



2010 Rules

“Building Character in Local Youth”



Flag City Youth Football – 2010 Rules

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Rule 1: Eligibility

Subsection A: Age/grade requirement

Boys/girls grade 3 and 4 are eligible to play and will be assigned to a Junior Varsity (JV) team that plays only those boys/girls in their grade category. However, no child who has attained the age of 11 prior to the 1st day of August shall be permitted to play.

Boys/girls grade 5 and 6 are eligible to play and will be assigned to a Varsity (V) team that only plays those boys/girls in their grade category. However, no child who has attained the age of 13 prior to the 1st day of August shall be permitted to play.

Subsection B: Weight Limits

There shall be no weight limit imposed upon players who wish to participate.

JV players who exceed 80 pounds shall not be permitted to carry the football nor play what are commonly referred to as the skilled positions.

Varsity players, who exceed 120 pounds, shall not be permitted to carry the football nor play what are commonly referred to as the skilled positions.

Skilled positions are to be considered as any offensive player that possesses, controls, carries or receives (from a pass) the ball with the exception of the center. In the event that a defensive player intercepts a pass or recovers a fumble, that player may advance the ball regardless of the player's weight. Tight ends, if over the weight limit, can be utilized for a blocking assignment but, are not eligible to receive a pass or possess the ball.

All players over the weight limits for both JV and Varsity will be identified with a sticker depicting an "X" on the back of their helmet.

There will be two regular season weigh-ins. An athlete may attend both weigh-ins to make weight. NO IRREGULAR WEIGHT LOSS PROGRAM WILL BE ALLOWED. A master roster of each team must be turned in to the board. Each roster shall include the following information: Player's first and last name, jersey number, grade, and date of birth. Parents should make available a child's birth certificate upon request from the board of directors. Each athlete will have only one opportunity to step on the scale at each weigh-in. Dates and locations for each weigh-in will be announced by the board and adequate notice to all coaches and participants will be provided.

The final weigh in prior to the start of season will be at equipment handout. There will be a make up weigh in for players unable to be at equipment hand out weigh in. The player's recorded weight following the last weigh-in and/or make up session of which, they have participated, is the player's official recorded weight. Any player who has not weighed in prior to the start of the season will not be allowed to play in a skilled position. There will be no weight challenge until the fifth week of the season. If an opposing coach wishes to challenge the weight of an opposing team's player, he must notifying the board of directors, through the coaches representative of the board, no later than Tuesday of the fifth week of the season. A challenged player will then be taken to a set of league scales to be weighed. A challenged player will be allowed five pounds over the weight limit at the time of the challenged weigh-in. Weight limit will now be 125 pounds Varsity and 85 pounds Junior Varsity to be eligible to participate as a skilled

position player. This will be the only week of the season in which a player's weight can be challenged. Athletes exceeding the weight limits imposed above shall be designated with an "X" sticker on the back of their helmet for the remainder of the season. A player's weight cannot be challenged or appealed for a lesser weight or for the purpose of transitioning a non-skilled position player to become a skilled position player.

Subsection C: Coaching Requirements

All coaches, head coaches and assistants must be at least 21 years of age. All coaches, head and assistant(s), will be approved by the Director of Coaching, after consultation with the board of directors. No coach will be allowed to coach until granted approval. Any head coach who wishes to take on an assistant coach who has a child that will play on the team, cannot do so unless that coach has coached on the team at least one year prior to the child being able to play.

All Coaches are to be certified by the National Youth Sports Coaches Association. NYSCA certification is a requirement. Cost of the certification will be paid by the coach. Dates for certification will be announced by the board. Once certified by NYSCA, all coaches must display their NYSCA card with their League lanyard at all games, which recognizes them as an authorized and certified coach. It is mandatory that all coaches display their League Coaches lanyard during games. All persons coaching must be registered with the Board and participate in a criminal background check conducted by the Board. The back ground check is a nationwide search and the cost will be the responsibility of each coach.

All Head Coaches must submit a coaching roster to the board within one week of the Head Coach's receipt of their respective team roster. Any additional coaches added to the roster following the original submission to the board must be approved by the Director of Coaching and said coach is subject to the background check and certification as required by the League. Only those coaches listed on the Team's coaching roster will be allowed to participate in both team practices and games. Newly approved coaches will be placed on a one year probation period. During this probation period, the coach will be monitored for disciplinary action, team disputes and general infractions taking place during league functions. During this probation period, a coach may be removed at the discretion of the Board of Directors.

Subsection D: Recruitment, Draft of Players and Rosters

As a precursor to the draft, it is noted that all returning players will be rostered on the team that they were on the previous year. All first year players will be governed by the rules of the draft as described below.

A recruiting process in the schools will actively begin In April of each year. A tryout for the Findlay City teams will be held with the date to be announced and printed on the registration form, and a yet to be announced location. This draft, as it will be called, will require athletes to participate in three skills, or more, (pass, catch and run) and each athlete will be assigned a number. Athletes will be "drafted by number" after they have left the tryout to prevent any team stacking or selection by name. A supplemental draft will be held for late registration players.

The draft will be conducted by board members. Board members who are coaching or that have their own children playing in the league will be excluded from the drafting process. After the physical portion of the draft is complete a list of all players will be compiled by number. Names of drafted players will not be used in the drafting process. Players will be put into categories by weight. Within each weight category the player will be ranked by skill level determined from the physical portion of the draft. The draft will then be conducted by picking players for each team with the last place team first, first place team last. The board reserves the right to assign the player(s) to their respective team(s) for the purpose of creating equity among all teams by distributing the talent and weight of all players considered within the draft.

County teams will be responsible for their own recruiting. All teams are limited to 25

active players on Varsity, and 25 active players Junior Varsity. Once the team exceeds the maximum number of players, and there are enough players to make another team, a draft is to be held, subject to the same draft process as the Findlay City teams and governed by the Board of Directors. The board will review any exceptions, particularly if the team roster exceeds 25 players and will render a decision regarding the team's eligibility.

County teams are required to submit to the board, a copy of the team's roster along with copies of all completed registration forms for each player whose name appears on the roster, no later than two weeks prior to the season's start date. The roster must include the player's name and grade of schooling. For scheduled games, both regular and post season, all teams, both Findlay and County teams, must prepare and possess a copy of their roster for all games. The Board will supply blank roster sheets to each head coach for use. These sheets will display the following; the starting players and the players designated for the 3rd Quarter play, their names, uniform number, grade and skilled eligibility. Prior to each game, no later than the pregame coin toss, the head coaches will be required to submit a copy of their team roster to the opposing coach. Failure to submit a roster prior to the start of the game will result in declaring the head coach ineligible for participation in the game scheduled. Repetitive violation(s) will result in disciplinary action being taken by the Board. Any board member or the game's head referee reserves the right to review the roster, if deemed necessary.

Player's fees are identified in the recruitment and registration process as well as on the participant application. Fees are non-refundable, but a case by case basis may be subject to the boards' review. County teams will retain their collection of fees and will be required to pay a one time fee (fee to be set each year) to participate in the league.

Rule 2: Officiating and game play rules

Subsection A: Officials

The league will assign three certified Officials from the Findlay Football Officials list for each game. The board will be responsible for the payment of the Officials for all Findlay teams' home games. All County teams are responsible for payment of the Officials when hosting their respective games at home. The Official's decision on the field is final and not to be contested. ONLY a HEAD COACH will be allowed to question the call of a referee. The referee reserves the right to eject any coach, both Head and Assistants, for violation. Complaints shall be filed with the board at a regular meeting and shall not be discussed at the games. Should a coach or player(s) be ejected from the game for misconduct, a hearing will be held with those involved with the Board of Directors and appropriate disciplinary action, if any, taken. Officials are used to ensure compliance to football safety and rules of play, for fairness to all players. A violation of any league rule may include forfeiture of games and indefinite suspension from the league.

Subsection B: Coaches and Field Duty

A maximum of six (6) coaches will be allowed per team. All coaches must be listed on the coaching roster referred to within the Coaching Requirements (see Rule 1: Eligibility, Subsection C). In JV league games, only two (2) coaches from each team will be allowed to remain on the playing field and are required to stay a minimum of fifteen (15) yards from the line of scrimmage prior to the snap of the ball. Prior to each play, JV coaches are not allowed to have physical contact with players and are highly discouraged in providing verbal communication or instruction once each play begins. The play begins with the snapping of the ball.

During Varsity games, all coaches must confine themselves to the area between the 25-yard lines, at least 2 yards off the sideline. A maximum of two (2) coaches will be allowed on the playing field during timeouts.

Varsity coaches are responsible to assign volunteers to be members of the "Chain Gang". The "chain gang" is to consist of two (2) home team representatives and one (1) visiting team representative and is responsible for managing the ten yard first down and ball markers.

No one under the age of fifteen (15) years old will be allowed to operate "the chains". The "chains" are to be kept on the home side of the field. In the event no one from the home team is able to operate the markers, the visiting team is then authorized however; the "chains" must remain on the home field side. The "chain gang" is to take action following the instruction of the officials only. All members of the "chain gang" are to refrain from language and actions that are detrimental to the game. They are also not allowed to provide coaching of any kind while performing this duty. This responsibility is a privilege and can be revoked by either the officials or board members.

Subsection C: Game Play rules

Rules adopted by the Ohio High School Athletic Association will apply for this league with the only exceptions being those mentioned in these rules. Exceptions are as follows:

1. There shall be no restrictions regarding jersey and/or helmet numbers.
2. Only shoes with molded rubber cleats shall be permitted. Metal cleats and detachable cleats are not permitted.
3. Utilization of electronic communication devices to assist in coaching is not permitted.
4. Games shall consist of four (4) 8 minute quarters. A 12 minute halftime will be observed to allow the team's proper rest. JV games will be played in a controlled scrimmage format not to exceed a one and one half hour time limit. This applies to all JV league games regardless of location.
5. There will be no free kicks or kick-offs. The ball will be placed at the receiving teams own 35 yard line. Following a safety, the receiving team shall receive the ball placed on their 45 yard line.
6. Game balls to be; leather Wilson K2 for Junior Varsity and leather Wilson TDJ for Varsity.
7. There is invoked an automatic fair catch rule on all punts. No contact with the receiving player shall be permitted and the receiving team may not advance the football. In the case of a muff and or fumble, the receiving team shall retain the possession of the football at the point of recovery, by either team, no closer to the receiving team's goal than the point of said fumble or muff.
8. There shall be no rushing by the receiving team on any punt/kicking play. The punting team may be permitted two (2) "gunners" to provide coverage downfield to down the football but, will not be permitted to come in contact or interfere with the player receiving the punt. The OHSAA "halo rule" will be also apply and violation is a penalized infraction. The receiving team must have nine (9) players, no less, on the line of scrimmage at the time of the snap. However, the receiving team is allowed to have up to two (2) players assigned to each gunner on the punting team for the purpose of a blocking assignment. Two (2) players of the receiving team are permitted to drop back for the purpose of receiving the punt.
9. NO BLITZING of any kind shall be permitted. Blitzing shall be referred to as the immediate forward movement of a defensive player positioned outside the offensive tackles or tight end(s), at the snap of the ball. This would include all linebackers, cornerbacks and safeties. Defensive ends, if positioned outside the offensive tackles or tight end(s) must be three yards from the line of scrimmage. Defensive reads are encouraged. This will be a penalized infraction, resulting in a ten yard penalty assessed to the defensive team.
10. ALL LINEBACKERS, particularly those inside the offensive tackles, shall be no closer than three yards from the line of scrimmage at the snap of the ball. Cornerbacks and

Safeties must also be at least three yards from the line of scrimmage at the snap of the ball. Defensive reads are encouraged. This will be a penalized infraction, resulting in a ten yard penalty assessed to the defensive team.

11. There shall be no fake punts or fake extra points.
12. During point after kicking attempts or field goal attempts, a bad or fumbled snap, one that is not within reasonable reach of the holder or the holder must get out of his stance to recover the ball, creates a dead ball foul and the play is over. Use of a kicking tee is allowed for both point after attempts and field goals.
13. A twenty-five (25) second play clock shall be observed.
14. All otherwise, if not previously noted, offensive and defensive formations shall be allowed, including the proper motion of one offensive player prior to the snap. All plays are to be designed and coached to the athletes at the Coach's desire. JV teams are required to limit defensive formations to a "4-4" defense.
15. All interior defensive linemen (positioned on offensive tackle to offensive tackle) must be in a three or four point stance. This will be a penalized infraction, resulting in a ten yard penalty assessed to the defensive team.
16. When a team is ahead by three touch downs second string players, offensive and defensive, must be substituted into the game. The leading team must substitute at least seven second string players into the game. The remaining four players, if first string, cannot remain in skill positions. If all other possibilities have been exhausted and no second string QB is available the first string QB may remain in the game, however he must pass or hand the ball off, he cannot run with the ball. The Head Coach is responsible for communicating his intent to the opposing head coach. Once the score difference falls below three touchdowns regular play may resume.
17. Mouth guards will be provided by the league. However, if a player wishes to wear his own mouth guard it must be clearly visible by officials in an effort to determine its use. A player will not be permitted to take the field without a mouth guard. Officials will inform the player and the team's head coach if in violation.
18. The THIRD QUARTER is designated the substitute quarter. All second string players must be played in this quarter. If not enough second string players are available first string players may be used to fill in. No first string skill position player can play in a skilled position within the third quarter. If a first string player, who remains in to play, is found in violation, the penalty is loss of down and a player substitution may be imposed by the referee. During regular and post season games, each team's roster, will clearly display those intended for participation in the third quarter. The respective head coaches are required to possess the team roster at each game. The referee or any board member reserves the right to review the team roster if deemed necessary.
19. In the event of a safety, two points will be awarded to the defensive team and the ball will exchange possession with the defensive team now becoming the offensive team with possession on their own 45 yard line.
20. To insure the safety of non-football personnel or non-participants, the League or the County Teams must establish and enforce a "Perimeter Safety Zone" along the side and end lines of the playing field during all games. This area would extend a minimum of five (5) yards from the edges of the player's bench area and the playing field. Only players, coaches, officials, chain crew and board members or those with permission of the board, are permitted within this area. Referees and Board Members reserve the right to remove anyone from this area that is not participating in the game as described above.

21. JV player participation time will be governed by an "odd & even" jersey numbering system. The league has assigned all players on the JV roster an odd or even number designation. Before play begins, the head coach is required to supply a copy of his team's roster to the opposing coach. The roster forms are similar to those used by the Varsity teams. The home team will take possession first and their odd numbered players will run the first 8 plays on offense. The home team will remain on offense for the next 8 plays but, will field the even numbered players. Once the second set of plays has been run, the home team will be on defense and field the odd numbered players for 8 plays. The next set of 8 plays, the home team will remain on defense and the even numbered players will participate. This cycle will continue until the 90 minutes time period for the JV scrimmage elapses. If the team does not have enough players to field 11 separate players in distinguishing the play sets, the odd or even numbered players may be supplemented by the necessary number of players to field 11 players. Any supplemental players used must be identified by their coach and acknowledged by the opposing coach. No supplemental player can be used for more than 16 plays in succession.

Subsection D: Tie Breakers

The visiting team will have the right of first choice, choosing to go on offense or defense first. Once decided, the ball will be placed on the 10 yard line and the team on offense will be given four downs to score. After four downs or a score, the other team will be afforded the same opportunity to score. The tie breaker is limited to three possessions per team. After each team has been offered one possession each, all remaining possessions must be for two point attempts. Each Team will be given one time out during the tie breaker. No time outs are carried over from regulation play.

Only if the score remains tied at the end of each possession will play continue. The game ends when the score is no longer tied with each team having the same number of possessions. If after three possessions the score remains tied then the game is to be recorded as a tie.

Rule 3: Penalties

Subsection A: Complying with league rules

A violation of any rules in this league can and will result in forfeiture of all games involved in the rule violation.

All coaches are subject to the coach's code of conduct. Any violation of the coach's code of conduct by any coach will be subject to discipline from the league. Discipline can be a warning up to and including suspension from the league.

Parents are subject to the parent's code of conduct. Any violation of the parent's code of conduct can result in a warning and up to and including suspension as determined by the Board. Any parent ejected from a game will receive up to an automatic one game suspension. Any subsequent suspension will result in permanent suspension from all Flag City Youth Football events.

Subsection B: Protest, Appeal and Grievance

Any protest or appeal of any game rule violation must be reported to the League's Director of Coaching within 24 hours of the infraction. Only head coaches are eligible to file a protest or grievance. The protest or grievance must be in writing and signed by the originator and must be filed with a \$25.00 non refundable cash fee payable to FCYF. Once the League President has been made aware of the protest, he will schedule a hearing with the Coach(es) involved along with the members of the Board. The hearing should be held prior to the next scheduled game if possible. All parties noted in the protest, appeal or grievance will be required

to be present at the hearing. The Board will hear both sides of the dispute and make a determination based upon the facts presented during the hearing. Each presenter will be limited to fifteen (15) minutes to present their case. The Board will have up to fifteen (15) minutes in an executive session to discuss the facts presented. Once concluded, the Grievance Committee will render a decision, determine if disciplinary action is necessary, and their judgment is final. Potential disciplinary action could include, but is not limited to, resulting probation, suspension or revocation of coaching privileges. There shall be no protests or appeals that reverse or influence the outcome of the game in question or any future scheduled games.

Rule 4: Schedules, Scores and Practices

The Board is in charge of the schedules. A complete list of all scheduled games will be given to appropriate news media and Coaching staff prior to season start. The winning team's Head Coach is to contact the League secretary and report the score no later than 6:00PM Sundays so that the scores may be reported to the media for publication and accurate recording of wins and losses for the season statistics. Any coach may schedule scrimmages to their desire and whomever they wish to play.

Practice schedules are determined by each individual coach. However, junior varsity teams are limited to three (3) "sessions" per week. Varsity teams are limited to four (4) "sessions" a week. A "session" consists of a practice, a scheduled scrimmage or a scheduled game. Teams are limited to no more than one (1) scheduled scrimmage or one (1) scheduled game per week. Scrimmages that are spontaneous arrangements due to two teams sharing a practice field, which occurs within the confines of a practice, will be considered as part of a practice "session". A practice "session" must be limited to a maximum of 2 hours.

Rule 5: Championship Game(s)

After the regular season is finished, there will be one final game arranged for the Varsity teams, the Flag City Youth Football Fall Classic. The format and the date for the final game day will be determined by the Board and communicated within a timely fashion to all head coaches.

Rule 6: Important dates

The Board will determine the start and dates of the season. In addition, the Board will determine the permissible dates for the beginning of conditioning, a designated practice week which, allows for the use of specific equipment and the first day of full pad contact. It is the Board's responsibility to communicate the above described dates to all head coaches in a timely fashion with appropriate lead time for the proper preparation.