



TACKLE FOOTBALL RULES AND REGULATIONS

The current issue of the National Federation of High Schools Rule Book will prevail other than the exceptions listed in this publication. FCPR as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These are the sport specific rules – you must also obtain a copy of the Basic Rules For All Youth Sports for complete information.

1:00 AGE GROUPS / ROSTERS:

- 1:01 For boys and girls in the following age groups:
 - 10U (9 & 10 year olds)
 - 12U (11 & 12 year olds)
- 1:02 League age is determined by the player's age prior to December 1.
- 1:03 There will be no exceptions allowed in the age groups.
- 1:04 There is no weight limit.
- 1:05 Each team will have a minimum of 20 and a maximum of 25 players on roster.
- 1:06 Each team is allowed 4 coaches.

2:00 EQUIPMENT:

- 2:01 Shoes must be tennis shoes or rubber-molded cleats. No screw-in cleats, metal cleats, etc.!
- 2:02 Mouthpieces are mandatory - players cannot participate without them.
- 2:03 Failure to wear proper equipment will result in a 15-yard penalty charged to the head coach.

3:00 PLAYING RULES:

- 3:01 *All games* shall consist of four (4) eight (8) minute quarters, with the clock being stopped in accordance with rules governed by high school play.
- 3:02 Half-time will be 10 minutes.

- 3:03 When a team is ahead by 24 points the game will use a running clock. The regular clock will resume when the point differential is less than 24.**
- 3:04 The official time will be kept on the field by one of the officials.
An electronic scoreboard will be used if available
- 3:05 The field will be 100 yards in length
- 3:06 The defensive line may consist of no more than 6 players on the line of scrimmage outside the 10-yard line. Linebackers must be an extended arm length behind a defensive lineman. Within your own 10-yard line any defense is permissible. **PENALTY: 5 yards.**
- 3:07 Any legal offensive formation may be used.
- 3:08 Each team will be allowed 3 time-outs per half. Coaches may request time-out from the sideline.
- 3:09 There are 2 types of conference allowed.
1)Coach may go on the field in the huddle during time-outs. He may carry a book, cards, or clipboard. If the coach delays the game by not leaving the field promptly at the conclusion of the time-out, the officials may deny the coach the opportunity to come onto the field for the remainder of the game.
2)No more than 11 players and 1 or more coaches directly in front of the team box within 5 yards of the sideline.
- 3:10 **PLAYERS MUST PLAY 1 SCRIMMAGE DOWN PER QUARTER. PENALTY FOR VIOLATION: HEAD COACH WILL BE SUSPENDED FOR 10 DAYS.**
- 3:11 Extra points: **KICK = 2 POINTS; RUN OR PASS = 1 POINT**
- 3:12 A minimum of 11 players (of legal age) must be present for a team to participate in a game. A team will forfeit the game if it does not have at least 11 players on the field within 10 minutes after the scheduled starting time for the first game of the day. All other games will begin (or be forfeited) at the scheduled starting time or immediately after the 10-minute warm-up period if the preceding game exceeds the schedule starting time of the following game.
- 3:13 Backs and receivers will be ineligible to receive a pass if they wear jerseys numbered 50 - 79.
- 3:14 Anytime Team A is ahead of Team B by 24 points or more, there shall be no kick-off from Team A to Team B. Team B shall be awarded the ball at the 40-yard line and allowed a normal possession (1st downs, touchdown, punt, turnover). Note: Team B does not keep the ball indefinitely. Team A and Team B will alternate possessions just like standard football. The only difference is that there are no kick-offs to the team that is down by at least 24 points. Kick-offs to the team that is behind will be resumed when the point differential is less than 24. As long as the 24-point differential is maintained, Team A must use the balance of its reserve players in lieu of any first string player.
- 3:15 The High School Federation tiebreaker procedure will be used for all games that end in a tie score.
- 3:16 There shall be no head tackling!! **PENALTY: 15 YARDS**
- 3:17 All facemask penalties will be **15 YARDS.**

- 3:18 Coaches shall refrain from using exercises that may be harmful to the players physical welfare, such as **duck walks, full deep knee bends, and turning or twisting neck bridges.**

4:00 CONDITIONING

FCPR will adopt and follow the North Carolina High School Athletic Association (NCHSAA) guidelines for football conditioning:

- *The first 5 practices are for conditioning.*
- *Practices 1, 2: players can wear helmets, shorts, shoes, t-shirts (no body to body contact).*
- *Practices 3, 4, 5: players can begin wearing shoulder pads (no body to body contact).*
- *Practice 6: full uniform and contact is allowed.*

An individual must have 9 total practices before a scrimmage or game can be played.

5:00 FIELD CREW

- 5:01 The field crew is considered an extension of the game officials and should conduct themselves accordingly.

- 5:02 The home team shall provide enough volunteers to operate the chains and the yard-to-gain markers. Down marker requires 1 volunteer and the yard-to-gain marker requires 2 volunteers.**

- 5:03 If the home team cannot find the appropriate number of volunteers to fulfill this duty then the visiting team may offer to help or field the entire crew.

- 5:04 NO player or players listed on the roster of either team or any player dressed in a uniform will be allowed on the field crew.

- 5:05 Any member of the field crew that is guilty of coaching while serving as a game official will be dealt with in the following manner:

- A. First offense shall be a warning to the crewmember and the head coach of the offending team.
- B. Second offense to the same crewmember will result in a 15-yard unsportsmanlike penalty charged to the head coach.
- C. Third offense to the same crewmember shall be another 15-yard unsportsmanlike penalty charged to the head coach and the removal of the offending crewmember.
- D. This process will apply to all members of the field crew.
The game officials will have the duty to enforce the penalty for this rule violation. It will be the duty of the field supervisor or a recreation department staff member to inform the officials of the infraction.

LIGHTNING & THUNDER POLICY

All athletic activities conducted on Fayetteville – Cumberland Parks and Recreation facilities or any of its affiliated facilities or programs will follow the lightning policy as written below.

- 1. It shall be the responsibility of the umpire to suspend the game once lightning or thunder is noticed.**
- 2. However, if in the opinion of the field supervisor and/or center staff the umpire is not using good judgment they have the authority and the responsibility to suspend the game and clear the area.**

- 3. Once lightning or thunder is noticed the game shall stop immediately and the area cleared.**
- 4. The activity shall be suspended immediately for 30 minutes.**
- 5. This delay will only be allowed if safe cover for all of the participants and players is available**
- 6. Once the game has reached the 30 minute delay time limit the field supervisor and the umpires shall confer to make a decision to continue the game or to cancel the remainder of the game. If the 1st game of the day is cancelled, all remaining games for that site will also be cancelled.**
- 7. Under no circumstances will players be allowed to remain in the dugout during this delay.**
- 8. All participants must have a safe and protected area available for their use.**
- 9. Examples of safe and protected areas include permanent enclosed structures and automobiles.**
- 10. If one participant does not have a safe and protected area available for their use the event is to be cancelled.**
- 11. If a permanent site does not exist automobiles may be used.**
- 12. Do not let pressure from the coaches influence your judgment.**
- 13. Remember, Safety First. A game can always be rescheduled.**