

North Central Youth Football League



Upper (5TH & 6TH) Division Lower (3rd & 4th) Division

*This league is intended to be instructional and fun.
Coaches, players and fans are expected to follow the rules.*

"If at any time a team gains a 28 point advantage, the clock will run non-stop for the remainder of the game and not stop at any time unless deemed necessary by the official. No time outs will be permitted by the leading team after the 28 point advantage is gained."

Pre-Game requirement: The head coach of each team will meet prior to the start of the game and exchange rosters with official NCYFL weights on it. If an opposing coach wants to challenge the weight of a player it must be done at this time!

Football sizes;

5th & 6th Wilson TDJ or 1001 or equivalent size

3rd & 4th Wilson K2 or Macgregor X2P or equivalent size

General Information

Officials: The Home Team will be required to furnish a minimum of 4 Officials for each game. 2 of the officials must be MSHSAA Certified. The MSHSAA Officials will present a card to the Head Coach of each team with their name and MSHSAA registration number at the pre-game meeting with the coaches. This will be done at every game on site each Saturday; the site host will provide the MSHSAA officials with a rules packet upon arrival. Minimum fee to be paid to MSHSAA officials is \$45.00 per game. Towns/Clubs must conduct training for any non-MSHSAA certified officials with a minimum age requirement of 16.

Time Limit: 2 ½ hours max

Weights: 5th & 6th grade 125 lbs
3rd & 4th grade 100 lbs

Max, weight is intended for RB, WR, QB, Blocking Backs and TEs. It also applies to players who recover a fumble or intercept a ball. Defensive players may play in any position but players above the weight limit upon recovery of a fumble or interception must kneel down. (All players exceeding the max. weight with a sticker on their helmet will take a knee upon recovering a live ball and the play will be blown dead at the spot of possession).

Coaches: All coaches will receive certification through USA Football. All coaches that receive the certification must visibly wear their USA Football I.D. card from a lanyard around their neck. Any and all individuals that do not have their I.D. will not be allowed on the sideline or field. It will be the Head Coach's responsibility to ensure all coaches have their USA I.D. Card.

All Town Club Coaches must undergo background screening through Verified Volunteers. Coaches with any violent or sexual convictions will not be permitted. All other felony/misdemeanor convictions may be approved by Town/Club but NCYFL board must be made aware and possibly reviewed.

All USA Football coaching certification and background checks must be submitted by the Jamboree/weight-ins.

Weigh-in:

Official rosters must be submitted to the league prior to the start of the season (Jamboree) along with official weigh in results. Rosters will also be presented to the opposing coach prior to the beginning of the game along with #s and players weights. (Pre-Game weigh-in still applies) All weights will be taken at the Jamboree. Any player not weighing in will have to be weighed in at their 1st game by the opposing town official. The 100 and 125 lbs. limit must be met at the time of the initial weigh-in to determine eligibility for ball handling whether at the Jamboree or 1st game!

- At the initial weigh-in players must weigh-in wearing a min. of Football pants with 7-piece pants pads and T-shirt.
- Weight at initial weigh-in 100 lbs. Max. for 3rd-4th grade
100.1lbs is over the legal weight limit. (Including; RB's, WR's TE's and QB's. Any player over weight limit is ineligible to occupy a position that is eligible to carry the ball. Example-4th grader weighing 100.1 CAN NOT line up as a blocking TE, RB or flanker.)
- Weight at initial weigh-in 125 lbs. Max. for 5th and 6th grade
125.1 lbs. is over the legal weight limit.. (Including; RB's, WR's TE's and QB's. Any player over weight limit is ineligible to occupy a position that is eligible to carry the ball. Example-6th grader weighing 125.1 Lbs. CAN NOT line up as a blocking TE, RB or flanker.)
- All players exceeding the prescribed weight limits in their respective divisions will wear a visible sticker of different color on the front and back of helmet that is clearly visible for the game officials. It is the responsibility of each town to make sure that stickers are kept in good visible state throughout the season. Failure to do so will result in the player being disqualified from the game and an unsportsmanlike penalty will be charged to the Head Coach.

A. Challenges to weights:

The home team will provide a set of digital scales that the challenged player will be weighed on prior to the start of the game. This will be witnessed and controlled by the presiding white hat official. If the player weighs over the acceptable weight a sticker will be added to the player's helmet and will remain for the remainder of the season. 10Lbs overage only is acceptable if the player was weighed at the Jamboree or had an official prior weight.

Weigh in challenges prior to games will follow the prescribed weigh in rule for the jamborees. (See Weigh-in). If challenged player is above the limit, the player will be ineligible to carry the ball for the remainder of the season. The challenged player's change of eligibility is to be reported to the league at the end of the game and will be changed on the roster for the remaining games in the season. Both coaches and/or both GM's must be present at the "challenged" weigh in. **Make sure your players all weigh-in at Jamboree this will help confusion throughout the season.**

- a. 100lbs Max. Weight for 3-4th grade. 110lbs after season begins. 110.1 lbs. will be considered over weight and sticker will be placed on helmet. And player will not be ineligible to carry or receive or return ball.
- b. 125lbs Max. Weight for 5-6th grade. 135lbs after season begins. 135.1 lbs. will be considered over weight and sticker will be placed on helmet. And player will not be ineligible to carry or receive or return ball.

Only one chance at weigh-in will be permitted at Jamboree and at Games. (No Re-weighs) * **Weights not conducted at the Jamboree must be done at the 1st game of the season by the opposing team's town contact and then sent to the league secretary. Any weigh-ins conducted after the Jamboree must be conducted with a witness of a league white hat and an opposing head coach or opposing league official. Initial weigh-in weight will be held at the Jamboree standards no matter when it is conducted. 100Lbs for 3-4th and 125 for 5-6th.**

Age and Grade restrictions:

Players must be entering the 3rd grade and may not be past the 6th grade for the fall school year in which they will be playing.

3rd and 4th graders may not be 11 years of age before Aug. 1st.

5th and 6th graders may not be 13 years of age before Aug. 1st.

Each player may not play more than 2 years in the 3rd - 4th grade and not more than 2 years in the 5th - 6th grade.

Games scheduled during regular season (this does not include Jamboree weekend).

3-4th Max. 6 games.

5-6th Max. 6 games.

1. NFHS League rules will apply except for the NCYFL league rules in this package.
2. **All games played in the 3rd and 4th grade division will have (4) 12 min quarters (Coaches may agree to 15 min quarters to accommodate larger teams) and 1 (10) minute half-time. All games played in the 5th and 6th grade division will have (4) 15 min. quarters and 1 (10) minute half-time. The clock will stop only for the following: 1) change of possession; 2) Time-outs (60 seconds and each team will have (3) per half); 3) after the P.A.T.; 4) Injury on the field and the player must leave the field of play. **Clock only stops after PAT.****

Normal clock for final 2 minutes of each half

Mercy rule: Continuous clock in second half at all times if down by more than 28 points

3. Overtime periods will consist of the NCYFL 10 yd. overtime rule. With the exception that only 1 OT period is allowed. If the game remains tied after the first set of downs the game remains tied. Only **1-OT is played in all age divisions.**
4. Penalties: NFHS penalties apply.
5. **Defense: Maximum of 6 players on the line of scrimmage. All defensive players on the line of scrimmage from offensive tackle to offensive tackle (inside the tackle box) must be lined up head up with an offensive player. All other Defensive Players must not be closer than 3 yards from the line of scrimmage upon snap of the ball then they can move freely after ball is snapped with** The interior offensive line must have normal splits (no more than 3 feet) and no defensive lineman shall line up in **any** gap or head up on the center at the snap of the ball.
NO BLITZ in all age divisions Second tier players must remain at least 3 yards from the line of scrimmage until the ball is snapped. Second tier players cannot be moving or leaning towards the line of scrimmage showing intent to blitz until the ball is snapped. (If a team is penalized for this 3 times in one game the game will end in a forfeit).
A goal line or prevent defense can be used within the 10 yard line of the goal line (Goal Line Defense—can bring 8 players up to the line, cannot be head up on the center).
All Defensive players on the line of scrimmage that are lined up outside of the tackle box must play containment on a pass play no matter where the QB lines up (under center or shotgun) unless play action is shown. If the QB shows play action, then all defensive **players** can release and proceed as if it is a running play. (Any Movement by the QB toward the Line of Scrimmage or fakes to a back or movement outside the Guards is designated as play action).
Blitz Definition: After snapping of the ball, all players may move freely with the exception of the straight drop back restrictions placed on all defensive players outside the tackle box. LBs, DBs and safety's.
6. One coach may be on the field in all divisions.
7. At the beginning of each half and after each score the ball will be placed on the 30 yard line. 3rd 4th 5th and 6th grade.
8. **Onside Kick: A team may decide to keep possession after a score. The ball will be placed on the kicking team's own 40 yard line and the box and chains will be 4th down and 12. If the offensive team is unsuccessful in it's attempt, the defensive team will gain possession of the ball and 1st and 10 from the spot of the ball. The following conditions must be met.**
 - a. **The team making the choice must be behind on the scoreboard.**
 - b. **It must be the last 4 minutes of the half.**
9. **In 3rd and 4th Grade the teams will have the option to take 20 yards on 4th down (in place of punting) or go for the 4th down conversion. In 5th and 6th Grade the teams will have the option to take 30 yards on 4th down (in place of punting) or go for the 4th down conversion.**
10. No place kicking is permitted in all divisions. (2) points will be awarded for passing for P.A.T.s and (1) point awarded for running for P.A.T.s All P.A.T.s will be run from the 3 yard line.

11. All players in each age group **WILL** play a minimum of **6 plays per game.** Coaches will be responsible for assuring playing time and should be determined by: Practice attendance, discipline/behavior problems (player or parent), refusal to play.
12. If all players are not playing according to the rules, the opposing team may file a protest at the conclusion of the game. If the protest is upheld, forfeiture will occur.
13. Unsportsmanlike acts of any kind by any person will not be tolerated! (This includes profanity, throwing of equipment, emotional outburst, etc.). If a player, spectator, or coach is ejected. A 2 game suspension will be imposed on spectators and coaches. Coaches are responsible for their fans, bench and assistant coaches. **If a fan or parent gets out of control and is warned by the official the fan can be ejected from the facility. It is the home town's responsibility to enforce this. Each head coach is responsible for the parents and fans of his players and may be ejected for failure to back league conduct rules. This also can result in a season suspension for the coach. Make sure you express this to your parents!**
 - a. **An unsportsmanlike conduct penalty will be assessed against the Head Coach of the Offending Team. Play will not resume until the Fan or Fans are removed from the game site**
14. All protest must comply with NFHS/ MSHAA rules and be submitted by 5 PM the next business day of the game. **Protests must be submitted to the email address northcentralf@gmail.com.**
15. Uniform shirts must have a number in a contrasting color that is at least 6 inches in height. Players without numbers will not be permitted to play.
16. Players, coaches, managers are the only individuals allowed on the bench or field during a game.
17. No use of tobacco on benches, fields, or while sitting in bleachers (designated areas are available upon request).
18. Scorekeepers will be the responsibility of the home team determined at the beginning of the game.
19. The weight limits will be identified on the rosters with the number of the player and name. Weights will be taken at the beginning of the season and prior to each game for all ball carriers per Pre-Game weigh-in.
20. All players must be identified with a sticker on their helmet if they are not eligible to run the ball. **Anybody over the weight limit cannot be in the back field or split out.**
21. No all-star teams! Towns & clubs cannot have tryouts or cuts.
22. **Official play clock times will be kept on field by officials. 3rd and 4th grade will be 1 min., 5th and 6th will be 45 seconds.**
23. **No dive blocks in which the offensive player jumps or lunges where the player's feet leaves the ground shall be permitted below the top of the knees.** One warning will be issued to the player and coach. This also includes blocks within the box.
24. **The offensive line cannot interlock feet/legs.**

Remember to always call the home team and verify the time the game will begin and check for cancellations!

Let's have a great season and remember it is about the KIDS!

Official Rules of the NCYFL 2019 Dated 5-31-19