

Clark County Youth Football Tackle Rules

Purpose of Program:

The purpose of Clark County Youth Football (C.C.Y.F.) is to provide the youth of Clark County, regardless of race, gender, or creed;

- The opportunity to participate in controlled athletic competition.
- To instill good sportsmanship, values of fair play and good conduct.
- To promote tolerance between youth through their common interest.
- To encourage adults to behave in an exemplary manner when supervising youth while keeping the welfare of youth foremost and free from any adult compulsion for power and glory.

Eligibility:

Youths in grades 2nd through 8th

- Rookie Division – 2nd and 3rd grade – 7 to 9 yrs. old by September 1st
- Junior Division – 4th and 5th grade - 9 to 11 yrs. old by September 1st
- Minor Division - 6th grade – 11 to 12 yrs. old by September 1st
- Cadet Division – 7th & 8th grade - 12 to 14 yrs. old by September 1st

NO AGE OR GRADE WAIVERS SHALL BE ALLOWED DOWNWARD

- Gear Issue.
- School Record: Each player must provide a current school record showing current grade, and name of school. I.e.; Report card, progress report, or student ID at the time of registration.
- Physical Examination:
- Proof that the participant has had a physical examination, signed and dated after January 1st of the current year, and must be provided at the official weigh in date. No player shall practice or play without a current physical examination.
- The Board of Directors will have discretionary authority to address unforeseen circumstances.

Weigh-in:

1. The Official Weigh-in Date Will Be Determined By the Board Of Directors. A shirt, and no less than athletic shorts, and shoes, must be worn for weigh-in. A copy of Certificate of Live birth, A Sports Physical dated after January 1st of the current year, and a school document showing proof of enrollment and grade.
2. Growth Allowance; for all qualified ball carriers and single stripe players, after the 3rd league game, a 1 pound weight allowance per week will be allowed.
3. A maximum allowance at week 8 of 5 pounds.

Growth Allowance Chart:

Week	4	5	6	7	8	
Allowance	1	2	3	4	5 (lbs.)	

4. No additional weight allowance allowed for Post season.
5. The Board of Directors reserves the right to conduct a weigh-in at any time.

6. Weight Challenges; only the Board of Directors or a team's head coach may challenge a player's weight. The coach making the challenge must notify the league commissioner or his representative before the end of the day (Game Day). Only the opposing coach can challenge a player's weight from that game day. The weigh-in will be determined by the Board of Directors. The weigh-in will be done by the Commissioner or his representative and the challenging coach must be in attendance. If the player is overweight he will be re-stripped for the remainder of the year and the previous game may be forfeited. This is not intended as a harassment rule and protesting coaches are not to challenge players unless they truly believe a player is over the weight limit pertaining to that Division.

Rosters:

1. All players will be placed on a team within the boundaries of the Public school District in which they will / should attend. If there is no team available within their boundary, the player may be placed on a team by the Board Directors.
2. Team rosters will be filled in order of receipt of player application and league fee.
3. Team Size: Teams may be increased to a maximum of 28 registered players in all divisions as decreed by the Board of Directors. Teams are assigned by geographic boundaries and are subject to change annually. 28 players may be exceeded only by approval of the Board of Directors and equipment must be available.
4. Roster Additions: Only the Player Agent may add players to a team roster. The proper paperwork and fee must be turned in to the player agent. Only players assigned by the player agent may play with a team. The deadline for adding players will be the first week of games and at the discretion of the Board of Directors.
5. Rosters will be given to coaches no later than the last week of July.

Coaches:

1. The coaches are vital to the success of the program and are selected individuals who have completed all required trainings and have submitted to a criminal history background check. Coaches volunteer their time to teach the players the skills, disciplines and conduct that make for good sportsmanship.
2. Coaches will be approved by the Board of Directors. The selection of head coaches will be the responsibility of the Commissioner. The head coach may select up to 6 assistant coaches to be approved by the Board of Directors. The Board of Directors may also assign assistant coaches to a team. Only 7 coaches per team are allowed including the team photographer. Coaches will be reviewed and selected annually.
3. Coaches Conduct: The head coach is responsible for the behavior of the players, parents, and assistant coaches. The coach should be a good example for the players. Coaches shall treat parents, players and game officials in a respectful manner and expect the same type of treatment in return. Coaches will avoid critical comments to any league official, game official and/or player in the presence of the team. **Coaches are responsible for enforcing state laws related to no tobacco, alcohol, drug use, firearms or pets on school properties.** Coaches will be responsible to clean up their side lines and spectator areas following games and practices.
4. Coaches Meetings: **All head coaches are required** to attend all scheduled meetings and clinics set by the Board of Directors. Assistant coaches are encouraged to attend.
5. Each head coach shall be required to maintain and possess accurate records of all player rosters, physical examinations, injury reports, parent/guardian information, such as street address, phone numbers and general comments, as well as attendance at practices and games.
6. All coaches must complete the USA Football Certification.

Practices:

1. Practices will begin the second Week of August (exact date TBD by Board of Directors).
2. Practices must be scheduled at approved practice sights and within the field contract times.
3. All practice plans shall include no less than 4 water breaks per practice day.
4. Practices will not be held on Saturdays, Sundays or legal holidays.
5. Prior to Labor Day there may be 5 practice sessions per week.
6. After Labor Day, practices will be limited to 3 per week.
7. All practices shall not be longer than 2 hours.
8. No player may participate in more than 2 hours of football practice in one calendar day.
9. All practices shall not start before 5pm without Board Approval.
10. Give all players all the water they want to drink when they want it.
11. Each player must have 3 non-contact practices prior to contact.
12. During the first 3 days of practice, players may wear all gear except shoulder pads.
13. Full gear and contact may occur after a player's 3rd day of practice (On the 4th day of a player's practice).
14. Warm weather: Eliminate laps entirely. Schedule practices for early evening. Give all players all the water they want to drink when they want it. When possible, non-contact drills, practice without helmets.
15. Each team is limited to 1 scrimmage prior to the start of league games upon approval of the Board of Directors. No scrimmage shall be scheduled after the Wednesday of Jamboree week.
16. The following exercises and drills are banned from all practices and pre-game warm-ups; leg lifts, neck bridges (sometimes referred to as neck rolls) and bull in the ring

Game Times and League Championships:

1. Scheduling: League and League Championships schedules will begin no sooner than the weekend of Labor Day and end no later than the third week of November.
2. Game Times: There will be 4, 10 minute stop time quarters and 10 minutes between halves.
3. Two hours will be allowed per game. Saturday games will be scheduled at: 9am to 7pm to start
 - a. Injuries may adjust the schedule.
4. League Championships: TBD
5. Tie Breaker (2) Quarter games will be played on Sundays. All other tie breaker scenarios will be determined at the discretion of the Board of Directors.

Injury Reports:

1. The Safety Officer must receive a detailed report of all injuries, whether at practice or a game, within 24 hours of date of injury occurs, using the form provided. Failure to do so may result in a game suspension for the HEAD COACH (The INJURY REPORT can be found and submitted at CCYF.com)
2. Any player, after suffering an injury, whether at practice or a game, who is not able to stand up under their own power, who is unable to continue to participate in a normal manner, or who otherwise cannot resume participation without difficulty, shall not be moved from the field and not allowed to play. 911 must be called immediately. Any player seeking medical attention must provide a medical release from a Medical Professional prior to returning to practice or a game.
3. **NO CASTED** players will be allowed to participate in practice and or games. When the cast is removed an unconditional Medical Release will be required for either practice or a game.

Game Rules:

1. The League will use current National Federation of High School (NFHS) rules as modified here in through officials of the local association.
2. No forward movement by the defensive backs or linebackers, inside the offensive tackles, prior to the snap. This is a safety issue and will be a "dead ball foul, unsportsmanlike penalty" for 15 yards. Two offenses will cause the player and Head Coach to be ejected.
3. Cadet / Major Level are exempt from the forward movement rule.
4. Tie Breaker, Three (3) iterations of the Kansas Rule shall be used to determine the winner in all tie games. The ball will be spotted on the ten (10) yard line for each of the three (3) iterations, and if a game is still tied it will remain a tie game. Except the playoffs and the championship games which are played until there is a winner. After (3) iterations from the 10 yard line, the ball will be moved to the 5 yard line. 11on/11off Rules apply.
Exception: Rookie Divisions games that end in a tie are a tie. No overtime for Rookie Division.
5. Divisional Playoffs and Playoff Seeding are determined by Division Record and HEAD to HEAD competition during regular season play.
6. Unsportsmanlike Behavior, The head coach of each team will be responsible for the behavior of their sideline; this includes coaches, players, parents, family, and anyone else on their sideline. The first offense may be a warning or a fifteen (15) yard penalty or an ejection of the head coach. If a 2nd offense occurs, the head coach **will be** ejected and may not be available for the following week's game and may be suspended from the team for one calendar week.
7. Any Coach may petition the Counsel of Coaches about ejections.
8. A fifteen (15) yard penalty will be assessed to the team, if a game, in the judgment of the referee, has gotten out of control and the safety of his crew or the safety of the players is in question. The referee has the sole authority to send both teams to neutral sites and bring the head coaches to a safe area to end the game or to halt the game until the situation has been resolved. The Board of Directors will then decide the outcome of the game if needed.
9. Bear Crawls, Chop Blocks and or Cut Blocks: **Are NOT allowed inside the free blocking zone.** All blocks within the free blocking zone, must be at the thigh pad or higher. Safety rule, 15yd Penalty. All Divisions!
10. No striped player may advance the ball.
11. Any Game Halted for unforeseen reasons maybe continued at the discretion of the Board of Directors.
12. Any Protest involving "Rule Violations" and or Weight Challenges" must be made by 10pm that day.
13. No Radio or other Electronic Communication Devices shall be use at any games.
14. Each Head Coach will provide the "11on/11off Roster" to the opposing Head Coach prior to Kick Off for every game. Once the Roster is handed over it becomes "Official".
15. No Pop Up tents will be allowed on sideline or track at any game site.

Scoring:

1. Six (6) for a touchdown.
2. Three (3) for a field goal. **(Rookie & Junior Division Exempt)**
3. Two (2) for successful point after kick. **(Rookie & Junior Division Exempt)**
4. Two (2) for successful run or pass attempt from 5yd line after TD. **(Rookie & Juniors only)**
5. One (1) for a successful point after play from scrimmage (3yd line).
6. No two (2) strippers may be on the kickoff or kick return teams.
7. Home team will provide the timer (with a stop watch).
8. Visiting teams will provide a chain crew.
9. Teams behind 24 or more points in the Rookie & Junior Division, the ball will be placed on the short 40yd line.

10. Teams behind 24 or more points in the Minor, Major and Cadets Division, the team trailing has the option to receive the kick off (No Onside Kicks) or take the ball on the short 40yd line.
11. If a team wins by 24 or more points, both coaches **must** contact the league commissioner to explain any and all efforts to keep the score respectable.
12. When CCYF games are played in stadiums, only players, coaches, game and league officials, and League Assigned First Aid personal will be allowed on the field or track area. All other spectators must remain in the grandstand area.

Discipline:

1. The president will appoint a disciplinary committee, made up of the “Council of Coaches” and the Commissioner of the league. The committee will be responsible for reviewing any complaints and incidents that pertain to the possibilities of disciplinary actions regarding all C.C.Y.F. Members, players, coaches, parents, and board members. All decisions by the disciplinary committee are final.
2. Any ejection of a player or coach by an official from a game may result in disqualification for the next four (4) quarters. Any deliberate action, may result in a longer suspension. A player or coach may petition the board concerning any ejections. Petitions must be received by the league President or Commissioner no later than 10:00 P.M. following the ejection. Disciplinary action will apply under the rules of the Division in which the coach is participating in.
All suspensions are at the discretion of the board of directors.
3. Coaches may not participate in any activity (i.e. no unapproved scrimmages or road trips) without prior approval of the Commissioner. Any violation will result in suspension.
4. If a head coach or one of his assistants is penalized for being unsportsmanlike, the head coach (and or the offending coach) will be on probation for the remainder of the season. A second offense in the same season will result in suspension of the head coach for a period of one week. If a third offense is committed by this coach, then he will be relieved of all coaching duties for the remainder of the season.
5. At no time, shall any Head Coach or Assistant Coach, use any verbally abusive and or physical contact in an angry or threatening manner with any persons at any C.C.Y.F. event. Any such action will result in immediate removal from the League.

Participation:

If for any disciplinary reason a player will not participate in a game, the head coach must notify the player agent by 8 PM the night prior to the said game.

Equipment:

1. All players must use the equipment provided by C.C.Y.F. unless approved by the Board of Directors. Equipment will include helmet; shoulder pad, knee, thigh, hip and tailbone pads; 1 mouth guard, pants, girdle, and a game jersey. All personal equipment (non-CCYF) used by any and all players must provide a signed (by parent or guardian) “Hold Harmless” for the league to keep on file.
2. At no time shall anyone outside of the appointed Board of Directors, make purchases (credit or otherwise) in the name of C.C.Y.F.
3. At no time shall any player, coach or parent in anyway alter any equipment.
4. All players will be properly fitted with all issued equipment by the equipment manager, coach or a C.C.Y.F. board member.

Fundraisers:

1. No Player, Coach, or Parent may organize, participate in, or sponsor any fund raising event in the name of C.C.Y.F. without specific written approval from the C.C.Y.F. board of directors.
2. No parent group may organize or sell any products or services in the name of C.C.Y.F. without specific written approval from the C.C.Y.F. board of directors.

Reproduction Video or Photography of CCYF Events and or Participants:

1. Reproduction of Video or Photography of CCYF Events or participants is prohibited. Any reproduction of Video tape or photography for the purpose of sales to the general public must have expressed written consent from the Board of Directors of CCYF.
2. The Official league photographer shall be chosen by the Board of Directors annually.
3. Team Photographers may take photos and or video tape of their team and participants **ONLY**. These Photos and or Videos may be reproduced and shared with participants of said team and may not be sold.
4. No images of CCYF participants and or events may be posted on the internet other than the official CCYF league website.

Cheer Leading:

1. CCYF recognizes only Southwest Washington Youth Cheer "SWYC" as the official cheerleading organization, and only members thereof, will be authorized to participate at any CCYF event.

Junior Division:

1. Players shall be in the 4th or 5th grades.
2. Players 110 lbs. or less can be the ball carrier - no stripes.
3. Players 111 - 135 lbs. are non-ball carrier. Only - one stripe (may lineup in a ball carrier position but cannot carry or advance the ball).
4. Players 136 lbs. and over; interior line (offense or defense, between the outside shoulders of the offensive tackles (May not play "End" or "Linebacker") down lineman only - two stripes (3 point stance). Any player may punt.
5. With each change of possession 11 players will be substituted. The only exception will be if a team number falls below 22 players. In the event an injured player cannot return to play, they must be substituted by a player who was not in the previous possession.
6. In the event a team falls below 22 players, at each change of possession, that team must clear their bench of all players who were not in the previous possession.
7. If a team falls below 22 players, NO player can play in more than 3 consecutive series (a series is defined as one whole possession).
8. Each team, regardless of roster count, must identify the four players playing in the offensive backfield positions (QB, RB, Wing, Receiver) for each half on the 11 on/11 off Roster. Players playing in the offensive backfield positions in the second half cannot have played those positions in the first half.
9. All players must play 7 plays per half, minimum when team has 22 or more active players.
10. All players must play 10 plays per half, minimum when team has 21 or fewer active players.
11. Action-less plays will not count towards minimum play time, i.e. (Spiked Balls, Taking a Knee, any Penalized play or any play that does not count as a play from scrimmage. Each player must play on the Offensive and Defensive teams every game.
12. At the end of each Half, players will be rotated to either offense or defense as listed by the 11 on/11 off roster.
13. There will be a kickoff at the beginning of each half. After each score the ball will be put into play at the 40 yard line (long 40). No double "striper" will participate on kickoff and kickoff receiving team.
14. On 4th down, the offensive team must declare their intentions to punt or go for first down yardage. All players must remain stationary until the ball is kicked. The receiving team may not have more than two players deep as returners. (Punt Rule) Once the punter gains possession of the ball he/she must immediately punt the ball. Violation of this rule will be a 5 yard delay of game penalty.
15. Offensive teams must use normal split between all offensive down linemen. Normal splits are defined as "Foot to Foot, but not more than 2 feet apart" between each offensive line players (tackle to tackle).
16. All extra point attempts must be a run or passed into the end zone. No kicking of extra point is allowed. A two point conversion may be attempted from the 5 yd. line.
17. PAT, kick off and kickoff return will count towards a players mandatory play count.
18. The Official Game Ball will be the "CCYF" monogramed Wilson Junior size.

Note, All Levels:

Any head coach found to be in violation of the mandatory play rule; the first offense the coach will be suspended from the team for 1 week; second offense, the coach may be removed from the team for the remainder of the season at the discretion of Board of directors.

Minor Division:

1. Players shall be in the 5th/ 6th grades.
2. Players 130 lbs. or less can be a ball carrier - no stripes.
3. Players 131 - 145 lbs., Non ball carrier only - one stripe (may lineup in a ball carrier position but cannot carry or advance the ball).
4. Players 146 lbs. - and above: interior down lineman only (between the outside shoulders of the offensive tackles (may not play end or linebacker)) - two stripes (3 point stance). Any player may punt or kick extra point. No two stripe players may play on kickoff or kickoff receiving teams.
5. In the 1st and 3rd Quarter, 11on/11off Rules will apply: with each change of possession 11 players will be substituted. The only exception will be if a team number falls below 22 players. In the event an injured player cannot return to play, they must be substituted by a player who was not in the previous possession.
6. In the event a team falls below 22 players, at each change of possession, that team must clear their bench of all players who were not in the previous possession.
7. If a team falls below 22 players, NO player can play in more than 3 consecutive series (a series is defined as one whole possession).
8. In the 2nd and 4th Quarter, the 11on/11off does not have to be followed but mandatory play count still applies for all players (Refer to Rule 10 & 11).
9. Each team, regardless of roster count, must identify the four players playing in the offensive backfield positions (QB, RB, Wing, Receiver) for each half on the 11on/11off Roster. Players playing in the offensive backfield positions in the second half cannot have played those positions in the first half.
10. All players must play 7 plays per half, minimum when team has 22 or more active players.
11. All players must play 10 plays per half, minimum when team has 21 or fewer active players.
12. Action-less plays will not count towards minimum play time, i.e. (Spiked Balls, Taking a Knee, any Penalized play or any play that does not count as a play from scrimmage).
13. Each player must play on the Offensive and Defensive teams every game.
14. At the end of each Half, players will be rotated to either offense or defense as listed by the 11 on/11 off roster.
15. Offensive teams must use normal split between all offensive down linemen. Normal splits are defined as "Foot to Foot, but not more than 2 feet apart" between each offensive line players (tackle to tackle).
16. PAT, kick off and kickoff return will count towards a players mandatory play count.
17. No forward movement by linebackers prior to the snap of the ball.
18. The Official Game Ball will be the "CCYF" monogramed Wilson Junior size.

Note, All Levels:

Any head coach found to be in violation of the mandatory play rule; the first offense the coach will be suspended from the team for 1 week; second offense, the coach may be removed from the team for the remainder of the season at the discretion of Board of directors.

Cadet Division:

1. Players shall be in the 7th/8th grades.
2. Players 175 lbs. or less can be a ball carrier.
3. Players 176 lbs. non-ball carrier only - one stripe (may lineup in a ball carrier position but cannot carry or advance the ball).
4. All players must play 8 plays per half, minimum. 16 plays from scrimmage per game.
5. All players must play in every quarter.
6. Each player must play on the Offensive and Defensive teams every game.
7. Action-less plays will not count towards minimum play time, i.e. (Spiked Balls, taking a Knee, any Penalized play or any play that does not count as a play from scrimmage.
8. Each player must play on the Offensive and Defensive teams every game.
9. PAT, Kickoff and kickoff return will count towards a player's mandatory play count.
10. The Official Game Ball will be the "CCYF" monogramed Wilson Youth size.

Note, All Levels:

Any head coach found to be in violation of the mandatory play rule; the first offense the coach will be suspended from the team for 1 week; second offense, the coach may be removed from the team for the remainder of the season at the discretion of Board of directors.