

JOHNSTON COUNTY YOUTH FOOTBALL LEAGUE RULES AND REGULATIONS 2017

RULE 1 RULES AFFILIATIONS

- 1.1 The JCYFL will be governed by the Football Rules and Guidelines as established and adopted by the NFHS and NCHSAA unless modified by these local rules and regulations.

RULE 2 AGE DIVISIONS

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| 2.1 | FLAG | May not turn 7 before August 1 of the current year. |
| | ROOKIE | May not turn 9 before August 1 of the current year. |
| | JAYVEE | May not turn 11 before August 1 of the current year. |
| | VARSITY | May not turn 13 before August 1 of the current year. |

RULE 3 WEIGHT RESTRICTIONS

- 3.1 NO CHILD WILL BE DENIED THE OPPORTUNITY TO PARTICIPATE BASED ON WEIGHT. However, certain positions (skilled positions) will be restricted based on the following weights:

DIVISION	SKILLED POSITION	HEAVYS	MAX
FLAG	NO MAX	NO MAX	NO MAX
ROOKIE	100 lbs MAX	100+ lbs – 175 lbs	176+ lbs
JAYVEE	125 lbs MAX	125+ lbs – 200 lbs	200 lbs
VARSITY	140 lbs MAX	140+ lbs	NO MAX

- 3.2 A player will be required to make weight for skilled positions one time. Once a player makes weight and is approved on the roster, that player will not be required to weigh in again. Players must be weighed by a B.O.D.

- 3.3 Players will be weighed while wearing a minimum of shorts & t-shirts. Players are not required to wear shoes or any football equipment at weigh-in

RULE 4 SKILLED POSITIONS

- 4.1 Offensive skilled positions are considered the following:
- Quarter Backs
 - Running Backs
 - Tight Ends
 - Receivers
 - Kickoff and Punt Returners
- 4.2 Defensive skilled positions are considered the following:
- Defensive Ends
 - Linebackers
 - Defensive Backs
 - Kicker/Punter

RULE 5 HEAVYS

- 5.1 All players over the maximum weight limit for skilled positions will be marked as a heavy. Their helmet will be marked noting this distinction with a contrasting stripe down the middle of the helmet.
- 5.2 A Heavy can only play the offensive positions of center, guard, or tackle and defensive positions of guard or tackle. He may also act as the punter for **JV only** (since punts for JV are a dead play). A Heavy may **not** act as the punter for **Varsity** as this would potentially put the Heavy in a position to be an eligible player. A Heavy may **not** line up in any position that would make him an eligible receiver.
- 5.3 A Heavy may not advance the ball. In the event a Heavy recovers a fumble or makes an interception, or receives a punt, the ball will become dead immediately and the ball will be spotted at that point.
- 5.4 Only 4 Heavys may be on the offensive line at any one time. Heavies may NOT pull on the offensive line. Offensive lines must be balanced (2 tackles, 2 guards, and the center).
- 5.5 Only 3 Heavys may line up on the defensive line. **A defensive Heavy may not line-up outside of the offensive tackle prior to the snap.**

- 5.6 All offensive and defensive Heavys must line up in a 3pt or 4pt stance.
- 5.7 A heavy will not be allowed to line-up on the kick or kick return team.
- 5.8 All penalties involving illegal alignment or usage of Heavy players will be assessed as offsides (for defense) or illegal procedure (for offense). Penalty will be 5 yards & replay the down.

RULE 6 PARTICIPATION

- 6.1 All players must participate in a minimum of 8 plays during the course of a game. Kickoffs for JV are considered plays and will count toward the minimum play requirement. Punts for JV will **not** count toward the minimum play requirement due to punts being a dead play on JV. Kickoffs and punts for varsity are both considered plays and will count toward the minimum play requirement. **A team representative (coach/team mom) must count plays for their team.**
- 6.2 Exceptions to the minimum play rule (for players being disciplined or who have missed excessive practices) must be made known prior to the start of the game. The child's parents, the opposing head coach and the directors from each team participating must be informed.

RULE 7 GAME BALLS

- 7.1

FLAG	Spalding J5PW, Wilson K2 or equivalent
ROOKIE	Spalding J5PW, Wilson K2 or equivalent
JAYVEE	Spalding J5J, Wilson TDJ or equivalent
VARSITY	Spalding J5J, Wilson TDJ or equivalent
- 7.2 Each team will provide a game ball for their team's use while on offense.

RULE 8 LENGTH OF GAME

- 8.1 Rookie League:

5 th Quarter – 20 Minutes beginning at 9:30 am unless mutual agreement by both teams
4 Quarters – 8 Minutes Each
- Jayvee and Varsity:

4 Quarters – 10 Minutes Each

- 8.2 An official clock **(as in Junior Varsity High School games)** will be used. Clock will start on ready for play signal from the head official on all change of possession.
- 8.3 Once a team is up by 24 points, a fast clock will be used stopping only on time-outs and change of possession. When the game gets back to within 24 points, a regulation clock will be used.
- 8.4 If a team passes the ball with a 24 point, the coach will be ejected and suspended for the next week (practices and games.)
- 8.5 During regular season play, in the event of a tie, only one overtime period will be played. NFHS rules for overtime will be used.

RULE 9 FIELD

- 9.1 The field for Rookie, Jayvee and Varsity will be 80 yds long X 53.3 yds wide (Different widths must be approved by Board of Directors.)
- 9.2 End zones will be 10 yards deep.

RULE 10 TIME OUTS

- 10.1 Teams will receive 3 timeouts per half. In the case of an overtime, each team will receive 1 timeout. Timeouts will not carry over from regulation to overtime.

RULE 11 SCORING

- 11.1 Touchdowns will be worth 6 points.
- 11.2 PAT's will be awarded 1 point if attempted and if successful from the 3 yard line and 2 points if attempted and successful from the 5 yard line.

RULE 12 PENALTIES

- 12.1 NFHS 5 yd penalties 5 YDS
- NFHS 10 yd penalties 10 YDS
- NFHS 15 yd penalties 10 YDS

RULE 13 KICKOFFS

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| 13.1 | ROOKIE | Ball will be placed on the 40 yard line (midfield) |
| | JAYVEE | Kickoffs will be made from the kicking team's 30 yard line. |
| | VARSITY | Kickoffs will be made from the kicking team's 30 yard line. |

RULE 14 OFFICIALS

- 14.1 Games will be played with at least 3 officials. One of the officials must be NCHSAA registered and certified. (Rookie games may use two officials.)

RULE 15 COACHES

- 15.1 All coaches are **REQUIRED** to attend the league's Youth Coaches Training and Certification Course every year. This course will be conducted at the Coaches meeting each year and at other times as scheduled by the Board of Directors.
- 15.2 All coaches are subject to background checks and criminal history reports to the extent that is standard in youth athletic programs. All coaches will be subject to a drug screening.
- 15.3 All Head Coaches are **REQUIRED** to attend the coaches meeting prior to the beginning of the season.
- 15.4 Coaches may have a maximum of 6 contact hours with their team per week. This includes the whole team or any portion of the team. Once games have begun, teams will be allowed 4.5 hours of practice time per week.
- 15.5 Teams are allowed 6 coaches on the sidelines (only these will be allowed in for free) Rookies may have 10 coaches listed to help with 5th qtr., however, only 6 will be allowed on the sidelines at any given time.

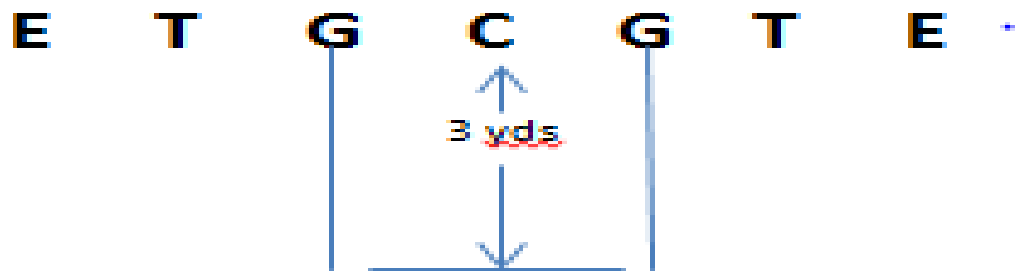
15.6 Only head coaches may address an official during the pre-game, during the game or after the game. Assistants that address the officials during this time may be sanctioned.

RULE 16 RECRUITING

- 16.1 Recruiting players from one team to another is strictly prohibited and offending individuals will be subject to review for disciplinary actions, not excluding expulsion from the league.
- 16.2 No individual may engage in any conduct that is designed to discourage any player from participating in the JCYFL. Violators will be subject to review for disciplinary actions, not excluding expulsion from the league.

RULE 17 LINE OF SCRIMMAGE AND CENTER PROTECTION

- 17.1 To protect the center, the defense will not be allowed to line “head-up” on the center. **Defensive line players must be lined up head-up on the Offensive Guard. In addition line-backers & secondary players are restricted from lining up in this area (head-up on left offensive guard to head-up on the right offensive guard) unless they are 3 yards off of the line of scrimmage. This restriction applies to all age groups. See diagram below**



Penalty- Offsides 5 yards & replay down

- 17.2 The Offensive Guards may not line up further than 1 yard on either side of the Center. Un-naturally wide offensive line splits intended to circumvent the intent of the center protection rule will not be allowed**
- 17.3 Teams may only have 6 players on the defensive line.**

RULE 18 SPORTSMANSHIP

- 18.1 A player ejected from a game will be suspended for the next game that his team plays. An ejected player may remain at the facility as long as he has retained control.
- 18.2 A coach ejected from a game will be suspended for a week including practices and their team's next game. An ejected coach must leave the facility.

RULE 19 RAINOUTS

- 19.1 Games rained out or not played due to field conditions will be made up the next available Sunday afternoon. Teams must be given 72 hours notice of the make-up date unless waived by both directors.

SPECIAL RULES FOR ROOKIE DIVISION

RULE 20 DEFENSE

- 20.1 Teams may play a maximum of 7 players on the defensive line.
- 20.2 Linebackers and defensive backs must line up 3 yards off the line of scrimmage. Linebackers & defensive backs may not be moving forward (toward the line of scrimmage) prior to the snap of the ball. Penalty—Off-Sides (5yds and repeat down)

RULE 21 PUNTS

- 21.1 A team may declare a verbal punt. The ball will then be moved 25 yards. However, the ball may not be moved inside the receiving team's 20 yard line.

RULE 22 COACHES

- 22.1 A coach may be on the field during play (behind the play) as long as he does not interfere with play. Once the ball has been snapped, the coach may not verbally coach his team until the ball is blown dead. (ROOKIE LEAGUE ONLY)

SPECIAL RULES FOR JAYVEE DIVISION

RULE 23 PUNTS

- 23.1 A team may declare that they are going to punt. When this occurs, all players on both teams with the exception of the Snapper, Punter and Receivers shall take a knee. The punter will kick the ball and the defensive team will take over from where the receiver possesses the ball. (not where it is first touched). Teams may have two receivers to catch the punt.
- 23.2 If the punter does not kick the ball beyond the original line of scrimmage, the ball will be placed at the original line of scrimmage and the defense will take over from there

ADDENDUM TO THE 2017 JCYFL FOOTBALL RULES

****Admission will be as follows: Adults \$5 (18 and Older), School Age \$2 (Ages 5-17), and 4 and Under is Free.**

****On the Second Flag there will be an Ejection (Does not have to be in the same Game.)**

****2 Unsportsmanlike Flagrant Fouls will result in a One Week Suspension including the next Game.**

****On the 3rd Flag you will be removed for the remainder of the Season.**

All players must be weighed and approved by a League Director. Coaches are not allowed to weigh players

Teams may practice beginning August 7th. Players may not hit until Monday, August 15th (First week is conditioning only).

Coaches meeting will be held Saturday, August 19th at 9:00 am at the Smithfield Recreation and Aquatics Center. ALL head coaches are required to attend.

Pre-Season Jamboree will be on Saturday, August 26th at Rolesville High School (Wake Forest is the host). Completed typed rosters are due at this time.

Coaches lists are due at the Pre-Season Jamboree.

Rosters will become frozen on Thursday, September 7th at 5:00 pm. Any exceptions must be approved by the League Board of Directors.

Regular season games will begin on Saturday, September 9th.