

## 2013 D&JC Youth Football League Rules (D&JC YFL)

2013 WIAA/National Federation Football Rules will govern with the following exceptions:

### A. GAME LENGTH

- \*8<sup>th</sup> Grade games: 9-minute quarters – no overtime allowed.
- \*7<sup>th</sup> Grade games: 9-minute quarters – no overtime allowed.
- \*6<sup>th</sup> Grade games: 14-minute continuous clock quarters – no overtime allowed. Clock to stop only for timeouts, injuries, scores and changes of possession.

\*\* Half Times to be 5 minutes, 10 minutes between Game Starts unless both teams are ready and the start time is not before the designated times.

### B. PLAYING TIME

1. No player may play in more than four quarters per week. An exception may be made if Coaches are notified that a player(s) may need to move up (*or down-if approved*) to help field a team at that level. *Players cannot play down a level unless expressly approved by the D&JC YFL Board. Players playing down must meet the weight requirements at that level if they desire to play at a non-restricted position. If they don't meet the weight requirements, they are restricted players to play on the line of scrimmage, wearing respective blue or white stars on their helmets. Rosters showing players playing down a level should be approved in advance and copies of those Rosters should be sent out to all D&JC YFL Board Members and Officials at least one week in advance of the 1<sup>st</sup> Regular Season Game.*
2. A quarter of play is participation in one or more plays per quarter.
3. Teams are allowed scrimmages prior to the Sunday, of the week that the D&JC YFL game schedule begins. Additional games are not allowed until after a team's league season has ended. The only exception would be if you have a Bye Week in the schedule. You could then arrange a game or scrimmage on your own with another organization not affiliated with this league. Unlimited scrimmages are allowed and count as practice time.
  - a. Scrimmages are defined as any practice in which two or more organizations participate in, which player to player contact takes place.

### C. SCORING / KICKOFFS AND PUNTS

1. Two points for kicked extra point, one point for run or passed extra point.
2. A team may have the option of kicking or receiving after any score or at half, if, they are 18 points or more behind.
3. In the even that a team is ahead by 18 or more points and records a safety, it will kickoff from the 40-yard line.
4. **6<sup>th</sup> Grade Modified Punt Rule** - On 4<sup>th</sup> down, or any other down where a team may elect to punt, the referee must be notified before the play may occur. Time is stopped after the punt and is restarted once the receiving team snaps the ball. The punting team has 25 seconds to punt the ball after notification. The defensive team must have a minimum of six players on the Line of Scrimmage (LOS), and may not rush the punting team, or punter. No players on the punting team will be allowed to go down field. The ball will be placed and designated downed, where the ball is controlled. If the ball bounces backwards, it will be place where its forward progress stopped. If the receiver fumbles the ball forward, the ball will be returned to where the catch was attempted. If the receiver fumbles the ball and it goes behind him, the ball will be placed and considered downed at the point where it is controlled. If the ball goes into the end zone after it

was touched by the receiving team, the ball will be downed at the point of deflection. If the receiving team catches the ball on the fly, five yards will be rewarded to the receiving team from the point of the catch. There shall be no contact made during the punt for any reason. If contact is made and the referee feels it is aggressive and premeditated, a 15-yard penalty shall be assessed. All teams are allowed to long snap the ball to the punter. If the snap is muffed or dropped, the ball may be picked up and punted from the punter's original position. There will be no rush.

**For 7<sup>th</sup> and 8<sup>th</sup> Grades only:**

- A. The WIAA freshman rules will be adopted with the following changes:
1. The center is protected on punt and extra point snaps. There are no limits as to how many players can rush the punter or kicker. "Blue or White star players" on either line of scrimmage cannot advance the ball.
  2. A Blue or White Star punter may not advance the ball by way of running the ball. They may however throw the ball downfield in addition to punting the ball if no attempts to advance the ball are made. They must remain stationary. If they advance the ball or roll out, the play will be blown dead and the down lost.
5. **6<sup>th</sup> Grade Modified Kick-Off Rules** – The kicking team kicks off from its 40-yard line, and may use from 1 to 11 players on the kick-off. The receiving team must have 11 players on the field. If the kick receiver touches the ball and the ball goes forward, the ball is put into play at that point, unless it is in front of the receiving teams 40-yard line, or behind its own 20-yard, then the ball goes into play on the 40 or 20-yard lines respectively. If the kick goes out of bounds, or is controlled before it reached the receiving teams 40-yard line, the ball is put into play at the receiving team's 40-yard line. If the receiving team catches the ball on the fly, the receiving team will be awarded 10 yards from the point where the ball was caught, unless it is in front of the receiving team's 40-yard line. In that case, the ball will be placed on the 50-yard line.

**Extra Points Kicks** – Extra Point Kicks are worth 2 points. The centers are protected. There is no rushing the kicker in 6<sup>th</sup> grade. 7<sup>th</sup> and 8<sup>th</sup> Grade Teams follow WIAA Freshman Rules. The Center is still protected but anyone may rush the kicker.

**Kick-Off Rules for 7<sup>th</sup> and 8<sup>th</sup> Grades only:**

- A. The WIAA Freshman Rules will be adopted with the following changes:
1. Five (5) blue or white star players will be allowed on the field of play for both the kicking and receiving teams. Blue Star Players must play within 15 yards of the kickoff when on the receiving team.
  2. Blue or white star players on either side cannot advance the ball.
  3. On-side kicks are allowed. If a Blue or White Star player recovers an on-side kick, the play will be ruled down at that point unless they immediately lateral the ball to a Non-Blue or White Star player.

**D. PLAYER WEIGHT**

1. No more than 5 Restricted players are allowed on the field of play and they must play on the Offensive or Defensive Line of Scrimmage, Tackles and in on offense within 10 feet of Center, Ends and in on defense within 13 feet of Center on the line of scrimmage.
2. Restricted players are defined as weighing 160 lbs. and over without equipment for the 8<sup>th</sup> grade, 140 lbs and over without equipment for the 7<sup>th</sup> grade and 120 lbs. and over without equipment for the 6<sup>th</sup> grade.
3. Each school can weigh-in their players at there own location but have to announce the date and time of weigh-in to the League President and other participating Head Coaches so they may

attend. At least one other Coach from the League must attend each Schools weigh-in. Complete rosters, to include the names of all coaches, their players and their players' respective weights, dates of birth, and uniform numbers, is to be provided to the League President at this time or at least 1 week prior to the start of league scheduled games. A picture of Restricted (Blue Star) Players, Non-Restricted Players and an overall Team Picture will be taken at this time.

\*A Mid-Season Weigh-In may be conducted. If so, players must again make the required weight or they will be moved to a Blue Star Status for the rest of the season.

4. Restricted players may not advance the ball. This restriction will be determined based on the roster weigh-in verifications turned in from each team.
5. Violation of this league rule will constitute a game forfeit.
6. **EXCEPTION:** Players over the maximum ball carrier weight for each team may punt, kick extra points or field goals, or kickoff.
  - A: A punter or extra point kicker over the maximum ball carrier weight is only allowed to kick or pass the ball if no advancement is made.
  - B: Penalty for violation of this rule is: dead ball foul with loss of down but no loss of yardage.
  - C: No player over the maximum ball carrier weight may line up beyond 15 yards of the ball on the kickoff receiving team.

#### **E. AGE REQUIREMENTS**

1. No players can participate in the D&JC YFL if they have reached the age of 15 by the start of the season. Players who turn 15 during the season will remain eligible.
2. Players in the 9<sup>th</sup> grade or above are prohibited from participating.
3. 6<sup>th</sup> Grade team players must be in the 6<sup>th</sup> grade or below, age 12 and under. 5<sup>th</sup> Graders are allowed if schools are having trouble filling teams and parents will allow it. Participants can play up a grade, but not down.

#### **F. EQUIPMENT**

1. Footballs: The League has gone to a standard Rawlings ST5 Composite Football. The Home Team will be responsible for providing game balls. There will no longer be a need to switch balls with changes of possession.
2. Shoes: Molded type – 14 cleats (Rubber or Plastic) on molded shoes – No metal or steel cleats.
3. Electrical Devices (walkie-talkies) are not allowed.
4. No Riddell youth helmets (ABS shell) eight years of age or older, or Riddell Varsity helmet (polycarbonate shell) ten years or age or older may be used unless they are certified OK. There are NO EXCEPTIONS to this rule. Helmets over 10 years of age need to be replaced.
5. Teams must follow manufacturer's equipment re-certification policy.
6. Jersey numbering for player positions need not follow WIAA rules.
7. All teams should try to have two sets of game uniforms, an away uniform and a home uniform. Work it out in advance with the team that you play, which uniform would be more appropriate to wear, especially if a team only has one uniform.

#### **PRESEASON PRACTICE**

1. Football practices may commence no sooner than 3 weeks before the first regularly scheduled game or when your respective High School Football team begins practice, whichever comes first. This year's season and first eligible practice begins Saturday, August 4, 2012.
2. A practice is defined as an organized gathering of players and coaches.
3. EXCEPTION: Meetings for sign-up and equipment issues are allowed.

## **G. PRACTICE TIME**

1. Prior to school starting, 10 hours per week of practice is allowed.
2. After school is in session, a maximum of six (6) hours per week is allowed.
3. Prior to contact work (hitting others with full equipment on), each player must complete ten (10) hours of supervised non-contact practice.

## **H. ROSTERS**

1. Registration forms (rosters) are due to a league designee by a designated day prior to competition.
  - A: Rosters not turned in by the designated league due date, will result in forfeiture of all games until said rosters are received by the league.
  - B: Roster information will include: player's name, grade, school, team, player's weight, uniform number, complete home mailing address, zip code and phone number.
  - C: Rosters must have the names of all coaches listed on the bottom.
  - D: All players are subject to random residence verification by a league representative.
2. Players on rosters are required to reside in the members designated high school district boundary unless their district does not offer a youth tackle football program. For "Private School" systems participating in the league, all players must attend that school or be a part of their feeder system.
3. Players who move into an organization school district after the start of the season can be added to that team only after all required roster information has been given to the league prior to the players participation in a league contest. (Remember 10-hour rule still applies).

## **I. GAME TIMES**

1. Games will be on Saturdays at 9:00am for 6<sup>th</sup> grade games, approximately 10:30am for 7<sup>th</sup> grade games and approximately 12:00pm for 8<sup>th</sup> grade games unless otherwise scheduled. 7<sup>th</sup> and 8<sup>th</sup> grade games to start 10 minutes after completion of previous games respectively unless behind schedule. If behind schedule, teams should be ready to start immediately following the conclusion of the preceding game.
  - A: By mutual agreement or when field conflicts occur, coaches can re-schedule game times. Be sure to let League Commissioner/Board Members know of change.
  - B: Home team is responsible to notify assigned referees of change, preferably one week or more before rescheduled date.
2. Postponements due to weather or any other unforeseen circumstances must be rescheduled by no later than Monday following the postponement. Failure to do so by either team will result in a forfeit for both teams involved.
3. Games will be considered complete after the completion of the 1<sup>st</sup> half of play. Games called prior to the end of the first half will be considered incomplete games and will be resumed following WIAA rules.
4. Games will be called by joint agreement between Officials and Head coaches.

## **J. GAME FIELD RULES**

1. A spectator restraining line is suggested. A minimum of 5 yards back from the playing field is a good distance. This line can be chalked off.
2. Responsible people are to work the sideline chains and down-markers for all levels of play. These people should be quiet, professional and unbiased during the game
3. There should be access or reasonable availability to medical assistance. A Doctor, Paramedic, EMT or Certified Trainer is required to be at your Home games. Home Teams will provide this service. A License Trainer on the field during all games would be the preference.
4. You must have a game or field clock along with a qualified person(s) to run it.
5. You must provide a safe and playable field of play with goal posts. Coaches/players must remain inside the 30-50-30 yard box.
6. You should have an Announcer at your home field games.

7. You should have rest rooms or provide port-a-potties available within a reasonable walking distance of the playing field.
8. Home teams will have available an abundance of Ice and Water for visiting teams and trainers, etc.
9. A Concession Stand is required for all home games.

#### **K. CHAMPIONSHIP GAME**

1. None to be held.

#### **L. CONTRACTS FOR REFEREES**

1. 4 Officials are required for games, at least 3 of which must be WIAA Certified. At least 3 officials are needed to be present for a game to start at the 7<sup>th</sup> and 8<sup>th</sup> grade levels. At least two (2) officials must be present for the 6<sup>th</sup> grade level. If the minimum number of officials/referees are not available, the game must be rescheduled or mutual consent from both teams must be given before play is to start.
2. Home teams will be responsible for the hiring and paying of officials. Officials will be compensated at \$40.00 per official, per game, and should be paid immediately after the games are completed.

#### **M. SPECIAL LEAGUE RULES**

1. 6<sup>th</sup> grade teams are allowed a maximum five (5) man defensive front. Blitzing is not allowed. The 5 Defensive Line players should play over the Center, in the gap between the Guards and Tackles and on the outside shoulder of the Tight Ends. Linebackers should be 5 yards off the Line of Scrimmage.
2. An Offensive Coach and a Defensive Coach will be allowed on the field of play if so desired by both teams.
3. Restricted players will have a league-approved marker, either a blue star or a white star, on their helmets.

#### **N. COACHES / PLAYERS CONDUCT**

1. All Head Football Coaches at each grade level in the D&JC YFL, except coaches who are Licensed Teachers, should be certified by either ACEP, PACE or NYSCA programs. It is strongly suggested, but not mandatory, that all other Assistant Coaches get certified. Uncertified Coaches or personnel on the sidelines during games may find that they are not covered by insurance.
  - A: Proof of certification should be provided with team rosters.
  - B: All league coaches should make an attempt to attend coaching clinics during the off-season.
2. The Head Coach is responsible for the conduct of his assistants, players and sideline conduct of parents. Only the Head Coach, or Offensive and Defensive Head Coach should have discussions with the Officials, no one else. Trash Talking, Taunting, or Inappropriate Language by Coaches or Players is not, and will not, be allowed. If witnessed, a 15-yard penalty will be assessed and the player or coach will be warned. If it occurs again, that player or coach will be suspended from that game and the following game. Coaches are strongly encouraged to try to keep Parents / Spectators in line if possible.
3. Any Coach ejected from a game will also be suspended for the next scheduled game, and,
  - A: If the league feels the offense is serious enough to warrant additional game suspensions, they will meet and have the power to suspend a coach for additional games.
  - B: Any coach receiving two (2) suspensions during the season will be suspended from coaching the remainder of the season and the following season.
  - C: Suspension means the coach may not be within sight or sound of the playing field. Coach suspensions are to be reported promptly to the League.

4. Any player ejected from a game by an Official will be suspended from participating in the next scheduled game. By League Rules, A player found to have committed 2 personal fouls in a game will also be suspended for the remainder of that game and the next game. Suspended Players will be expected to practice with their teams but are not allowed on the sidelines the day of their suspended game. Evictions of Players or Coaches should be reported to the league.
  - A: Players suspended may not be in uniform, but may attend the game as a spectator in the stands. Suspensions are to be reported to the League promptly.
  - B: A player who violates a specific Club or School rule will be at the mercy of that respective Club or School rule as far as eligibility is concerned, and the League will not intervene.
5. No smoking or use of tobacco products is allowed on the sidelines or on school grounds.
6. No alcoholic beverages are allowed on the sidelines or on school grounds.
7. No profanity or abusive language shall be directed at officials, coaches, fans or players.
8. Participants should be held accountable for their academics even though this is not a School-Sanctioned League. Attendance of classes and maintaining passing grades should be a basic requirement.
9. Etiquette and Sportsmanship should be followed at all times. Please observe the 18-point rule and don't run up the scores if possible. Teams behind by more than 18 points have the option of the ball. If in the second half and behind by 35 or more points, a continuous clock will occur.
10. Participation by all players on a team should be practiced. Remember this is to be an instructional league.

**GOOD LUCK WITH YOUR SEASON!!!**