



Rules

RULES: The **Nueces County Youth Football League (NCYFL)** will follow the rules of the University Interscholastic League (**UIL**) and the National Collegiate Athletic Association (**NCAA**) with the following additions, exceptions and clarifications.

I. COACHES CODE OF CONDUCT

All coaches, football and cheerleading participants will abide by a **Code of Conduct**, which includes the following provisions. If any of these rules are broken, the **Nueces County Youth Football League (“Board of Directors”)** shall have the authority to impose a penalty, including, but not limited to immediate suspension of a minimum of one game.

Coaches shall:

- A.** Not smoke or use smokeless tobacco at the **NCYFL** facility or any **NCYFL** function.
- B.** Not criticize players/cheerleading participants in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team/squad members if others might benefit.
- C.** Accept decisions of the game officials, judges, and **NCYFL Board of Directors** on the field, in competitions and at **NCYFL Board Meetings** as being fair and called to the best ability of said officials.
- D.** Not criticize an opposing team, its players, cheerleading participants, coaches, officials, fans or **NCYFL Board Members** by word of mouth or by gesture. Criticism shall be allowed in writing to the **NCYFL Board of Directors** only!
- E.** Emphasize that good athletes strive to be good students and that they are both physically and mentally alert.
- F.** Strive to make every football and cheerleading activity serve as a training ground for life, and a basis for good mental and physical health.
- G.** Emphasize that winning is the result of good “teamwork.”
- H.** Together with game officials, be jointly responsible for the conduct and control of team, fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave. This code of conduct must be followed at ANY **NCYFL** sponsored event, (i.e. games, practices, camps, etc). Failure to comply will result in sanctions as detailed in Section VI.

- I.** Not use abusive or profane language at any time.
- J.** Not receive any payment, in cash or kind, for services as a coach in the **NCYFL**. This includes any coach, expert, consultant or choreographer, regardless of his/her roster status.
- K.** Not permit or encourage “sweating down” tactics in order for a player to make the leagues “ball carrying” weight.
- L.** Not recommend or distribute any medication, controlled or over the counter, except as specifically prescribed by participant’s physician. (Only the legal guardian may distribute medication of any kind.)
- M.** Not permit an ineligible player or cheerleading participant to participate in a game.
- N.** Not deliberately incite unsportsmanlike conduct.
- O.** Abstain from the possession and drinking of alcoholic beverages and the possession or use of any illegal substance at **NCYFL** facilities.
- P.** Remove from a game or practice any participant when even slightly in doubt about his/her health, whether or not as a result of injury, until competent medical advice is available.
- Q.** Control their fans. Remember, as a team coach, you’re responsible for your team, and fan reaction will usually be in step with your reaction. Coaches must apply a reasonable effort to control their fan base.
- R.** Not allow pets at the **NCYFL** facilities.
- S.** Not allow glass containers at the **NCYFL** facilities.
- T.** Not allow firearms at the **NCYFL** facilities.
- U.** Prevent children from climbing trees, fences, bleachers, or entering the press boxes on **NCYFL** facilities without adult supervision.
- V.** Not allow skateboards, bicycles, roller blades or skates in the park.
- W.** Uphold all rules and regulations provided by the **NCYFL** in conjunction with all **U.I.L.** and **NCAA** rules.
- X.** Adhere to the Coaches Conduct as listed in the then-current season Parent Handbook. To the extent the coaches conduct listed in the **NCYFL Rules** conflicts with the Coaches Conduct listed in the then-current season Parent Handbook, the **NCYFL Rules** shall control. All participants must sign a parent/ player code of conduct agreement form.

II. RULES APPLICABLE TO ALL DIVISIONS:

A. Events

1. All players may participate in a maximum of four (4) events per week. An event is

Defined as a meeting with more than three (3) players and a coach engaging in football related activities (including, but not limited to, practice, football games, or viewing film). An official game counts as one event. Team parties not involving practice or instruction are permitted and are not counted as an event.

2. There will be no scheduled events for Sundays with the exception of games scheduled as post-season tournament play and/or make up games.

B. Divisions (Age Groups)

Freshmen:	5 & 6 year olds
Sophomores:	7 & 8 years olds
Juniors:	9 & 10 year olds
Seniors:	11 & 12 year olds

1. Player eligibility shall be determined by using **MAY 31ST** of the current year as the cutoff date. Parents may opt to have their child "play up" one year in play (for example, a 6-year-old playing with the 7 & 8 year-olds). Under no circumstances will any player be allowed to "play down" or play in two (2) different divisions. Players are eligible to play within their own respective age group based on age eligibility.

2. Proof of Age: A certified copy of a birth certificate bearing the seal of the Issuing office of the state of birth is required. Absent a birth certificate, a Document that is approved by the **NCYFL Board of Directors** is required.

C. The Division Weight Limitations For Players Who Can Run The Ball

Freshmen:	75 lbs
Sophomore:	100 lbs
Junior:	125 lbs
Senior:	145 lbs

1. All player weights are without helmet, shoes/cleats or pads.
2. A medical scale shall be used to weigh every player. The medical scale shall be one that is preset to the applicable Division Weight Limitation.
3. Coaches shall provide a team roster for review by a **NCYFL Board Member** and both coaches must be in attendance and supervise weigh in. Each team shall have all of its players weighed prior to the start of each game during the season to ensure the weight limitation is being maintained. To prevent controversy, the game day weigh-in is mandatory and cannot be waived or modified by anyone, including the coaches. Weight check by challenge or other than the above-prescribed method is not acceptable. A coach who plays a player who exceeds the applicable weight limitation in a game shall forfeit the game and shall be suspended from participating in the next scheduled game. A player who violates the above weight limitation shall be suspended from playing in the game and the next scheduled game. Late arrivals will be allowed to participate; however, the child must be weighed in and will not be allowed to participate in the backfield or at tight end.
4. Football players weighing over the applicable weight limitation may not line up in the backfield for any reason (i.e. **they may not line up anywhere but on the line of scrimmage**). A player exceeding the weight limit by a maximum of 20 pounds may line up as the tight end and be eligible to catch a forward pass thrown past the line of scrimmage (screens, laterals. etc. are NOT permitted!). For the purpose of NCYFL bylaws, the “tight-end” position shall be defined as a player on the line of scrimmage outside the offensive tackle and lined up no more than the 3 yards from the offensive tackle. Any violation of the “tight end rule” shall be the loss of a down and a 15-yard penalty. In addition, players weighing over the applicable weight limitation may advance the ball on a fumble, kickoff, punt, blocked punt or interception that they recover or that falls into their hands. Players who weigh over the applicable weight limitation may not line up deep in kickoff or punt formations to accept the ball. Tight end Rule: Tightends may weigh no more than 20 lbs. of the established running back weight limits.

D. Length of Games

Freshmen:	Four (4) 6 minute quarters
Sophomores:	Four (4) 8 minute quarters
Junior:	Four (4) 9 minute quarters
Senior:	Four (4) 10 minute quarters

Clock is not continuous during play.

E. Regular Games

1. A regulation game is the completion of play of a game in its entirety.
2. Games halted for inclement weather may be rescheduled by the **NCYFL** and will be played in the following week. Resumed games will be started where play was suspended. The **NCYFL Board of Directors** (or their authorized representative) on duty at the park will be responsible for weather decisions and game time changes. Game times may be changed in the event of inclement or unforeseen circumstances and are subject to same day or alternate day postponement. Example: A thunderstorm forces the postponement of the first game of the day. The storm passes and the first game of the day is now rescheduled to the last game of the day. All other game times remain the same.
3. If at the end of regulation play a tie exists, both teams will return to their sidelines and the team captains responsible for calling the coin toss will meet with the referees. The visiting team is responsible for calling the first coin toss/flip. The winner of this coin toss may choose to accept (start on offense) or refuse the ball (start on defense). The loser of the coin toss will decide which end zone overtime will be played in. Each team will receive the ball on the 25-yard line. A first down can be made in this scenario. If a tie still exists after both teams have attempted to break the tie each from the 25-yard line, the ball will be placed on the 10-yard line of the same end zone, change of

possession will take place and play will resume. There will be no flip-flop of end zones unless field conditions dictate a need for change. The referees will determine this. Each team will again receive the ball for four (4) offensive plays. There is no chance of a first down being made at this point to extend the numbers of plays to more than four (4). A turnover by mishap (fumble, interception, failed kick attempt, etc.) or loss of possession (loss on downs, penalty, etc.) concludes a team's possession of the ball in all situations. A tied game will be played until a winner is declared. The ball will be moved to the five (5) yard line on the third tiebreaker attempt and remain there until a winner is determined. Each team receives one timeout per tiebreaker attempt.

F. Minimum Playing Time: (All teams must field at least 10 players except for a freshmen team).

1. Every player must play at least one half (1/2) of the game, either on offense or defense. Exceptions will be made only for a verified injury, disciplinary action or player absence. A coach who plays a player less than one half of a game shall be suspended for the next game.
2. Temporary substituting is permitted for brief (1 or 2 plays) rest breaks and brief instruction. This is not a violation of the minimum-playing rule. A player voluntarily leaving the game is acceptable as well.

3. A player who does not participate in regularly scheduled practices and/or needs to be disciplined for his/her conduct can be suspended for a game (or on a per quarter basis) by his/her coach. The coach must provide written notice (prior to game day) to the **NCYFL Board of Directors** and/or **Commissioner** and the opposing coach of the game for the suspension to be carried out. The opposing coach can appeal the disciplinary action. All decisions made by the **NCYFL Board of Directors** on such suspension shall be final.

4. Parents (and only parents) may voluntarily withhold their children from participating in the game.

5. Failure to comply will result in game forfeit. Video is critical criteria of proof

G. Uniforms and Equipment

1. Only league issued uniforms are allowed during games.

2. All league players must wear mouthpieces at all contact practices and games.

3. All players must wear a properly fitting helmet with facemask meeting safety standards. Shoulder, hip, knee, thigh, and tailbone pads are required for all contact practices and games. Shoes are to be of molded rubber type of sole/cleat. Metal cleats are not permitted.

H. 4. Length of Games

Freshmen: Four (4) 6 minute quarters

Sophomores: Four (4) 8 minute quarters

Junior: Four (4) 9 minute quarters

Senior: Four (4) 10 minute quarters

Clock is not continuous during play.

I. Coaches

1. Coaches submit and application to the League requesting the opportunity to coach a team.

2. The board will conduct interviews and back ground checks to determine qualifications of applicant.

3. A subcommittee of the **NCYFL Board** (The Football Committee) shall select coaches deemed appropriate.

4. Once a head coach is selected, the head coach may choose one official assistant coach prior to the first tryout and that selection must be approved by the Football Committee.
5. Once the season has started, other assistant coaches may be allowed to participate and up to 4 coaches may be on the sidelines of an official game.
6. The **NCYFL Football Committee** may choose a coach out of necessity during the tryout period. In the event of this situation, the head coach will be allowed to select an official assistant coach at that time.
7. **NCYFL** will offer 2 tryouts prior to the start of the season for the opportunity for coaches to observe the registered players.
 - a. Once a head coach and two official assistant coaches have been selected for a team and approved by the **NCYFL Football Committee**, their children shall be labeled as “freezes” for draft purposes. (See definition of “freezes” – Below)
 - b. Defining a “freeze”: A player that is defined as “frozen” will be removed from the free draft and automatically be placed on a specified team. In return, the coach relinquishes a pick in the draft during a specified round for each frozen Player. The coaches in conjunction with the **NCYFL Division Commissioner** will be charged with ranking the two “freezes” through a consensus or vote.

Example: Player A is ranked #1 and Player B is ranked as a #5 round draft pick by the coaches and Division Commissioner. Team X would not be allowed to choose a free Player in either of those respective rounds because their “frozen” Players would account for those picks.

J. Tryouts

1. **NCYFL** will offer 2 tryouts prior to the start of the season for the opportunity for coaches to observe the registered players.
2. Players are required to be weighed and measured. In the tryout, the players will be required to (but not limited to) run a timed 30-40 yd dash, run a timed agility test, attempt to catch a football thrown by a coach and tackle a tackling dummy.
3. Before the players are dismissed, the coaches will have an opportunity to ask each player a few questions.

K. The Draft

1. The draft for each division will be held separately after the tryouts. Each coach will draw numbers for draft positions prior to the start. Once a team has picked their draft position, teams will be allowed to trade this draft position before the draft starts.
2. The draft will be conducted in a snake format, (i.e. First Round: 1-2-3-4; Second Round: 4-3-2-1; Third Round: 1-2-3-4; etc.)
3. In the event that a “frozen” player has not tried out, that player will automatically be frozen in the first round of the draft. If both “frozen” players on a specified team do not tryout, these frozen players shall be deemed first and second round picks and no other players may be selected during these two rounds.
4. In the event that there is a returning player that cannot tryout on either of the designated dates, they will be placed in the free draft and can be drafted as if they have tried out.
5. In the event that there is a new player who is registered but cannot try out on either of the two designated dates, they will be assigned to a team after all players who are eligible to be drafted have been selected. The Coaches will pick these players via a hat draw at the end of the draft.
6. There will be a designated 10 minute period following the draft when coaches can trade players between teams. This time limit may be adjusted by the **NCYFL Division Commissioner**.

L. Coach, Player and Parent Behavior

Coaches, players, parents and spectators are expected to conduct themselves in a respectful manner at all times. The use of profanity, obscene gestures, derogatory remarks or name-calling is prohibited and can be grounds for violator’s removal from park.

1. Coaches Responsibilities

- a. Coaches will make every attempt at a minimum to teach fundamental blocking, tackling, and basic offensive plays and defensive plays.
- b. All coaches must instruct their players to initiate contact while their heads are up. The league will not tolerate any deliberate initial contact by the top of the helmet (spearing) in a practice or game. Such infraction occurring a maximum of two (2) times in a game will result in immediate ejection of the player from the game. The referee on the field has full authority in this matter.
- c. Coaches are responsible for player hydration. Practices will have no less than three (3) water breaks and water must be made available at all times during games.

- d. Four (4) adults are allowed on each team's sidelines during games. The first violation in a game shall result in a warning being issued. A designated team parent will be allowed on the sidelines to help coaches with drinks, etc.
- e. All coaches are required to attend the pre-season coaching meeting(s) and any other meeting requested by the board. Mandatory! Failure to comply will revoke sideline privileges for the entire year.
- f. Any violation of any league rule will result in a minimum 1 game suspension.
- g. Coaches are responsible for their player's parent's behavior and can be penalized by the officials during a game for unsportsmanlike conduct if deemed necessary.
- h. The Home Team is to provide the announcer and scorekeeper. The Visiting Team is to provide the chain gang crew. Volunteers must be at least 13 yrs old and above. If any team fails to provide volunteers for their respective duties, a personal foul will be assessed on their first offense. A second offense will be a forfeiture of their next game.
- i. Practice time per division is as follows (including breaks):
 - a. Freshmen: 1 hr 15 min
 - b. Sophomore: 1 hr 45 min
 - c. Junior & Senior: 2 hrs

M. Field Dimensions and Restrictions

1. Dimensions

Freshmen Division:	80 or 100 yard field (depending on Coaches' agreement)
Sophomore Division:	100 yard field
Junior Division:	100 yard field
Senior Division:	100 yard field

Interleague or tournament games will be played on the field assigned by the host team.

- 2. One person from each playing team is allowed in the press box for the purpose of filming the game. The home team will also provide an announcer and a clock operator. Opposing team coaches or parents are prohibited from the press box during the games.

III. FRESHMAN DIVISION RULES

- A. Two coaches are allowed on the field to call plays and assist in quick alignment of the players. After such assistance, coaches will back away and maintain a 10-yard distance from the line of scrimmage. Once the quarterback is under center, no further instruction is to be given by either coach of either side until the play is whistled dead.

Should such assistance take place, the coach will receive a warning from the referee for the first offense; a 15 yard unsportsmanlike conduct for the second offense, and his removal from the game for the third offense. Encouragement or motivational comments are not considered instructional.

B. All punts are free kicks that must be declared in advance of the kick.

C. Games are to be played with eight players. (*NOTE: CHANGE – FRESHMAN COACHES AGREED TO PLAY WITH 11 PLAYER FOR THE 2007 SEASON. 11 PLAYERS WILL BE ALLOWED FOR THE FOLLOWING SEASONS IF ALL HEAD COACHES ARE IN AGREEMENT. THIS WILL BE DETERMINED ANNUALLY). Three backs are allowed in the backfield (quarterback and two running backs) and both ends are eligible provided all parties are under the weight limit to carry the ball. Freshmen are not allowed to line head-up (nose guard) over center. *

D. Ball carrier weight limit is 75 lbs. Tight ends may not exceed 95 lbs.

E. Extra Points:

Run – 1 pt

Pass – 2 pts if caught in the end zone

1 pt if caught and run into the end zone

Kick – 3 pts

All extra point attempts are live contact.

F. Any team leading at halftime by 28 points must remove their starting backfield personnel (starting or “key” QB and RBs)

1. The starting backfield may not return to the backfield until the margin is less than 28 points.

2. A team that goes ahead by 28 points may leave their starting backfield in to attempt the extra point conversion.

G. No player shall line up on the center. (No nose guards) Freshman division only. This rule prohibits any player from lining up in the “A” gaps to the right or left of the center. Linebackers shall be 3 yards off the line of scrimmage. Violation of this rule is an automatic first down.

H. All other rules will be in accordance with **UIL** and **NCAA** guidelines.

IV. SOPHOMORE RULES:

All rules are the same as the Freshmen Division with the following exceptions:

- A. No coaches are allowed on the field at any time. Coaches must stay between the 20 yd lines and are not allowed to cross over this boundary.
- B. All punts are live with the exception of a team declaring a free kick within its own 20 yd line. Such kick must be declared to the referee and neither side may advance until the ball is kicked. No fakes are allowed on free kicks.
- C. Maximum weight limit is 100 lbs to carry the ball (backfield). Tight ends may not exceed 120 lbs.
- D. You *can* have a nose guard line up on the center.

V. JUNIOR AND SENIOR RULES

All rules are the same as the Freshmen Division with the following exceptions:

- A. No coaches are allowed on the field at any time. Coaches must stay between the 20 yd lines and are not allowed to cross over this boundary.
- B. All kicks are live.
- C. Maximum weight limit to carry the ball (backfield): Juniors = 125 lbs and seniors = 145 lbs. Tight ends in juniors may not exceed 145 lbs and 165 lbs in the senior division.

VI. ENFORCEMENT OF RULES AND POLICY

A. Contact with Officials

If a player or adult should strike (hit) a game official, the player or adult shall be temporarily or permanently suspended from **NCYFL**.

B. Radios and Communication Devices

No radios or other communicative devices shall be allowed during game situations to relay information to the coaching staff on the sidelines.

C. Blocking and Tackling Restrictions

Nose guards (except in the Freshmen Division) may blitz or use slants. However, leg whipping, chop blocking, (offensive player engages defensive player above the waist and a second offensive player blocks the player below the waist); face tackling or spearing techniques shall not be permitted. If a coach teaches a player these prohibited techniques, the coach shall be suspended from **NCYFL**.

D. Formal Protests

Coaches may only formally protest the eligibility of a player or cheerleader (i.e. issues dealing with weight or age). The **NCYFL Board of Directors** shall decide all other actions addressed herein. Protests must be made writing to the appropriate commissioner and shall require a \$50 fee. Protests will then be addressed by the **NCYFL Board of Directors**.

E. Minimum Mandated Penalties

- 1.** Endangerment of juveniles: Suspension for one (1) year, to permanent suspension upon repeated offenses.
- 2.** Coaches Fighting: Suspension for one (1) year, to permanent suspension upon repeated offenses.
- 3.** Cheating: Suspension for one (1) year, to permanent suspension upon a second offense.
- 4.** Threats: Suspension for one (1) year, to permanent suspension upon a second offense.
- 5.** Lack of Cooperation/Obstruction: Suspension until compliance is achieved.
- 6.** Player/Cheerleader Fighting, or Disrespect for Authority: Suspension for one (1) game/competition. A second suspension during the same season shall result in the player/cheerleader being removed from the team for the balance of the season.
- 7.** All disciplinary action listed in these rules shall be enforced as written.

VII. POST-SEASON PLAY (ALL-STARS)

A. There shall be first and second tier level play in All-Stars, except for the Freshman Division.

1. FRESHMEN

There should be only one All-Star Team in the Freshmen Division. This team may consist of 16 players and shall be coached by the Super bowl winning coach. If this coach opts out, the runner up has first right of refusal and so on down the line to the last coach in the division. Each coach will nominate players from his team; however, the Head Coach of the All-Star team makes the final determination on players selected.

2. SOPHOMORE, JUNIOR and SENIOR

There shall be Division 1 and Division 2 All-Star teams in this division. These teams may consist of 18-22 players each. The Division 1 team shall be coached by the Super Bowl winning team's head coach. The Tier 2 team shall be coached by the runner up. If either of these coaches opts out, the next progressive team's head coach has first right of refusal and so on down the line to the last coach in the division.

The Tier 1 team has first right of refusal on ALL players in the division, with the exception of the runner up and his first assistant's freezes. The Head coach and first assistant of the Division 2 All-Star team shall be the only players eligible to "opt down" to the Division 2 team if desired and selected. Any player chosen to be on the Division 1 Team, that chooses not to play on the team, is ineligible for any other post season play. Additionally, the Division 2 team may opt to "play up" into Division 1; however, they may not go back "down" to Division 2 play through the remainder of that particular tournament.

3. The coach of the All-Star team is allowed to select a desired number of players from his regular season team.

4. The current **NCYFL** Board shall determine the number of All-Star teams per division at its discretion. The goal is to benefit both the players and **NCYFL**.