

# U.S. YOUTH FOOTBALL RULES

## Section 1: Age & Eligibility

### Ages of August 1st, 2019

14U (9<sup>th</sup> Graders not eligible)

12U (7<sup>th</sup> Graders not eligible)

10U

## Section 2: Waiver / Release/ Roster

A. Head Coach/Team Admin must submit a team roster/waiver form for the U.S. Championships by specified deadline. Note: Head Coach/ Team must have copies to bring to event.

B. All Head Coaches must have a copy of the waiver release and birth certificate of all players in their possession at all times.

## Section 3: Coaches Responsibility and Conduct

A. Each team may have 1 Head Coach and up to 4 non-player personnel admitted free of charge. Only Head Coach and 4 non-player personnel may be on the sideline or bench area; coaching must be done from the sideline. All others must be in the seating area

B. Coaches must review each player's physical card and be aware of any medical problems a player may have.

C. All head coaches are responsible for the safety and conduct of their assistant coaches, fans and athletes at all times. Any repeated violations may be cause for individual and/or team expulsion from the championships.

D. Only Head Coach and 4 non-player personnel may be on the sideline or bench area; coaching must be done from the sideline. All others must be in the seating area.

E. Each team is required to supply chain crew workers for each of their games. Home team supplies 3 members for 1<sup>st</sup> half and visitor supplies 3 crew members for 2<sup>nd</sup> half. Crew must stay on own sideline. In overtime, the team with the ball will supply crew members.  
Home Team will be the team on the bottom of the bracket.

F. All players, sideline personnel, coaches, stat keepers and water boys must remain in the bench area when not actively engaged on the field of play.

## Section 4: Weight Limitations

A. Weigh Ins will take place Friday night as a team. No individual will be accepted if they weigh less than 70lbs (10U 55lbs/40lbs 8u) unless they have a completed physician's form. It is the responsibility of the head coach to get the approval and physicians physical..

B. No Weight Limit for 14U Division. The weight of a player advancing the ball may not exceed 130lbs (12U), 115lbs (10U) as determined by the official weigh in. Weigh-Ins will be conducted Friday Evening. All Players will be weighed in while wearing jersey and football pants without pads.

C. All players that are over weight limit must have an X on the back of their helmet to signify they may not advance the ball. Players exceeding the weight limit must immediately ground the ball upon interception/fumble recovery.

D. Players that exceed weight limits must play on the offensive or defensive lines.

E. There is no weight limitation of interior linemen, defensive ends offensive centers guards or tackles. Offensive guards regardless of weight can pull.

F. All interior linemen, defensive and offensive, must execute a 3-4-point stance prior to the snap of the ball.

G. Any player over weight limit placed in the backfield for the purpose of punting must punt

H. No weight limit for athletes playing on the line with their hand in the dirt. Interior lineman is defined as any player on the line from offensive tackle to offensive tackle on either side of the ball. Exception if your defensive end weighs more than weight limit then he must be in a 3 or 4pt stance.

I. Weigh in information times and location will be emailed to each team.

### **Section 5: Games**

A. All games will consist of 4 quarters; each 8 minutes in length. 8 minutes will be allowed between halves. (30 second play clock between downs)

B. All teams will report to the playing field in time to warm up and be ready to play at their designated times. All games begin with a coaches/official meeting prior to each game for rule discussion and roster exchange.

C. Teams must field 11 players for a game to be played. If a team cannot field 11 players the game will be declared a forfeit.

D. At the start, halves and after touchdowns, the offense will take possession on their own 35-yard line. There are no kick offs.

E. Unsportsmanlike penalties and personal fouls will be 15-yard penalties. When inside the 15-yard line penalties will be assessed as half the distance to the goal line when necessary.

### **F. Game Ball**

14U: Wilson Youth Football Recommended or the equivalent

12U: Wilson TDY Baden J5Y and MacGregor MXY.

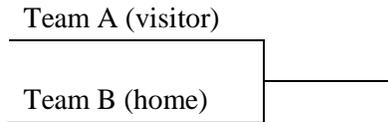
10U: Wilson K-2 or its equivalent Baden or MacGregor.

Game ball must be free of any tacky substances

G. 2 timeouts per half; 1 time out during over-time.

There will be a continuous clock when a team is up by 18 points or more. If the point differential falls below 18 points, there will not be a continuous clock. During continuous clock, the clock will only stop during Timeouts, Injuries, change of possession and Points scored. An official has the right to refuse a team a time out if the official feels they are attempting to run up the score.

H. Home team is the team that appears on the bottom of the bracket



### **Section: 6 Spectators and Unauthorized Coaches**

A. A spectator will be defined as any person not being a coach, official or chain worker.

B. Spectators are strictly forbidden to coach during practice or game and are to be in the seating area not the bench or sideline.

C. Team coaches will be officially recognized as those individuals whose names are inscribed on the official team roster.

### **Section 7: Scoring**

A. A touchdown will score 6 points

B. After touchdown extra point(s); 1 point for run, 2 points for pass.

C. A safety will score 2 points after which the team scoring will put the ball in play at the 35-yard line.

### **Section 8: Quarterback Sneak and Blitzing**

A. The quarterback sneak is allowed

B. Blitzing is permitted by linebackers. A maximum of two linebackers may blitz at any time. Linebacker blitzes must occur inside the defensive ends. NO linebacker may blitz off the edge (outside the offensive tackles/tight ends), and must be within 4 yards of line of scrimmage and no closer than 1 yard. Defensive ends may be standing or in a three/four-point stance, but they must declare themselves by alignment which is to be on the line of scrimmage and not to exceed a yard outside the last offensive lineman ("9 technique"). The establishment of defensive ends is in order to determine the width of the "blitzing box" for linebackers. (5-yard Penalty for infraction)

C. "A" GAP - No player on the Defensive Team shall blitz, stunt, twist, etc. through the "A" gap (center-guard gap). Players may line up in the "A" gap, but must be in a 3 or 4-point stance.

D. There is no corner blitzing

### **Section 9: Defensive Formations to be used**

A. All defenses are allowed to be used. A maximum of 6 players on the line of scrimmage.

-On a punt play, no defensive player can line up over the center.

### **Section 10: Offensive Play**

A. There shall be no more than 2 ball exchanges per play. Any violation of this rule will result in a 5 yard penalty. The center to quarterback is not considered an exchange.

B. One player per play will be allowed to go in motion in all quarters.

C. Plays may be run out of legal offensive formation and may run the option. No Chop Blocking.

D. Punting- The punt is considered an offensive play.

- If the offensive team declares they are punting the defensive line must remain at the line of scrimmage. They cannot rush or go down field. The only players active during a declared put are:
  - a) The center who snaps the ball
  - b) The punter who punts the ball
  - c) The 2 gunners who run down field to down the ball if necessary
  - d) The receiver who catches or downs the ball

There are no punts when the offensive team is within their opponents 35-yard line.

- If the offensive team does not declare a punt the defensive team may rush. Offensive team may still punt or fake punt. If the punt is blocked the ball is dead where recovered. Neither team may advance a blocked punt.
- In the situation of a bad snap, the punter can move from side to side and has to the line of scrimmage to get the punt off-regardless of size of punter. Punter must be 7 yards off the line of scrimmage.
- The receiving team will be allowed to catch but not advance a punted ball. If the receiving player muffs the ball it is dead where the ball comes to a rest or is downed. If the punt is less than 25 yards, the ball will be placed 25 yards from the line of scrimmage. The receiving team then takes over on downs.

### **Section 11: Ties**

A. There will be no tie games. In the event of a tie after regulation play the game will go into overtime as follows: After a 2-minute break, each team will be given a chance to score. A coin toss will determine who has the first possession of the ball on the 20-yard line. If a turnover occurs any time within the 4 downs, the other team will be given the ball at the same 20-yard line and play will resume 1st down from the 20-yard line. If still a tie after each team has a possession, ball will be placed on 10-yard line.

B. All 2-point conversion attempts will be the same as regulation play. If the score remains tied their will be a 2nd overtime. This will continue until there is a winner.

-In the event of identical records within a Round Robin bracket. For placement purposes, criteria will be given to the team who has given up the least amount of points. If teams have the same amount of points against, 2nd criteria will be points scored.

Round Robin Pool Bracket- Tie Criteria

- 1) Head to Head
- 2) Least amount points scored against
- 3) Most Points Scored
- 4) Tie

### **Section 12: Referees**

Each game will have 3 certified referees unless extenuating circumstances occur.

### **Challenge of Eligibility:**

When there is a challenge, the challenging party must submit a challenge fee of \$100.00 to the Tournament Director before any challenge is heard. If the challenge stands, the fee is returned. If the challenge fails, the fee is deposited in the OAC College Scholarship fund.

### **Inclement Weather Policy**

Evacuation – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.

### **Thirty-Minute Rule**

Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.

### **Ohio's Return-to-Play and Lindsay Laws**

The State of Ohio has enacted legislation designed to protect student athletes. These laws require parents of student-athletes to view short training videos, which can be found on the Ohio Department of Health website ([odh.ohio.gov](http://odh.ohio.gov)). The OAC believes strongly in the safety of all of its participants. Parents of our participants must complete these trainings prior to entering their child into any OAC event.

For more information <https://www.odh.ohio.gov/>

### **Ohio Athletic Committee Sportsmanship Policy**

In the effort to increase the quality of this Ohio Athletic Committee event, we would ask that you as a coach/parent/athlete please read and follow our expectations on Sportsmanship.

- I will show respect for self and others at all times.
- I will respect the officials. Have the willingness to accept and abide by the decisions of the officials.
- I have a basic understanding, and appreciate the rules of the contest.
- I will maintain self-control at all times.
- I recognize and appreciate skill in performance of all participants and tournament staff.

Any unsportsmanlike conduct by a player, coach or fan at an OAC event will result in removal from the entire event and up to a one-year ban from any Ohio Athletic Committee event. If the un-sportsman act is by a coach, parent, family member or anyone connected to a particular athlete the ban could also include the athlete. We will have a zero tolerance for unsportsmanlike behavior. We ask that you hold yourself in the highest standard of sportsmanship. Please set an example for the young athletes' you coach. Please do not put your participant at risk for disqualification due to your behavior.

### **Refunds**

All registrations and online sales are final. There are no refunds.