



11 MAN TACKLE FOOTBALL RULES

Unless otherwise amended below, the current year's NFHS (National Federation of State High School Association) Laws of the Game shall apply. NFHS Laws of the Game and other resources are available at www.nfhs.com.

Rule 1 – Game Day

- 1.1 All parents and team volunteers are expected to participate on game day.
- 1.2 NYS will set up all fields prior to the start of the first scheduled game and will clean up the facility at the end of the last scheduled game.
- 1.3 Coaches are expected to encourage their players and parents to pick up any debris left on the sideline after the game to assist NYS staff with cleanup.
- 1.4 Visiting teams must provide a volunteer to run the first down indicator and two individuals to run first down chains selected prior to the game.
- 1.5 Each team will provide a volunteer stat keeper for all games and turn in that stat sheet at the end of every game to the site directors. Failure to do so may result in delayed updates.

Rule 2 – Pre Game Checks

- 2.1 All players must have a NYS photo ID card to be eligible to participate in any game. The player card will have the player's photo, certified birth date, league age, grade (Middle School Division players only), and name. Player cards cannot be duplicated and must be provided by National Youth Sports. NYS player cards are good for one calendar school year. A player is ineligible if he or she provides a player card that is expired.
- 2.2 Teams must be present at least a half hour prior to their scheduled game to check in and complete the pre-game certification. The NYS site director at the field will conduct player ID checks. Teams will lineup in alphabetical order with their player cards. Player ID cards will be matched up with names on the official roster. All players must be checked in prior to kickoff. Any player that does not check in prior to kickoff will be ineligible for that game. If a player enters a game without checking in, the team will forfeit that game and the game will end immediately.

- 2.3 All players must be paid in full and on the official roster/check in sheet to be eligible to play. It is the team's responsibility to make sure that rosters are correct prior to each game. Changes to this can only be made by the league coordinator.
- 2.4 Players must check in for a minimum of 4 regular season games to be eligible for the playoffs during a standard 7 game regular season. Players can check in for games while injured and have those check ins count toward the minimum game play.
- 2.5 Players are allowed to change teams in the middle of the season. This must be done prior to the 3rd game of the season. A player can transfer to any team in that division unless the team he is transferring to one that he has already played against. If this is the case, he must have a written release from his Head Coach. This rule is to help maintain the integrity of play.

Rule 3 – Forfeitures, Cancellations, Overtime

- 3.1 Any forfeited game will result in a 42 – 0 score.
- 3.2 Teams may begin a game with a minimum of 10 players. If a team drops below 9 players for more than 2 plays, the game will be forfeited and recorded as 42 - 0, but will be played as a scoreless scrimmage to provide the children the ability to participate.
- 3.3 Mercy Rule: Once a team has a lead by 42 points the score is officially frozen. At the losing team discretion, the game can be continued as a scrimmage game without further score being kept. WE ENCOURAGE all teams to utilize this time to include players that may not get ample playing time to help train and further develop their skills.
- 3.4 In case of a tie each team will get one possession from the ten yard line to score. First possession will be determined by coin toss (visitor calls), the winner of which chooses offense or defense. Fumbles and interceptions cannot be returned for defensive points. If the defense gains possession, the offensive set of downs will not continue (per NFHS overtime rules).

Rule 4 – SIDELINE REPRESENTATIVES

- 4.1 Each team will be allowed Eight individuals on the sideline. These individuals must have a current NYS coach ID card. Individuals without proper NYS identification will not be allowed on the sidelines or in the coaching area. Teams can also utilize two (2) water boys under the age of 18. This does not include the score keeper, chain crew, or EMT.

Rule 5 – EMT

- 5.1 Each team must have at least one volunteer staff that is first aid certified at all practices, games, and team events. NYS will issue the team's EMT a NYS EMT

photo identification card. The individual must present a valid First aid/CPR certification card or certificate to obtain the NYS EMT Card.

- 5.2 All teams must have a first aid kit at all practices, games, and team functions.
- 5.3 If a major injury occurs during the game, the volunteer medical personnel for the game and NYS staff will make a discretionary call as to whether the game is to continue.

Rule 6 – Definitions of Divisions and League Age

- 6.1 Each player's league age will be determined as of August 1st of the year the Fall Season is set to begin. For example, August 1st, 2015 will be used for the Fall 2015 and Spring 2016 seasons. No age exceptions will be made for any divisions.
- 6.2 Grade level for the Middle School Division will be determined by the grade that the child will be entering in the Fall school year. No grade level exceptions will be made for any player.
- 6.3 Players may participate in more than one division if they meet the requirements for both divisions. Players that do so must pay for both divisions in full.
- 6.4 The Pee Wee Division will be defined as league ages 6-8.
The Midget Division will be defined as league ages 8-10.
The Minor Division will be defined as league ages 10-12.
The Middle School Division will be defined as league ages 12-14 AND the player must also be in the 6th, 7th, or 8th grade.

Rule 7 – Game, Field, Players, and Equipment

Sub Section A: The Field and Markings

- 7-A.1 The game field will be played on a field 120 yards long (100 yards of playing field with two ten yard end-zones) and 50 yards wide. Midfield will be set at 50 yards.
- 7-A.2 Each field will be marked with yard markers.
- 7-A.3 A soft, flexible pylon will mark all four inside corners of both end zones.

Sub Section B: Game Equipment

- 7-B.1 Football Size Requirements:

FOR THE PEE WEE, MIDGET, and BANTAM DIVISIONS: The game ball must be an Antioch Pee Wee Size Football OR one comparable in size in a traditional brown or tan color. The officials will rotate balls from each team

while they are on offense. Teams can choose to use a game ball larger at their own discretion for their own offensive possessions.

FOR MINORS, CADET, and MIDDLE SCHOOL DIVISIONS: The game ball must be an Antioch Junior Size Football OR one comparable in size in a traditional brown or tan color. The officials will rotate balls from each team while they are on offense. Teams can choose to use a game ball larger at their own discretion for their own offensive possessions.

- 7-B.2 Each team will supply their own game football.
- 7-B.3 A kicking tee must be provided by each team to utilize during kickoffs.
- 7-B.4 The league will provide a down indicator and two first down markers attached to a ten yard chain. The visiting team is responsible in providing volunteers to run the down indicator and first down chains during the game.
- 7-B.5 The game officials will operate the game clock on the field if scoreboard is unavailable or not functioning.

Sub Section C: Player Equipment

- 7-C.1 Each participating player must wear the following pieces of equipment, which cannot be altered.
 - A. A standard helmet and facemask is required. The helmet must be properly secured with a four snap chin strap.
 - B. A seven piece pant pad set consisting of hip pads, thigh pads, knee pads, and a tailbone protector.
 - C. Football pants that cover all pant pads.
 - D. Enclosed shoes comprised of rubber cleats or regular tennis shoes.
 - E. Shoulder pads that are fully covered by the player's jersey.
 - F. A mouthpiece that is not clear or white.
 - G. Any player that wears a visor must make sure the equipment is clear and does not tint at any point. Tinted glasses are allowed.
 - H. No jewelry.
- 7-C.2 The head coach is responsible for checking with a game official that all players are properly equipped.
- 7-C.3 If a player is missing equipment or participating with illegal equipment, the player must make the proper correction before participating any further in the game.
- 7-C.4 An unsportsmanlike conduct penalty of 15 yards will be enforced for player's wearing improper equipment during a play.

Sub Section D: Coaches Field Rules

7-D.1 Electronic communication devices are prohibited in regards to players and coaches. Coaches may use communication devices with one another, as long as these instruments do not effect play or involve communication with players and are restricted to sideline use only from each teams own side of the field.

7-D.2 **FOR THE PEE WEE AND MIDGET DIVISIONS ONLY:** Each team may have one coach on the field during play. Before the snap, both offensive and defensive coaches must be a minimum of twenty yards off the line of scrimmage. The defensive coach on the field must step out of the back of the end-zone prior to a play in the red-zone (inside the 20 yard line). The coaches may not interfere with the play of the game or they will receive a fifteen-yard penalty. Once the quarterback is under center, on field coaches must be silent until the ball is snapped.

Section E: Blocking

7-E.1 Blocking below the waste will coincide with NFHS rules in an effort to teach the players how they will be blocking once they start High School Football the proper way.

Rule 8 – Length of Game, Substitutions, and Miscellaneous Rules

- 8.1 **All DIVISIONS:** The game shall consist of four ten minute quarters. NFHS rules regarding the stopping of the clock will apply throughout the game.
- 8.2 There will be a one minute intermission between the first and second quarter, as well as, the third and fourth quarter.
- 8.3 There will be a 5 - 10 minute halftime between the second and third quarters. NYS Staff & Referees may shorten the length of halftime based on the day's game schedule.
- 8.4 Each half of the game will be started by a kickoff. The Game Officials, in the presence of both teams' field captains, will toss a coin to determine possession at the start of the game. The visiting team will call "heads" or "tails." The winning team must select to kick, receive, or defer.
- 8.5 No team may have more than four captains and only one player shall be designated as the team spokesperson.

Rule 9 – Substitutions

- 9.1 Players can be substituted only on a dead ball.
- 9.2 Substituted players must leave the field at the sideline in which his or her team occupies.

Rule 10 – Kickoffs and Punts

- 10.1 Kickoffs to start the first or third quarter and after a touchdown will take place from the forty yard line.
- 10.2 Free kicks after a safety will take place from the twenty yard line.
- 10.3 Rushing the punter is legal in the Minor and Junior High/Middle School divisions. Teams in the Pee Wee and Midget divisions cannot rush the punter and everyone must be set until the ball is kicked.
- 10.4 Onside kicks are allowed in all divisions.

Rule 11 – Timeouts

- 11.1 Each team will receive two thirty second timeouts per half. Timeouts do not carry over.

Rule 12 – Extra Points/Field Goals

- 12.1 **FOR PEE WEE, BANTAM, AND MIDGET DIVISIONS ONLY:** Kicking of Field Goals and Extra Points is allowed. The kick is declared and therefore will have no rush from the defense. Defenders are allowed to remain behind the line of scrimmage and attempt to block the kick without crossing the line. A normal play clock will be in effect for any kick in this division. Furthermore, the kick must take place with 10 seconds of the holder placing the ball down for the kicker. If the ball is not kicked within this time, a 5 yard delay of game penalty will be called. Kicked Field Goals will be worth 3 points. Kicked Extra points will be snapped from the 5 yard line and worth 2 points.
- 12.2 **FOR MINOR, CADET, AND JUNIOR HIGH/MIDDLE SCHOOL DIVISIONS ONLY:** Kicking of Field Goals and Extra Points are allowed. Teams are allowed to rush and block per NFHS rules. NFHS rules apply to PAT's. Teams can elect to kick the PAT for 2 points snapped from 5 yard line. If a PAT attempt is faked, the offensive team can still convert the PAT with a score worth 1 point. Field Goals are worth 3 points.
- 12.3 **ALL DIVISIONS:** Extra points can also be attempted in the following forms:
 - 1 POINT PAT TRY:** Any scoring play from the 5 yard line.
 - 2 POINT PAT TRY:** Any scoring play from the 10 yard line.

Rule 13 – Play Clock

- 13.1 The offense is given thirty seconds from the spotting of the ball to the time they must snap the ball to begin the next play.

Rule 14 – Interceptions and Fumbles

- 14.1 Interceptions and fumbles are live in all divisions.

- 14.2 If anything other than a hand or foot of the ball carrier touches the ground the player is down, whether touched by a player or not.

Rule 15 – Line-up Formations

- 15.1 The offense must have at least seven players lined up on the line of scrimmage for every play. Five offensive linemen are ineligible receivers. The defense does not have a minimum number of players required to be on the line of scrimmage.

Rule 16 – Disciplinary Issues

- 16.1 Any issues with a coach, parent, staff, contractor, or league policy must be made to the league coordinator in writing.
- 16.2 All participants, parents, guardians, and coaches are required to abide by the league's code of ethics contained in this packet. Any violation of the codes of conduct may result in suspension or removal from the league.
- 16.3 The league coordinators will review all written issues and determine resolution.
- 16.4 The league will have final judgment in all rulings. NYS has the authority to suspend or permanently remove any individual to uphold the mission and focus of NYS.
- 16.5 Field Coordinators are an extension of the Coordinator and their decisions will be treated with the same respect as the Coordinator.
- 16.6 Field coordinators have the ability to issue a penalty on teams for unsportsmanlike conduct of parents and coaches who do not comply with league and site rules.

Rule 17 – Playoff Tie Breakers

- 17.1 The first Tie Breaker will be Head to Head

Automatic Disqualifications:

- Fighting whether it is a player or spectator
- Striking, kicking, or kneeling any player or spectator
- Intentional contact with a game official
- Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
- Any other act that is unruly, rough, and/or flagrant
- A spectator violating the parent line or cautioned parent area.

Rule 17 – 11 Man Weighted Division Football addenda

- 17.1 All rules for 11 Man Weighted Football will be the same as 11 Man Unweighted Football with the following exceptions. The Bantam Division will run the same as the 11 Man Midget Divisions while the Cadet Division will run the same as the 11 Man Minor Division.
- 17.2 All players must weigh in on game days prior to each game. Weigh ins will be done as an entire team. Teams should weigh in 30 minutes prior to the scheduled game time. During that weigh in, all ID cards must be present for a player’s weight to be recorded.
- 17.3 Players must weigh in with a minimum of shorts on. Once weighed in, all players should get fully dressed immediately so that the game can begin on time. Players that are not close to being over the divisional weight limits are encouraged to weigh in with cleats and football pants on so that games begin on time.
- 17.4 Players will be given only one opportunity to step onto the scale and weigh in. There are no 2nd attempts. Once a weight is recorded, that weight stands for that game day.
- 17.5 11 Man Weighted Division **Maximum** weights are below for each division:

Bantam Division		Cadet Division	
League Age	Weight	League Age	Weight
8 Years Old	Unlimited	10 Years Old	Unlimited
9 Years Old	Under 115 Lbs	11 Years Old	Under 145 Lbs
10 Years Old	Under 95 Lbs	12 Years Old	Under 125 Lbs

NATIONAL YOUTH SPORTS
PLAYER'S CODE OF CONDUCT

We pledge to follow the National Youth Sports Player's Code of Conduct:

I will remember that games are played for **fun!**

I will display good sportsmanship ahead of my own personal desire to win.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.

I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.

I will shake hands with the other team at the conclusion of all games.

I will shake hands with the officials at the conclusion of all games.

I understand that I will be suspended from the league for violation of this Player's Code of Conduct.

**NATIONAL YOUTH SPORTS
PARENT'S CODE OF CONDUCT**

We pledge to follow the National Youth Sports Parent's Code of Conduct:

I will remember that youth sports are played for **fun!**

I will be a role model for my team demonstrating how to treat other players, parents, officials and coaches with respect at all times.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all referees, officials, or umpires and never act in a manner that would be disrespectful toward them.

I will be an encouragement to all players on all teams regardless of the score.

I will place my child's emotional and physical well-being ahead of my own personal desire to win.

I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.

I will not use drugs, tobacco, or alcohol at any National Youth Sports practices or games and will remind other parents not to do so. **ANY USE WILL RESULT IN AN EJECTION FROM THE FACILITY AND MAY FORCE THE LEAGUE TO REMOVE THE PLAYER FROM THE LEAGUE.**

I will remember that the game is played for the youth and not for the adults.

I will encourage my child to shake hands with the other team at the conclusion of all games.

I will encourage my child to shake hands with the officials at the conclusion of all games.

I understand that myself, and possibly my child, will be suspended without warning from the league for any violation of this Parent's Code of Conduct.

DISCIPLINARY PROCEDURES AND PENALTIES

1. **The players, head coach, and assistant coaches can be in the coach's box on the sidelines. The coach's box is between the twenty-five yard lines. These individuals must have proper identification to be on the playing side of the parent line. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All other parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders are prohibited at each site to protect the children, fans, and staff.**
2. **Profanity and arguing with any game official, NYS staff, or opposing parent/coach is not allowed, ZERO TOLERANCE. This will be strictly enforced. Failure to comply will be handled as follows:**

Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league coordinator's discretion.

Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists then the child of the parent/guardian may be suspended for one game.

Players will be ejected from the game and suspended for the following week's game. If the problem persists then the child may be suspended for the season and banned from future participation in the league. All Suspensions remain at the discretion of the league commissioner.

3. **In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.**
4. **NYS considers the code of conduct sheet enclosed in this packet as the first warning to all individuals participating in the league.**
5. **Any parents found engaging in verbal or physical violence with other parents, coaches, referees, or NYS staff will be suspended indefinitely from the league.**
6. **Any player, coach, or parent that is ejected from a game is automatically suspended for the next game played by their team. This suspension is mandatory and cannot be reduced or removed, though it can be lengthened at league discretion.**
7. **There is no smoking, smokeless tobacco, or alcohol of any kind permitted at any NYS Field. Any parent breaking this rule will automatically be ejected from the league.**