



Proud Partner of the Arizona Cardinals



EIGHT MAN TACKLE FOOTBALL RULES MINOR, MAJOR, SENIOR DIVISIONS

ORGANIZATION

National Youth Sports is a 501(C)3 Non-Profit organization that provides sports for children ages 3 – 15. Company information can be obtained from our website at www.nysonline.org.

MISSION STATEMENT

The mission of National Youth Sports is to strengthen the individual, the family, and the community through the participation in youth sports.

FOCUS

The focus of the NYS tackle football league is to provide a safe environment for children to improve their fundamental skills of football and to develop positive character values while pursuing victory with honor. NYS encourages parental involvement and does not ask participants to fundraise so that families can spend time together learning the game of football and not selling merchandise. Portions of all registration fees are contributed to the Mission for the Interior to help those in need in countries across the world. More information about the Mission for the Interior can be found at www.missioninterior.org.

Unless otherwise amended below, the current year's NFHS (National Federation of State High School Association) Laws of the Game shall apply. NFHS Laws of the Game and other resources are available at www.nfhs.com.

1. Thirty minutes prior to the start of the game all visiting and home team players, as well as, one team representative that has a NYS ID coach card must be present for the start of the weigh-in process. The team representative is responsible for reporting to the site director with all members of his or her team to be weighed in. Players should be lined up in alphabetical order by their last name.
2. Coaches are not allowed on the field of play.
3. In the presence of each team's captains and one coach from each team, NYS staff/referees will conduct the coin toss fifteen minutes prior to kickoff. In some instances coin tosses will be conducted on the field with the referees. The team listed first on the schedule is considered the home team and will call heads or tails. The home team will occupy the north or east sideline, whichever applies. All parents must stand behind the parent line, caution line, or designated area 5 – 10 yards off of the sideline. The visiting team is responsible for obtaining volunteers to run the sideline chains and down marker. The winner of the coin toss will then choose whether to kick or receive (no deferment) and the losing team will choose which side of the field they would like to defend. After halftime the teams will switch roles.
4. Only individuals with a current NYS coach card are allowed within five yards of the sideline. Teams are allowed a maximum of seven coach ID cards. The visiting team will be allowed to have three parent volunteers on the sideline to run the first down chains and down indicator. All other individuals must stay behind the designated area. Individuals found in violation of this rule will be subjected to a one game suspension and possibly longer depending on the severity of the problem. If a child is injured on the field, please allow the EMT to assess the injury, only the parent or guardian of the child will be allowed onto the field in these circumstances. Ladders are prohibited at game site to protect the children, fans, and staff.
5. The playing field will be forty yards wide and eighty yards long.
6. The game will consist of two twenty-five minute halves, with a three to five minute halftime or drop dead time limit of fifty-five minutes for the Minor and Major divisions. Each team is allowed one, thirty second timeout per half. The timeout can carry over to the second half. No overtime in the case of a tie. Timeouts do not stop the fifty-five minute drop dead time limit. In the last two minutes, the team with a lead cannot call time out to stall and cause the fifty-five minute clock to expire.
7. An NYS approved uniform, helmet, pads and mouthpiece are required to be worn in order to participate. Children may not tie any portion of their jersey for safety reasons. Children may not wear any face shield that has a tint, all face shields must be clear. No jewelry, open toed shoes, or metal cleats may be worn.

8. The size of the football:
 Minor division – Antioch Youth football
 Major and Senior division – Antioch Official football

Teams must provide their own practice and game balls. The game ball must be the Antioch brand football listed above in a traditional brown or tan color. The officials will rotate balls from each team while they are on offense. Rubber Antioch practice and leather Antioch game balls may be purchased through NYS.

9. The methods of scoring and their value:

Touchdown	6 points
Extra Point	1 point (from the 5 yd line)
Extra Point	2 points (from the 10 yd line)
Safety	2 points
10. The game will be played eight on eight. Each team will therefore have a maximum of sixteen players allowed on their roster. No team may carry over the maximum allotment of children so that every child gets equal playing time. Every child must play at least half of every game.
11. The head coach has the authority to limit game playing time of any player on their team who continually misses practices without a valid excuse, or who may have caused disciplinary problems during a prior practice or a particular game.
12. Two un-sportsmanlike conduct violations by any player, coach, or spectator will result in an immediate dismissal of the violator, a fifteen-yard penalty and loss of down. The referee and NYS site director has the authority to dismiss a violator after one unsportsmanlike conduct violation based on severity. The game will resume once the violator has left the premises.
13. Substitution may occur between downs and any number of players may be substituted. Players must enter and exit the field promptly.
14. The offense must have five players (no more and no less) lined up on the line of scrimmage for every play. Three offensive linemen are ineligible receivers. The defense does not have a minimum number of players required to be on the line of scrimmage.
15. The offense is given thirty seconds from the spotting of the ball to the time they must snap the ball to begin the next play.
16. If the knee of the ball carrier touches the ground the player is down.
17. Blocking below the waist is prohibited at all times.
18. In the event a ball carrier falls to the ground as a result of contact or not the player is down and the play is over.
19. Placekicking takes place from the thirty-yard line.

20. Onside kicks are legal in the Minor, Major, and Senior divisions.
21. After a safety, the ball is free kicked from a teams own fifteen-yard line.
22. If a kickoff goes out of bounds:

1st kick out of bounds: Re-kick 5 yards back from original kick-off spot, take ball at spot of where ball went out of bounds, or take ball 20 yds. from the spot of the kick-off.

2nd kick out of bounds: take ball at spot of where ball went out of bounds, or take ball 20 yds. from the spot of the kick-off.
23. If a team gets a lead larger than thirty-five points, the losing team will start with the ball at midfield (no kickoff).
24. If a major injury occurs during the game, the EMT and NYS staff will make a discretionary call as to whether the game is to be cancelled. If the game is cancelled prior to halftime, the game will be made up on a future date and will be picked up where it was left off. If a game is cancelled after halftime, the game is considered final.
25. All coach's meetings are mandatory. One representative must be present for the coach's meeting or the entire team will be suspended for one game.
26. Players may register at any time during the season. Starting the week of the first game and throughout the season, players will only be eligible for that week's game if they are registered and certified by Thursday at 5 PM. Players registering on Fridays, during the season, will not be eligible to play until the following week's game.

Summary of Penalties

Loss of five yards:

- Delay of game
- Encroachment
- False Start
- Illegal formation
- Illegal forward pass
- Illegal forward lateral
- Ineligible receiver down field
- Incidental face mask
- Intentional grounding
- Illegal substitution
- Illegal shift or motion

Loss of ten yards:

- Holding
- Illegal use of hands (hands to the face, block in the back)

Loss of fifteen yards:

- Un-sportsmanlike conduct (by a player, coach, or spectator)
- Intentional or accidental coach interference while on field
- Block below the waist
- Clipping, tripping, chop block
- Grasping an opponents face mask
- Roughing the passer
- Slapping a blocker's head
- Illegal participation
- Sideline interference
- Illegal hit or block after a fair catch signal

Disqualification:

- Second unsportsmanlike facemask penalty
- Fighting whether it is a player or spectator
- Striking, kicking, or kneeling any player or spectator
- Intentional contact with a game official
- Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
- Any other act that is unruly, rough, and/or flagrant
- A spectator violating the parent line or cautioned parent area.

Rule Clarification

Punting:

- Punting is allowed on fourth down only
- Teams must declare to the official their intent to punt the football
- No fake punts, or quick kicks
- The punter may take the snap from the center but must punt the ball from a minimum of five yards behind the line of scrimmage
- A punting play may continue that begins with a fumbled snap
- If the football is punted into any player at the line of scrimmage it is ruled dead at the point of contact
- The ball is live if the punt is muffed or fumbled during the return.
- The offense may not run downfield until the ball is punted.
- NYS rule 14 applies to punts in regards to line restrictions.

Equipment Requirements

Each player shall properly wear the mandatory equipment in order to participate in any tackle football game or contact practice.

1. Multi bar facemask that meets the NOCSAE standard.
2. Helmet with properly fastening chinstrap that meets the NOCSEA standard.
3. A mouthpiece.
4. Shoulder pads that meet the NOCSAE standard.
5. Hip pads and a tailbone pad.
6. Thigh guards with any hard surface that has a minimum compression resistance of four to eight pounds.
7. Knee pads at least ½ inch thick must be worn over the knee and under the pants.

No player shall participate while wearing illegal equipment. This applies to any piece of equipment that in the opinion of the referee or the league coordinator is dangerous and inappropriate.



Official Custom Uniform Policy



National Youth Sports allows teams to wear their own custom uniforms. All teams choosing to wear their own custom uniforms must adhere to the following policies.

Teams will be provided NYS uniform patch at no cost (see example of patch below). The NYS patch must be placed on the chest of the uniform. The patch must be placed above the number or team name centered, right aligned, or left aligned on the chest (as indicated by the diagram below).

Teams choosing to wear their own custom uniforms will not be provided game uniforms by the league. No portion of the registration fee will be refunded for teams choosing to bring in their own uniforms. NYS will provide teams a NYS patch to place on their team's uniforms at no charge.



The team must fill out the custom uniform registration form in order to fulfill league requirements in relation to custom uniforms. NYS patches will be provided to team representative upon submission of the uniform registration form.

Primary jersey color must be approved by NYS league coordinator.

Advertisements may not be placed on the uniforms.

Disciplinary Procedures and Penalties

1. The players, head coach, and assistant coaches can be in the coach's box on the sidelines. The coach's box is between the twenty yard lines. These individuals must have proper identification to be within five yards from the sideline. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All other parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders are prohibited at each site to protect the children, fans, and staff.
2. Profanity and arguing with any game official, NYS staff, or opposing parent/coach is not allowed, **ZERO TOLERANCE**. This will be strictly enforced. Failure to comply will be handled as follows:

Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league coordinator's discretion.

Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists then the child of the parent/guardian may be suspended for one game.

Players will be ejected from the game and suspended for the following week's game. If the problem persists then the child may be suspended for the season and banned from future participation in the league.

3. The use of electronic devices such as two way radios or cell phones for coaching purposes or between coaches and players is prohibited. Violation will result in immediate ejection from the game and suspension for the following week's game.
4. In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. **NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.**
5. NYS considers the code of conduct sheets that are handed out to each coach, included in his or her coach's packet at the parent orientation meeting, the first warning to all individuals participating in the league. These codes of conduct must be shared and signed by everyone on the team. They must be turned in at the first mandatory coach's meeting in order to receive the team's jerseys and schedules.
6. Parents that are in violation of the parent lines or are not in the designated area determined by NYS at the game site will be ask to leave the field area and be suspended for one week.
7. Any parents found engaging in verbal or physical violence with other parents, coaches, referees, or NYS staff will be suspended indefinitely from the league.

Game day Certification

NYS will be weighing in each player and conducting photo identification checks before each NYS game at all sites. If a child is found over the allotted weight limit he or she will not be able to play in that day's game.

If a child is not present once his or her team has been weighed in then the child is ineligible for the week's game. Once the team has been weighed in the children that are present are the ones that are eligible to play.

NYS provides every player 9 pounds of growth starting at the time of registration. Players are given an additional 9 pounds for equipment allotment on Saturday weigh-ins only. All players must be weighed in full uniform (player's helmet, all pads, jersey, and shoes).

Scales can only be used by NYS staff. Once a child stands on the scale, the weight is recorded and the weight is certified. A child cannot re-weigh if found over the allotted limits. A child cannot weigh in before his or her weigh-in time to see if he or she makes weight. Any player found using the scale not in accordance to the rules will be suspended for that week's game.

NYS site directors at each site will conduct game day certifications and have ultimate authority over policies and procedures governing the process.

Frequently Asked Questions

1. How long do game day weigh-ins take?

Game day weigh-ins do not take more than 10 – 15 minutes as long as everyone is suited and ready to go.

2. How are weigh-ins conducted?

All players will be present at the field thirty minutes prior to the start of the game. The coach will check in at the NYS site tent. All children must have his or her helmet in their hands and be fully equipped prior to weigh-in. The coach will line up his or her team in a single file line in front of the scale. A NYS staff member will have a roster check form. This roster check form will contain the eligible players for that game and age of the player. The NYS staff member will call out the player's name, check his or her ID card, then record the weight of the player. If player does not have a NYS ID card, the child will not be allowed to weigh-in or allowed to play in that day's game.

NYS representative will randomly check sidelines throughout the game to insure the number of eligible players. Opposing coach may be present to verify the weights of the team he or she is going to play against (this is optional, the opposing coach does not have to verify weights). Once the child is placed on the scale his or her weight is logged in and the child may not re-weigh during the same day.

3. What if my child is found over the allowed weight?

The child's number will be reported to the game officials and site director to prevent the player from playing in the current game. The opposing coach will also be notified of the child that is ineligible to play. The ineligible player may sit on the sideline with his or her team, but may not play in the game. A child that is found to be playing illegally will be suspended for the rest of the season.

4. What if my child is ineligible for the entire season due to not making weight?

If a child cannot make the allowed weight for the division in which he or she is enrolled, then the league coordinator may move the child to the next appropriate weight division. NYS does have a no refund policy for the league. Partial credit can be given with director's approval in certain situations.