

**2018**  
**NCAAU TACKLE FOOTBALL**  
**&**  
**FLAG FOOTBALL**  
**RULES OF PLAY**

**\*\*PLEASE NOTE THAT THE RULES INCLUDED IN THIS RULE BOOK  
REGULATE ONLY NORTH CAROLINA AAU TACKLE FOOTBALL. IF A TEAM  
QUALIFIES FOR A LEAGUED BASED TOURNAMENT THOSE RULES WILL  
SUPERSEDE NCAAU TACKLE RULES FOR THAT TOURNAMENT ONLY\*\***

**The 2018 NCAAU Tackle Football will be run using the most current High School Football Rules as published by the National Federation of State High School Associations (NFHS) except where specifically amended in the sections to follow. It is strongly recommended that coaches have a copy as it is the responsibility of the Head Coach to be knowledgeable of the rules.**

**DIVISIONS:** NCAAU Tackle Football shall consist of five age divisions, **6U, 8U, 10U, 12U, and 14U** with the age requirement being the age that the athlete is at 11:59pm on August 1, 2018. An athlete may not play in a higher division prior to NCAAU Tackle Football approval. Due to safety concerns no athlete will be allowed to play up more than one age group. The athlete requesting to play up must be physically evaluated by the NCAAU State Board and parent must sign waiver form. Exempt from this rule is 6u, any athlete who is eligible to play 6u will only be eligible to play within the 6u age group and not allowed to move up. Exception will be made for an athlete who turns age 7 by 11:59pm on August 31<sup>st</sup>, 2018. No 4 year old will be allowed to play tackle football, an athlete must turn 5 years on or before August 1<sup>st</sup>, 2018 in order to be eligible for tackle football. No exception or waivers will be approved for any athlete under the age of 5 years old to play tackle football must play play Flag football. Once an athlete plays up they will not be allowed to play down and must play in the elected division throughout the season. An athlete may not play in a lower division for any reason. NCAAU has added a Flag Division. Ages for flag division is 4 years old to 6 years old and the age requirement being the age that the athlete is at 11:59pm on August 1, 2018.

**ROSTERS:** All rosters will now be certified by your conference president and/or regional director. Athletes must have supporting documents in book and must be certified prior to participating in an official NCAAU Tackle Football event. Athletes will not appear on a team official's NCAAU roster until supporting documents are approved by a NCAAU official. Deadline for an athlete to appear on an official roster will be at 11:59pm each Wednesday before an official NCAAU Tackle football game. If an athlete's supporting documents is submitted after any Wednesday at 8:59pm, the athlete shall not appear on the team's official NCAAU roster until the following week. Official NCAAU game day rosters will be provided to team and opposing team by NCAAU Membership Administrator by 8pm every Friday. Game day rosters with scores will be due to Regional Directors and NCAAU Football Commissioner by 8pm every Tuesday. **IF AN ATHLETE DOES NOT APPEAR ON AN OFFICIAL NCAAU ROSTER THE ATHLETE WILL NOT BE ABLE TO PARTICPATE IN ANY NCAAU TACKLE FOOTBALL EVENT.** Last day to add an athlete will be September 30<sup>th</sup>, 2018. **Any AAU membership and/or NCDMV ID purchased after October 1<sup>st</sup> will be denied participation without exception and will not be added to final official roster. Final official NCAAU roster will lock on October 6<sup>th</sup>, 2018 at 8:59pm. No athlete will be added to an official roster after that date no exception.**

**AAU MEMBERSHIP:** All athletes, coaches, board members, and sideline persons (i.e. team moms) must hold a current AAU membership. In addition, all teams must hold a current AAU

club membership. All coaches listed on the roster will receive credentials by maintain a current Positive Coaches Alliance Certificate.

**ATHLETES:** A team shall consist of a minimum of 16 players and a maximum of 35 players. Any exceptions must be in writing to a designated representative for each conference. All athletes must be in compliance with the AAU Membership section of this packet. Any athlete found to be ineligible prior to the start of the game will be expelled from the game. Once the game has begun, any athlete found to be ineligible will be expelled along with the Head Coach. The team will forfeit all games in which an athlete participated illegally and will be seeded accordingly.

**ATHLETE'S IDENTIFICATION:** All athletes will be required to have a **current** NCDMV ID to verify identity and date of birth. Receipts from NCDMV will be accepted up to **expiration date** printed on NCDMV receipt. **Current** passport and US Military ID will be the **ONLY** alternative form of ID to be accepted. Please note actual original copy of NCDMV ID, US Military ID, or Passport must be present at time of book check no photocopy will be accepted.

**ATHLETE'S PHYSICAL:** All athletes will be required to have a physical completed by a Licensed State examiner (medical doctor, nurse practitioner, etc.) and must be dated within 365 days of the date of participation in game or practice. If date physical falls outside the 365 days the athlete will be considered ineligible for play or practice until update physical is received.

**NON-ATHLETES:** A team may carry up to 7 persons on the sideline that are allowed inside the coaches' box. This may consist of any combination of Head Coach, Assistant Coach, Trainer, Team Mom, or Jr. Coach. All Coaches shall be listed on the current team playing on the field roster and must have provided sideline credentials. All AAU membership rules regarding non-athletes apply and any violation will result in removal from the sidelines up to and including team forfeiting the game. No exceptions.

**BOOK CHECK:** Book check will be completed each game. League reps will conduct book check during each regular season game. NCAAU State Board will conduct book check during playoffs and State Championship. Book check will occur 30 minutes before 1<sup>st</sup> game and ensuing book checks will occur during 3<sup>rd</sup> quarter of the current game. Please note that if a player arrives during their team's book check, that player will be able to check in and play at the start of the game. If a player arrives after their team's book check the player will be checked in at half time and opposing head coach will be notified of player being checked in. Please note that if an athlete's supporting documents are not in the book at the time the athletes name is called that athlete will not be allowed to play until after halftime. Teams will no longer wait for an athlete to present supporting documents. They must be in the book at the time the athlete is called to be checked in.

### **FOOTBALLS:**

#### **Sizes:**

Flag-Pee Wee

6U-Pee Wee

8U – Pee Wee

10U – Junior

12U – Junior

14U – Youth

All teams must provide their own game ball.

**TIEBREAKERS:** NFHS Rules shall apply with the exception of the initial spot of the ball. Overtime play shall begin with the ball spotted on the 10 yard line with no possibility of a first down.

**SIDELINE STAFF:** The sideline staff may consist of 7 non-athletes members including junior coaches. Junior coaches should be of high school age, hold a current AAU Athlete Membership, and be in proper coaching attire. The 6 members of the sideline staff shall hold a current AAU Non-Athlete Membership and have proper credentials for the sideline. This staff may include any combination of coaches, trainers, team mom, etc... All must be in proper coaching attire and match the team colors. Two Cheer coaches will be allowed on the sideline in order to direct cheer squad. Please note chain crew is not required to have an AAU membership however, they will not be allowed to use cell phones or make hand signals to the opposing team. If caught with a cell phone or making hand signals they will be removed by an official or a board member.

**COMMUNICATION DEVICES:** Communication devices used to communicate with a player except during an outside the 9-yard mark conference.

Communication devices including but not limited to audio recorder, Local Area Network (LAN) phones and/or headsets, still photograph(s), film, analog or digital video(s) and/or Internet depictions, shall not be used to communicate with a player except during an outside 9-yard mark conference. Communication devices including but not limited to audio recorder, Local Area Network (LAN) phones and/or headsets, still photo-graph(s), film analog or digital video(s) and/or Internet depictions may be used by coaches and non -players.

## **DIVISIONAL RULES:**

### **6 AND UNDER DIVISION**

#### **I. TIMING**

- **8 Minute Quarters w/a running clock (8-minute Halftime)**
- **A Varsity clock will be used for all games. The clock will start on the ready**
- **Clock will stop for only the following:**
- **Note: The Regulation Clock runs in accordance with NCHSAA rules.**  
**Regulation Clocks will stop for the following**
  - **Time Outs**
  - **Penalties**
  - **End of Quarters**
  - **Out of Bounds**
  - **Incomplete Passes**
  - **Scores & Touchbacks**
  - **Fair Catches**
  - **Inadvertent Whistles**

#### **II. GAME BALL**

- **The official game ball will be a Pee Wee Size**

#### **III. SCORING**

- **Touchdown 6 points**
- **Kicked PAT 2 points**

- Run/Pass PAT 1 point
- Run/Pass PAT 2 points (must declare with “whitehat” going for “2” and ball placed at 5 yard line)
- Safety 2 Points
- Field Goal 3 Points

**IV. MERCY RULE: See attached**

**V. OTHER**

- Late-arriving players may be checked-in at Halftime and play in the 2<sup>nd</sup> half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure.”
- Mouthpieces must be worn and attached to the face mask
- No lining up directly over the Center. Face mask must be in the “A” Gap.
- 6 Defensive players are permitted on the line of scrimmage and must be in either a 3 point or 4 point stance. Any player in a 2 point stance must be 6 feet (2 yards) off the line of scrimmage.
- No Kick-Off. The ball will be spotted at the offense’s 35 yard line.
- No punt
- No rushing of the Extra Points
- A PAT is worth 2 points if kicked and 1 point if run or passed ball will be placed at the 2 yard line.
- If a 2 point conversion is desired by not kicking the offense must declare the intentions to the “whitehat” and the ball will be spotted at the five yard line. The offense may run or pass from the five yard line for a 2 point conversion.
- Play clock is 35 seconds
- In 6U two coaches from each team will be allowed in his/ her respective backfield during the game. Coaches on the field should be at least 10 yards behind their last player at start of cadence. Coaches must also make every effort to not interfere with plays (physically or verbally) once they are in progress.
  - a. Sideline Warning
  - b. Being Outside the team box, but not on field
    - 1) Sideline Warning
    - 2) Sideline Interference
    - 3+) Sideline Interference
    - First time Warning
    - 5 yard penalty
    - 15 yard -Unsportsmanlike Conduct

In games where coaches are allowed to be on the field 6U and 8U, on the 4<sup>th</sup> warning the on field coach(s) will be replaced and not allowed back on the field during that game

**8 AND UNDER DIVISION**

**I. TIMING**

- 8 Minute Quarters w/a Regulation Clock (8-minute Halftime)

- A Varsity clock will be used for all games.
- Clock will stop for only the following:
- Note: The Regulation Clock runs in accordance with NCHSAA rules. Regulation Clocks will stop for the following
  - Time Outs
  - Penalties
  - End of Quarters
  - Out of Bounds
  - Incomplete Passes
  - Scores & Touchbacks
  - Fair Catches
  - Inadvertent Whistles

## **II. GAME BALL**

- The official game ball will be Pee Wee size

## **III. SCORING**

- Touchdown 6 points
- Kicked PAT 2 points
- Run/Pass PAT 1 point
- Run/Pass PAT 2 points (must declare with “whitehat” going for “2” and ball placed at 5 yard line)
- Safety 2 Points
- Field Goal 3 Points

## **IV. MERCY RULE- See attached**

## **V. OTHER**

- Late-arriving players may be checked-in at Halftime and play in the 2<sup>nd</sup> half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure.”
- Mouthpieces must be worn and attached to the face mask
- No lining up directly over the Center. Face mask must be in the “A” Gap.
- 6 Defensive players are permitted on the line of scrimmage and must be in either a 3 point or 4 point stance. Any player in a 2 point stance must be 6 feet (2 yards) off the line of scrimmage.
- No Kick-Off. The ball will be spotted at the offense’s 35 yard line.
- Declaration of a Punt. The offense and defense will leave the playing field. One player shall remain on the field for the purpose of punting the ball. The player punting the ball will line up 5 yards behind the spot of the ball. Upon lining up the player will be given the ball by the head referee and shall have no more than 5 seconds to punt the ball. The ball will be considered down where it stops or the point in which it rolls out of bounds.
- No rushing of the Extra Points
- A PAT is worth 2 points if kicked and 1 point if run or passed ball will be placed at the 2 yard line.
- If a 2 point conversion is desired by not kicking the offense must declare the intentions to the “whitehat” and the ball will be spotted at the five yard

line. The offense may run or pass from the five yard line for a 2 point conversion.

- Play clock is 25 seconds
- In 8U one coach from each team will be allowed in his/ her respective backfield during the game. Coaches on the field should be at least 10 yards behind their last player at start of cadence. Coaches must also make every effort to not interfere with plays (physically or verbally) once they are in progress.

c. Sideline Warning

d. Being Outside the team box, but not on field

1) Sideline Warning

2) Sideline Interference

3+) Sideline Interference

• First time Warning

• 5 yard penalty

• 15 yard -Unsportsmanlike Conduct

In games where coaches are allowed to be on the field 6U and 8U, on the 4<sup>th</sup> warning the on field coach(s) will be replaced and not allowed back on the field during that game.

## **10 AND UNDER DIVISION**

### **I. TIMING**

- 10 Minute Quarters w/a Regulation Clock (8-minute Halftime)
- A Varsity clock will be used for all games.
- Clock will stop for only the following:
- Note: The Regulation Clock runs in accordance with NCHSAA rules. Regulation Clocks will stop for the following
  - Time Outs
  - Penalties
  - End of Quarters
  - Out of Bounds
  - Incomplete Passes
  - Scores & Touchbacks
  - Fair Catches
  - Inadvertent Whistles

### **II. GAME BALL**

- The official game ball will be a Junior Size

### **III. SCORING**

- Touchdown 6 points
- Kicked PAT 2 points
- Run/Pass PAT 1 point
- Run/Pass PAT 2 points (must declare with “whitehat” going for “2” and ball placed at 5 yard line)

- Safety 2 Points
- Field Goal 3 Points

#### **IV. MERCY RULE- See attached**

#### **V. OTHER**

- Late-arriving players may be checked-in at Halftime and play in the 2nd half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure.”
- Mouthpieces must be worn and attached to the face mask
- Kick-Off will be from the 40-yard line.
- No lining up directly over the Center. Face mask must be in the “A” Gap.
- No rushing of Punts or Extra Points
- During a punt, no rushing punter, once the ball is kicked live play begins. Receiving team can return punts.
- A PAT is worth 2 points if kicked and 1 point if run or passed ball will be placed at the 2 yard line.
- If a 2 point conversion is desired by not kicking the offense must declare the intentions to the “whitehat” and the ball will be spotted at the five yard line. The offense may run or pass from the five yard line for a 2 point conversion.
- Play clock is 25 seconds

### **12 AND UNDER DIVISION**

#### **I. TIMING**

- 10 Minute Quarters w/a Regulation Clock (8-minute Halftime)
- A Varsity clock will be used for all games.
- Clock will stop for only the following:
- Note: The Regulation Clock runs in accordance with NCHSAA rules.

Regulation Clocks will stop for the following

- Time Outs
- Penalties
- End of Quarters
- Out of Bounds
- Incomplete Passes
- Scores & Touchbacks
- Fair Catches
- Inadvertent Whistles

#### **II. GAME BALL**

- The official game ball will be a Junior Size

#### **III. SCORING**

- Touchdown 6 points
- Kicked PAT 2 points
- Run/Pass PAT 1 point



- Run/Pass PAT 2 points (must declare with “whitehat” going for “2” and ball placed at 5 yard line)
- Safety 2 Points
- Field Goal 3 Points

#### **IV. MERCY RULE- See Attached**

#### **V. OTHER**

- Late-arriving players may be checked-in at Halftime and play in the 2nd half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure.”
- Mouthpieces must be worn and attached to the face mask
- No lining up directly over the Center. Face mask must be in the “A” Gap.
- Kick-Off will be from the 40-yard line.
- During kicking and punting situations, players are ALLOWED to rush the kicker/punter.
- A PAT is worth 2 points if kicked and 1 point if run or passed ball will be placed at the 2 yard line.
- If a 2 point conversion is desired by not kicking the offense must declare the intentions to the “whitehat” and the ball will be spotted at the five yard line. The offense may run or pass from the five yard line for a 2 point conversion.
- Play clock is 25 seconds
  - a. Sideline Warning
  - b. Being Outside the team box, but not on field
    - 1) Sideline Warning
    - 2) Sideline Interference
    - 3+) Sideline Interference
    - First time Warning
    - 5 yard penalty
    - 15 yard -Unsportsmanlike Conduct

In games where coaches are allowed to be on the field 6U and 8U, on the 4<sup>th</sup> warning the on field coach(s) will be replaced and not allowed back on the field during that game

### **14 AND UNDER DIVISION**

#### **I. TIMING**

- 10 Minute Quarters w/a Regulation Clock (8-minute Halftime)
- A Varsity clock will be used for all games.
- Clock will stop for only the following:
- Note: The Regulation Clock runs in accordance with NCHSAA rules.

Regulation Clocks will stop for the following

- Time Outs
- Penalties
- End of Quarters

- Out of Bounds
- Incomplete Passes
- Scores & Touchbacks
- Fair Catches
- Inadvertent Whistles

## II. GAME BALL

- The official game ball will be a Youth Size

## III. SCORING

- Touchdown 6 points
- Kicked PAT 2 points
- Run/Pass PAT 1 point
- Run/Pass PAT 2 points (must declare with “whitehat” going for “2” and ball placed at 5 yard line)
- Safety 2 Points
- Field Goal 3 Points

## IV. MERCY RULE- See Attached

## V. OTHER

- Late-arriving players may be checked-in at Halftime and play in the 2nd half.
- Overtime will be handled in accordance with the NCHSAA “10-Yard Line Overtime Procedure.”
- Mouthpieces must be worn and attached to the face mask
- Kick-Off will be from the 40-yard line.
- During kicking and punting situations, players are ALLOWED to rush the kicker/punter.
- A PAT is worth 2 points if kicked and 1 point if run or passed ball will be placed at the 2 yard line.
- If a 2 point conversion is desired by not kicking the offense must declare the intentions to the “whitehat” and the ball will be spotted at the five yard line. The offense may run or pass from the five yard line for a 2 point conversion.
- Play clock is 25 seconds
  - a. Sideline Warning
  - b. Being Outside the team box, but not on field
    - 1) Sideline Warning
    - 2) Sideline Interference
    - 3+) Sideline Interference
  - First time Warning
  - 5 yard penalty
  - 15 yard -Unsportsmanlike Conduct

In games where coaches are allowed to be on the field 6U and 8U, on the 4<sup>th</sup> warning the on field coach(s) will be replaced and not allowed back on the field during that game.

## **FLAG DIVISION**

### **I. TIMING**

- **8 Minute Quarters (8 minute Halftime)**
- **A Varsity clock will be used for all games. The clock will start on the ready**
- **Clock will stop for only the following:  
Regulation Clocks will stop for the following:**
- **Time Outs**
- **Penalties**
- **End of Quarters**
- **Out of Bounds**
- **Incomplete Passes**
- **Scores & Touchbacks**
- **Fair Catches**
- **Inadvertent Whistles**

### **II. GAME BALL**

- **The official game ball will be a Pee Wee Size**

### **III. SCORING**

- **Touchdown 6 points**
- **Kicked PAT 2 points**
- **Run/Pass PAT 1 point**
- **Run/Pass PAT 2 points (must declare with “whitehat” going for “2” and ball placed at 5 yard line)**
- **Safety 2 Points**
- **Field Goal 3 Points**

### **IV. MERCY RULE: See attached**

### **V. OTHER**

- **Late arriving players may be checked in at Halftime and play in the 2<sup>nd</sup> half.**
- **Overtime will be handled in accordance with the NCHSAA “10 Yard Line Overtime Procedure.”**
- **Mouthpieces must be worn.**
- **No lining up directly over the Center. Players must be in the “A” Gap.**
- **No Kick Off. The ball will be spotted at the offense’s 35 yard line.**
- **No punt**
- **No rushing of the Extra Points**
- **A PAT is worth 2 points if kicked and 1 point if run or passed ball will be placed at the 2 yard line.**

- **If a 2 point conversion is desired by not kicking the offense must declare the intentions to the “whitehat” and the ball will be spotted at the five yard line. The offense may run or pass from the five yard line for a 2 point conversion.**
- **Play clock is 35 seconds**
- **In Flag, two coaches from each team will be all owed in his/ her respective backfield during the game. Coaches on the field should be at least 10 yards behind their last player at start of cadence. Coaches must also make every effort to not interfere with plays (physically or verbally) once they are in progress.**
  - a. **Sideline Warning**
  - b. **Being Outside the team box, but not on field**
    - 1) **Sideline Warning**
    - 2) **Sideline Interference**
    - 3+) **Sideline Interference**
- **First time Warning**
- **5 yard penalty**
- **15 yard Unsportsmanlike Conduct**
  - In games where coaches are allowed to be on the field Flag, 6U and 8U, on the 4<sup>th</sup> warning the on field coach(s) will be replaced and not allowed back on the field during that game.**
- **No tackling**
- **Player cannot hold another player while attempting to grab his/her flag. This will result in a 10 yard penalty.**
- **First downs will be every 20 yards, only yard marker will be used.**

**CONDUCT:** Head coaches will be responsible for the conduct and sportsmanship of their players and sideline staff. Any misconduct during the game of play, immediately after, or in between games will be reviewed. The executive board, in accordance with ZERO TOLERANCE, may impose suspension, forfeiture, or expulsion where it sees applicable. All teams will line up on the 50 yard line and meet in the middle of the field to shake hands.

**SPORTSMANSHIP/EJECTION POLICY:** This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, managers and game administrators. The following examples include behavior or conduct which will result in an ejection from a contest:

- fighting, which includes, but is not limited to, combative acts such as:
  - an altercation between 2 or more parties that includes swinging, hitting, punching and/or kicking

- an attempt to strike an opponent with a fist, hands, arms, legs, feet, or equipment
- an attempt to punch or kick an opponent, regardless of whether or not contact is made
- an attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate
- leaving the bench area to participate in a fight (contact or no contact)
- Flagrant contact, which includes, but is not limited to, combative acts such as:
  - excessive contact out-of-bounds or away from playing action than is unwarranted and extreme in nature
  - tackling/taking down a player dangerously in a malicious manner
  - biting observed or determined by an official
- Taunting, baiting or spitting toward an opponent or official
- Profanity, directed toward an official or opponent
- Obscene gestures, including gesturing in such a manner as to intimidate or instigate
- Disrespectfully address (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career) an official

Penalty for an ejection for the above reasons

- Football – ejection from the contest, miss the next contest at that level and all contests in the interim (miss the next two contests for fighting)

**DISQUALIFICATION:** Any player or sideline staff that is disqualified from a game will serve an automatic suspension for the remainder of the game and will be available to play the following weeks game. If an athlete, then the athlete will be identified to the head official and shall immediately remove his/her equipment and remain on the bench.

**EJECTIONS:** Any player or sideline staff that is ejected from a game will serve an automatic one game suspension of the next available game played by his/her team. If an athlete, then the athlete will be identified to the head official and shall be in plain “street” clothes and not in uniform other than jersey. If a non-athlete is ejected then an automatic review by the executive board will take place to determine if a one game suspension is adequate. The executive board may impose additional penalties if it sees applicable. Any fan or spectator that is asked to leave the premises for misconduct will not be allowed to return the next NCAAU Tackle Football event. No exceptions. League Rep will get the name of the ejected player and provided it to the opposing team for the following week of play.

## **MERCY RULES-NCAAU Tackle Football**

**\*\* Please note Mercy rule will not be observed during playoffs and State Championship games.\*\***

- **The mercy rule will not go into effect before 3<sup>rd</sup> quarter.**
- **There will be a running clock if a team is winning by 35 points or more. Once the deficit is reduced below 35 points the clock will go back to a regulation clock.**

**For example: if Team A is ahead of Team B by 35 points or more, Team A shall be limited to running the ball between the tackles. Team A will not be allowed to pass the ball, run outside the tackles, or trick plays.**

- a. As long as the 35+ point differential is maintained, Team A must use the balance of its reserve layers in lieu of first string players.**
- b. Once Team B reduced the deficit to under 35 points, normal play would resume until one team is leading by 35+ points.**

**While the Mercy Rule is in effect, the clock shall run and stop only for the following:**

- **Time outs**
- **Injuries**
- **End of Quarters**
- **Immediately after a score which takes the scoring margin back below 35 points**