

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 competitions.
- 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 4th through 8th

- 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.
- Major Division – 7th grade - 12 to 13 years old by September 1st
- Cadet Division – 7TH/8th grade - 12 to 14 yrs. old by September 1st
(When warranted, a Majors division will be created made up of 7th grade players)

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 gear issue.
- **Physical Examination:**
- Proof that the participant has had a physical examination, signed and dated by a licensed health care provider within the last 24 months, and is valid through the current season. A copy must be provided at the official weigh in date. No player shall practice or play without a current physical examination.
- Signed copy of concussion form (Lystedt Law), verification of residence.

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.
2. Growth Allowance: for all qualified ball carriers and single stripe players, after the 4th league game, a 1-pound weight allowance per week will be allowed.
A maximum allowance at week 9 of 5 pounds.

Growth Allowance Chart:

Week	5	6	7	8	9	
Allowance	1	2	3	4	5 (lbs.)	

3. The Board of Directors reserves the right to conduct a weigh-in at any time.
4. Weight Challenges: only the Board of Directors or a team's head coach may challenge a player's weight. The Head coach making the challenge must notify the league commissioner(s) by email or text, by

10pm (Game Day) of a game already played, or by 8pm Sunday for the next game to be played. Only the opposing head coach (**previous or next**) can challenge a player's weight. The re-weigh challenge will be determined by the Board of Directors. The weigh-in will be done by the Commissioner and the challenging head coach must be in attendance. If the player is overweight, **said player** will be striped for the remainder of the season and the previous game may be forfeited. **Once a player has been challenged, the said player MAY NOT be challenged again for the remainder of the season, except at the discretion of the Board of Directors.** 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.

The Board of Directors will have discretionary authority to address unforeseen circumstances.

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: Team size of registered players in all divisions will be, 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, parent in the presence of the team. **Coaches are responsible for enforcing state laws related to no tobacco, alcohol, drug use, firearms on school properties.** Coaches will be responsible for cleaning up their sidelines 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, 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 full Week of August (exact date TBD by Board of Directors).
2. Practices must be scheduled at approved practice sites 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, without league approval.
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 on 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.
PRACTICES MAY BE CANCELED DUE TO UNFORSEEN WEATHER CONDITIONS.
Canceled means no activities can be held.
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 Breakers: to clarify league standings, Tie Breaker games will be played on Sundays. Tie breaker scenarios will be determined at the discretion of the Board of Directors. See game rule #4.

Injury Reports:

1. The Safety Officer **must** receive a detailed report of all injuries, whether at practice or a game, within 24 hours of the 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, two (2) 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 two (2) 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 (2) iterations from the 10-yard line, the ball will be moved to the 5-yard line. 11on/11off Rules apply.
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. The Head Coach may petition the Counsel of Coaches about ejections, by 10pm of the day of ejection.
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 offensive striped player may advance the ball.
11. Any Game Halted for unforeseen reasons may be continued at the discretion of the Board of Directors.
12. Any Protest involving "Rule Violations" and / or Weight Challenges" must be made by 10pm the day of **a game already played or by the next week's opponent.**
13. **Filming of opponent's games is NOT allowed. Any team found filming an opponent prior to playing the opponent shall be suspended for the next game. A second violation will result in the removal of the coach for the remainder of the season. Teams may film their own games. Teams are NOT allowed to share team game films with other teams.**
14. No Radio or other Electronic Communication Devices shall be used in any games.
15. 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". Cadet division exempt.
16. No Pop-Up tents will be allowed on sideline at any game site without host site approval.

Scoring:

1. Six (6) for a touchdown.
2. Three (3) for a field goal. (**Junior Division may attempt a field goal with NO defensive rush**).
3. Two (2) for safety. (**Junior Division, ball will be placed on the 50-yard line. No free kick**).
4. Two (2) for successful point after kick PAT. (**Junior Division may attempt kick NO defensive rush**)
5. Two (2) for successful run or pass attempt from 5yd line after TD. (**Juniors only**)
6. One (1) for a successful point after play from scrimmage (3yd line).
7. No two (2) strikers may be on the kickoff or kick return teams.
8. Home team will provide the timer (with a stopwatch).
9. Visiting teams will provide a chain crew.
10. Teams behind 24 or more points, the ball will be placed on the short 30yd line. All divisions
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. **If a team wins by 30 or more points, the coach of the winning team may be suspended for the next game. A second violation may result in the coach being removed for the remainder of the season.**
13. When CCYF games are played in stadiums, only players, coaches, game and league officials, and League Assigned First Aid personnel will be allowed on the field or track area. All other spectators must remain in the grandstand area.
14. On the **initial possession** of a turnover, a striped “defensive” player may advance the ball.

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 24 hours after the day of 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 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, pants that include knee, thigh, hip and tailbone pads; 1 mouth guard, and a game jersey. To be cleaned and returned at the end of the season. All personal equipment (non-CCYF) used by any player(s) 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. All teams MUST participate in the leagues fundraising event.
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 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 **ONLY** and may not be sold. **No filming or photographing of opponents.**
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.

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.

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 carriers, 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") interior lineman only - two stripes. 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, TE, 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.
9. All players must play 8 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. Each player must play on the Offensive and Defensive teams every game.
- 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 in the kickoff and kickoff receiving team. If the score is a 24 or more-point lead, the team behind will take possession of the ball at the short 30-yard line.
- 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 player (tackle to tackle).
- 16 Teams must use an even defensive front with no nose guard. No defensive player may line up inside the offensive Guards. Linebacker depth must be 4 yards or greater for LB's inside the box. No forward movement by any defensive player inside the box prior to the snap.**
- 17 Extra point attempts: 1 point for scrimmage play from 3-yard line. A two-point conversion may be attempted by a scrimmage play from the 5-yard line, or an attempted kick from the 3-yard line with NO defensive rush.
- 18 PAT, kick off and kickoff return will count towards a player's mandatory play count.
- 19 The Official Game Ball will be 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 6th grade. (5th grade players may request to opt up to this division)
2. Players 130 lbs. or less can be a ball carrier - no stripes.
3. Players 131 - 150 lbs., non-ball carrier only - one stripe (may lineup in a ball carrier position but cannot carry or advance the ball).
4. Players 151 lbs. and over; interior line (offense or defense, between the outside shoulders of the offensive tackles (May not play "End" or "Linebacker") interior lineman only - two stripes. Any player may punt.
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 positions (QB, RB, TE, Wing, or Receiver) for the 1st & 3rd quarters on the 11on/11off Roster. Players playing in those offensive positions in the 1st quarter cannot play those positions in the 3rd quarter.
10. All players must play 8 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. Players must play in each quarter.
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 splits between all offensive down linemen. Normal splits are defined as "Foot to Foot, but not more than 2 feet apart" between each offensive line player (tackle to tackle).
16. **Linebacker depth must be 4 yards or greater for LB's inside the box.**
17. PAT, kick off and kickoff return will count towards a player's mandatory play count.
18. No forward movement by linebackers inside the box prior to the snap of the ball.
19. The Official Game Ball will be the 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.

Major Division:

1. Players shall be in the 7th grade. (6TH grade players may request to opt up into this division)
2. Players 150 lbs. or less can be a ball carrier - no stripes.
3. Players 151lbs and over - non-ball carrier only - one stripe (may lineup in a ball carrier position but cannot carry or advance the ball).
4. 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.
5. 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.
6. 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).
7. 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 Rules 9 & 10).
8. Each team, regardless of roster count, must identify the four players playing in the offensive positions (QB, RB, TE, Wing, or Receiver) for the 1st & 3rd quarters on the 11on/11off Roster. Players playing in those offensive positions in the 1st quarter cannot play those positions in the 3rd quarter.
9. All players must play 8 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).
12. Each player must play on the Offensive and Defensive teams every game. Players must play in each quarter.
13. At the end of each Half, players will be rotated to either offense or defense as listed by the 11 on/11 off roster.
14. Offensive teams must use normal splits between all offensive down linemen. Normal splits are defined as "Foot to Foot, but not more than 2 feet apart" between each offensive line player (tackle to tackle).
15. PAT, kick off and kickoff return will count towards a player's mandatory play count.
16. The Official Game Ball will be the 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.

Cadet Division:

1. Players shall be in the 8th grade. (7th grade players may request to opt up to this division)
2. There is no maximum ball carrying weight in this division. Every player is eligible to advance the ball.
3. All players must play 10 plays per half, minimum. 20 plays from scrimmage per game minimum.
4. All players must play in every quarter.
5. Each player must play on the Offensive and Defensive teams every game.
6. 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.
7. Offensive teams must use normal splits between all offensive down linemen. Normal splits are defined as "Foot to Foot, but not more than 2 feet apart" between each offensive line player (tackle to tackle).
8. PAT, Kickoff and kickoff return will count towards a player's mandatory play count.
9. The Official Game Ball will be the Wilson Youth size.