



CCYFCL FOOTBALL & CHEERLEADING LEAGUE STANDARD OPERATING PROCEDURES

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Article I. REGISTRATION AND CERTIFICATION

- A. The Executive Board shall determine team certification dates for football each year. Dates of cheerleading certification will be determined by Cheerleading Vice President/Area Directors.
- B. Each Football Player must be certified by CCYFCL each year to be eligible to participate in official league play. Certification will take place prior to the start of the regular season.
- C. Certification will consist of verification of age by date of birth and certification of weight for the division of play the player will be participating during the season.
- D. Age verification will be accomplished by presenting a current Maryland MVA picture ID or an official CCYFCL League-issued ID card to CCYFCL officials at the certification. An out-of-state ID card is permitted for any player who currently resides out of state (i.e., Pennsylvania, Virginia, West Virginia or Delaware). A Military Dependent ID card (United States Uniformed Services Identification Card) is also an acceptable form of identification. Any player not eligible for a state-issued ID card may obtain an official league-issued CCYFCL ID card for a fee determined each year and on specific dates and locations set each year by the Executive Board. The league will determine the circumstances that qualify each player for a league ID.
- E. Official Roster Forms must accompany each team at Certification. All roster and mandatory play sheets must be submitted electronically one week prior to the certification date and must include jersey numbers. Rosters and mandatory play sheets must be on the official CCYFCL Roster Form.
- F. The following will constitute an official roster: All players on the roster must meet the age and weight standard for the specific team and age group; all information must be completed on the form; all forms must be typed and emailed to CCYFCL. All rosters must be approved, stamped and laminated by the CCYFCL official on site to be considered official.
- G. All rosters are due on the designated certification dates. Players may be added to rosters through the 2nd certification date as determined by the CCYFCL board. There will be a fee for roster recertification that will be determined by the Executive Board each year.
- H. Players are only able to move from one certified roster to another on the designated Recertification date scheduled between Game 1 and Game 2. A player is only eligible to move to a different roster as long as that player does not play for the team he is originally rostered for on for Game 1. It does not matter whether he participates in pre-game check in or not. If he participates in one play for his original team, he will remain on that roster for the entire season.
- I. Head coaches, Assistant Coaches, Team Administrators and all other volunteers interacting with the football players and/or cheerleaders must pass a background check. Background check service will be chosen by the individual programs.



Article II. ELIGIBILITY

A. Parental consent for each player must be kept on file by each program. Parental consent may be covered as part of the registration process.

B. Each player must meet Certification requirements for the team on which they play. Cheerleaders must meet age and squad requirements as outlined in the Cheerleading Bylaws to participate in league-sponsored cheerleading competitions. Refer to the CCYFCL Cheerleading SOP for further eligibility requirements.

C. No player shall be a member of more than one team in the CCYFCL. Also, they must not participate in high school football and/or cheerleading. High School participation is defined as the player being on the high school roster at any time beginning with the first high school game. Players that try out for high school teams, but are not on the roster as of the first game are eligible for the CCYFCL. This applies during the CCYFCL season (1 Aug thru the last CCYFCL Super Bowl game).

D. No player may participate in the CCYFCL while living in or being housed in a juvenile detention facility.

Article III. RECRUITMENT

A. Active recruitment of players, cheerleaders or coaches from another CCYFCL program's current or previous year's roster is prohibited and will be deemed a rules violation which will be subject to a Rules Committee review. This could result in suspension, game forfeiture, playoff ineligibility, and/or expulsion for all involved parties.

B. Recruitment violations are described as:

1. Telephone calls, personal home visits or meetings with the individual player, coach, or family member to discuss the benefits of joining your program.
2. Emails or letters to the individual player, coach, or family member to discuss the benefits of joining your program.
3. Giving unsolicited cards or contact information to individual players, coaches, or family member to discuss the benefits of joining your program.
4. Extending targeted invitation via email, mail or personal handout to a player, coach, or family member for a program's sponsored event at which the benefits of joining your program will be discussed or promoted.
5. Public announcements via newspaper advertisement, signs, or posted fliers are not deemed as recruiting. However, the sending of these items to a targeted individual player, coach, or family member will be deemed as recruiting.



6. When a former coach leaves a program, the coach may send an email to their former players informing them that they will not return to the program. The coach cannot mention the new organization they are coaching for with his former players.

C. If a head coach and/or assistant coach changes programs within the CCYFCL and plans to be listed on the certified roster in any capacity for the new program in the next CCYFCL season, the only player(s) who played in the former program during the preceding season that may play for the new team he is now a part of, without restriction, is (are) the child(ren) of the transferring coach(es). A maximum of two coaches from any team in the former organization may coach together on the same team in the new organization. Any other player or coach wishing to leave the former program and play for the coach's new team must request and obtain written permission from the former program and make a request of waiver from the CCYFCL Board. This restriction will expire after one full season at the new program.

Article IV. EQUIPMENT

A. All players must be equipped as follows:

1. Helmet with face guard - NOCSAE approved for age and weight
2. Durable Shoulder pads
3. Athletic supporter and protective cup
4. Football pants with thigh, knee, hip, and butt pads.
5. Mouthpiece must be colored and attached to the face guard.
6. Game jersey with contrasting color numbers on front and back. All jersey designs must be approved by the Director of Football Operations or the Rules Committee before game use.
7. Socks and athletic shoes or Football cleats in accordance with NFHS rules.
8. Jersey will be tucked in during game. If "shimmel" jerseys are worn, the entire team must be wearing them.

B. The CCYFCL has jurisdiction over game uniforms. CCYFCL must approve all color changes or alternate uniforms and will settle any dispute over non-contrasting uniforms.

C. All players must be properly equipped at the official check-in. Check-in shall consist of no more than two representatives of the opposing team checking IDs of the players who shall be fully equipped and not wearing a helmet.

D. Play card wrist bands (wrist coaches) worn on the forearm and extending no farther than the elbow are allowed to be worn by any player.



Article V. PRACTICE, PRESEASON GAMES, TEAM SIZE AND FORMATION

A. Practices are defined as a gathering of players, where one or more of the following activities take place:

1. Chalk talk/skull session
2. Viewing of fundamentals, practice or game films
3. Individual/Group conditioning
4. Individual/group skills sessions
5. Dummies or other inanimate contact
6. Play run through without pads
7. Play run through with equipment, but without contact

The CCYFCL recognizes that certain situations may constitute a technical violation of the practice rule. As such, the CCYFCL shall evaluate potential practice violations as a "spirit of" rule and determine if there is intent to violate the rule.

B. The CCYFCL recognizes three separate time periods in a calendar year:

1. Preseason: The preseason period begins on July 27th of each year and continues until the Sunday before the first CCYFCL game. Evaluation and work out sessions may be held by Programs, but no player equipment (helmets, shoulder pads, etc.) may be used prior to July 27th.
2. Season: The season is defined as the period between the first Monday in the first week of the first CCYFCL game and continues until the end of the last CCYFCL Super Bowl game.
3. Offseason: The offseason is defined as the end of the last CCYFCL Super Bowl game and continues until the official preseason start date of July 27th.

C. There are no restrictions on practice or team activities during the offseason period, except as to the start date of team activities with equipment prior to July 27th. It is permissible for players and coaches to participate in spring football leagues and/or attend camps.

D. Preseason and Postseason games are permissible.

E. Programs are to evaluate all players before or during the preseason and are to place each player on the appropriate team based on skill level and experience and in accordance with the age and weight guidelines. If a program has two or more teams in the same age group it is the program's responsibility to divide those teams as they see fit in keeping with the spirit of the game.

F. A minimum of fifteen (15) players is required to have a valid certifiable team.



G. Practice hours are unlimited during preseason. Practice is limited to Six (6) hours a week during the season. The first date of preseason practice will be determined by the Executive Board during the offseason.

H. The board will determine game dates for each division based on the number of teams in the division and the calendar.

I. During a bye week each team may practice the normal Six (6) hours during the week plus an additional Two (2) hours on that Saturday or Sunday.

J. Cheerleading programs must follow the guidelines regarding squad size, practices and preseason activities as outlined in the Cheerleading SOP.

Article VI. OFFICIALS

A. Officials must be dressed in high school federation or NCAA uniforms.

B. The scheduled home team pays officials during the season. Neutral site game expenses will be split evenly between the competing organizations.

C. Official's payment during the post season will be determined each year by CCYFCL.

D. The home team shall provide a chain crew of adults 18 or older to work with the officials on the home side of the field. The visiting team has option of providing one of the three chain gang members. Chain Gang volunteers are considered an extension of the officiating crew and are therefore not permitted to heckle, coach, cheer or use electronic devices during the game. Additionally, Chain Gang volunteers shall not relay information across the field regarding the opposing team during the game or at halftime. Violators are subject to an Unsportsmanlike Conduct penalty of 15 yards at the referee's discretion and to disciplinary action by the Rules Committee.

E. Officials game coverage shall be as follows:

1. Pitbull - Use game moderator as described in Section 8.02.
2. 7U, 8U, 9U, 10U, 11U, 12U and 13U - Four (4) officials

Article VII. HOME TEAM RESPONSIBILITY

A. The home team shall provide a regulation size football field and provide sideline markers and goal post pads. The Home team must provide a space for cheerleaders of both the home and away teams on the sideline and in front of or in close proximity of spectators for all games. Should a field not permit spectators on both sides of the field, cheerleaders are to be provided space to cheer on the same side as their fans. This space should measure no less than four (4) yards deep and seven (7) yards long and be separate from the football coaches and player area on the sideline. If a field has less than 10 yards from sideline for spectators (e.g. turf fields or high schools), cheerleaders are to be provided a reasonable



space in front of spectators. This space will be marked with tape so that football coaches and players refrain from entering the area. It is recommended that cheerleading areas be approximately one (1) yard off the sideline to provide a small safety buffer between football players and cheerleaders.

B. The field must be roped off for crowd control from the back of end zone to the back of end zone on each side of the field. The rope shall be at least ten (10) yards back from the sidelines and at least two (2) yards back from cheerleading spaces. A field does not have to be roped off if the field cannot be accessed by fans, such as a high school field. The only people allowed within the roped off area will be two camerapersons per team. The board may approve exception to the crowd control rule based on the layout of fields. Camerapersons are not allowed in the coaching area of the opposite team and must yield to individuals on the sidelines (referees, coaches, players, chain crew, spotters, and cheerleaders.)

C. Fans are not allowed inside of the ropes at any time during the game day unless expressly invited onto the field by a referee or site coordinator in case of emergency. Immediately following the end of a game, spectators may form a tunnel (if permitted by the site) in the respective team's cheer box location (or area designated by the home team). However, spectators may not go onto the game field or approach the referees or opponents at any time.

D. The home team must supply the proper chains and down markers. The chains will be on the home team side.

E. The home team must greet each visiting football and cheerleading team and show them their sideline/cheer space, area to warm-up, check-in area, restroom facilities, and location of concessions.

F. As a courtesy, the home team is responsible for reviewing jersey colors via the CCYFCL Web site and contact the visiting team no later than Wednesday prior to the game to verify jersey color if a potential conflict exists. The home team has choice of colors if a conflict of colors exists and an alternate jersey is available.

G. The home team must call the visiting team and the officials if the game will not be played because of weather or field conditions as soon as possible. Every effort must be made to give notice at least two hours prior to game time. Circumstances surrounding game cancellations are subject to review by the Rules Committee.

H. The home team must provide a Site Director. The Site Director is responsible for keeping all games on schedule and reporting all incidents (in collaboration with the coaches) to the Rules Committee. The Site Director is also the governing authority at the game location and is empowered to settle any questions or issues based on the contents of the SOP in the absence of a Rule Committee Member or an Executive Board member on site. The Site Director must be identified by an article of clothing that league will provide (neon yellow vest). All coaches must cooperate with this person to ensure smooth game day operation.



I. Each team will provide an official game ball for their team to use. The Official CCYFCL Footballs are shown in the list below. Any ball stamped with the official weight and size should be allowed for game use. Any questions regarding allowable game footballs will be settled by the Rules Committee.

1. PitBull
 - a. Wilson Mini
2. 7U, 8U, 9U and 10U
 - a. Wilson K2, Nike 1000K, Baden 500JR, Under Armour Pee Wee, & all Pee Wee Size Footballs
3. 11U
 - a. Wilson TDJ, Nike1000J, Baden 5000J, Under Armour Junior, & all Junior Size Footballs
4. 12U and 13U
 - a. Wilson TDY; Nike1000Y, 500Y, 1001, 1005, 1205, Under Armour Youth, & all Youth Size Footballs

J. Make up games (rain-outs) / rescheduling will be handled by the CCYFCL Scheduling Committee.

K. At halftime, cheerleaders have priority use of the field for halftime shows. Football players, coaches, spectators or others should not be using the field during halftime shows. Cheerleading halftime shows will take place at or around the 50-yard line of both the home and visiting teams, or be centralized to spectator viewing areas. If announcements or music is played at games, this should not occur during cheerleading halftime shows, unless it is part of the halftime performance. Halftime shows for each program are to be limited to three (3) minutes each for a total time of six (6) minutes combined for the entire halftime period. Programs with more than one squad performing at a halftime of one game must split their time to not be longer than three (3) minutes total.

L. Announcers are allowed, but announcers shall not disparage the opponents in any way over the microphone or broadcast anything electronically (including music) from when the offense huddles up until the whistle ends the play (i.e., no play-by-play).

Article VIII. PLAYING RULES AND GAME RESULTS

A. CCYFCL will follow the National High School Federation Rule Book except where noted.

1. Point after touchdown will be one (1) point for run or pass; two (2) points for kicking.
2. Games will be Four (4) ten minute quarters with the clock controlled by the referee. The game clock will be governed by Federation rules with the following exception: the clock will stop on change of possession. The referee will start the clock when the down marker is set and the ready



for play whistle is blown. The clock will start on the snap if the previous play was out of bounds, an incomplete pass, or a team time out was granted.

3. A maximum of Three (3) overtime periods will be played, if necessary, at all Divisions 7U through 13U during the Season. Each team will receive alternating possessions of up to four downs. Play shall start at the 10-yard line for the first two overtimes and the 5-yard line in the third overtime.
4. Game results must be electronically communicated to each Age Group Commissioner (ACG) by the end of the day on which the game is played. Also, any ejections that occur on game day, or any other incidents involving a player, volunteer or parent must be reported to the ACG immediately by both coaches so that the AGC can report the incident to league officials with sufficient detail. Failure to report incidents will result in disciplinary action against the coach, team and/or program by the Rules Committee.

B. If a team cannot provide enough players to start (9) or continue (8) a game (amended from the National High School Federation Rule Book), the opposing team will be awarded a forfeit win. The score will be reported as it stands at the time of the forfeit if the opposing team is winning or it will be reported as 2-0 if there is no score at the time of forfeit, or if the opposing team is losing. Any team that forfeits due to a lack of players is responsible for referee fees for that game regardless of which team is the home team, or for the entire referee fee if the game is being played at a neutral site. Forfeits due to a lack of players are strongly discouraged and the forfeiting team is subject to further penalties at the discretion of the Executive Board and the Rules Committee.

C. Any player who is ejected from a game must remove his shoulder pads immediately and may remain on the sidelines for the remainder of the game. He will face a suspension of a minimum of one game. Any coach who is ejected from a game must leave the premises immediately and will face a suspension of a minimum of one game. All coaches serving a suspension will not be allowed to attend his team's game while on suspension and must not be on the property where the game is being played during the game. Players serving a suspension may attend the game and wear their jersey, but not wear equipment. Failure to comply will result in additional suspensions or expulsion.

D. Teams must be prepared to take the field and begin play 15 minutes prior to the official start time noted on the CCYFCL Schedule at the discretion of the Site Director and referees.

E. All teams will declare a minimum of three "primary" backfield players and quarterback on the spotter sheet prior to the start of the game. These starters do include the quarterback and the three (3) starting running backs or wing-backs. A team must remove their "primary" offensive backfield once the score difference is 27 points or higher. These primary players may continue to play in other position but cannot advance the ball. This rule applies for all offensive scrimmage plays. A team may place players from the starting backfield in the backfield for a punt or scrimmage kick. However, the team leading the game is required to declare its intention to punt or kick and then must punt or kick the ball. The ball may not be advanced past the line of scrimmage by the punting or kicking team. All players are eligible for defense and for kick returns. If the "primary" backfield is called into question by the opposing team, the



definition of "primary" backfield will be based on a film review of previous and subsequent games, not on who was in the backfield on the first offensive play of this game. Violators of any of the 27-point rules or the intended spirit of these rules will be subject to disciplinary action by the Rules Committee.

F. These "primary" players will be ineligible to advance the ball except on a fumble recovery. They may only return to offensive backfield positions if the score falls below a 27-point difference. Failure to comply will result in the following penalty: 15-yard penalty and loss of down.

G. Once the score difference is 27 points or more, the leading defense's linebackers and defensive backs must line up 5-yards off the line of scrimmage and may not blitz. Once the ball is snapped they are free to react as normal.

H. Common sportsmanship must prevail on offense when a team is ahead of another team by 27 points. Quarterbacks/running backs may run with the ball following the snap or may hand off to another player who may run with the ball. The runner is allowed to use the entire line of scrimmage. No passes, pitches, multiple handoffs, fake punts or trick plays are allowed. Failure to comply will result in the following penalty: 15-yard penalty and loss of down.

I. Once the score difference is 27 points the game clock will continue to operate as normal. Kickoffs will be at the option of the trailing team – they may either take possession of the ball at the 50-yard line or have the other team kick off. If the team winning (up by 27 or more) kicks off, they may not gain possession of the ball as part of an onside kick or fumble on the special teams play.

J. Suspended games - Player Eligibility: Once a team has checked in, the roster for that game is official, even if the game is suspended / postponed prior to kickoff. Both coaches are responsible for saving the original spotter roster for proof of player eligibility. Both coaches shall also note any players deemed ineligible for the opposing team on the back of their spotter roster and both coaches shall sign off on the back of both spotter rosters. If a game is suspended in the first half, all players who were eligible to play in the original game may participate in the resumption of the game. Any players who were not present for the original check-in may not play in the first half and may check-in at halftime. Any player deemed ineligible at the original check-in for any reason (not properly equipped, injured, suspended, etc.) is not eligible for the continuation of the game. If the game is suspended in the second half, only players who checked in and were eligible at the original check-in may participate.

K. For the safety of both players and cheerleaders, no cheerleader stunting should occur on the sidelines. Stunting may occur at halftime shows, provided ground and weather conditions permit.

L. Guardian Caps or other similar approved headgear may be worn during game play.

Section 8.01 PITBULL RULES

A. The CCYFCL shall use the NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION RULES except as modified below. However, no yardage penalties are assessed during a game and therefore referees



will not be used. It is the responsibility of the On-Field Game Moderator, as discussed below, and the coaches to maintain control of the game.

B. Pit Bull teams are required to certify rosters. All players must be a minimum of 5 years of age and must have turned 5 by August 1st prior to the beginning of the season. No player shall be older than 6 years of age prior to August 1st of that season. Players turning 7 after August 2nd of the season are permitted. An MVA, out-of-state ID card, Military Dependent ID or CCYFCL-issued Picture ID is required for proof of age. All head coaches shall possess a MVA, out-of-state ID card, Military Dependent ID or CCYFCL-issued picture ID card for all players on his team. All players shall be checked in the presence of the home and visiting head coaches just prior to beginning the game. All players that weighed over 75.9 lbs. at the most recent league weigh-in (cannot run the ball or advance the ball on a fumble and shall be designated with red tape on their helmet.

C. All games have a drop-dead time limit of 90 minutes after the scheduled start time regardless of the game situation at that point. Games will consist of four 16 minute quarters. A quarter is designated as 8 consecutive minutes of offense and 8 consecutive minutes of defense, per team. (i.e., the visiting team begins on offense for 8 consecutive minutes and may run as many plays and score as many touchdowns within these 8 minutes; the visiting team then switches to defense for 8 consecutive minutes, thus completing one quarter). Upon scoring, the offensive team will regain possession at the 40-yard line to continue play until their 8 minutes of offense has expired. The clock runs continuously and is stopped only for injuries, equipment adjustments, attitude adjustments, weather delays or other unexpected events or emergencies. The clock is also stopped at approximately the 4-minute mark of every 8-minute possession for approximately 1 minute to allow teams to make substitutions. Half time intermission is 10 minutes. Cheerleaders may perform a halftime show at Pit Bull games.

D. The home team shall provide a person (preferably a coach or another representative from the Football Program -from another age group team) to control and moderate the game. The On-field Game Moderator will be in charge of blowing the whistle to end play, running the clock on the field (where one is not available on the scoreboard), placing the ball and maintaining control and the pace of the game. This moderator should also let coaches know when their players are continually not abiding by the rules of football such that these actions can be corrected (i.e. face masking, holding, off sides, etc.).

It is recommended that each program appoint an On-field game Moderator for the season for each Pit Bull team to assure consistency and familiarity with the rules.

E. The purpose of this program is instructional only. Therefore, no scores or standings will be kept. Scoreboards are not to show the score during Pit Bull games.

F. Since the program is instructional, players are to play a minimum of 2 quarters of offense AND 2 quarters of defense per game. When team rosters exceed 22 players, no player shall play more than 2 quarters offense and defense except where there is no other alternative (i.e. injury, attitude problems etc.). It is the Head Coach's responsibility to ensure that this rule is followed. Spotting is not required.



However, complaints from parents and other coaches in regard to playing time may result in the imposition of spotting, probation, suspension, etc. at the discretion of the CCYFCL Rules Committee.

G. To be consistent, all games should be played on half of a regulation football field with the first play of each drive starting on the opponent's 40-yard line. However, a well-marked (with field paint or cones) reduced-width field is acceptable if a regulation field is not available. The offensive teams of both the home and visiting teams shall drive toward the same end zone (i.e. defensive teams of the home and visiting teams should defend against the same end zone.). Visiting team begins the first and third quarters on offense, and the home team begins the second and fourth quarters on offense.

H. If the offense fumbles the ball or the defense intercepts a pass, the play will be whistled dead and the offense will retain possession. In the case of a fumble behind the line of scrimmage or an interception anywhere in the field of play, the ball will be spotted at the line of scrimmage where the play began. If the fumble occurs past the line of scrimmage, the ball will be spotted at the spot of the fumble. Neither team may advance a fumble or an interception under any condition.

I. The ball is to be placed where the ball is blown down with the exception that there will be no loss of yardage on plays. If the runner is tackled behind the line of scrimmage, the ball is returned to the original line of scrimmage.

J. Once the QB is under center, all coaches must remain 10 yards away from all players. In addition, if a player (especially the one carrying the ball) is moving towards a coach during the play, the coach must move out of the way of the player to maintain a 10-yard distance. Once the ball has been snapped, coaches on the field shall remain silent until the play is whistled dead.

K. No more than 4 coaches per team are allowed on the field during play.

L. No defensive player can play over center or in the guard-center gaps. Defensive guards may not shoot the A gap. Defensive guards must line up on the B gaps (outside shoulder of guards) and tackles must play head up on the offensive tackles respectively to the extent possible depending on offensive alignment and must be in the down position (three or four-point stance). Defensive ends shall line up no wider than the outside shoulder of the Tight ends, or, if faced with an offensive formation of less than 7 down linemen, across from the position the Tight End would occupy in a standard two-tight end formation. Six (6) defensive linemen (no more and no less) must be on the line of scrimmage between one and two yards from the ball; all other players must be at least five (5) yards off the line of scrimmage and must not move forward until the ball is snapped (i.e. no blitzing). When faced with an unbalanced offensive formation, the defensive line may shift to be head up on an offensive lineman and as long as no defensive lineman is over center or in the guard-center gaps. The outermost defensive linemen will be considered defensive ends and may be in an upright stance. The interior defensive linemen must be in the down position (three or four-point stance). These rules apply everywhere on the field including at the goal line. Offensive guards and tackles shall have no more than 18-inch splits. The offense is prohibited from middle Quarterback sneaks as plays.



Note: The Pit Bull program is instructional. The goal is to get the ball snapped and the play executed both defensively and offensively. Defensive coaches shall ensure that their defensive guards are not converging over the center immediately after the snap of the football. This typically results in the ball not being snapped (or snapped incorrectly) and therefore the play not being executed (neither offensively nor defensively). The defensive coach should also encourage the defensive lineman to go on the snap of the ball or movement of the offense, not the cadence. Since there are no penalties at this level, everyone knows the ball is being snapped on the first signal.

M. The head coach is responsible for the conduct of his players and spectators. Unsportsmanlike conduct will not be tolerated and offenders are subject to suspension and/or termination from the CCYFCL.

N. Reference CCYFCL and Cheer SOP for Equipment Requirements. Wilson Mini football size shall be used in games.

O. Games are primarily scheduled on Friday evenings based on field availability and the presence of lights. Changes in schedule do not have to be done through the Instructional Program Director as long as the head coaches from both the visiting and home teams agree on the changes and the changes do not conflict with any other games or teams. The Instructional Program Director will settle any disputes.

Section 8.02 7U and 8U RULES

A. The purpose of this classification is primarily for instruction, with posted scores and a playoff system.

B. All punts are dead ball plays until the ball is kicked. The offensive team must announce its intention to punt. Once a punt is declared, the clock will stop and will restart as soon as the ball is punted. The offense must then punt the ball and the defense may not interfere with such attempts. No player may cross the line of scrimmage until the ball is kicked. Penalty for violation of this rule is 5 yards. The punting team must assume a normal punt formation with no more than 18-inch splits tackle-to-tackle and remain in the same formation until the ball is kicked. The punter must remain within the tackles and behind the line of scrimmage until the ball is punted. The receiving team must line up with a minimum of 6 players within two yards of the line of scrimmage anywhere along the line of scrimmage and may not move until the ball is punted. Alternate Punting Rule: The punting team may choose to mark off a declared punt of 20 yards rather than actually punting the football.

C. Field goals and extra-point kicks will be a free kick (like the punt). Neither the offense nor defense shall move across the line of scrimmage at the snap of the ball. The kicking team shall be allowed to take a direct snap and must place the ball on the block directly behind the center, and at least 5 yards behind the line of scrimmage. A successful extra point kick is worth 2 points and field goals are worth 3 points.

D. The defense must have five (5) players line up at least five (5) yards off the line of scrimmage, leaving a maximum of six (6) players lined up within 5 yards of the line of scrimmage. Once the offense has come to the line, any defensive player lined up outside of five yards of the line of scrimmage may not move forward until the ball is snapped. Once the ball is snapped all players can advance. No defensive player can advance inside of five yards from the line of scrimmage before the snap regardless of how many



defensive players are there when the offense comes to the line. Penalty for this violation is five (5) yards; this is a live ball foul and the offense has the choice of the play or the penalty.

E. On Defense - No defensive players can line up in the center-guard gaps (A gaps) or directly over center within 5 yards of the line of scrimmage, nor may they shift through the A gaps prior to the snap. Defensive tackles may be head up on the guards and tackles or on the outside shoulder (B & C Gaps) of the guards and tackles.

F. The defense may employ a goal line defense when the offense has five (5) or less yards to go for a TD, allowing the defensive lineman to be in the offensive gaps between the center and guards. However, no one is allowed directly over the center within three yards of the line of scrimmage. Linebackers and other defensive players can be 3 yards from the L.O.S.

G. The center may position and grip the ball as necessary to snap the ball. This would include placing the ball parallel to the line of scrimmage, allowing his hand, head and shoulders to be in the neutral zone.

H. Two (2) coaches from each team will be permitted on the field during the game. Once the offense is set or the ball is on the kicking tee on a kickoff the coaches on the field cannot speak or coach in any way and must remain ten (10) yards behind the team's most distant player from the line of scrimmage for the duration of the play. Failure to comply will result in a ten (10) yard penalty and possible disciplinary action by the Rules Committee.

I. Offensive Guards can have no more than 18 inch splits.

Section 8.03 9U RULES

A. All Punts are dead ball plays until the ball is kicked. The offensive team must announce its intention to punt. Once a punt is declared, the clock will stop and will restart as soon as the ball is punted. There are no 20-yard mark offs for this age, the ball must be punted. The offense must then punt the ball and the defense may not interfere with such attempts. No player may cross the line of scrimmage until the ball is kicked. Penalty for violation of this rule is five (5) yards. The punting team must assume a normal punt formation with no more than 18-inch splits tackle-to-tackle and remain in the same formation until the ball is kicked. The punter must remain within the tackles and behind the line of scrimmage until the ball is punted. The receiving team must line up with a minimum of six (6) players within two yards of the line of scrimmage anywhere along the LOS and may not move until the ball is punted.

B. Field goals and extra-point kicks will be a free kick (like the punt). Neither the offense nor defense shall move across the line of scrimmage at the snap of the ball. The kicking team shall be allowed to take a direct snap and must place the ball on the block directly behind the center, and at least five (5) yards behind the line of scrimmage. A successful extra point kick is worth 2 points and field goals are worth 3 points.

C. The defense may have NO MORE than six (6) players within three (3) yards of the line of scrimmage at the start of any play, and no player other than the allotted six may move forward toward the line of



scrimmage until the ball is snapped. ONCE the ball is snapped all players can advance. So for clarification, if you have a 6-3 or 6-2 defense, the linebackers MUST be at least three (3) yards back off the line. Once the ball is snapped they can advance (or blitz, if you prefer); however, they cannot advance inside of three yards from the line of scrimmage before the snap. If you are playing a 4-4 then 2 of your linebackers must be three (3) yards off the ball. Penalty for this violation is five (5) yards; this is a live ball foul and the offense has the choice of the play or the penalty.

D. One coach is allowed on the field for Division I levels, and two coaches are allowed on the field for the first half of the regular season at the Division II levels. At Division II, only one coach shall be allowed on the field after the first half of the regular season. Once the offense breaks the huddle or the ball is on the kicking tee on a kickoff the coaches on the field cannot speak or coach in any way and must remain ten (10) yards behind the team's most distant player from the line of scrimmage for the duration of the play. Failure to comply will result in a ten (10) yard penalty and possible disciplinary action by the Rules Committee.

E. The center may position and grip the ball as necessary to snap the ball. This would include placing the ball parallel to the line of scrimmage, allowing his hand, head and shoulders to be in the neutral zone.

Article IX. GAME CHECK-IN PROCEDURES

A. All teams must be checked-in no later than 15 minutes prior to the start of each scheduled league game. Late players are permitted to be checked in before the start of the game, or at the half if they arrive after the start of the game.

B. The head coach or designated coach, a team administrator of each team, and the players shall be the only ones permitted in the check-in area. NO FANS, PARENTS, OR OTHER COACHES ARE PERMITTED IN THE CHECK-IN AREA.

C. Season weigh-ins will take place at a location(s) designated by the Executive Board. The weigh in will determine the team(s) on which a player is eligible to play. A laminated roster of eligible players from the weigh in will be produced based on the pre-season weigh-ins. There shall be a weigh in scheduled by the Executive Committee before the 6th game of the season. This mid-season weigh-in shall only be for players to qualify as a non-red stripe. The red stripe weight shall remain the same as the pre-season qualifying weight for all age groups. Any rosters that change will require recertification. Finally, a league weigh-in will be conducted prior to the commencement of playoffs. The final (playoff) weigh in will be conducted with equipment.

D. The official laminated team roster, game day spotter's sheet and an approved identification card (see Article I.D) for all players must be presented during pre-game check-in. A player without an approved ID card will not be eligible to play. In the event that the official roster or ID cards are not present at the time of check-in, they must be produced by half-time of the game. If not, the second half may be played upon mutual consent of both teams, but the team without a roster and/or IDs will forfeit the contest



regardless of outcome. In addition, the Head Coach of the offending team will be suspended for one game.

E. Each team must provide a roll of tape (red, or a contrasting color to helmet/pants) to visually designate red stripe players.

F. The official roster shall reflect the jersey number(s) that each player is expected to wear during the game. If for any reason at check-in, or after, a player must wear another jersey with a different number, the spotter sheet must be updated at the time to reflect the current jersey number. If this will be a permanent change, the Head Coach should obtain an updated official roster from the CCYFCL reflecting this change. At no time shall jersey number differences affect a player's eligibility. If the player matches the ID card and the name on the official roster, he is eligible regardless of jersey number.

G. The opposing coach shall review each ID card, the laminated roster and the spotter sheet as the player states his/her name. The opposing coach can also request that the player 'tap' his cup to prove its existence. This procedure shall constitute the official check-in for that player.

H. Any player qualifying for that game as a red stripe player shall be designated as such on the spotter sheet, prior to start of game.

I. A digital scale(s) approved by the league will be used during weigh-ins. Scale (s) shall read in one tenth pound increments. All digital readings will be rounded down. Ex. 115.9 digital reading = 115 lbs. Players must be a full pound over to miss weight.

J. Game weight guidelines and limitations are determined by the CCYFCL weight chart for each division of play. This chart also includes any in season adjustments or tolerances that CCYFCL Executive Board has agreed upon prior to the season.

K. Additional weight for the league weigh-in prior to playoffs shall be 8 pounds. As with all weigh-ins, all partial pounds shall be rounded down.

L. When a player is deemed ineligible for a game, he must remove his shoulder pads if he plans to remain on the team sideline.

M. Game Postponements/Cancellations: There will be three scenarios pertaining to check-in and player eligibility depending on the situation of when the game is cancelled:

1. If the game is cancelled prior to check-in, the official check-in will occur prior to the rescheduled game.
2. If a game is postponed after the official check-in and before the start of the second half, the game will be resumed with the players who were eligible at the official check-in for the first half. Any player who did not check in at the official check-in may checked in at halftime and may play in the second half.



3. If a game is postponed after the start of the second half, the game will be resumed with the players who checked in at the official check-in.

Section 9.01 AGE AND WEIGHT GUIDELINES

A. The CCYFCL has designated divisions of play based on age and weight for football and age for cheerleading. The age determination date for the season is August 2 of each year. For purposes of clarity, the rule of thumb to remember is that a child's play age is whatever age he/she is on August 2.

B. In football, a maximum of three (3) Older-But-Lighter (OBL) players per team is permissible, unless an exception is granted by the rules committee, and noted on the roster.

C. Older-But-Lighter (OBL) players may not turn a year older during the season defined as August 2nd through October 31st.

D. 8th Grade Exception

8th graders that are 14 years old as of August 2nd may be an eligible player at the 11-13 level under the following scenarios.

- a. A 14-year-old in 8th grade will play as if he/she is a 13-year-old, based on the 13-year-old weight parameters in the chart above.
- b. If a 14-year-old in the 8th grade makes weight as an OBL as defined in the weight parameters in the chart above – he can play only as an OBL.
- c. If the player does not make weight as an OBL, the player will automatically be a red-stripe player
- d. All 14-year-old players count toward the overall limit of 3 OBLs
- e. Players using this exception may not also be on the roster of any other team in another full contact league (high school, private 8th grade team, another league, etc.).
- f. Players must demonstrate their eligibility by showing their previous year's report card or school ID.
- g. Players who are 14, but in the 9th grade, must abide by the OBL guidelines.

Section 9.02 CCYFCL RED STRIPE RULE (7U thru 13U Divisions):

A. The Red Stripe concept allows heavier players to play football with the children their own age, but in a restricted role. These players may weigh over the maximum weight for an unrestricted player as specified in the chart above. Each Red Stripe player will be designated as such based on league weigh-ins. Players falling between the max unrestricted weight and the Red Stripe weight limit must be marked with a red stripe (or contrasting color to helmet/pants) of tape on the front and back of their helmets, and with tape around both of their legs crossing their thigh pads. There is no set roster limit on red stripe players; however, to avoid a forfeit, there must be four players below the red stripe weight on the roster to fill



out the team on the field to begin a game, and three players thereafter (see Article VIII. B.), and as long as the maximum roster size is not exceeded.

B. Red stripe players must play as linemen. While on defense red stripe players must remain in the free blocking zone while it exists, or must penetrate the offensive line before leaving the free blocking zone. They may not drop back into a linebacker role or a defensive back role on defense. While on offense, red stripe players may pull, cross-block or perform any other task that an offensive lineman typically performs.

C. The red stripe player may NOT advance the ball at ANY time. A red stripe player may intercept passes and recover fumbles (and also may obtain possession of a kickoff or punt). However, the play will be blown dead when the red stripe player is in possession of the ball and the ball will be spotted at that point. Red stripe players must play from a two-, three- or four-point stance in the tackle, guard or center positions on offense and from a three- or four-point stance either head-up on or inside of the offensive tackles on defense as defined as follows:

1. On offense, a red stripe player may play the Center position (the Center being defined as the player snapping the ball), the Offensive Guard position (defined as 1 player to the right or left of the Center on the line of scrimmage), or the Offensive Tackle position (defined as 1 player to the right or left of the Guard on the line of scrimmage); under no circumstance shall the red stripe player ever be an eligible receiver, even if he would be considered "eligible" under normal football rules. Because he is ineligible, that player will be considered an ineligible lineman under normal football rules for all intent and purposes and be subject to any resulting penalty (e.g. ineligible receiver down field).
2. On defense, a red stripe player must lineup head-up on OR no wider than the outside shoulder of the Offensive tackles (the Offensive Tackle as defined in the preceding paragraph) no more than 1 yard off of the Line of Scrimmage. However, if the offense elects to employ an unbalanced formation, that is to place no player or only one player to the right or left of the ball (i.e. the Center position as defined above), the defensive red strippers may choose to line up anywhere along the line of scrimmage that they wish with no restrictions whatsoever (but still in a three- or four-point stance and no more than 1 yard off of the Line of Scrimmage).

D. Red Stripe players may serve as the kicker on kick off teams. However, Red Stripe players shall never play on kick return teams unless their absence would place less than nine players on the field at the beginning of a game, or eight players on the field thereafter (to avoid a forfeit). If a team recognizes that a Red Stripe player is participating on a kick return team when another eligible non-Red Stripe is available, play shall be stopped and the Red Stripe player will be replaced by an eligible non-Red Stripe player prior to the kick. In the event that they must participate on kick return teams, they will be positioned on the interior front line of each team; they will not be permitted to advance the ball.

Specifically, and as a Special Teams "exception", the red stripe player may serve as the Punter (when the offensive team is in a traditional punt formation - i.e. the red stripe player is set 7-15 yards behind the



Center to receive the snap) or Place Kicker (in the case of a PAT or Field Goal attempt); however, in either case, the football must be punted (even if it is a bad snap after leaving the center's hands). If the punter is unable to get the kick off and the ball is in his hands, he is immediately deemed to be a ball carrier, the play will be immediately blown dead and the ball is placed at the spot where the Red Stripe Kicker possessed it. After the ball is kicked, the red stripe player may operate as any other red stripe player in accordance with these rules.

E. Any violation of the above rules as they pertain to red stripe players will result in the following:

1. The assessment of a 15-yard Unsportsmanlike Conduct penalty against the offending team after completion of the play. Penalty will be assessed from the previous spot and will result in a loss of down if the penalty is committed by the offensive team. The only exception would be if the opposing team elects to take the result of the play over the enforcement of the penalty.
2. The offending team's Head Coach will be reported to the CCYFCL Rules Committee and will be subject to discipline up to and including a 1 game suspension. Any subsequent violation within the same season may lead to the Head Coach's expulsion from the CCYFCL.

Article X. MANDATORY PLAY RULE & SPOTTER PROCEDURES

A. Each player must participate in the game and abide by the CCYFCL mandatory play rule.

The minimum required plays per game for each player are:

19 or less players = 8 plays

20 or more players = 6 plays

27 or more players = 4 plays

ANY DEAD BALL PLAY IS NOT INCLUDED AS A PLAY ON THE MANDATORY PLAY COUNT.

B. The number of minimum required plays for each team is determined by the number of players eligible to play at the opening kickoff. For example, suppose a team has a roster of 22 players. Nineteen players are eligible to play at the opening kickoff. The minimum number of plays per player is then eight plays, as shown in the chart above. If two more players check in at halftime, bringing the number of players to 21, the minimum number of plays per player remains at eight plays. These two players only require four plays to meet their minimum because they arrived at halftime. (See Article X, E.)

C. Each player should have all of his mandatory plays by the conclusion of the third quarter. If any player does not have their mandatory plays completed by the conclusion of the third quarter, that player must start the fourth quarter and remain in the game until his mandatory plays are completed, regardless of whether the players are offensive or defensive players. They must be inserted into the game immediately to complete all mandatory play requirements. (See SPOTTER PROCEDURES, Section H.)



D. If there are players that have not reached their mandatory minimum number of plays, the team will be given a non-charged time out to make position changes so that the players can be inserted into the game immediately at the start of the fourth quarter.

E. All players who missed the pre-game check-in and who check-in at half time are only required to meet half of the mandatory plays required and, like other players, should meet the play requirement by the end of the third quarter. The spotter must be notified of their active presence on the sideline prior to the start of the second half.

F. Spotter sheets must be listed in game jersey numerical order.

H. SPOTTER PROCEDURES:

1. Each team must provide two spotters for a game: one to spot the opposing team and an assistant spotter to help the opposing team's spotter to spot the assistant's team. If a volunteer spotter(s) cannot be found, an assistant coach(es) must spot for that game. The spotters are to be positioned on the appropriate sidelines from the 30-yard line to the goal line. Spotters are not permitted in the coaches box/team area (30 yard line to 30 yard line). Spotters (and Chain Gang Volunteers) are not permitted to heckle, coach, cheer or use electronic devices to signal information regarding the opposing team or it could result in team penalty. Spotters will not interfere with Referees, Coaches, Cheerleaders or Chain Gang volunteers.

2. The spotter shall mark the plays of the opposing team's players on the official CCYFCL Spotter Sheet provided by the opposing head coach at game check-in. Once the minimum number of plays has been met by all eligible players, the spotter shall notify the coach of the opposing team. The spotter will also notify the Referee if a player is completing their mandatory plays in the fourth quarter.

3. The head coach will list the names of all eligible players for the game on that day in jersey numerical order on the Spotter Sheet. The coach will then give the Spotter Sheet to the opposing coach at check-in, who will then pass the form onto his spotter for that day.

4. Players who have failed to check in, or missing, or are unable to play that day should be lined out on the Spotter Sheet.

5. The Spotter must be aware of the number of plays required for each player. This is based on the number of eligible players that day who check-in. See chart above.

6. Spotters will check mark the boxes each time a player is in the game for a play.

7. ALL plays are counted, including kick-offs, punts, extra points. A dead ball penalty is not a play; thus it is not counted.

8. If a player appears at check-in fully equipped to participate, it will show that the coaching staff intends for that player to participate in the game. If at such time after check-in and prior to the completion of the game, a player cannot satisfy the minimum play rule due to injury or illness, a coach from that



player's team must notify the spotter immediately. Furthermore, the player will immediately remove his shoulder pads. The spotter will then strike the player out and note the reason given for the player not satisfying the minimum play requirement. If all players have not satisfied their plays by the end of the 3rd Quarter, the Spotter contact the Head Coach and Referee and must stop the game before the beginning of the 4th quarter with information on what player(s) need to be entered into the game to satisfy their play requirement. The player(s) must be inserted in the game immediately whether the team is on offense, defense or special teams. The player(s) must remain in the game until all of the required plays are satisfied. The spotter shall indicate those plays played during the fourth quarter with a "4" on the spotter sheet.

9. If any Red Stripe player has not satisfied his minimum plays by the end of the third quarter, he must play in every play during which he is eligible until his minimum plays are met. The Red Stripe player shall not violate the Red Stripe rules to fulfill his minimum play requirement.

10. Any violation of the minimum play rule may result in suspension and/or forfeit at the Rules Committee's discretion depending upon the circumstances of the violation.

11. The three starting backfield players must be identified on the spotter sheet prior to the start of the game. These starters do not include the quarterback, but must include the three (3) starting running backs or wing-backs

12. Upon completion of the all plays, the spotter will print and sign his name and return the sheet to an opposing team coach or team administrator. If the fulfillment of minimum plays is in question, the spotter is to note on the form in writing any discrepancies, thoroughly and specifically. Once the spotter form has been returned, the spotter will leave the field and watch the remainder of the game from outside of the ropes.

Article XI. SCOUTING

A. Any representative of a CCYFCL team or program can film his own team's practices or games. Any representative of a team or program can film any other team's regular season or playoff games. No representative of any CCYFCL team or program can film any other team's practices or scrimmages/preseason games. No representative of any CCYFCL program may attend another CCYFCL program's practice unless on official CCYFCL business or with the prior approval of both program directors. No representative of any CCYFCL team or program can film any other team's coaches or sideline activities during games at any time.

Article XII. TIE BREAK PROCEDURES

A. Tie breaker procedures for a balanced schedule

1. Record/Winning percentage



2. Head to Head

3. Coin Toss / Card Draw

B. Tie breaker procedures for an unbalanced schedule

1. Record/Winning percentage

2. Head to Head

3. Total winning percentage of all your opponents

4. Coin Toss / Card Draw

Article XIII. COACHES CODE OF CONDUCT

A. Uphold all rules and regulations of Carroll County Youth Football.

B. Assure that each coach and organizational official has access to and has read all league regulations.

C. Assure that each player knows and obeys the Players Code of Conduct.

D. Any coach or team official that knowingly allows an ineligible player to participate in a game will be subject to disciplinary action by the Executive Board.

E. It is deemed proper ethics that anyone that knows in advance or has strong suspicions of an ineligible player should contact the Executive Board; Vice President or any member of the Executive Board as soon as possible.

F. Accept decisions of the game officials on the field as being fair and called to the best ability of said officials.

G. Together with game officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan that becomes a nuisance and is out of control is the responsibility of the coach and should be removed from the area.

H. Do not leave the coach's area to shout instructions from sidelines.

I. Do not criticize players in front of spectators, with gestures and loud noises, but reserve criticism until a more private situation arises.

J. Do not criticize cheerleaders, an opposing team, its players, coaches or fans, by word-of-mouth or by gestures.

K. Refrain from using abusive and profane language to anyone connected with the game, as a spectator, player, opposing coach or game official.



L. Do not deliberately incite unsportsmanlike conduct. An instruction to players to "get" another player or attempt to impose bodily harm to opposing players is considered incitement.

M. Abstain from drinking of alcoholic beverages and smoking on both game and practice fields.

N. Avoid running up scores. When a team leads its' opponent by a total of 27 points, they must follow the rules described in the SOP and do everything possible to hold the score down. This applies to all age divisions.

O. Ensure that no player practices or plays in a game without the proper equipment.

P. Remove from a game or practice, any player when slightly in doubt about his health, whether or not a result of injury, until competent medical advice is available.

Q. Ensure that a player's scholastic achievement does not suffer because of participation in CCYFCL.

R. Refrain from actively soliciting a player from another CCYFCL organization by either making telephone calls or visits.

S. Only one "Speaking" Coach is allowed in the huddle on the field during a game time out. A second coach may provide water to the players.

Article XIV. PLAYERS CODE OF CONDUCT

A. No fighting or hitting, kicking, striking or otherwise abusing opponents, teammates or cheerleaders at any time before, during or after a game, scrimmage or practice game.

B. No verbal or physical intimidation by making gestures such as, victory laps, "number one" chants or other "bring down" or demeaning actions will be allowed.

C. No disrespectful behavior or derogatory comments aimed at cheerleaders nor purposeful physical actions into the cheerleading area are permitted. (i.e. running into cheerleading areas when play is not in proximity.)

D. Report to your coach any knowledge of an ineligible player or "ringer" on your team or another team.

E. No dirty or illegal playing techniques.

F. No talking back to officials, teammates, opposing players or coaches.

G. No profanity or childish displays of temper at game or practice fields.

H. Disciplinary problems at school or unsatisfactory classroom performance will not be tolerated.



Article XV. PARENTS CODE OF CONDUCT

- A. Provide positive support, care, and encouragement for my child participating in youth sports by following this code of ethics.
 - B. Encourage good sportsmanship by demonstrating positive support for all players, cheerleaders, coaches, and officials at every game, practice, or other youth sports events.
 - C. Place the emotional and physical well-being of my child ahead of any personal desire to win.
 - D. Insist that my child play in a safe and healthy environment.
 - E. Provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
 - F. Demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
 - G. Remember that the game is for children and not for adults.
 - H. Do my very best to make youth sports fun for my child.
 - I. Ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
 - J. Always address any issues with my child's coach in private.
 - K. Promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- ❖ The above Codes of Conduct pertain to all on field and off field behavior, including but not limited to social media, program meetings, and other CCFL sponsored events.