



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:

- First offense shall be a warning to the crewmember and the head coach of the offending team.
- Second offense to the same crewmember will result in a 15-yard unsportsmanlike penalty charged to the head coach.
- 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.
- 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.

BASIC RULES FOR YOUTH TEAM SPORTS

EFFECTIVE 10/01/2021

REGISTRATION GUIDELINES – YOUTH TEAM SPORTS

FCPR offers Traditional and Non-Traditional sports. TRADITIONAL team sports (winter basketball, spring baseball, spring softball, fall soccer, football, and volleyball) use player drafts to assign players to teams. NON-TRADITIONAL sports (indoor soccer, summer basketball, summer volleyball, fall baseball, fall softball, lacrosse, rugby) are instructional based, scores and won-loss records are not kept, player drafts are not held, and pre-formed teams are allowed. These guidelines apply to both unless otherwise denoted

1:00 PLAYER ELIGIBILITY/REGISTRATION.

1. Parents can register their child at any recreation center – online or in person.
2. The registration period will be held for 2 months for each sport.
3. Residents will be given a 2 week advance registration period.
4. Non-resident registration will begin after the 2 week advance registration period for residents.
5. For all recreation programs, the Non-Resident fee will be double the Resident fee.

6. For registration purposes, those individuals or families that contribute to the tax base which supports Fayetteville-Cumberland Parks and Recreation programming are considered “Residents.” (Participants from Hope Mills, Spring Lake, Hoke Co., Robeson Co., Bladen Co., Sampson Co., & Harnett Co. are “Non-Residents”)
7. One (1) proof of residence will be required at the time of initial registration. Proof of residence will be required the first time a child is registered, every 2 years as the child ages and when there is a change of address. Copies of the proof of residence will be kept in the recreation center. See below for acceptable proofs of residence.
School records, Drivers license, Voters registration, Welfare/childcare records, Federal records, State records, Municipal records, Support payment records, Homeowner or tenant records, Utility bills (gas, electric, water/sewer, phone, heating, waste disposal), Financial (loan, credit, investments) records, Insurance documents, Medical records, Military records

1:02 No player will be allowed to play on more than 1 team per sport. PENALTY: upon discovery the player will be removed and returned to the proper program.

- 1:03 If, during the season, a team becomes unable to field the required number of properly registered players to legally play a game or continue the season, that team will be allowed to add enough players to finish the season. These games will be played as official games; however, all games from that point will be considered forfeits. The opposing team must have enough players present to play the forfeited games or the game will be considered a double forfeit. If a team chooses this option, it will be enforced for the remainder of the season. EXCEPTION: Indoor soccer, fall baseball, fall softball, summer basketball, summer volleyball, lacrosse, do not keep scores or won-loss records.

2:00 COACH ELIGIBILITY

- 2:01 Prospective coaches must complete a Volunteer Application/Release of Information Authorization for Background Check form. Coaches must have an acceptable background check in order to be approved. Coaching privileges are reviewed on a seasonal basis. All coaches are required to wear the FCPR volunteer coaches ID badge during all practices and games.

2:02 All coaches must understand and agree to carry out the duties, responsibilities, and policies as established by FCPR.

2:03 Coaches are expected to closely observe their players at all times to be certain that the players do not become overly fatigued.

2:04 Coaches must set good examples of sportsmanship. Failure to demonstrate good sportsmanship will lead to a loss of coaching privileges.

2:05 Coaches should make every effort to prevent injuries to players by insisting that everyone stretches and warms-up adequately. Coaches should refrain from using exercises that may be dangerous to a player’s well being, such as duck walks, deep knee bends, etc. Coaches should also use discretion in teaching difficult and dangerous maneuvers such as slide tackling from the rear.

2:06 Coaches will not use profane language or use tobacco products on the field during practice or games.

2:07 Coaches and players must stay within the designated bench area. Unauthorized persons will not be allowed in the bench area.

2:08 Coaches are expected to have team meeting prior to the first practice with the parents to discuss team rules and the expectations that he/she expects the players and parents to follow. These rules should cover items such as the practice schedule, attendance policy, disciplinary actions, providing refreshments, whom to call in case of rain, etc. These guidelines must meet the approval of, and a copy on file with, the recreation center/local youth association before they will be considered valid. Coaches must use discretion and good judgment if they feel it is necessary to suspend a player for violation of team policy.

3:00 CODE OF CONDUCT / COACH ELIGIBILITY / SPORTSMANSHIP

3:01 Alcoholic beverages are not allowed on recreation or school property. Tobacco products are not allowed on any practice or game field, dugout, or sideline.

Smoking is not allowed on Cumberland County School owned property. Smoking is allowed on parks and recreation owned property.

3:02 A coach, player, or spectator with the presence of alcohol on their breath will be asked to leave the school or recreation area.

3:03 Any coach or player who is ejected from a game will be suspended and subject to Code of Conduct penalties. A coach who is ejected from a game must leave the recreation property immediately.

Failure to comply will result in a longer suspension. Ejected players will be allowed to remain on the bench if their parent is not in attendance.

3:04 Suspended coaches and players will not be allowed on recreation premises until the suspension is completed.

3:05 Fighting and/or unsportsmanlike conduct WILL NOT be tolerated before, during, or after the game. If a player or coach pushes, shoves, or strikes a member of the other team, he/she shall be suspended from play immediately and subject to the Code of Conduct penalties.

3:06 Spectators must display good sportsmanship. Unruly spectators will be asked to leave the recreation premises.

- Please do not argue with the officials.
- Please do not communicate threats to the officials.
- Please do not use profanity towards the officials.
- Please do not display unsportsmanlike conduct.
- Please do not enter the playing area in a hostile manner.
- Please do not consume alcoholic beverages at recreation sites.
- Please do not bring any weapons to recreation sites.
- Please do not create a hostile environment.
- Please do not generate ill will amongst the spectators.
- Please do not forget this is an amateur program.
- Officials will make mistakes as they learn and grow.
- Officials are not expected to and will not make every call correctly.
- Officials are an extension of FCPR staff are the only impartial participant in a game.
- Only head coaches may address the officials.
- Applications to become an official are available.

4:00 EQUIPMENT

4:01 In order to be considered for future coaching positions, all FCPR issued equipment must be

returned within 30 days of the teams last game.

4:02 FCPR issued equipment cannot be used for any other game, practice, or event.

4:03 A PLAYER WHO IS BLEEDING, OR HAS AN OPEN WOUND, OR HAS AN EXCESSIVE AMOUNT OF BLOOD ON HIS OR HER UNIFORM, MUST LEAVE THE GAME AND MAY NOT RETURN PRIOR TO THE FIRST OPPORTUNITY FOR SUCH PLAYER TO RE-ENTER. IF THERE IS AN EXCESSIVE AMOUNT OF BLOOD ON THE UNIFORM, IT MUST BE CHANGED BEFORE THE PLAYER CAN RE-ENTER.

4:04 Corrective Lenses - FCPR recognizes the need for corrective lenses. However, the potential hazard they propose during sports participation is also recognized. For that reason, FCPR strongly recommends polycarbonate lenses and eyewear including safety strap designed specifically for use in sporting activities (i.e. - sport goggles, rec specs). FCPR also strongly recommends parents/guardians consult their child's optometrist/optician, prior to participation, as to the appropriateness of their eye wear for the designated activity. Additionally, due to the variance of needs of participants, the use of eyewear will be up to the sole discretion of the parent/guardian.

4:05 Shirts with numbers are mandatory.

4:06 Jewelry will not be allowed. (See sport specific rules for hair beads.) Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

5:00 POSTPONED GAMES/INCLEMENT WEATHER

5:01 In case of inclement weather, cancellations will be announced using the following media:

- a. Inclement weather hotline: 910-306-7325
- b. Facebook ([facebook.com/fcpr.us](https://www.facebook.com/fcpr.us))
- c. Twitter (twitter.com/parksrecreation)

If no cancellation is listed, teams should report to the field.

5:02 Prior to the start of the game, the field supervisor or FCPR staff on duty will have sole authority to postpone or play the game. After the game begins, the referee in consultation with staff on duty will have authority to postpone or play the game.

5:03 Suspended games, if rescheduled, will be resumed from the point of interruption.

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.

6:00 PRACTICE

6:01 Practices should not exceed 3 hours per week.

6:02 Practices must be over by 9:00 p.m.

7:00 COMPLAINTS/INELIGIBLE PLAYERS/FORFEIT TIME

7:01 Complaints concerning officials, supervisors, and other aspects of the program can be made in writing at anytime after a game has been completed.

7:02 Requests for determining the eligibility of a player (1. Improper age OR 2. Not registered) can be made at any point during the season by head coaches. When requesting the inquiry, coaches must give the players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player participates.

7:03 A team will forfeit their game if not ready to play within 10 minutes after the scheduled starting time for the first game of the day at that site. All other games will begin at scheduled game time. A team will forfeit if not ready to play at that time

7:04 No protest based upon an officials judgment will be allowed.

8:00 END OF SEASON TOURNAMENTS

8:01 End of season tournaments are not conducted in any 6U or 8U age group. Scores and won loss records are not maintained for 6U sports.

8:02 End of season tournaments are not conducted for Indoor soccer, fall baseball, fall softball, summer basketball, summer volleyball, lacrosse, rugby. Scores and won-loss records are not maintained in these sports.

8:03 In the traditional sports 10U, 12U, 14U, 17U age groups, all regular season teams will play in the end of season single elimination tournament unless the coach opts out. Exception: Baseball and Softball will play an all-star tournament in place of the end of season single elimination tournament. The all-star team will be selected from all the teams in a regular season league.

9:00 REGULAR SEASON CHAMPION / TIE-BREAKERS / TOURNAMENTS

9:01 Regular season champion will be determined by won/loss records.

9:02 Tie-Breaker Procedure – 2 teams tied.

1. If there are 2 teams tied for first, the tie is broken using head to head during the regular season.
2. If still tied, the team that gave up the fewest runs/points during their head to head games will be the league winner.
3. If still tied, the team that gave up the fewest runs/points in all games during the regular season will be the league winner.
4. If still tied, a draw will be held.

9:03 Tie-Breaker Procedure - 3 or more teams tied.

1. If there are more than 2 teams tied for first, the tie is broken using head to head during the regular season.
2. If still tied, the team that gave up the fewest runs/points during their head to head games will be the league winner.
3. If still tied, the team that gave up the fewest runs/points in all games during the regular season will be the league winner.
4. If still tied, a draw will be held.

9:04 Play-off games will not be played to decide a tie-breaker.

10:00 PLAYER DRAFTS

10:01 To insure equitable distribution of players and promote fair play, drafts will be held for each sport in which scores and won-loss records are maintained.

11:00 PETS IN THE PARKS

11:01 FCPR acknowledges the enjoyment of pets for citizens. However, the potential hazard they propose during sports events is also recognized. For that reason, FCPR strongly recommends that no pets should be allowed during programmed sporting events. FCPR also strongly recommends parents/guardians consult their veterinarian as to the appropriateness of their pet's presence at the designated activity. Additionally, due to the variety and nature of pets, the allowed presence of pets will be up to the discretion of FCPR staff.

11:02 Service animals as defined by the Americans With Disabilities Act will be allowed.

11:03 Reference county code "Sec. 3-17. Dogs prohibited from park trails" and "Animals running at large."

Facts about kids and sports

- Sports can build character in kids if their social environment encourages moral and ethical behavior.
- The most common reasons kids play sports are to have fun and hang out with friends.
- NCAA fact: 3-5% of high school athletes will play college sports (3-5 per 100).
- NCAA fact: .02%-.09% of college athletes will be drafted by a professional team (2-9 per 1000).
- 70% of kids drop out of sports by the age of 13.
- 15-20% of youth sporting events involve some kind of behavior that requires a written notice (National Alliance of Youth Sports).
- The least favorite aspect of the game for kids is the ride home with parents.
- A child's behavior is a reflection of what they have seen an adult do before. Please be a positive example to your children and players.

Code of Conduct

Fayetteville-Cumberland Parks & Recreation activities are made available to youth and adults to enjoy fun and wholesome recreational programming that teaches character and sportsmanship. FCPR supports the belief that all recreational programming and experiences should be positive and safe with sportsmanship and enjoyment the primary goal. To achieve this goal, FCPR strives to provide a safe environment for participants of these programs and to protect them from harm to the best of our abilities. To that end, all participants and spectators must be held accountable for their behavior and zero tolerance given for intentional violation of this Code of Conduct.

EXPECTATIONS

- Treat all parties involved with dignity and respect.
- Use appropriate language, tones and volume when communicating. When in doubt, remain silent.
- Become knowledgeable, understanding and supportive of all established guidelines, rules, policies and procedures applicable to related programming.
- Recognize/acknowledge FCPR programming as a privilege that can be rescinded for the greater good.

Unfortunately, aggressive behavior is on the rise in recreational programming. Negative attitudes, verbal abuse of officials, poor sportsmanship, profanity, child predators and violence are casting a negative light in our arena. It is for that reason penalties have been assessed and will be enforced for acts perceived by FCPR as intentional violations.

PROCEDURES

- When an incident occurs at an FCPR activity/event, FCPR officials have the authority to institute immediate suspensions. FCPR officials will offer to escort the offending individual(s) from the facility. If the offending individual(s) refuses to leave the premises, local authorities will be contacted immediately and asked to enforce the ruling.
- Individual(s) removed from the facility in this manner will be sent a registered letter stating the violation of policy and the penalty in effect. The individual(s) will then have forty-eight (48) hours from receipt of the letter to respond to FCPR with a written appeal.
- After the written appeal is received, an investigation will be conducted and FCPR will render a final decision within ten (10) working days from receipt of the appeal.
- A panel consisting of the facility supervisor, program supervisor, immediate supervisory staff and a department superintendent will conduct the investigation. During the investigation, the individual(s) will be suspended from all FCPR activities/events/facilities. Individual(s) requesting the appeal may be asked to appear before an appeal review committee led by the FCPR Director. This decision will be final.
- Suspensions of less than ten (10) days cannot be appealed.

It is FCPR's sincere desire that situations never warrant the removal of an individual from any activity, event or facility. However, it is our obligation to maintain a controlled, safe and healthy atmosphere for everyone. Recreational activities are designed to foster qualities such as character building, social interaction, enjoyment and relaxation while educating the general public and promoting healthy lifestyles. These activities are not designed to be overly competitive and FCPR does not promote this contention.

OFFENSE & PENALTY (to include but not limited to:)

Level 1 - Standard

- Offense: Failure to follow departmental established guidelines, rules, policies and procedures as applicable to related programming; failure to comply with an FCPR official's decision; taunting/mocking/harassment of players; disgruntled expressions such as rude gestures or comments, screaming and loudly disagreeing with others or obscene/profane/vulgar language; throwing/kicking/striking of bats, balls and other miscellaneous equipment; unnecessary roughness among participants.
- Penalty: Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum ten (10) day suspension.

Level 2 - Verbal

- Offense: Malicious obscene/profane/vulgar verbal abuse directed towards another individual; verbal epithets related to race, color, religion, creed, gender or sexual orientation; verbal communication of threats, physical violence or acts of insulting another with intention to offend, defame or embarrass.
- Penalty: Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum thirty (30) day suspension.

Level 3 - Physical

- Offense: Physical aggression towards another; pushing, shoving, striking or touching another individual with the perceived intent to incite, inflict or cause harm; invading another individual's personal space during a dispute.
- Penalty: Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum one hundred eighty day (180) day suspension.

Level 4 - Unlawful

- Offense: Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
- Penalty: Not necessarily preceded by a warning...immediate ejection and removal from the premises and a minimum one (1) year suspension.

*** PLEASE NOTE: Suspensions will be tracked and monitored. Individuals who have been suspended will be immediately placed on probationary status for a period of one (1) year from the date of the offense. A second offense by the same individual within one (1) year, regardless of nature, will result in double the term of the penalty and an extension of probationary period from the date of the second offense. A third violation by the same individual within one (1) year, regardless of nature, will void all FCPR privileges indefinitely. Failure to comply with these guidelines will result in legal action. ***

Effective Implementation - January 2007 FCPR Advisory Board