



Game Rules and Regulations

*This league is intended to be instructional and fun.
Coaches, players and fans are expected to follow the rules.*

General Information

Upper (5TH & 6TH) Division
Lower (3rd & 4th) Division

Town/Clubs: This league is strictly for recreational and development purposes. No all-star teams! Towns & clubs cannot have tryouts or cuts.

Football sizes;
5th & 6th Wilson TDJ or 1001 or equivalent size
3rd & 4th Wilson K2 or Macgregor X2P or equivalent size

Game Time Limit: 2 ½ hours max

Officials: The Home Team will be required to furnish a minimum of 4 Officials for each game. 2 of the officials must be MSHSAA Certified. The MSHSAA Officials will present a card to the Head Coach of each team with their name and MSHSAA registration number at the pre-game meeting with the coaches. This will be done at every game on site each Saturday; the site host will provide the MSHSAA officials with a rules packet upon arrival. Minimum fee to be paid to MSHSAA officials is \$90.00 per game. Towns/Clubs must conduct training for any non MSHSAA certified officials with a minimum age requirement of 16.

Coaches: All coaches will receive certification through NAYS or USA Football. All coaches that receive the certification must visibly wear their NAYS or USA Football I.D. card from a lanyard around their neck. Any and all individuals that do not have their I.D. will not be allowed on the sideline or field. It will be the Head Coach's responsibility to ensure all coaches have their NAYS or USA I.D. Card.

All Town Club Coaches must undergo background screening through a law enforcement agency or certified background company. Coaches with any violent or sexual convictions will not be permitted. All other felony/misdemeanor convictions may be approved by Town/Club but NCYFL board must be made aware and possibly reviewed.

All NAYS or USA Football coaching certification and background checks must be submitted by the Jamboree/weigh-ins.

Player Weight and Ball Carrier Restrictions:

Weights: 5th & 6th grade 125 lbs
3rd & 4th grade 100 lbs

Max weight is intended for RB, WR, QB, Blocking Backs and TEs. It also applies to players who recover a fumble or intercept a ball. Defensive players may play in any position but players above the weight limit upon recovery of a fumble or interception must kneel down. (All players exceeding the max. weight with a sticker on their helmet will take a knee upon recovering a live ball and the play will be blown dead at the spot of possession).

Weigh-in:

Official rosters must be submitted to the league prior to the start of the season (Jamboree) along with official weigh-in results. Rosters will also be presented to the opposing coach prior to the beginning of the game along with #s and players weights. (Pre-Game weigh-in still applies) All weights will be taken at the Jamboree. Any player not weighing in will have to be weighed in at their 1st game by the opposing town official. The 100 and 125 lbs. limit must be met at the time of the initial weigh-in to determine eligibility for ball handling whether at the Jamboree or 1st game! Players that exceed the weight requirements may not re-weigh.

At the initial weigh-in players must weigh-in wearing a min. of Football pants with 7- piece pants pads and T-shirt.

Weight at initial weigh-in 100 lbs. Max. for 3rd-4th grade

100.1lbs is over the legal weight limit. (Including; RB's, WR's TE's and QB's. Any player over weight limit is ineligible to occupy a position that is eligible to carry the ball. Example-4th grader weighing 100.1 CAN NOT line up as a blocking TE, RB or flanker.)

Weight at initial weigh-in 125 lbs. Max. for 5th and 6th grade

125.1 lbs. is over the legal weight limit.. (Including; RB's, WR's TE's and QB's. Any player over weight limit is ineligible to occupy a position that is eligible to carry the ball. Example-6th grader weighing 125.1 Lbs. CAN NOT line up as a blocking TE, RB or flanker.)

All players exceeding the prescribed weight limits in their respective divisions will wear a visible sticker of different color on the front and back of the helmet that is clearly visible for the game officials. It is the responsibility of each town to make sure that stickers are kept in good visible state throughout the season. Failure to do so will result in the player being disqualified from the game and an unsportsmanlike penalty will be charged to the Head Coach.

All players must be identified with a sticker on the front and back of their helmet if they are not eligible to run the ball. Sticker must be of contrasting color.

Challenges to weights:

The home team will provide a set of digital scales that the challenged player will be weighed on prior to the start of the game. This will be witnessed and controlled by the presiding white hat official. If the player weighs over the acceptable weight a sticker will be added to the player's helmet and will remain for the remainder of the season. 10Lbs overage only is acceptable if the player was weighed at the Jamboree or had an official prior weight.

The weight limits will be identified on the rosters with the number of the player and name. Weights will be taken at the beginning of the season and prior to each game for all ball carriers per Pre-Game weigh-in.

Weigh in challenges prior to games will follow the prescribed weigh in rule for the jamborees.(See Weigh-in).If challenged player is above the limit, the player will be ineligible to carry the ball for the remainder of the season. The challenged player's change of eligibility is to be reported to the league at the end of the game and will be changed on the roster for the remaining games in the season. Both coaches and/or both GM's must be present at the "challenged" weigh in. **Make sure your players all weigh-in at Jamboree this will help confusion throughout the season.**

100lbs Max. Weight for 3-4th grade. 110 lbs after the season begins. 110.1 lbs. will be considered overweight and a sticker will be placed on the helmet and the player will not be ineligible to carry or receive or return the ball.

125 lbs Max. Weight for 5-6th grade. 135lbs after the season begins. 135.1 lbs. will be considered overweight and a sticker will be placed on the helmet and the player will not be ineligible to carry or receive or return the ball.

Only one chance at weigh-in will be permitted at Jamboree and at Games. (No Re weighs) ***Weights not conducted at the Jamboree must be done at the 1st game of the season by the opposing team's town contact and then sent to the League President. Any weigh-ins conducted after the Jamboree must be conducted with a witness of a league white hat and an opposing head coach or opposing league official. Initial weigh-in weight will be held at the Jamboree standards no matter when it is conducted. 100Lbs for 3-4th and 125 for 5-6th.**

Age and Grade restrictions:

Players must be entering the 3rd grade and may not be past the 6th grade for the fall school year in which they will be playing.

3rd and 4th graders may not be 11 years of age before Aug. 1st.

5th and 6th graders may not be 13 years of age before Aug. 1st.

Each player may not play more than 2 years in the 3rd - 4th grade and not more than 2 years in the 5th - 6th grade.

Games scheduled during the regular season (this does not include Jamboree weekend). 3-4th Max. 5 games.

5-6th Max. 6 games plus one additional game for teams that advance to the championship game.

Players may only play within their proper age division. If a team is short handed, they may pull from the team within their same age division in the town/club.

For example: 3rd grade players may play in 4th grade and vise versa

5th grade players may play in 6th grade and vise versa

4th grade players may not play in 5th grade and 5th grade may not play down in 3rd grade.

Players playing down (4th to 3rd or 6th to 5th grade) cannot play a skill position (**QB, RB, WR, & TE**) and are not eligible to carry the ball. Players may play any position on defense. Coaches must notify the opposing team pre-game of any/all players playing down.

Pre-Game Requirements:

Coaches must meet at least 15 minutes prior to game start time. NAYS or USA certifications must be presented this time. Any and all game rule modifications allowed in this rule book, weight challenges and roster announcements must be announced and agreed upon at this time.

Game Rules:

NFHS League rules will apply except for the NCYFL league rules in this package.

All games played in the 3rd and 4th grade division will have (4) 12 min quarters (Coaches may agree to 15 min quarters to accommodate larger teams) and 1 (10) minute half time. All games played in the 5th and 6th grade division will have (4) 12 min. quarters and 1 (10) minute half-time The clock will stop only for the following: 1) **change of possession**; 2) **Time-outs** (60 seconds and each team will have (3) per half); 3) **after the P.A.T.**; 4) **Injury on the field** and the player must leave the field of play. Normal clock for final 2 minutes of each half

Mercy rule: Continuous clock in second half at all times if down by more than 21 points

“If at any time a team gains a 21 point advantage, the clock will run non-stop for the remainder of the game and not stop at any time unless deemed necessary by the official. No time outs will be permitted by the leading team after the 21 point advantage is gained.”

Overtime periods will consist of the NCYFL 10 yd. overtime rule. With the exception that only 1 OT period is allowed. If the game remains tied after the first set of downs the game remains tied. Only **1-OT is played in all age divisions.**

Official play clock times will be kept on the field by officials. 3rd and 4th grade will be 1 min., 5th and 6th will be 45 seconds.

Penalties: NFHS penalties apply.

Defense: Maximum of 6 players on the line of scrimmage. .No defensive players on the line of scrimmage may be lined up over the center or A gaps (gaps located on either side of the center in between the guards). All other Defensive Players must be no closer than 3 yards from the line of scrimmage upon snap of the ball then they can move freely after the ball is snapped. The interior offensive line must have normal splits (no more than 3 feet)

NO BLITZ in all age divisions Second tier players must remain at least 3 yards from the line of scrimmage until the ball is snapped. Second tier players cannot be moving or leaning towards the line of scrimmage showing intent to blitz. After the snap of the ball, Players may move freely. This will be penalized and assessed that same as offsides or encroachment.

A goal line defense can be used within the 10 yard line of the goal line (Goal Line Defense—can bring 8 players up to the line, cannot be head-up on the center or in A gaps).

One coach may be on the field in all divisions. 3rd grade may have 2 coaches on the field if agreed by both teams

At the beginning of each half and after each score the ball will be placed on the 30 yard line. 3rd, 4th, 5th and 6th grade.

Onside Kick: A team may decide to keep possession after a score. The ball will be placed on the kicking team's own 40 yard line and the box and chains will be 4th down and 12. If the offensive team is unsuccessful in their attempt, the defensive team will gain possession of the ball and 1st and 10
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from the spot of the ball. The following conditions must be met:

- a. The team making the choice must be behind on the scoreboard.
- b. It must be the last 4 minutes of the game.

In 3rd and 4th Grade the teams will have the option to take 20 yards on 4th down (in place of punting) or go for the 4th down conversion. In 5th and 6th Grade the teams will have the option to take 30 yards on 4th down (in place of punting) or go for the 4th down conversion.

No place kicking is permitted in all divisions. (2) points will be awarded for passing for P.A.T.s and (1) point awarded for running for P.A.T.s All P.A.T.s will be run from the 3 yard line.

A fumbled snap under center for the 3rd and 4th grade division will result in a dead play and loss of down for the offense. A fumbled snap in the 5th and 6th grade division will be a live ball. Snaps in shotgun or pistol will be played as a live ball in both grade divisions.

All players in each age group **WILL** play a minimum of **6 plays per game.** Coaches will be responsible for assuring playing time and should be determined by: Practice attendance, discipline/behavior problems (player or parent), refusal to play. If all players are not playing according to the rules, the opposing team may file a protest at the conclusion of the game. If the protest is upheld, forfeiture will occur. Unsportsmanlike acts of any kind by any person will not be tolerated! (This includes profanity, throwing of equipment, emotional outburst, etc.).

If a player, spectator, or coach is ejected. A 2 game suspension will be imposed on spectators and coaches. Coaches are responsible for their fans, bench and assistant coaches. **If a fan or parent gets out of control and is warned by the official the fan can be ejected from the facility. It is the home town's responsibility to enforce this. Each head coach is responsible for the parents and fans of his players and may be ejected for failure to back league conduct rules. This also can result in a season suspension for the coach. Make sure you express this to your parents! An unsportsmanlike conduct penalty will be assessed against the Head Coach of the Offending Team. Play will not resume until the Fan or Fans are removed from the game site**

All coaches **MAY NOT** interact with Referees during the play. 1st offense will result in a warning, 2nd offense will be an unsportsmanlike conduct penalty, 3rd offense will result in an unsportsmanlike conduct penalty and ejection from the game.

All Coaches ejected from a game must be reported to the League President by the Town/Club Representative/President by following Monday.

All protests must comply with NFHS/ MSHSAA rules and be submitted by 5 PM the next business day of the game. Protests must be submitted to the email address **northcentralyfl@gmail.com.**

Uniform shirts must have a number in a contrasting color that is at least 6 inches in height. Players without numbers will not be permitted to play.

Players, coaches, managers are the only individuals allowed on the bench or field during a game.

Scorekeepers will be the responsibility of the home team determined at the beginning of the game.

The home team is responsible for reporting all scores to the League President the following Monday

No dive blocks in which the offensive player jumps or lunges where the player's feet leaves the ground shall be permitted below the top of the knees. One warning will be issued to the player and

coach. This also includes blocks within the box.

The offensive line cannot interlock feet/legs.

No use of tobacco on benches, fields, or while sitting in bleachers (designated areas are available upon request).

Postseason Rules:

The 5th and 6th grade teams will play postseason games after the completion of a 5 game regular season.

Teams will be divided into 2 divisions (North and South), play a round robin within their division and play a rotating schedule with the other division to complete a 5 game season.

At the conclusion of the season teams will be seated with-in their division based on overall record. Tie-Breaker criteria will be the following if needed

1. Overall record
2. Head to Head
3. Divisional record (will move to #2 in case of a 3 or 4 way tie)
4. Point differential
5. Total offensive points scored
6. Total defensive points scored

Post Season will begin week six. Neutral sites will be selected. Sites will be selected by the board no later than July, and may not have hosted the previous year with the following exceptions

1. Championship site may have hosted Playoff round the previous year
2. No other sites where available

Playoff Round: Games will be seeded and played using the following system

- North #4 vs South #4
- North #3 vs South #3
- North #2 vs South #1
- South #2 vs North #1

Championship Game: Winners of the the 1st and 2nd seeded games will play for the Championship.

**Remember to always call the home team and verify the time the game will begin
and check for cancellations!**

Let's have a great season and remember it is about the KIDS!

Official Rules of the NCYFL 2023 Dated Feb-2023