

# Ayden/Winterville Football Rules

Age Eligibility: Players must be between the ages of 8-13 years old. A player cannot turn 14 before the September 1<sup>st</sup> of the current year.

Weight Limit: A **minimum** weight of 50 lbs. will be required for age's 8-13. Please refer to table below for position weight requirements. Players required to play offensive and defensive line will wear a black "X" on the back of the helmet. Players required to play offensive line only will wear an orange "X" on the back of the helmet. Any player with an "X" must play interior line (tackle to tackle).

	<b>8-10 yr. olds</b>	<b>11-13 yr. olds</b>	<b>Notes</b>
Skill Position	Max 115 lbs	Max 140 lbs	
O & D Line	116-135 lbs	141-155 lbs	Players shall display black "X" on helmet at all times
O Line Only	136+	156+	Players shall display orange/red "X" on helmet at all times
Minimum weight for 8-13 yr. olds is 50lbs			

Weigh-Ins: All players shall be weighed in at the time they receive equipment. Players will be weighed again the Thursday of practice prior to week of first games. At this time, if a player is within 5 pounds of a position class, shall be permitted one additional weigh-in. This final weigh-in will be Friday of the second week of games. All weigh-ins include shirt and shorts.

Mouth Pieces: All players must have their mouthpiece attached and hanging from their facemask at all times. ALL MOUTHPIECES MUST BE OF COLOR (NOT CLEAR).

Exception: Clear mouthpieces designed for braces will be allowed.

Both leagues will play by NCHSAA Football rules with the following exceptions:

## General Rules

Field Dimensions: The field will be 80 yards in length by 40 yards in width. First Downs will be 10 yards and penalties will be 5 and 10 yards. Hash marks will be painted 1 yard outside of the goal posts.

Official Ball: League shall utilize the Wilson TDJ for all tackle football games.

EXTRA POINTS: Run—1 point, and Kick—2 points. Field Goal-3 points

Tiebreakers: High school rules will be followed in the event of a tie. Each team will have four downs to score from the 10-yard line.

Home team: The Home team will be responsible for providing a chain crew. The Home side is the side closest to the concession stand.

Timeouts: are awarded according to high school rules. 3 timeouts per half

Participation Time: Every player must play at least 6 downs per half for a total of 12 plays per game. 2 special teams' plays (only) will count towards the total number of plays. If a player does not play enough downs in a game because of some oversight, and the Recreation staff gets a complaint, someone (staff) will be assigned to count the number of downs that the player is involved with in the next game. If a coach does not let the player in on 12 downs in the next game, then that team will have a forfeit of the game.

Rosters: After 2 weeks of the regular season, all rosters will be frozen. No more players will be allowed to be added, unless special circumstances arise.

Ejections: Any player or coach removed from a game for any penalty will have to sit out the rest of the game and complete next game. The player must be present and on the team bench at the next game before he can play in another game. The coach will not be allowed on (Ayden or Winterville) Recreation property until suspension is lifted.

Contact Practice: Once the game season begins, a team may not conduct practice involving player to player contact (i.e. hitting), one calendar day after respective team's game day(s). This does not preclude teams from practicing, only prevents hitting.

Game Clock: All games will be played in four ten (10) minute running quarters, except during the last 2 minutes of each half when regular timing rules will apply. The clock will also stop on official timeouts for injuries, charged timeouts, and after touchdowns. Halftime will be 5 minutes. If a team is winning by 21 points or more the clock will continuously run except for timeouts and injuries.

Play clock: The league will utilize a 25-second play clock. First play clock violation will result in a warning. All subsequent play clock violations will result in a 5 yard penalty.

- During last 2 minutes of each half (2<sup>nd</sup> & 4<sup>th</sup> quarters), play clock will begin on snap following delay of game penalty.

Grace Period: There shall be a 15-minute grace period for the first game being played on each scheduled game night (typically 6:00 p.m. start). No grace period for second game being played on each scheduled game night (typically 7:45 p.m. start). Grace period is provided for teams to obtain the minimum number of players required to start a game. Game will begin at any time, between scheduled start and end of grace period, if a team has the minimum number of players required. If grace period expires and a team lacks the minimum players required, said team shall forfeit game.

Preseason Meetings: A coaches/staff/officials meeting will be held prior to the season to discuss rule changes and to avoid controversy.

All officials will be required to sign off stating that they have read and understand rules before calling a game.

## **8 - 10 YRS League Rules:**

Minimum Players: A team must have at least 9 rostered players, in uniform, for game play to begin.

Kick-Offs: No kick off for 8-10 Division. Team on offense will start play with ball at 20 yard line.

Defensive Line: A 6-man or less defensive line may be employed (does not include defensive ends outside of the offensive line). The defensive line includes down lineman within the tight ends. An 8-man line can only be used inside the 10-yard line. Interior lineman must be in a three or four point stance before and at the snap of the football.

Offensive Line: Offensive linemen (including but not limited to guards) may not pull from the line of scrimmage to block in an area outside of their position.

Linebackers: Linebackers who line up between offensive tackles must be a minimum of 2 yards off the defensive linemen. Outside of the tackles, linebackers may come up to the line of scrimmage in a standing position. Linebackers cannot be moving forward within 2 yards of the line of scrimmage when the ball is snapped. (PENALTY: 1<sup>st</sup> offense: warning; 2<sup>nd</sup> offense: 5 yards; 3<sup>rd</sup> offense: 10 yards)

Nose Guard: The position of nose guard will not be utilized and is illegal.

Punts and field goal/extra point: No rushing will be allowed. Punting: A miss handled snap will result in a dead ball and the opposing team will take over on the down and where the ball is ruled dead.

Field Goal: A miss handled snap by the holder will result in a dead ball and a team will take over possession. The holder must be on one knee in a proper holding stance. No fake kicks, field goal or punt. Kicking intention must be declared to official on 4<sup>th</sup> down and extra point attempt in order to provide each team chance to remove players with "X" from field as necessary.

Note: If you are kicking a field goal or extra point you may use your black and orange "X" players. If you are receiving or kicking a punt then you may NOT use your black or orange "X" players due to contact with the other team. No black or orange "X" players may be utilized for kick-offs.

## **11 – 13 YRS League Rules:**

Minimum Players: A team must have at least 9 rostered players, in uniform, for game play to begin.

Kick-Offs: No kick off for 11-13 Division. Team on offense will start play with ball at 20 yard line.

Punts and field goal/extra point: Kicking intention must be declared to official on 4<sup>th</sup> down and extra point attempt in order to provide each team chance to remove players with "X" from field. Fake kicks, field goal and punt, are allowed.

Note: No black or orange "X" players may be utilized for special teams.

Defensive Line: A 6-man or less defensive line may be employed (does not include defensive ends outside of the offensive line). The defensive line includes down lineman within the tight ends. An 8-man line can only be used inside the 10-yard line. Interior lineman must be in a three or four point stance before and at the snap of the football.

Linebackers: Linebackers who line up between offensive tackles must be a minimum of 2 yards off the defensive linemen. Outside of the tackles, linebackers may come up to the line of scrimmage in a standing position. Linebackers cannot be moving forward within 2 yards of the line of scrimmage when the ball is snapped. (PENALTY: 1<sup>st</sup> offense: warning; 2<sup>nd</sup> offense: 5 yards; 3<sup>rd</sup> offense: 10 yards)

### Draft Rules

The Winterville football draft is designed to accomplish some semblance of parity among our teams as well as allow players to remain on the same team their entire career unless circumstances arise that create the need to move players around.

1. Draft order will be based upon the regular season standings of the previous season.
2. We will draft the first 2, rounds in normal order (i.e., 1,2,3,4,5,6...1,2,3,4,5,6,). Upon completion of the first two rounds, we will have 4 rounds of “catch up” picks. These picks allow the teams with fewer returners to catch up to the other teams who have more returners. After the 4 catch up rounds we will have 1, round of normal selection followed by 4 rounds of catch up picks. This process will continue until all teams have the same amount of players on rosters. Upon achieving even numbers on teams, we will complete the draft using the regular draft order.
3. All siblings shall be placed on the same team. They shall count as 2 or more draft picks. If team drafts sibling, one round will be skipped then must draft other sibling. If more than 2 siblings, then process would continue until all are drafted.
  - a. Example: Siblings Joe and Fred. Joe drafted in round 4 then Fred must be drafted by same team in round 6.
4. Relatives, who are not living in the same household (brothers), must be drafted based upon their perceived draft position which will be determined by the department. Example...First cousin Johnny signs up and he is a stud player. He wants to play with his cousin Pete on the best team in the league. The department will determine that Johnny is a #1 draft pick and thus must be selected as the 1<sup>st</sup> pick by Pete’s coach. If Johnny was a poor player the Department would choose an appropriate draft position for Johnny.
5. Head coaches must notify Department staff of named assistant coaches at least 1 day prior to evaluations. When drafting, named assistant coach’s child is protected for respective team until they have passed their 3<sup>rd</sup> overall draft pick. If coach does not draft assistant coach’s child by 3<sup>rd</sup> overall pick, said player will be returned to the general draft eligible list. These coaches and their child players are in place until said player ages out or decide not to play anymore. For example....a head coach names John as an assistant coach and picks up his son Pete (10yrs old). The next year Pete is 11 and the dad (John) says I am not coaching. Coach then selects Joe as his new assistant and picks up Kyle his (10yr old) son. This is not allowed if coaching roster remains full. Until Pete leaves the league, his father is considered a coach, regardless of whether he actually coaches or not.

6. Only 4 coaches are permitted on the sidelines during a game. This will be strictly enforced!!! The penalty for too many coaches will be an unsportsmanlike 15yd penalty.
7. Players who request and receive permission (from Department), to play in the league but change teams are placed back in the draft. The following rule pertains to those players (they will be clearly identified by the Department):
  - a. A player who is a returner but requests to be placed back in the draft is eligible to be selected by any team except his old team in the first 10 rounds. If said player is selected by a new team, the new team then forfeits their next pick to the old team of said player.
  - b. If after 10 rounds, the player is not selected he is eligible to be selected by any team including his old team. If at any point thereafter he is selected by a team other than his original team rule 6a will be used.
8. Player discussions and draft day deals will be discussed at the draft and among the coaches only. Any deals must be agreed upon by all teams. If one (1) team does not agree then no deals will be permitted.

### **Injury Policy and Procedures**

As a youth football league our number one priority is the safety of Winterville Football participants. That being said, football is a physical sport and precautions must be taken to avoid injury and aggravating existing injuries. Please see below for injury policy and procedures.

1. League Sanctioned Play Injury: League sanctioned play includes games, practices, and scrimmages.
  - a. Practice/Scrimmage Injury-notify department staff as soon as possible (e-mail or call). Include all pertinent injury information including but not limited to: participant name, date, time, practice/scrimmage location, how injury occurred, location of injury on participant, type of injury, was medical attention needed (yes/no), if yes where was participant taken.
  - b. Game-Please notify Certified Athletic Trainer and site department personnel immediately.
2. Non-League Sanctioned Injury: These relate to any injury sustained outside of league sanctioned play.
  - a. Notify department staff as soon as possible (e-mail or call). Include all known information including but not limited to: participant name, date, time, site of injury, how injury occurred, location of injury on participant, type of injury, was medical attention needed (yes/no), if yes where was participant taken.
3. Injury Policy
  - a. Any participant injured, in either league sanctioned play or that outside of sanctioned play (non-league sanctioned), that requires medical attention will not be eligible to participate until the department (Winterville Parks & Recreation) receives signed medical release from doctor noting that the child is eligible to play or when they will be eligible to play with specific date.
  - b. This policy will be strictly enforced and is in the best interests of parents, participants, coaches Winterville Parks & Recreation, and all other involved parties.