

NATIONAL TACKLE FOOTBALL



RULE BOOK





2011 – 2012 TACKLE FOOTBALL RULEBOOKS

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ORGANIZATION

National Youth Sports is a 501(C) 3 Non-Profit organization that provides recreational and competitive sports for children ages 3 – 15. Company information can be obtained from www.nysonline.org.

MISSION STATEMENT

The mission of National Youth Sports is to strengthen the individual, the family, and the community through the participation in youth sports.

FOCUS

The focus of the National Youth Sports tackle football league is to provide a safe environment for children to improve their fundamental skills of football and to develop positive character values while pursuing victory with honor. NYS encourages parental involvement and does not ask participants to fundraise so that families can spend time together learning the game of football and not selling merchandise. Portions of all registration fees are contributed to the Mission for the Interior to help those in need in countries across the world. More information about the Mission for the Interior can be found at www.missioninterior.org.



8 MAN RULES

Registration

In order to register a player to participate in the eight man league, a registration form must be submitted via mail, hand delivery, or online. Players can be registered without being present, but are **REQUIRED** to attend certification. Players will be entered into our league database based upon initial registration, but are not officially a rostered player until they complete the certification process.

Players will be officially assigned to rosters based on their age as of September 1, 2011 and weight recorded at certification day.

Players are allowed to play up one calendar age (i.e., an eight year old can play as a nine year old), as long as they fit into the allotted weight categories for the division.

Coaches, parent(s)/guardian(s), team representatives will assume all liability conducting practices prior to certification. League rosters are not official until each child completes the certification process.

During the week of the first game and throughout the regular season, players must register by 5 PM the Thursday prior to the game to be eligible in that week's game

Rosters are locked after the fourth game of the season. Late registrations, roster adjustments, player switches, etc. will not be allowed after this time.

Each player will be required to obtain a NYS photo ID card (Valid from September 1, 2011 – August 31, 2011). In order to obtain a NYS photo ID card, the parent/guardian must fill out a NYS membership form and provide a photo copy of proof of age. Player ID cards can be obtained prior to certification day, but does not take the place of needing to attend player certification.

Certification

All players are **REQUIRED** to attend player certification to be officially listed on a team roster and be able to participate in practices and games. Players that cannot attend the assigned certification day, must certify at local NYS office anytime starting the week of the scheduled certification (If certification falls on a Saturday, certifications in office for those unable to attend, would start on the Monday prior).

Items needed for certification:

- a. Original Proof Age: Birth certificate, military ID, passport, court issued adoption papers, valid NYS photo ID card, or other official government issued document.
- b. Child must be present to have registration weight documented. Only one weigh-in per day. Child will be placed into division corresponding weight and age. Children exceeding weight for division registered for, will be placed into appropriate division until weight is recorded within league allotments.
- c. NYS membership form and copy of birth certificate – If obtaining player card for first time in calendar year. Only needs submitted once per calendar year (September 1st, 2011 – August 31st, 2011). If player already has a valid NYS photo ID card, these documents are not needed for certification

Players are allowed to play up one calendar age (i.e., an eight year old can play as a nine year old), as long as they fit into the allotted weight categories for the division.

During the week of the first game and throughout the regular season, players must register by 5 PM the Thursday prior to the game to be eligible in that week's game

Rosters are locked after the fourth game of the season. Late registrations, roster adjustments, player switches, etc. will not be allowed after this time.

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.

1. Thirty minutes prior to the start of the game all visiting and home team players, as well as, one team representative that has a NYS ID coach card must be present for the start of the weigh-in process. The team representative is responsible for reporting to the site director with all members of his or her team to be weighed in. Players should be lined up in alphabetical order by their last name. All players must have a valid NYS ID Card present at weigh-ins. If a player fails to weigh in or does not produce a valid NYS ID Card, they will not be able to play and must take off their shoulder pads and leave them with the NYS Staff during the game. Players are only allowed one weigh-in. Each player will be given 9 lbs. for equipment, in addition to weight required at time of certification.
2. **FOR PIGSKIN, PEEWEE, 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 begins his cadence, both coaches must be silent until the ball is snapped.
3. In the presence of each team's captains, NYS staff will conduct the coin toss fifteen minutes prior to kickoff. The team listed first on the schedule is considered the visiting team and will call heads or tails. The home team will occupy the north or east sideline, or whichever side has a press-box. The winner of the coin toss will choose whether to receive or defer to the second half. The teams will switch direction at halftime and the team that kicked off to start the game will then receive the kickoff to begin the second half. The visiting team is responsible for obtaining volunteers to run the sideline chains and down marker for the entire game.
4. Teams are allowed a maximum of seven coach ID cards. The visiting team will be allowed to have three parent volunteers on the sideline to run the first down chains and down indicator. All other individuals must stay behind the designated area. For fields without stands, all individuals without a valid coach ID card must be at least five yards off of the sideline during the game. For facilities with stands, individuals without a valid coach ID card have to be in the stands and cannot be on the sidelines. Individuals found in violation of this rule will be subjected to a one game suspension and possibly longer depending on the severity of the problem. Ladders are prohibited at game site to protect the children, fans, and staff.
5. The playing field will be forty yards wide and eighty yards long.

6. The game will consist of four twelve minute quarters, with a five minute halftime. The game clock will continuously run until the final 2 minutes of each half. NFHS rules regarding the stopping of the clock will apply during the final 2 minutes of each half. Each team is allowed two, thirty second timeout per half. The timeout cannot carry over to the second half. No overtime in the case of a tie.

7. An NYS approved uniform, helmet, pads and mouthpiece (not clear or white) are required to be worn in order to participate. Children may not tie any portion of their jersey for safety reasons. Children may not wear any face shield that has a tint, all face shields must be clear. No jewelry, open toed shoes, or metal cleats may be worn.

8. The size of the football:

FOR PIGSKIN, PEE WEE AND MIDGET 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.

FOR MINOR DIVISION: 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.

9. The methods of scoring and their value:	Touchdown	6 points
	Extra Point	1 point (from the 5 yd line)
	Extra Point	2 points (from the 10 yd line)
	Safety	2 points

Pigskin Division Only: No score will be kept for the Pigskin Division. In the event of a touchdown, there is no extra point attempt. Change of possession (after the touchdown) will occur at the forty yard line.

10. The game will be played eight on eight. Each team will therefore have a maximum of sixteen players allowed on their roster. No team may carry over the maximum allotment of children so that every child gets equal playing time. Every child must play at least half of every game.

11. The head coach has the authority to limit playing time of any player on their team who continually misses practices without a valid excuse, or as a disciplinary action on a player who caused problems during a prior practice or a particular game.

12. Two un-sportsmanlike conduct violations by any player, coach, or spectator will result in an immediate dismissal of the violator, and a fifteen-yard penalty. The referee and NYS site director has the authority to dismiss a violator after one unsportsmanlike conduct violation based on severity. The game will resume once the violator has left the premises. Anyone dismissed faces an automatic one game suspension for the next applicable game. Further penalties could result in greater suspensions, season bans, and even lifetime bans.
13. Substitution may occur between downs and any number of players may be substituted. Players must enter and exit the field promptly.
14. **FOR PIGSKIN, PEE WEE, AND MIDGET DIVISIONS ONLY:** There are no fumbles in the Pigskin, Pee Wee, and Midget divisions; ball is dead on contact with the field. Interceptions are live and can be advanced. If the ball is stripped or recovered on a lateral, it is considered a fumble and is dead at the spot and the offense will retain possession. On-side kicks are not allowed. Should the kicking team recover the ball prior to the receiving team touching the ball, the receiving team will be awarded the ball at the spot in which it was first touched by the kicking team. If the ball is muffed by the receiving team, the ball will be considered dead at the spot of the muff.

FOR MINOR DIVISION ONLY: Fumbles, Interceptions, and On-side kicks are legal and live.

15. The offense must have five players lined up on the line of scrimmage for every play. Three offensive linemen are ineligible receivers and must be in a three-point stance.

FOR PIGSKIN, PEEWEE, AND MIDGET DIVISION ONLY: The defense must have a minimum of two and a maximum of four players in-between the tackles on the line of scrimmage for every play. These players must be in a three-point stance.

Pigskin Division Only: No individual player may be lined up directly over the center, the center cannot be hit directly from the front (in order to allow snap exchange and center time to raise head).

16. 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.
17. 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.
18. Blocking below the waist is prohibited at all times on all areas of the field. This is to protect all players on the field at all times.

19. Placekicking takes place from the forty-yard line.

Pigskin League Only: There is no placekicking or punts in the Pigskin division. To begin the game, the ball is placed on the forty yard line. The offense can move the ball down the field by acquiring first downs. In the event, the offense does not get a first down, it will be a turnover on downs and the defense will take over.

20. If a kickoff goes out of bounds:

1st kick out of bounds: Re-kick 5 yards back from original kick-off spot, take ball at spot of where ball went out of bounds, or take ball 20 yards from the spot of the kick-off.

2nd kick out of bounds: take ball at spot of where ball went out of bounds, or take ball 20 yards from the spot of the kick-off.

21. After a safety, the ball is placed at midfield.

22. If a team gets a lead larger than thirty-five points, the losing team will start with the ball at midfield (no kickoff).

23. Each team must have at least one volunteer staff that is first aid certified at all practices, games, and team events. The elected volunteer medical personnel from the visiting team will serve as the interim medical personnel for the game. If the visiting team's volunteer is not present, then the home team will fulfill the position. All teams must have a first aid kit at all practices, games, and team functions.

24. 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 be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final.

25. All coaches meetings are mandatory. One representative must be present for the coaches meeting or the entire team will be suspended for one game.

26. Starting the week of the first game and throughout the season, players will only be eligible for that week's game if they are registered and certified by Thursday at 5 PM. Players registering on Fridays, during the season, will not be eligible to play until the following week's game. Registration ends after the Thursday leading up to the 4th regular season game.

Summary of Penalties

Loss of five yards:

- Delay of game
- Encroachment
- False Start
- Illegal formation
- Illegal forward pass
- Illegal forward lateral
- Ineligible receiver down field
- Incidental face mask
- Intentional grounding
- Illegal substitution
- Illegal shift or motion

Loss of ten yards:

- Holding
- Illegal use of hands (hands to the face, block in the back)

Loss of fifteen yards:

- Un-sportsmanlike conduct (by a player, coach, or spectator)
- Intentional or accidental coach interference while on field
- Block below the waist
- Clipping, tripping, chop block
- Grasping an opponent's face mask
- Roughing the passer
- Slapping a blocker's head
- Illegal participation
- Sideline interference
- Illegal hit or block after a fair catch signal

Disqualification:

- 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 Clarification

Punting:

- Punting is allowed on fourth down only.
- Teams must declare to the official their intent to punt the football.
- No fake punts or quick kicks.
- The punter may take the snap from the center but must punt the ball from a minimum of five yards behind the line of scrimmage.
- A punting play may continue that begins with a fumbled snap.
- If the football is punted into any player at the line of scrimmage it is ruled dead at the point of contact.
- In the Pee Wee and Midget Divisions, the ball is dead on any muffed reception or fumble during the return.
- The offense may not run downfield until the ball is punted.
- Defenders are not allowed to rush the punter.

Equipment Requirements

Each player shall properly wear the mandatory equipment in order to participate in any tackle football game or contact practice.

1. Multi bar facemask that meets the NOCSAE standard.
2. Helmet with properly fastening chinstrap that meets the NOCSEA standard.
3. A mouthpiece that is not clear or white.
4. Shoulder pads that meet the NOCSAE standard.
5. Hip pads and a tailbone pad.
6. Thigh guards with any hard surface that has a minimum compression resistance of four to eight pounds.
7. Knee pads at least ½ inch thick must be worn over the knee and under the pants.

No player shall participate while wearing illegal equipment. This applies to any piece of equipment that in the opinion of the referee or the league coordinator is dangerous and inappropriate.



11 MAN RULES

Procedures/Personnel/Registration Guidelines

Rule 1 – Registration

- 1.2 In order to register a player to participate in the eleven man league, the player must be present with his or her proof of age. The only proofs of age that are acceptable are an ORIGINAL birth certificate, passport, military ID, NYS ID card or court issued adoption papers. Each player will be required to obtain a NYS photo ID card (Valid from September 1, 2011 – August 31, 2011). In order to obtain a NYS photo ID card, the parent/guardian must fill out a NYS membership form and provide a photo copy of proof of age. For players in the Junior High/Middle School division, a copy of the most current report card is also required showing proof of grade.
- 1.3 Players will be assigned to a division based on their age as of September 1, 2011.
- 1.4 Players are allowed to play up one calendar age (i.e., an eight year old can play as a nine year old).
- 1.5 During the week of the first game and throughout the regular season, players must register by 5 PM the Thursday prior to the game to be eligible in that week's game
- 1.6 Rosters are locked after the fourth game of the season. Late registrations, roster adjustments, player switches, etc. will not be allowed after this time.

Rule 2 – Rosters

- 2.1 Team rosters must be comprised of 14 – 30 players.
- 2.2 Players not listed on the roster or that are not registered with NYS cannot participate in any team practices. Coaches, parent(s)/guardian(s), team representatives assume all liability for allowing unregistered players participate in practices or scrimmages.

Rule 3 – Practices

- 3.1 NYS does not reserve fields for tackle football teams. Each team is responsible for obtaining a practice facility.
- 3.2 Please make sure to review the city policies (supplied at initial coaches meeting) in regards to practice facilities. Any teams that violate city or school policies may be removed from the league.
- 3.3 Upon request, NYS will provide coaches, school districts, and parks and recreation departments a copy of the league's liability insurance to obtain practice facilities. NYS will need an individual's name, fax number, and name of facility/city to cover as additionally insured.
- 3.4 There are no stipulations in regards to when teams may begin practice and the amount of days and times teams wish to practice.
- 3.5 A parent or guardian of each player on the team is strongly encouraged to be at each practice.
- 3.6 Teams must protect all children against heat related issues. All teams must provide enough water for all players and encourage each child to bring their own water bottle.

Rule 4 – Game Day

- 4.1 All parents and team volunteers are expected to participate on game day.
- 4.2 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.
- 4.3 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.
- 4.4 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.

Rule 5 – Pre Game Checks

- 5.1 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, 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 (September 1st – August 31st). A player is ineligible if he or she provides a player card that is expired.
- 5.2 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. Players cannot check in after kick-off. If a player shows up after kick-off, they're ineligible for that game.

Rule 6 – Fair Play Philosophy

- 6.1 National Youth Sports strongly encourages coaches to focus on teaching players the fundamentals of football. Our goal is to make sure every player is getting a fair amount of playing time during every game. Although there is no mandatory play rule, we expect the coaches to make sure they're acting fairly and let every child have a chance to enter the game.

Rule 7 – Forfeitures, Cancellations, Overtime

- 7.1 Any forfeited game will result in a 42 – 0 score.
- 7.2 If a team does not have the correct number of players to participate (11 v. 11), the game will be played with less players on each side. The score will be recorded as a forfeited game, but will be played to provide the children the ability to participate.
- 7.3 NYS has the authority to reschedule games as necessary. Individuals from teams cannot reschedule games without league approval.
- 7.4 Mercy Rule: Once a team has the lead by 42 points, the game is over. The teams cannot scrimmage or occupy the field after a game has reached the Mercy Rule.
- 7.5 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), chooses offense or defense. There are no fumbles or interceptions. If the defense gains possession, the offensive set of downs will not continue (per NFHS overtime rules). Teams may elect to go for 1 or 2 on the point after attempt (PAT) in the 1st two overtimes. This will repeat if no winner is decided after 1st possession (the score remaining tied). Above NFHS rules, after the 2nd overtime period, teams must go for 2 on the PAT. Overtime will continue until there is a winner.

Rule 8 – Team Formation

- 8.1 Teams must be comprised of 14 – 30 players, a head coach, and a team coordinator.
- 8.2 Since NYS offers programs across the state, players are not restricted by boundaries.
- 8.3 Any player taking the place of a player that is no longer playing, for any reason, must pay the individual player fee.
- 8.4 The head coach must be at least 18 years old and must obtain a NYS coach card by completing the NYS application process.
- 8.5 The team coordinator must be at least 18 years old and must obtain a NYS coach card.
- 8.6 Any assistant coaches must be at least 18 years old and must obtain a NYS coach card by completing the NYS application process.
- 8.7 All coaches will be subjected to a background examination conducted by NYS.
- 8.8 Each team will be allowed seven 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.

Rule 9 – EMT

- 9.1 Each team must have at least one volunteer staff that is first aid certified at all practices, games, and team events.
- 9.2 The elected volunteer medical personnel from the visiting team will serve as the interim medical personnel for the game. If the visiting team's volunteer is not present, then the home team will fulfill the position.
- 9.3 All teams must have a first aid kit at all practices, games, and team functions.
- 9.4 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 be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final.

Rule 10 – Playoffs

- 10.1 Playoffs will be determined by seeding.
- 10.2 The team that finishes the regular season with the best record will have an easier path to the Championship because that team will face the lowest seed. The playoffs are single elimination.
- 10.3 Teams that do not qualify for the playoffs will all play one or two Bowl games based upon seeding. Each team is guaranteed at least one Bowl game. Example - Seed 7 will play Seed 8, Seed 9 will play Seed 10, etc.
- 10.4 Regular season Tie-Breakers for seeding purposes (if W/L records are identical):
 - A. Head to Head
 - B. Least Amount of Points Allowed
 - C. Coin Toss

Unless otherwise noted in the National Youth Sports Rules, all games will follow rules established by the National Federation of High School Rules (NFHS).

Rule 11 – Game, Field, Players, and Equipment

Section 1: The Field and Markings

- 1.1 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.
- 1.2 Each field will be marked with yard markers on the south or west sideline.
- 1.3 A soft, flexible pylon will mark all four inside corners of both end zones.

Section 2: Game Equipment

- 2.1 Football Size Requirements:

FOR THE PEE WEE AND MIDGET 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.

FOR MINORS AND JUNIOR HIGH 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

FOR HIGH SCHOOL DIVISION: The game ball must be an Antioch Official 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

- 2.2 Each team will supply their own game football.
- 2.3 A kicking tee must be provided by each team to utilize during kickoffs.
- 2.4 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.
- 2.5 The game officials will operate the game clock on the field unless otherwise noted.

Section 3: Player Equipment

- 3.1 Each participating player must wear the following pieces of equipment, which cannot be altered.
 - A. A NOCSAE standard helmet and facemask. 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 or glasses must make sure the equipment is clear and does not tint at any point.
 - H. No jewelry.
- 3.2 The head coach is responsible for checking with a game official that all players are properly equipped.
- 3.3 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.
- 3.4 An unsportsmanlike conduct penalty of 15 yards will be enforced for player's wearing improper equipment during a play.

Section 4: Coaches Field Rules

- 4.1 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.
- 4.2 **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 begins his cadence, both coaches must be silent until the ball is snapped.

Section 5: Blocking

- 5.1 Blocking below the waist is prohibited at all times on all areas of the field. This is to protect all players on the field at all times.

Rule 12 – Length of Game, Substitutions, and Miscellaneous Rules

Section 1: Length of Quarters

- 1.1 The game shall consist of four fifteen minute quarters.
- 1.2 The game clock will start at the time of the initial kickoff during the first quarter.
- 1.3 **PEE WEE, MIDGET, MINOR, JUNIOR HIGH/MIDDLE SCHOOL, HIGH SCHOOL DIVISIONS:** The game clock will continuously run until the final 2 minutes of each half. NFHS rules regarding the stopping of the clock will apply during the final 2 minutes of each half.
- 1.4 **EFFECTIVE FALL 2012 - HIGH SCHOOL DIVISION:** The game clock will not run continuously and will follow NFHS rules in relation to stoppage of the game clock.
- 1.5 There will be a one minute intermission between the first and second quarter, as well as, the third and fourth quarter.

Section 2: Halftime

- 2.1 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.

Section 3: Starting a Half

- 3.1 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.
- 3.2 No team may have more than four captains and only one player shall be designated as the team spokesperson.

Section 4: Substitutions

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

Section 5: Kickoffs and Punts

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

Section 6: Timeouts

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

Section 7: Pre-Game

- 7.1 The home team will occupy the north or east sideline, or the sideline with a press-box, whichever applies.
- 7.2 The visiting team is responsible for obtaining volunteers to run the sideline chains and down marker for the entirety of the game.

Section 8: Extra Points/Field Goals

- 8.1 There will be no kicking of field goals or extra points.
- 8.2 Each team will have the opportunity to receive an extra point after a touchdown.
- 8.3 A team will receive one extra point from scoring from the five yard line.
- 8.4 A team will receive two extra points from scoring from the ten yard line.

Section 9: Play Clock

- 9.1 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.

Section 10: Interceptions and Fumbles

- 10.1 Interceptions and fumbles are live in all divisions.
- 10.2 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.

Section 11: Line-up Formations

- 11.1 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.

Section 12: Disciplinary Issues

- 12.1 Any issues with a coach, parent, staff, contractor, or league policy must be made to the league coordinator in writing.
- 12.2 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.
- 12.3 The league coordinators will review all written issues and determine resolution.
- 12.4 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.

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.

**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.

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.

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 sheets that are handed out to each coach, included in his or her coach's packet at the parent orientation meeting, the first warning to all individuals participating in the league. These codes of conduct must be shared and signed by everyone on the team. They must be turned in at the first mandatory coach's meeting in order to receive the team's jerseys and schedules.**
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.**