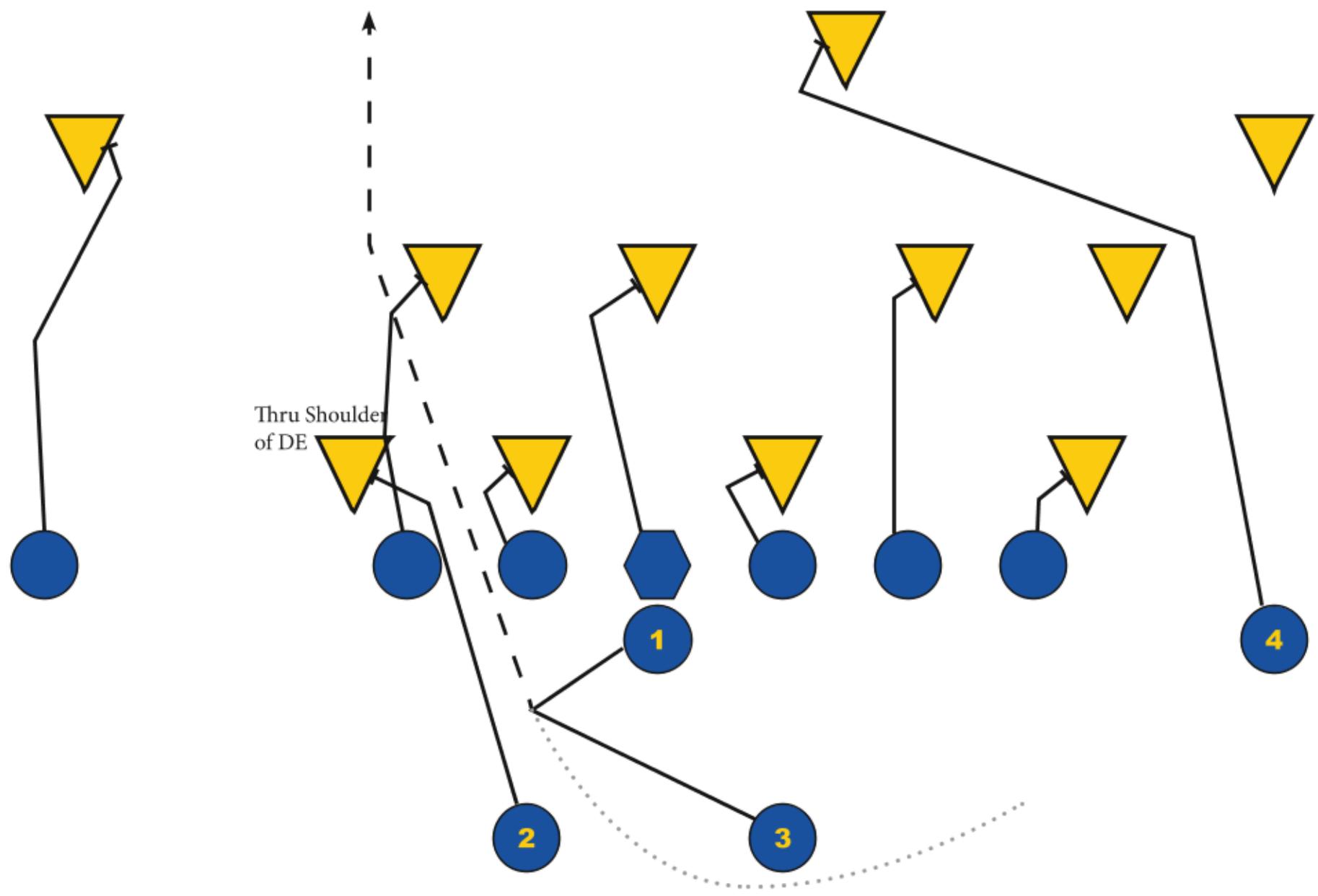
SPLIT RIGHT 21 DIVE



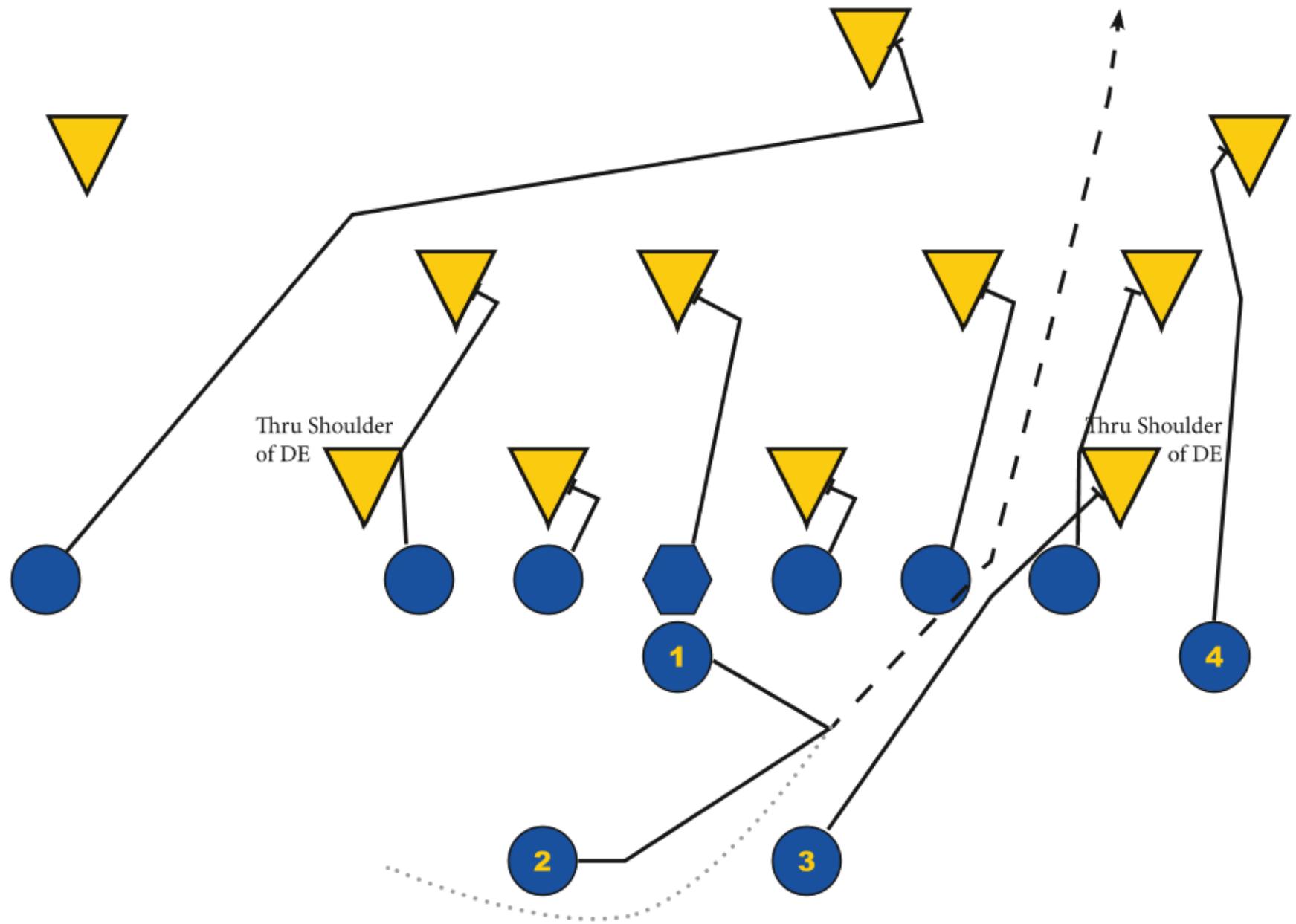
SPLIT LEFT 34 HAMMER



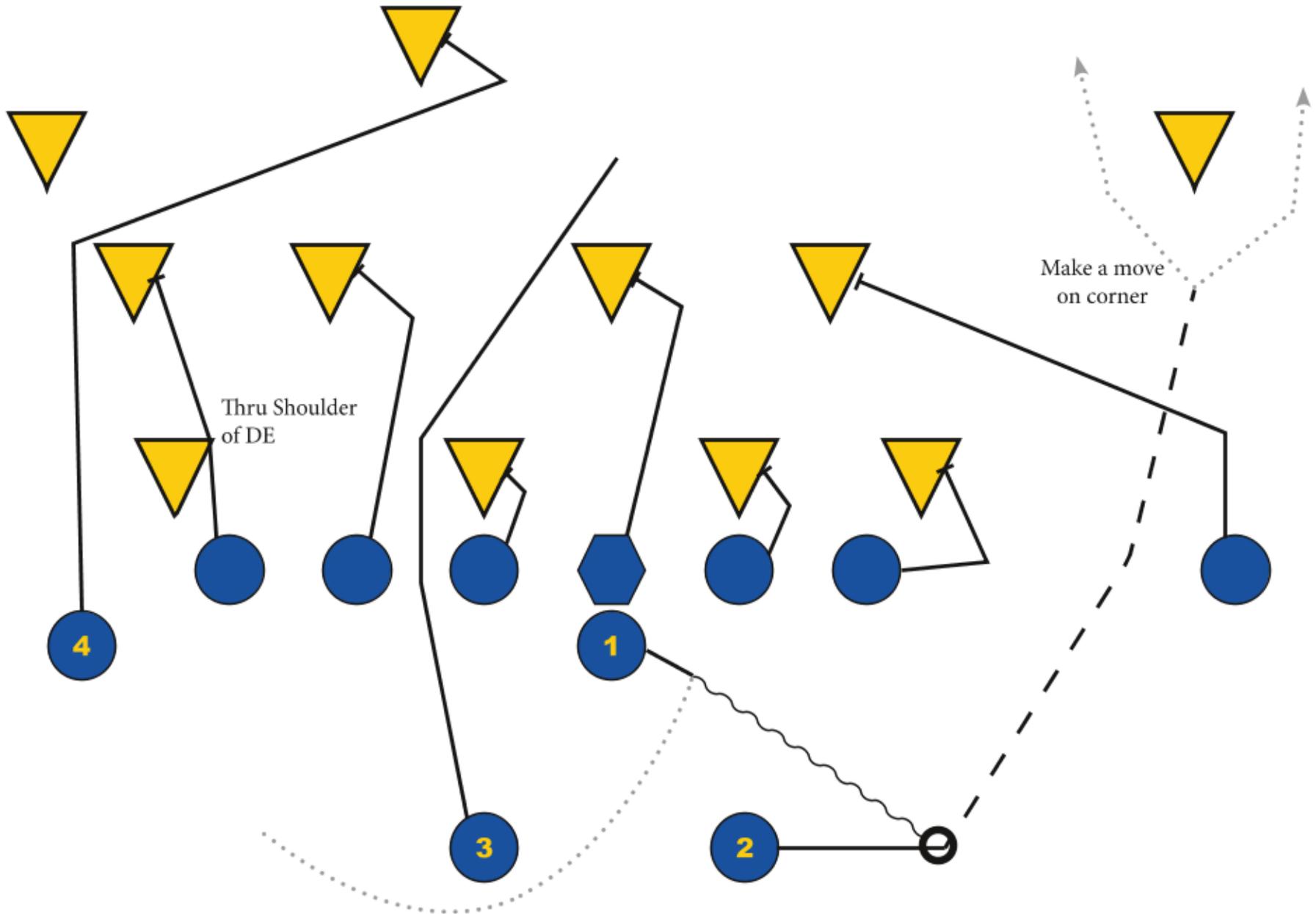
SPLIT RIGHT 33 HAMMER



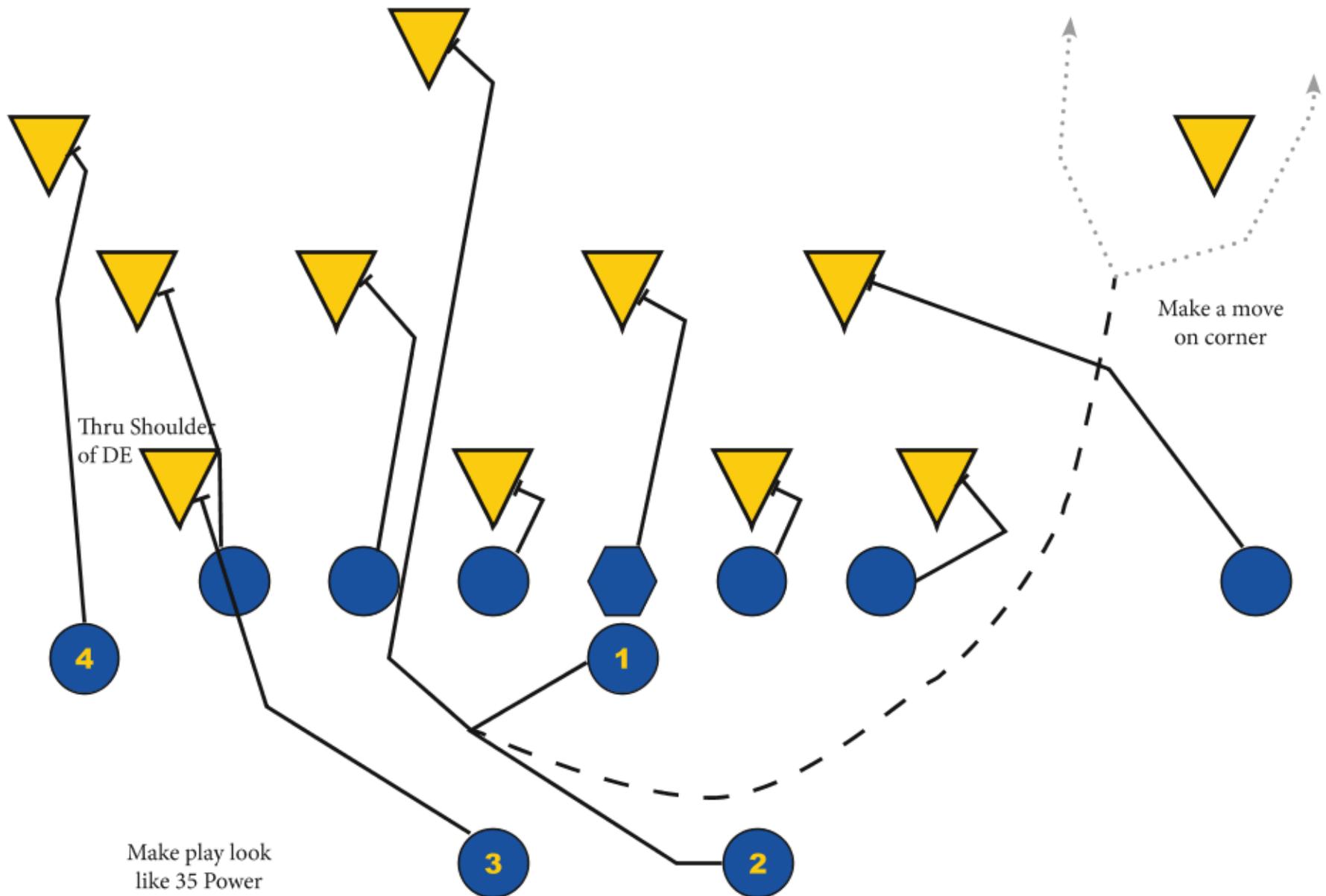
SPLIT RIGHT 26 POWER



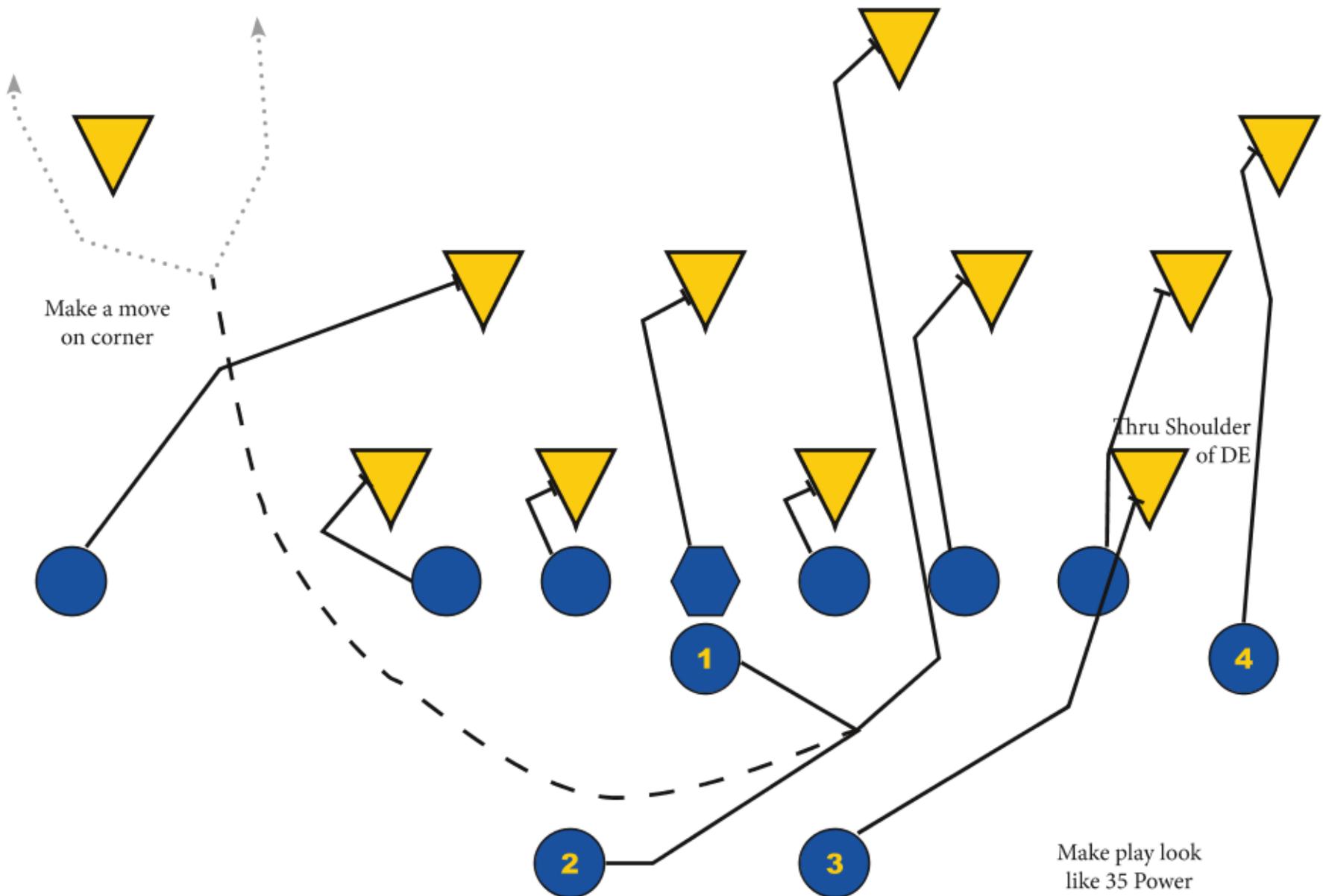
SPLIT LEFT 28 FITCH



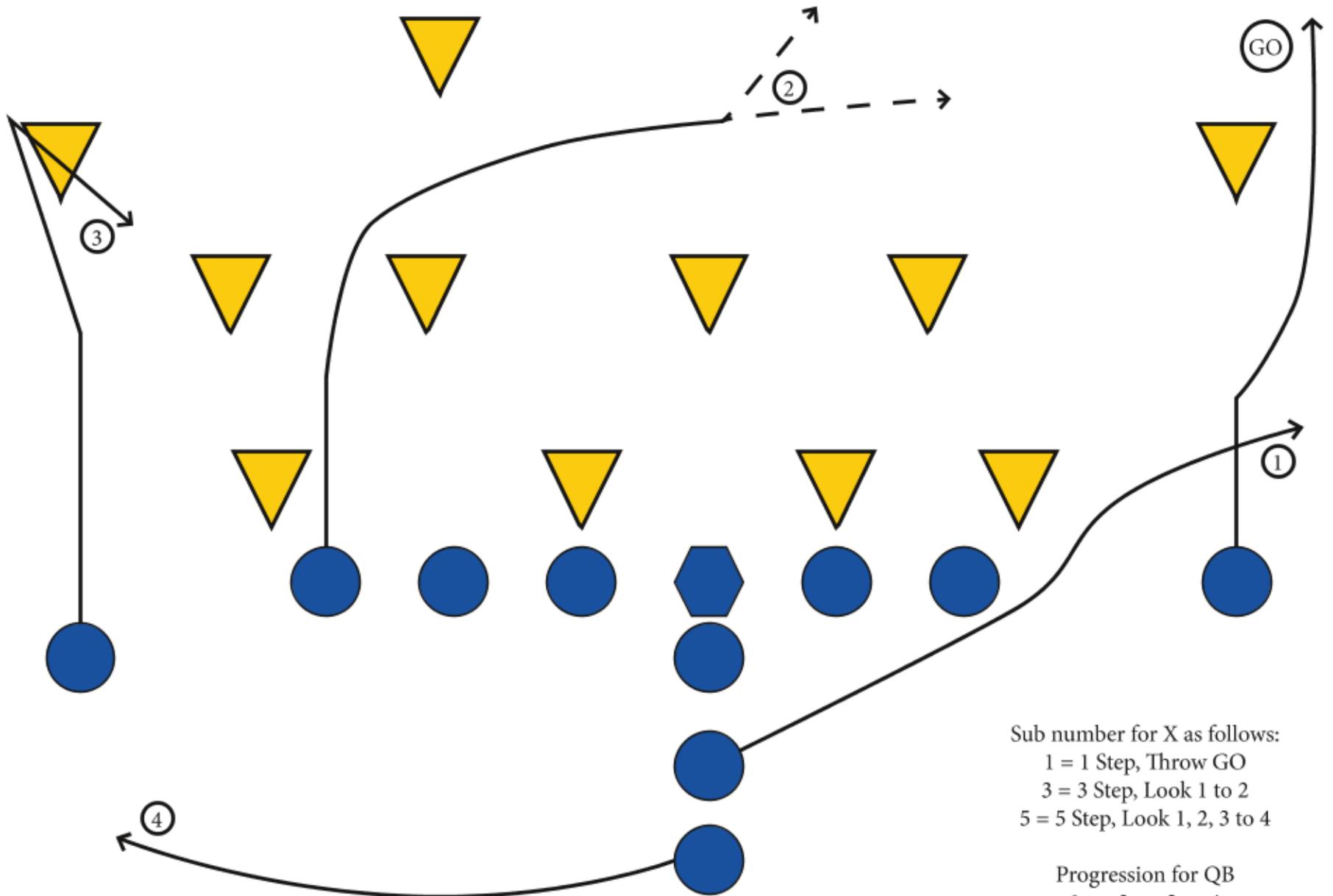
SPLIT LEFT 18 QB KEEPER



SPLIT RIGHT 17 QB KEEPER



I LEFT X PASS See Below



Sub number for X as follows:

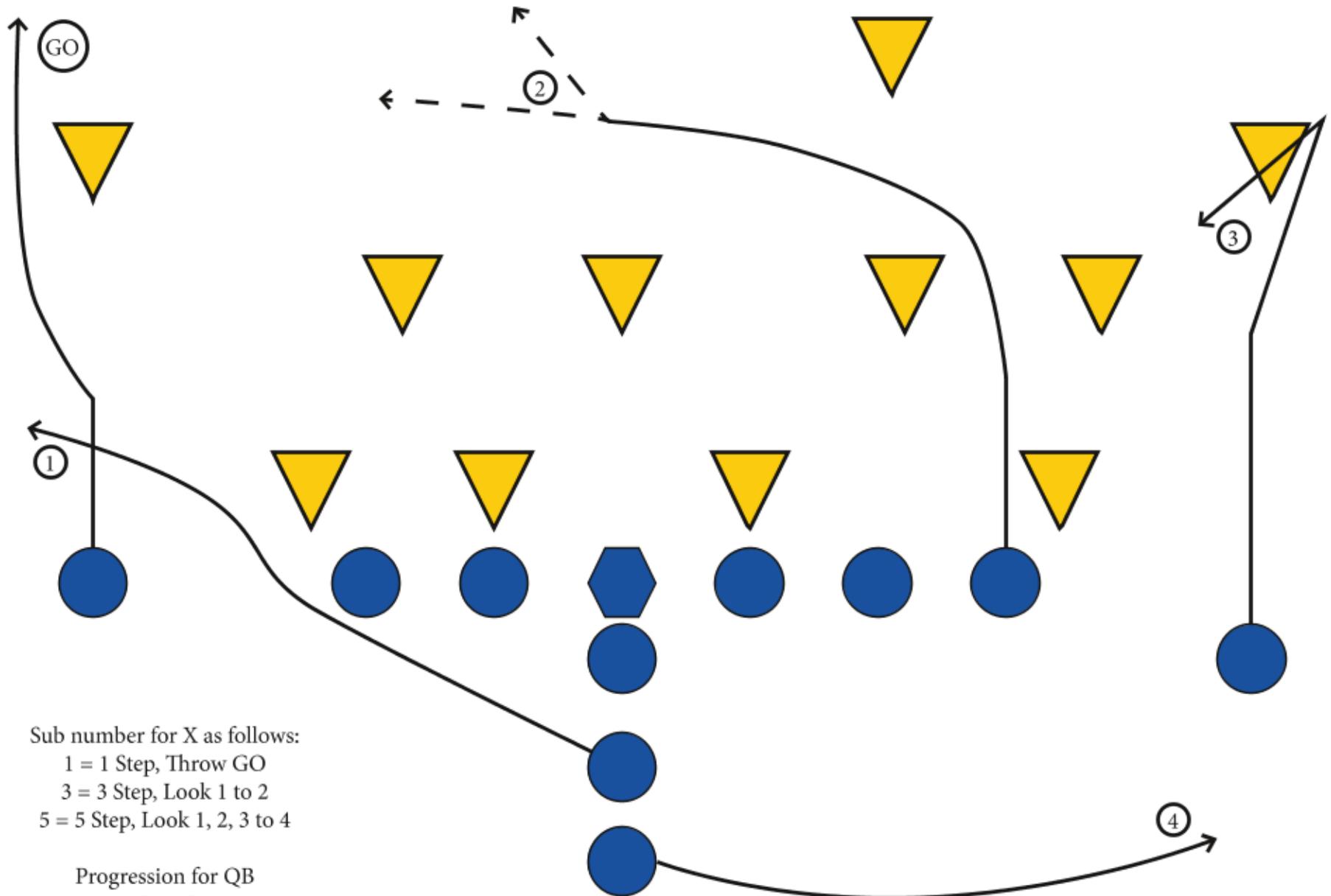
- 1 = 1 Step, Throw GO
- 3 = 3 Step, Look 1 to 2
- 5 = 5 Step, Look 1, 2, 3 to 4

Progression for QB

1 => 2 => 3 => 4

1 RIGHT X PASS

See Below



Sub number for X as follows:

1 = 1 Step, Throw GO

3 = 3 Step, Look 1 to 2

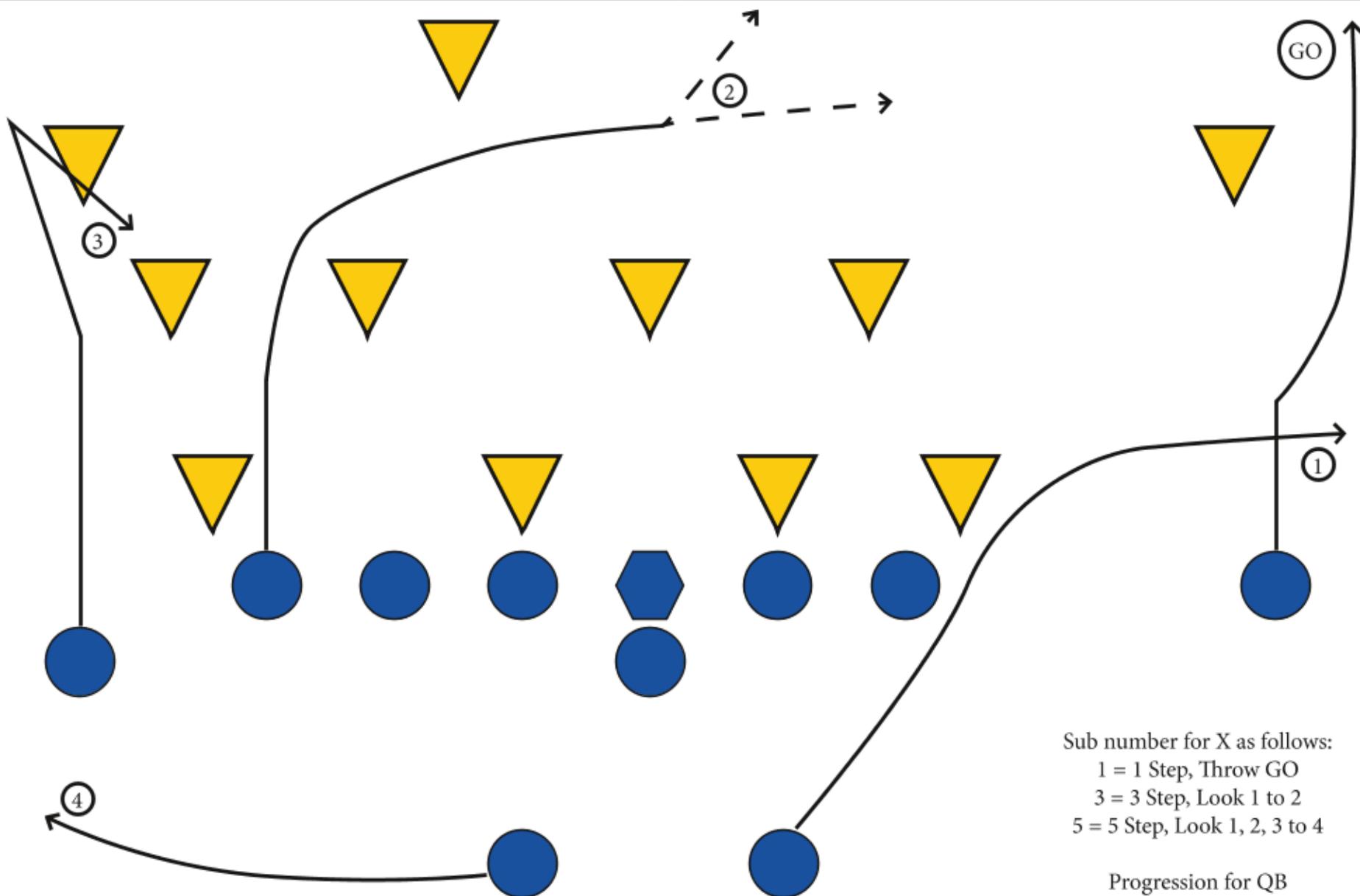
5 = 5 Step, Look 1, 2, 3 to 4

Progression for QB

1 => 2 => 3 => 4

SPLIT LEFT X PASS

See Below



Sub number for X as follows:

1 = 1 Step, Throw GO

3 = 3 Step, Look 1 to 2

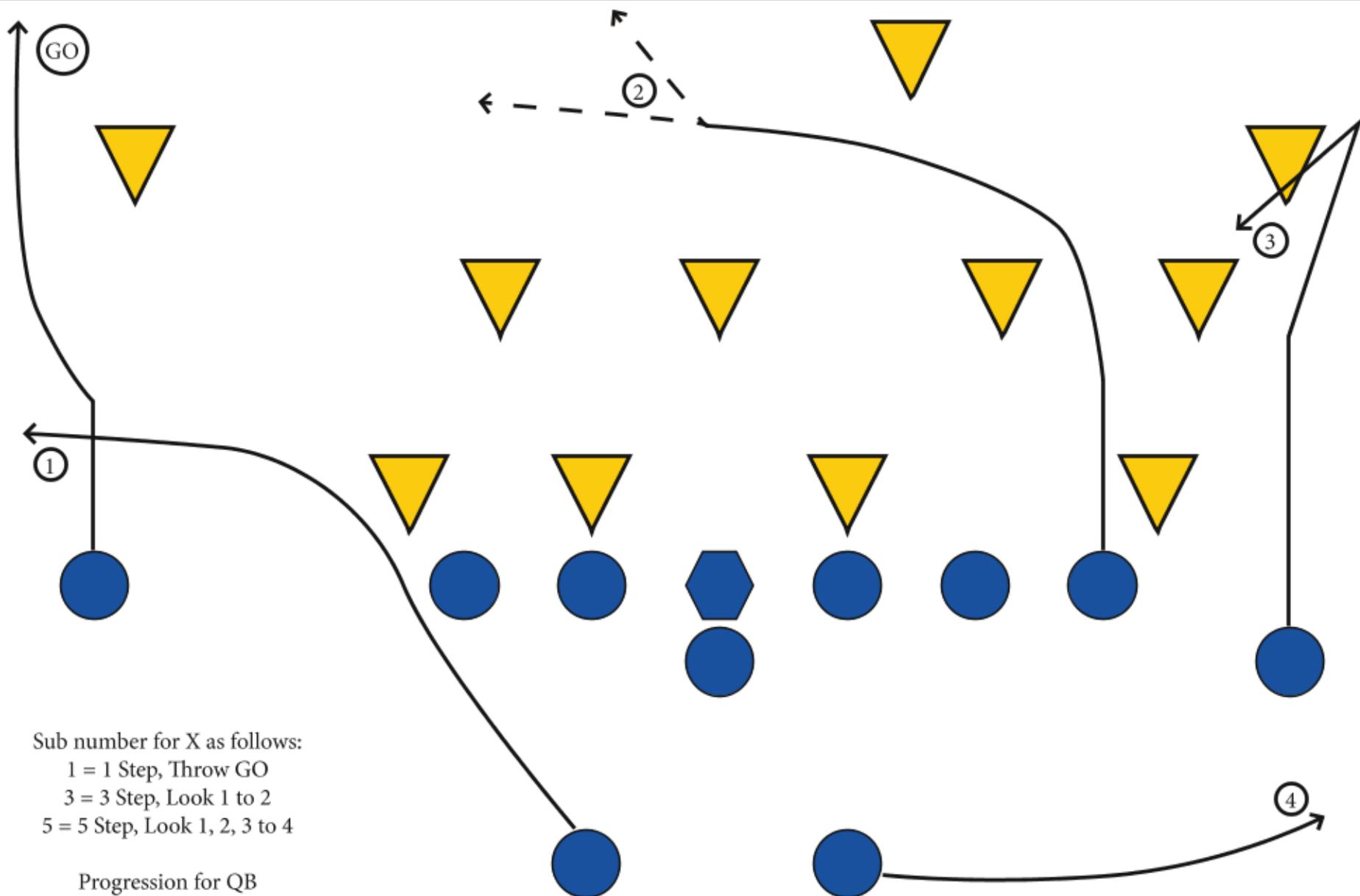
5 = 5 Step, Look 1, 2, 3 to 4

Progression for QB

1 => 2 => 3 => 4

SPLIT RIGHT X PASS

See Below



Sub number for X as follows:

1 = 1 Step, Throw GO

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5 = 5 Step, Look 1, 2, 3 to 4

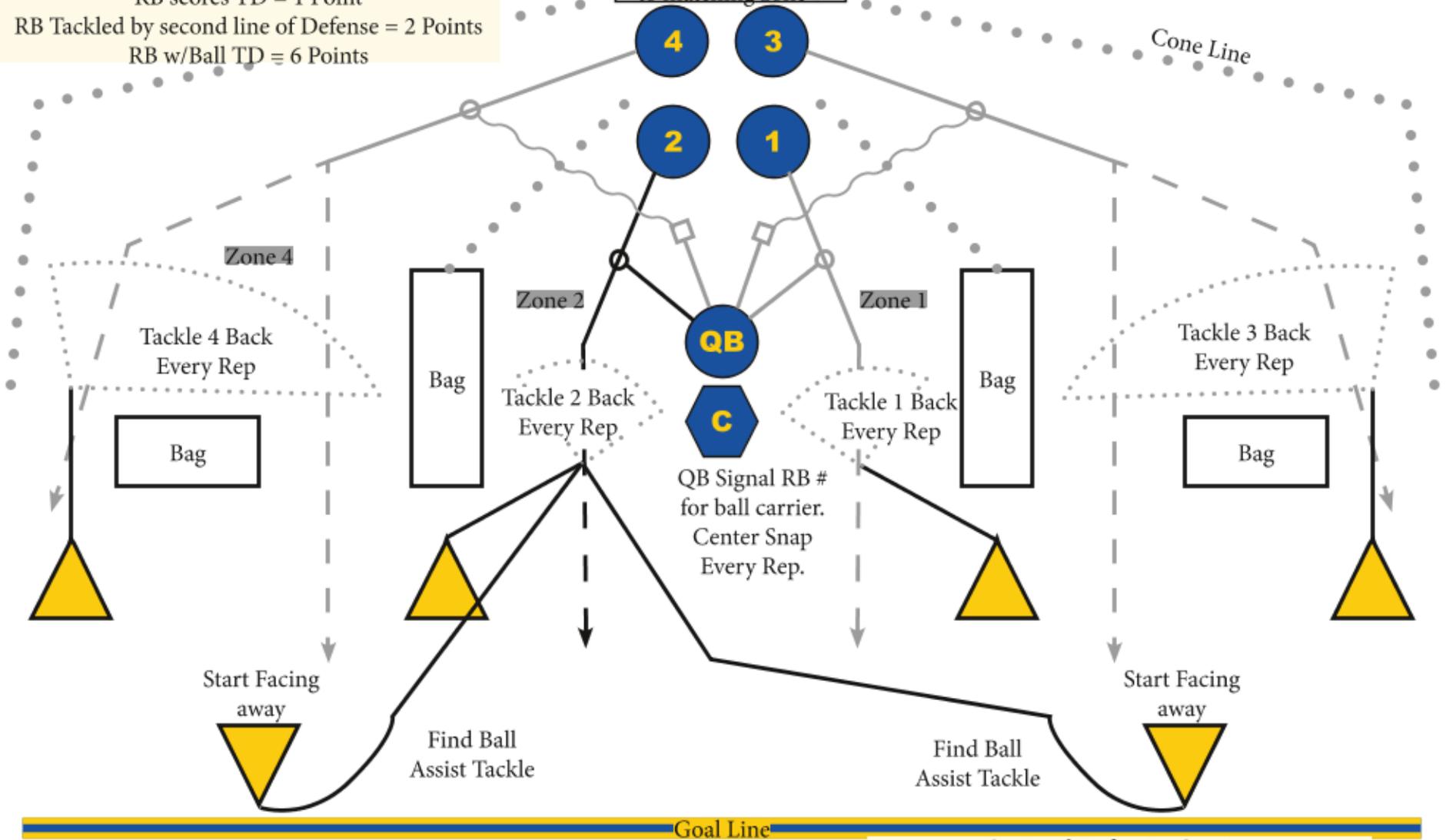
Progression for QB

1 => 2 => 3 => 4

4 TACKLE DRILL

Optional Offensive Scoring
 RB scores TD = 1 Point
 RB Tackled by second line of Defense = 2 Points
 RB w/Ball TD = 6 Points

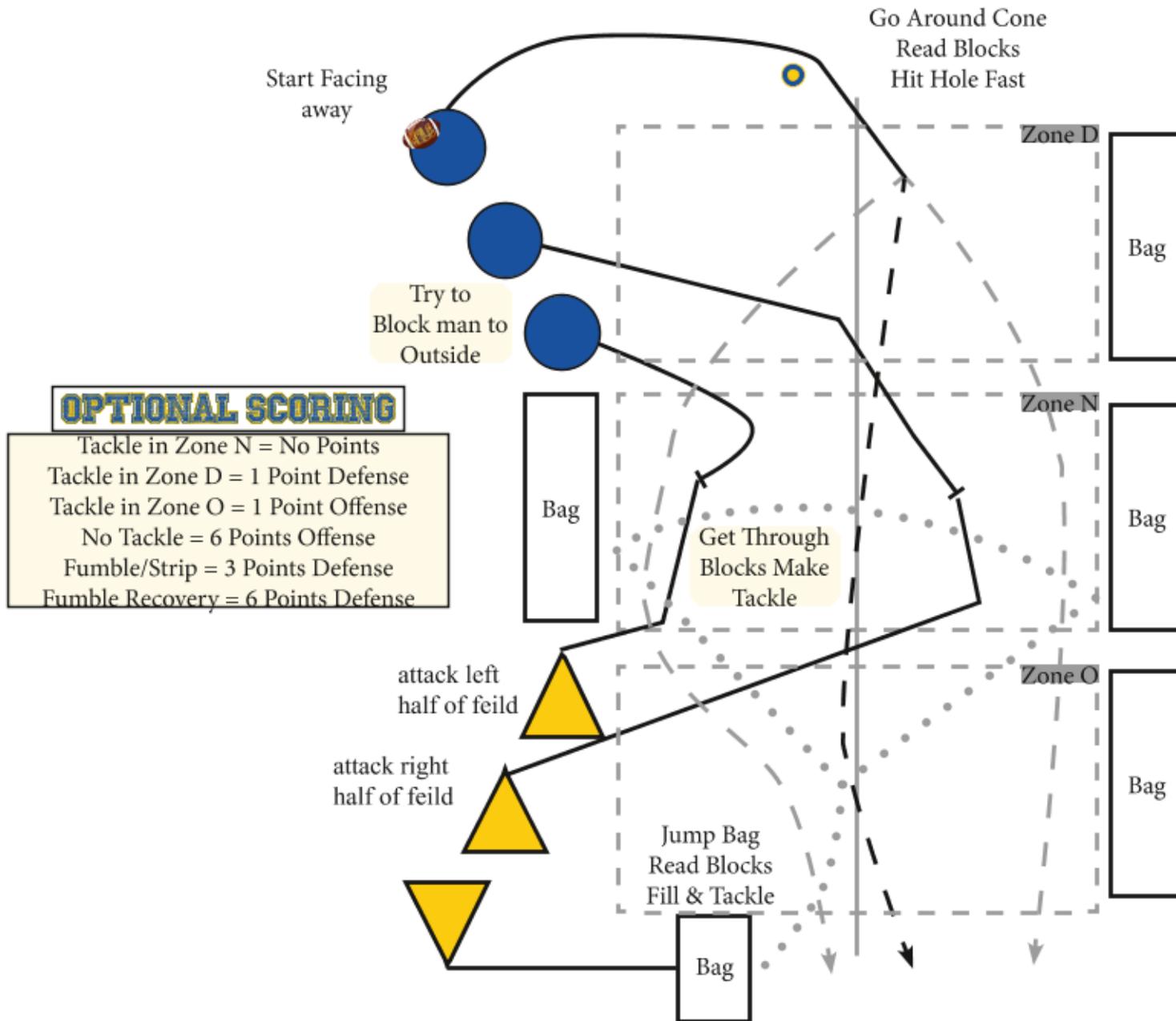
All RB run every play
 to matching zone #

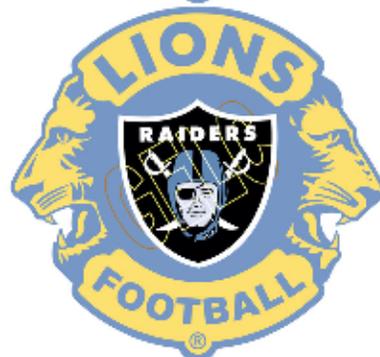


This is showing #2 Back scenario getting ball in black lines.
 All gray color lines are still ran without a ball.
 4 Runners & 4 Tackles per rep.

Optional Defensive Scoring
 Each Successful Tackle = 1 Point
 Caused Fumble/Strip = 2 Points
 Fumble Recovery = 3 Points

SWEEP TACKLE DRILL





DOCUMENT
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ACKNOWLEDGMENT
TO CREATOR OF
FONTS USED.

