

NORTH COAST YOUTH FOOTBALL CONFERENCE, INC.

FOOTBALL COMPETITION RULES

2013 SEASON  
(Revised 8/3/13)

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## CHAPTER 1 FOOTBALL COMPETITION RULES

### 1.1 AGE, WEIGHT AND PARTICIPANT VERIFICATION

AYF and this Conference will strictly enforce the Age, Grade and Participant Verification Rules contained in this Rulebook as well as all other Rules and Regulations. Anyone who is determined to be in violation of the AYF Rules and Regulations will not be allowed to participate in any Regional or National tournaments, games or events. **ALSO, THERE WILL BE NO EXCEPTIONS, NO TRAVEL REFUNDS, AND NO APPEALS OF THE DECISION OF AYF.**

Each member organization must inform the parents of Participants of the possibility of the participant not being allowed to play if they are not in compliance with AYF rules prior to each game. This information should be given to parents during the preseason before games begin. When Pre-Season practice begins, all players must have their Age, Weight and Participant Verification confirmed to insure proper team placement.

The Conference will have teams in the AYF **“ALL-AMERICAN SIXTH GRADE DIVISION”** (“Sixth Grade Division”) and the **“ALL-AMERICAN FOURTH GRADE DIVISION”** (“Fourth Grade Division”).

#### A. MINIMUM AGE TO PARTICIPATE

A participant must have attained the age of five (5) years on or before **July 31** for the **Second Grade Division (DIVISION C)**; an age of seven (7) for the **Fourth Grade Division (DIVISION B)** and **Sixth Grade Division (DIVISION A)**.

#### B. MAXIMUM AGE FOR SIXTH GRADE DIVISION (DIVISION A)

**Sixth Grade Division** teams are to be made up of 10, 11 and 12 year olds with a Sixth (6<sup>th</sup>) Grade maximum. If a participant is 12 in the 6<sup>th</sup> grade, they **cannot turn thirteen (13) on or before December 31. (\*10 year old in 6<sup>th</sup> Grade can go down to the Fourth Grade Division if born before July 31)**

#### C. AGE FOR FOURTH GRADE DIVISION (DIVISION B)

**Fourth Grade Division** teams are to be made up of 8, 9 and 10 year olds, with 7 year olds being optional. If a participant is 10 in the 4<sup>th</sup> grade, they **cannot turn eleven (11) on or before December 31.**

#### D. DETERMINING THE PARTICIPANTS AGE (PROTECTED AGE)

For determining the Participants age (Protected Age), the term “On Or Before” and the term “As Off” is intended to have the same definition and means or equivalent to “Age Cut Off Date”: **AS EXAMPLE**, an age cut-off date of (on or

before/as of 7/31) July 31st of the current season is as follows: 12 yrs old on July 31st, turns 13 yrs old on August 1st the participate plays as a 12 yr old. An age cut off date of (on or before/as of 12/31) Dec. 31st of the current season is as follows: 12 yrs old on Dec. 31st, turns 13 yrs old on January 1<sup>st</sup>, the participant plays as a 12 yr old.

**E. UNLIMITED WEIGHT**

**NO DIVISIONS** will have weight restrictions and therefore Participants have **NO WEIGHT LIMIT**.

**F. UNNATURAL WEIGHT LOSS IS FORBIDDEN**

Despite the No Weight Limit Rule, the Conference does not promote or encourage unnatural weight loss. Therefore, any “Sweat Down” or Extreme” weight loss used by a player or a coach will be grounds for immediate suspension for the players own safety. Any Coach, Administrator or Team Personnel found to have advised, encouraged, or tolerated any “Sweat Down” or “Extreme” weight loss techniques will be grounds for immediate suspension. Suspension will be anywhere from 1 year to permanent depending on the severity. **HEAD COACHES WILL BE HELD RESPONSIBLE FOR THE ACTIONS OF ALL TEAM PERSONNEL.**

**G. ALL TEAMS WILL ASSEMBLE FOR ROSTER AND PARTICIPANT VERIFICATION PRIOR TO THE START OF THE GAME.**

**1. ROSTER AND PARTICIPANT VERIFICATION**

In Divisions A, B and Varsity/Junior Varsity, it is not required to weigh any Participants. However, all **Offensive Skill Position Participants** playing in **the** game must be identified on the **GAME ROSTER** by circling their jersey number. **AND**, the Roster and Participant Verification Official shall have **ALL OF THE PARTICIPANTS FROM BOTH TEAMS AND THEIR RESPECTIVE ROSTER COACH AT THE SCALE AND READY FOR THE ROSTER AND PARTICIPANT VERIFICATION** FIFTEEN (15) MINUTES PRIOR TO THE SCHEDULED GAME TIME TO INSURE THAT THE GAME STARTS ON TIME. The Roster Coach for each team will report to the sidelines at the 50 yard line on the visitor side of each field with the **TEAM BOOK** and with all of the team’s Participants. The **TEAM BOOK** shall contain the **MASTER AND GAME ROSTER**, along with each **PARTICIPANT’S CONTRACT CARD** with affixed **PARTICIPANT’S BIRTH CERTIFICATE, PICTURE, SCHOLASTIC AND GRADE DOCUMENTATION**, and the **MANDATORY PLAY RULE “MPR” Form** (See Rule 1.7(A)). The **TEAM BOOK** will be used by the Roster

and Participant Officials and Roster Coaches for the purpose of ROSTER AND PARTICIPANT VERIFICATION of every PARTICIPANT. **ALL of the PARTICIPANTS for each team must line up by uniform number order from lowest to highest as the Roster Officials and Roster Coaches of their and go through *PARTICIPANT VERIFICATION*.**

**2. ROSTER AND PARTICIPANT VERIFICATION OFFICIALS**

ROSTER AND PARTICIPANT VERIFICATIONS must be conducted by a Member of the Board, Conference Executive Committee Member or a Conference approved ROSTER AND PARTICIPANT VERIFICATION OFFICIAL appointed by the home team and approved by the Board. The ROSTER AND PARTICIPANT VERIFICATION OFFICIAL SHALL have final control and authority for ROSTER AND PARTICIPANT VERIFICATIONS and the eligibility for each Participant for the game in which they conduct the ROSTER AND PARTICIPANT VERIFICATIONS, subject only to Board. The name(s) of the ROSTER AND PARTICIPANT VERIFICATION OFFICIAL who will conduct the ROSTER AND PARTICIPANT VERIFICATIONS at each field must be submitted in writing to the BOARD by every organization that hosts games prior to the start of the season on the same date that the Master Rosters are due. The BOARD will issue ID badges to the designated ROSTER AND PARTICIPANT VERIFICATION OFFICIALS from each member organization that hosts games. Any changes to the approved list of the weigh-in officials must be called in to the President of the BOARD no later than THREE (3) DAYS PRIOR TO GAME DAY. Additional badges will be issued as needed. The ROSTER AND PARTICIPANT VERIFICATION OFFICIAL is in charge and must conduct the ROSTER AND PARTICIPANT VERIFICATIONS in full accordance with the Conference rules. Also, under no circumstances should any coach of the game to be played be a ROSTER AND PARTICIPANT VERIFICATION OFFICIAL, and, such coach is therefore limited to be a Roster Coach for their respective team only. This applies whether such coach is a Member of the BOARD, Conference Executive Committee Member or a Conference approved ROSTER AND PARTICIPANT VERIFICATION OFFICIAL appointed by the home team. If a Member of the BOARD is present at any ROSTER AND PARTICIPANT VERIFICATIONS for any game he/she will be in charge and conduct the Verifications.

**3. PARTICIPANT CONTRACT CARDS AND OTHER DOCUMENTATION**

Participant Contract Cards go into effect when signed and completed by each Participant. Copies will be turned into the BOARD at LAST BOARD MEETING prior to THE FIRST GAME OF THE SEASON. All

Participant Contract Cards must be accompanied by the Participant's Birth Certificate (Or Other Acceptable Proof of Age), Scholastic Achievement Documentation and a current picture. These items will then be placed in the Team Book. Only official Participant Contract Cards will be honored by the Conference and the Conference will make them available to the other organizations upon request.

**4. START OF GAME**

At the conclusion of the ROSTER AND PARTICIPANT VERIFICATIONS, both teams will proceed directly to the field area to await the start of their game.

**5. LATE START TIME ASSESSED PENALTY**

**The ROSTER AND PARTICIPANT VERIFICATION OFFICIAL shall direct the Head Official for the game to assess a fifteen (15) yard unsportsmanlike conduct penalty against any team that is not present and ready for ROSTER AND PARTICIPANT VERIFICATIONS at least fifteen (15) minutes prior to the scheduled game time. THIS RULE WILL APPLY REGARDLESS OF THE TIME REMAINING IN THE PRIOR GAME.**

**H. MAXIMUM STRIPPED WEIGHT**

Repealed 5-12-2011:

**I. PROTEST OF ROSTER AND PARTICIPANT VERIFICATION**

No protest of a ROSTER AND PARTICIPANT VERIFICATION can be made once the game has started.

**J. WEIGH-IN SCALES**

Repealed 5-12-2011:

**K. ROSTER AND PARTICIPANT VERIFICATION**

Any **Participant** not verified prior to the start of the game, is ineligible to play in the game until after halftime at the *sole discretion* of the ROSTER AND PARTICIPANT VERIFICATION OFFICIAL. And, the Mandatory Play Rule must still be complied with for the participant during the second half. (See Rule 1.7 (A)).

**L. DIVISIONAL PLAYER MOVEMENT**

1. In the event a member organization feels that a Participant should be moved to another division in a manner contrary to these rules, the Member Organization must present the request in writing to the BOARD which will make the final decision. **THERE SHALL, HOWEVER, BE NO EXCEPTION TO THE AGE RULES TO LET A PARTICIPANT GO DOWN AN AGE DIVISION.**
2. If a Participant has played more than one (1) games with an Sixth Grade Division team, the Participant cannot be sent down to the Fourth Grade Division nor conversely the other way.

**M. AGE LIMITATION VIOLATION**

If a Participant on a team is declared ineligible due to an “Age Limitation Violation” that team must forfeit each game in which the ineligible Participant PLAYED.

**N. ONE (1) GAME PER WEEK**

No Participant shall participate in more than one (1) scheduled game per week.

**1.2 ROSTERS**

**A. ROSTER FORMS PROVIDED BY BOARD**

**MASTER TEAM ROSTERS, GAME ROSTERS AND ADD/DELETE FORMS shall be provided by the BOARD prior to the season.**

**B. MASTER TEAM ROSTER.**

All teams must provide a MASTER TEAM ROSTER with all information completed, including full name, age, actual weight and game jersey in numerical order followed by the team’s TEAM BOOK. The TEAM BOOK shall contain for each Participant on the MASTER TEAM ROSTER the Participant’s Contract Card with affixed Participant’s Picture, Proof of Age (Birth Certificate), Scholastic Achievement Documentation in writing to the Conference President at the announced annual Conference meeting held prior to the first game. Jersey color and numbers, as well as head coach's name and all assistant coaches’ names, and all phone numbers must also be on the Master roster. **IF THE MASTER ROSTER AND TEAM BOOK ARE NOT SUBMITTED TO THE CONFERENCE PRESIDENT, THIS WILL MEAN FORFEITURE OF EVERY GAME UNTIL THIS DOCUMENTATION IS SUBMITTED.** Number changes are not permitted unless approved by the BOARD.



### C. ADDITIONS AND /DELETIONS

**ADDITIONS AND /DELETIONS TO MASTER TEAM ROSTER.** There will be no additions or deletions to the MASTER TEAM ROSTER without Executive Committee Approval. Requests for additions or deletions to the Master roster must be submitted, in writing, to the Executive Committee, on the approved form, at the meeting prior to the game to be played. It shall be the responsibility of the team making the request to find out when the Executive Committee is meeting and to contact the President to inform him/her that such a request is going to be made. Any Participants that are added to a Master roster must still comply with the requirement of having participated in at least one week of non-contact practices before any contact practices or games regardless of when the participant joins the team. **THERE WILL BE ABSOLUTELY NO ADDITIONS TO THE MASTER TEAM ROSTER AFTER September 15<sup>th</sup> of each season.** No Participant is eligible to participate if he/she is playing on any other tackle football program (i.e.: a Participant who is age eligible for the Conference, cannot play on a Muni League team and also compete on a Conference team during the season or in the playoffs when their Muni League season has been completed)

### D. GAME DAY ROSTERS

1. At every game, coaches will be required to submit their GAME DAY ROSTER to the head coach or weigh-in coach of the opposing team at the weigh-in and Participant Verification. Rosters must be completely filled out with game jersey **listed in numerical order** followed by the participant's age and actual weight. **IF A ROSTER IS NOT COMPLETE OR NOT ON OFFICIAL CONFERENCE FORMS THEN THE GAME OR GAMES ARE FORFEITED.**
2. A minimum of 12 players eligible and able to participate is required to start and maintain a regulation game during the regular season only.
3. A minimum of 14 players eligible and able to participate is required to enter post season play and must be maintained throughout post season play or the game will be forfeited and the winner will advance.
4. A minimum of 14 players eligible and able to participate is required to qualify and begin participation in the national tournament. Once participation in the national tournament has begun, all games will count until the number of eligible players falls below 12.

## **E. ROSTER MAXIMUM**

Team rosters are limited to a maximum of THIRTY (30) **PARTICIPANTS PER TEAM**. When they exceed these numbers, then the team must be split. All Participants on the master roster are required to participate in each game. **EACH MEMBER ORGANIZATION MUST MAKE EVERY EFFORT TO SPLIT THE TEAMS EQUALLY IN TERMS OF AGE, WEIGHT, TALENT, EXPERIENCE AND ABILITY. THERE WILL BE NO EXCEPTION TO THIS REQUIREMENT.**

### **1. Equal Grouping of Participants**

Any member organization that declares more than one team in a Division must (by random selection) have an equal number of Participants grouped by age, weight, talent, experience and ability. For example, teams must have equal numbers of 8, 9, 10, 11 and 12 year olds, with at least two Participants in each age group. And, teams cannot have more than a + or - 2 Participant Differential in players per team per age group in the Sixth or Fourth Grade Divisions. No team can have a team with more than 60% of the Participants in the oldest age group, whether or not the member organization declares more than one team in a Division.

### **2. No Stacking**

Member Organizations may not “stack” one team over the other by intentionally placing all of the most talented Participants on one team over the other. It should be remembered that no organization should have the sole intention to form a superior squad.

### **3. First Come and First Serve**

The formation of teams will be done on a **FIRST COME, FIRST SERVED PARTICIPATION POLICY**. There will be no registration/sign-up for “veteran (returning) Participants” prior to “open” registration/sign-up. *Each child must be afforded the opportunity to be taught the game of football regardless of their ability* and the **formation of “Select” teams is forbidden**. In other words you can not select or recruit only the best athletes for your team. Tryouts of any kind can only be done to determine what team level the participant will be placed on and to ensure that all teams are created equally and have similarly competitive skill levels. **CUTTING OR DROPPING OF PARTICIPANTS IS NOT ALLOWED UNLESS IT CONSISTENT WITH THE FOLLOWING:**

- a. WHERE CUTTING OR DROPPING A PLAYER WILL BE ACCEPTABLE:**

- i. When a participant is found to have signed up as a result of verified parent or guardian pressure, or, the Participant tells team management in writing that they do not want to play football.
- ii. When a participant cannot furnish the required documents to be certified to a team roster, (e.g., Medical, Proof of Birth Date, etc.).
- iii. When a Participant shows no interest in football and is disruptive to other Participants and the instructions of the coaching staff, thereby becoming a verified discipline problem.
- iv. When a Participant does not show up for practices. Participants must have a valid excuse from the parent(s), guardian(s) or a physician.
- v. When a Participant attempts to intimidate fellow Participants by word and/or physical act.
- vi. When a Participant is actively a member of another football team while actively participating with a Conference team.

**b. WHERE CUTTING OR DROPPING A PLAYER *WILL NOT* BE ACCEPTABLE:**

Excessive team or individual conditioning drills, disciplinary actions or assigning individual players' laps or intentionally placing player in intimidating hitting drills for the purpose of encouraging weaker players to quit is not acceptable. Coaches determined to be using this or any other tactic to drop weaker players will be immediately dismissed for the remainder of the season and may be permanently suspended.

- 4. Each member organization will be required to get proof of age (birth certificate, passport or green card) at sign-up. Each member organization is required to have each participant sign the Participant's Contract Card affixed with a current photo. The Participant's contract and other documentation must be carried by the head coaches at all games, and must be made available to members of the BOARD at any time and the opposing head coaches at the time of weigh-in and Participant Verification.

5. No two Participants on the same team will have the same number. A Member Organization can have two Participants with the same number but they must be on different teams and/or divisions.

### **1.3 PRACTICES**

#### **A. PRE-SEASON**

The start and end dates of the upcoming season will be decided by the board via a majority vote by June 1<sup>st</sup> of each year. However, no practices will commence prior to the fourth Monday of June (**REVISED June, 2013**). Coaches are expected to exercise prudent discretion in scheduling practices before Labor Day. *The first Ten (10) hours of practices will be limited to only non-contact drills and conditioning.* All practices shall be limited to one (1) session per day and shall be limited to a maximum of five (5) practices per week. **MAXIMUM PRACTICE LENGTH IS NOT TO EXCEED TWO HOURS WITH A MANDATORY TEN (10) MINUTE BREAK BETWEEN EACH HOUR.**

#### **B. AFTER LABOR DAY**

After Labor Day, practices shall be limited to **FOUR (4)** sessions per week including scrimmage and chalk talks and shall be limited to a maximum length of **TWO (2)** hours per session. It is recommended that no practice session extend past 8:00P.M. A Mandatory **TEN (10)** minute break between each hour is still required.

**ALL PLAYERS, REGARDLESS OF WHEN THEY JOIN THE TEAM, MUST HAVE AT LEAST ONE WEEK OF CONDITIONING (10 hours) BEFORE THEY ARE ALLOWED TO HAVE LIVE CONTACT. EVEN IF A PLAYER JOINS THE TEAM AFTER THE START OF THE REGULAR SEASON SCHEDULE, THIS REQUIREMENT MUST BE MET.**

#### **C. MANDATORY STRETCHING AND CONDITIONING**

**PRE-PRACTICE MANDATORY STRETCHING AND POST PRACTICE MANDATORY CONDITIONING SHALL BE INCLUDED IN EVERY PRACTICE SCHEDULE; FIFTEEN (15) MINUTES FOR PRE AND FIFTEEN (15) MINUTES FOR POST CONDITIONING. (COOLING DOWN IS NOT COUNTED AS PRACTICE TIME.)**

#### **D. PRACTICE STAFF REQUIREMENTS**

1. At least one coach must be present during every practice.
2. Each and every coach must have a background check preformed and reviewed/approved by the process established by the Association/Conference.
3. There shall be at least one person holding a Red Cross Card, or of similar equivalency, present at all practices. This can be a coach or any volunteer approved by the Association.

#### **E. PRACTICE RESTRICTIONS**

There will be no “inter-team” practice or games between Teams/Divisions e.g., DIVISION A vs. DIVISION B, DIVISION C vs. DIVISION B, etc.; this does not prohibit individual fundamental coaching sessions as long as there is no full contact between players of differing teams/divisions.

The following Drills and Warm-up Exercises are hereby banned from all Conference activities. Leg Lifts, Neck Bridges, Neck Rolls, Bull in the Ring, Barrel Rolls, and any and all drills and exercises not generally accepted as safe, and that may not be reflective of actions that would normally occur during the course of a football game.

In addition, butt blocking, chop blocking, face tackling or spearing techniques are strictly prohibited. If such techniques or any others forbidden are taught, the coaches responsible shall be subject to disciplinary actions including but not limited to probation upon the first offense and suspension for the remainder of the season upon the second offence. Member Organizations are encouraged to establish their own rules regulations and monitoring of their coaches. Coaches assume all liability for their actions or inactions when teaching forbidden techniques and activities.

### **1.4 GENERAL PROCEDURES**

#### **A. HOME TEAM REPORTS GAME SCORES**

**Each association Commissioner must report the results of their Member Organization's home games to the designated Conference BOARD Member. Failure to report that week's scores by 6:00 P.M. on Sunday will result in forfeiture of any game not reported.**

**B. GAME JERSEYS**

Visiting teams are required to wear jerseys that are not conflicting with the home team. If, in the opinion of the referee, there is a uniform conflict, the visiting team will be asked to change jerseys, or to wear scrimmage vests. If the visitors cannot change, the referee may request the home team to change. If the home team cannot change, then the visiting team will forfeit said game. The referee will make the final decision.

**C. NO OVERTIME EXCEPT FOR PLAYOFFS**

**D. PLAYING FIELDS**

All playing fields will be inspected and must be approved by the BOARD. Upon completion of the inspection, a written report regarding field safety and conditions will be submitted to the BOARD.

**E. FIELD SAFETY ZONE**

To help insure the safety of non-football personnel (cheerleaders, parents, spectators, etc.), the member organizations must establish and enforce a "safety zone" along the sidelines. Cities may implement a method that makes sense for their local field conditions. All non-football personnel must remain behind the safety line while the game is in progress. Local associations, coaches and parents should encourage all non-football personnel to observe the restricted area and remain a safe distance from the playing field.

**F. NO CAMERAS IN SAFETY ZONE**

No Cameras of any kind, whether being operated by a Coach, parent, fan, or any other individual, except for media members with proper credentials and identification, shall be allowed inside the designated safety zone at each playing field.

**G. NO TRANSPORTATION**

The Conference does not encourage or recommend coaches, administrators or volunteers to provide transportation for Participants to games or practice.

**H. NO JEWELRY**

No jewelry, including earrings, may be worn during a practice or a game by the Participants at any time.

## **I. COACHING COMMUNICATIONS**

There will be no electronic devices from the press box, coaching box, sidelines, or any other position on the field that may be used to relay messages to the coaches or players at any time. Electronic devices include, but are not limited to, the use of a Cell Phone, Blackberry, PDA, Computer or other messaging device. All Bluetooth earpiece devices are not allowed within the field of play. A coach using a cell phone for emergency purposes must step outside the coach's box, off the playing field, and if it continues, may be asked to leave the field for the remainder of the game. Further disciplinary action may be taken by the Conference. **Video-taping/recording of any kind for scouting purposes (games other than your own) is strictly prohibited.**

## **K. MEDICAL REQUIREMENTS**

The home team or hosting organization must provide medical coverage at each game. In the absence of a physician and or ambulance on site, the minimum requirement will be the presence of an individual who is EMT qualified or is currently certified in Red Cross Community First Aid and Safety or its equivalent. Therefore no game shall start without this requirement being met.

Coaches are required to maintain in their possession at all times the teams Emergency Medical Release Forms and Parent/Guardian Emergency Numbers.

The home team or hosting organization is required to introduce the emergency medical personnel to the visiting team and to review the emergency medical plan with the visiting team. The emergency medical plan shall include but not be limited to (1) ambulatory access to the field, (2) directions to the facility, (3) location of the emergency communication device, in the absence of a cell phone, and the emergency medical services numbers as well as the local fire and police numbers.

Once an injured participant is removed from the game, they may not re-enter the game unless first approved by the emergency medical personnel covering the game. If a participant is transported off the field to a medical facility or for any reason seeks medical attention whether from an injury sustained during a game or practice they may not resume participation without the written consent from the examining medical personnel. A Doctors Resume Participation Consent form will be provided by the BOARD upon request.

## **L. FAN EDUCATION**

The Conference requests that Member Organizations educate students and adults from your teams of the importance of proper behavior and conduct. Please relay this information to the fans from your team community. A positive approach to

this matter prior to the games will result in a more pleasant atmosphere. Fans should be reminded to stay off the field of all games.

## **1.5 COACHES**

- A.** All coaches must be certified as coaches by OHSAAA, AYF or National Alliance for Youth Sports on or before the second week of practice or they are prohibited from coaching until certification is obtained and presented to the Executive Committee.
1. The BOARD will issue identification badges to be worn by all coaches and assistants when on the field on game day. These badges will identify the coach by name and their year of certification.
  2. All coaches, assistants, cheerleaders, advisors or any on-field personnel must wear identification badges to gain access privileges to the game fields.
  3. These identification badges will be issued by the NCYFC upon proof of certification as stated herein above.
  4. EMS personnel, for the purpose of medical assistance, are exempt from these rules.
  5. Failure to wear your identification badge will result in NON-ADMITTANCE AND LOSS OF COACHING PRIVILEGES UNTIL THE BADGE IS PRESENTED.
  6. Only coaches listed on the official roster submitted to the Conference and properly identified by identification badges are allowed on the sidelines or inside the playing field area.
  7. All Coaches must be trained and show proof of concussion training.
- B.** All Head Coaches and officials must submit a signed acknowledgment of their agreement to abide by the Conference rules prior to the start of the season. All Head Coaches will also be responsible for insuring that all of their Assistant Coaches understand and agree to abide by the Rules.

## **1.6 PARTICIPANT AND TEAM EQUIPMENT**

### **A. FULL LEGAL EQUIPMENT**



All Participants must wear full legal equipment. This would include helmet, shoulder pads, jersey, pants, hip pads, thigh pads, kneepads, mouthpiece, and athletic supporter. All-purpose shoes are optional, but **NO METAL CLEATS ARE ALLOWED**. Shoes and socks are required. Legal equipment would also include gloves, hand, arm, leg and rib pads.

**B. MINIMAL FIRST AID KIT**

Each individual member organization shall have the responsibility for supplying their teams with a minimal first aid kit for all games and practices. This is **MANDATORY** per OHSAA rules. All kits need HIV (Zorbizide) cleanup kit or a change of uniform.

**C. WARNING STICKER**

All helmets must display a "warning" sticker as per OHSAA rules.

**D. It is strongly recommend that each participant wear an athletic supporter and cup.**

**1.7 GAME PROCEDURES AND TIMING**

**A. MANDATORY PLAY RULE (“MPR”)**

**ALL PARTICIPANTS DRESSED FOR THE GAME MUST PLAY AT LEAST EIGHT (8) PLAYS DURING THE GAME AND THIS CONSTITUTES THE MANDATORY PLAY RULE (“MPR”). KICKOFFS, PUNTS AND EXTRA POINTS COUNT AS A PLAY FOR PURPOSES OF THIS RULE. PLAYS THAT DO NOT GO TO COMPLETION OR ARE INTERRUPTED BY PENALTY DO NOT COUNT FOR PURPOSES OF THIS RULE.**

The Conference encourages maximum playing time for all Participants regardless of skill or experience level. Every participant should participate during the game. This is an instructional Conference and Participants do not learn if they do not participate.

**B. MPR SPOTTING**

The MPR will be enforced by the BOARD through "spotting" of games and teams selected at random. Teams will not be notified in advance.

**C. VIOLATION OF THE MPR**

Violation of the MPR will result in forfeiture of the game and an automatic one year suspension of the head coach.

**D.     **QUARTERS AND READY CLOCK****

In both Divisions, Quarters will be ten (10) minutes in length with a twenty-five (25) second ready clock. And, in both Divisions, after the third (3rd) down, the clock will be stopped with the twenty-five (25) second ready clock moving to decide whether to punt or run on the fourth down.

**E.     **CLOCK STOPPAGE****

The clock will be stopped for out of bounds, incomplete passes, penalties, after a touchdown, etc. In the Official's discretion, if at any point during the game, the time is not being kept properly on the scoreboard the Official will keep the time on the field and the scoreboard clock will be turned off.

**F.     **TIME OUTS****

Three (3) "time-outs" per team will be permitted in each half. Timeouts are not charged against a team for injuries or game official's timeout.

**G.     **HALF-TME****

There shall be an EIGHT (8) minute rest period between halves. THE TEAMS SHALL THEN EXERCISE FOR TWO (2) MINUTES PRIOR TO THE START OF THE SECOND HALF.

**H.     **MERCY RULE****

It is the goal of the Conference to balance competition and avoid lopsided scores. To insure this, teams leading by 18 or more points must remove their starting backfield from the game. **AFTER THE COMPLETION OF THE 3RD QUARTER IF A TEAM IS UP BY 24 OR MORE POINTS, THE CLOCK WILL RUN CONTINUOUSLY. THE CLOCK WILL STOP ONLY FOR PUNTS AND TIMEOUTS.**

The procedure is as follows:

**1.     **Four "Starting Backfield" Participants****

The four "starting backfield" Participants for the game must be identified on the team roster by circling the jersey number. Also, the four starting backfield Participants will be required to wear a "**GREEN DOT STICKER**" on their helmets for identification. These **GREEN DOTS** may be assigned to different Participants for each game. **HOWEVER, ONCE THE ROSTER AND PARTICIPANT VERIFICATIONS HAVE BEEN COMPLETED, NO CHANGES SHALL BE MADE TO THE**

GREEN DOT BACKFIELD FOR THAT GAME. If there are not four (4) Participants with the **BOARD GREEN DOTS** on their helmets, **THE TEAM WITHOUT THE FOUR (4) GREEN DOT PARTICIPANTS WILL FORFEIT THE GAME AND THEIR HEAD COACH WILL BE SUSPENDED FOR THE NEXT GAME.** The **GREEN DOTS** must be worn on the back center of the helmet. Any team not wearing the **BOARD** issued or equal quality **GREEN DOTS**, or any team that alters the **BOARD GREEN DOTS** is in violation of the Rules and may be subject to the penalties set forth in Paragraph 1.7(H) (6) below, or any other penalties provided for in Chapter 1 or Chapter 2.

**2. Prior to Eighteen (18) Point Lead**

Participants designated as the "**STARTING GREEN DOT BACKFIELD**", must start the game, and remain in the backfield until the score reaches an eighteen (18) point differential. During this period, only limited substitution of the **STARTING GREEN DOT BACKFIELD** is allowed. At least three of the four **GREEN DOT** Participants must be in the game, in a backfield position, at all times, unless injury or safety issues prevent participation.

**3. After Eighteen (18) Point Lead**

When the point spread is eighteen (18) points, the complete designated **STARTING GREEN DOT BACKFIELD** must be removed, and is prohibited from handling the football. This only applies to the team leading at the time. The designated **GREEN DOT** Participants are not allowed to run with the football, throw a pass, catch a direct pass, or receive the punt. Punters are exempt. **The GREEN DOT Participants can be moved to offensive line, from offensive tackle to tackle.** However, once the point differential again becomes less than eighteen (18) points, the **STARTING GREEN DOT BACKFIELD** may return to the game.

To keep the game moving along, after the touchdown that first causes a team to be down by eighteen (18) points, the **STARTING GREEN DOT BACKFIELD** will be allowed to attempt the extra point; however, the entire backfield must be changed on the team's next offensive possession.

**4. Penalty Assessed by Referee**

If the starters are not removed as prescribed, or if the ball handling rules are violated, the referee will assess a 15-yard unsportsmanlike conduct penalty.

**5. Penalty Assessed by Board Member**

If a violation of this rule is detected by a member of the BOARD or their designee, corrective action will be taken immediately. The GREEN DOT back(s) will be removed in accordance with the rules and a 15-yard unsportsmanlike conduct penalty will be assessed.

**6. Punishment of Coach by Board**

Suspected violations of this rule will be investigated by the BOARD. Each case will be reviewed on its own merit. If violations are confirmed, the responsible head coach will be suspended for one (1) game for a first offense. The head coach will be suspended for one (1) year or more for the second offense.

**I. COMMUNICATION WITH GAME OFFICIALS**

If a coach questions a Game official's interpretation of a rule, **BUT NOT THE JUDGMENT OF AN OFFICIAL**, the Head Coach may receive the attention of the official before the next live ball. If the rule interpretation is not correct, then the correction will be made. Only the Head Coach will be recognized by the officials at games and communication will be limited to the Head Coach, **AND NOT ASSISTANTS, PLAYERS OR FANS.**

**J. SAFETY BOX**

During games all Coaches and substitutes must confine themselves to the area between the twenty-five (25) yard lines or Safety Box as outlined in OSHAA rules.

**K. SAFETY AND KICK-OFFS**

The procedure for Points after Touchdown by Punts, Kicking, Field Goals, Safety Scores and Kick Offs shall be the same as OHSAA and NFHS.

**L. SCORING**

Touchdown	6 points
Point after touchdown (running or passing)	1 point
Points after touchdown (kicking)	2 points
Safety (awarded to opponent)	2 points
Field goal	3 points
Forfeit	(6-0)

**M. PUNTS**

ALL PUNTS, PUNT COVERAGE, PUNT RETURNS AND FAKE PUNTS ARE LIVE AND THE PUNT RULES SHALL IN ALL RESPECTS BE CONSISTENT WITH THE OHIO HIGH SCHOOL ATHLETIC ASSOCIATION (OHSHAA) PUNT RULES FOR OHIO HIGH SCHOOL FOOTBALL.

**N. FIELD GOALS**

Field goals are permitted in all Divisions, except for C Division.

**P. GAME BALLS**

A Wilson TDJ football (Leather or Synthetic) shall be used by for all games in A Division. K2 (Leather or Synthetic) balls shall be used for B Division (**REVISED 7-21-2013**). Each team shall be responsible for supplying the game balls that will be used during the game.

**Q. REQUIRED OFFICIALS**

Three card-carrying officials will be scheduled, by the head official, to officiate each game. The home team is responsible for payment of officials. If only two, officials appear, the teams may agree to play the game and it will be considered an official game. If both teams decide not to play the game because there are only two officials present, the game will be declared a 0-0 tie. However, if one team decides not to play and the other decides to play, the team that decides not to play will forfeit the game. If only one official appears, the teams may agree to play the game and it will be considered an official game. However, when there is only one official present and one team decides NOT to play, then the game will be declared a 0-0 tie.

**R. FOURTH GRADE DIVISION ON FIELD COACH**

During Fourth Grade Division games One (1) coach per respective team is allowed (**but not required**) during the time of play, on the field and must be at least fifteen (15) yards behind the deepest participant on his respective team before each play begins. **THE ON THE FIELD COACH IS NOT ALLOWED TO HAVE PHYSICAL CONTACT OR GIVE VERBAL (OR NON VERBAL) INSTRUCTIONS TO PARTICIPANTS ONCE THE OFFENSE BREAKS THE HUDDLE OR AFTER A PLAY IF THEY ARE RUNNING A "NO HUDDLE" OFFENSE.** A FIFTEEN (15) yard unsportsmanlike penalty will be assessed on the coach guilty of the infraction. A second infraction by the same Coach in the same game will result in ejection.

**S. FUMBLES AND MUFFS**

Fumbles and muffs will be treated the same as they are under the Ohio High School Athletic Association Rules, unless otherwise modified herein.

**T.** Any rules pertaining to game play not covered herein shall be covered by the Ohio High School Athletic Association.

**1.8 PLAYOFFS**

The BOARD will determine the playoff procedures and bracketing based on the total number of teams playing in the Conference. All other Playoff procedures will be determined at the last BOARD meeting prior to the end of the regular season unless otherwise stated in these rules. It is the Conference's intention to enter as many teams into the playoffs as possible depending on the total number of teams playing in the Conference. The teams that do not receive a bid to the playoffs will play each other and all teams in the league are guaranteed a minimum of eight (8) games every season.

The Conference Champion in each Division will represent the Conference in the AYP Regional and National Tournaments at the team's sole and total expense. Should a Conference Champion fail to participate in the Tournaments, said team shall hold the Conference harmless from any and all liability for the teams failure to fulfill its obligations as the Conference Representative. In such an event, the next highest placing team from the Conference Playoffs may accept the tournament spot of the Conference Champion at the team's sole and total expense.

**1.9 PLAYOFF PROCEDURES**

**A. PLAYOFF SEEDING**

The respective winners of all DIVISIONS along with the seven (7) other teams with the highest accumulated Playoff Point System total points will be designated as the Playoff teams and will be seeded 1 through 8 from the highest to lowest point totals. The Division winners and the playoff seeds from 1 to 8 will be awarded playoff points as follows:

**B. PLAYOFF POINTS**

Points for wins and ties earned during the six game regular season will be apportioned and computed as indicated below:

**PRIMARY POINTS:**

Points are earned for each game a team wins (FULL VALUE = 5 Points).  
Points are earned for each game a team ties (ONE-HALF VALUE = 2.5 Points).

## **SECONDARY POINTS:**

Points are earned for each game a defeated opponent wins (FULL VALUE).

Points are earned for each game a defeated opponent ties (ONE-HALF VALUE).

Points are earned for each game a tied opponent wins (ONE-HALF VALUE).

Points are earned for each game a tied opponent ties (ONE-FOURTH VALUE).

### **C. PLAYOFF TIE-BREAKERS**

1. Playoff tie-breakers and seeding will be determined by the highest accumulated Playoff Point System total points that teams earned from highest to lowest, then Head to Head, then W-L-T Overall Record, and, then total points allowed during regular season.
2. In the event that there is still a tie for any of the playoff positions or seeding, then a coin flip will determine the team or teams that make the playoffs or the appropriate seeding position.

### **D. FIRST ROUND HOME GAMES**

All teams seeded 1 through 4 will be the home team in the first round of the playoffs. The location of all subsequent rounds of the playoffs will be determined by the Executive Committee.

**E. ALL OTHER PLAYOFF PROCEDURES** will be determined by the Executive Board prior to the end of the regular season.

### **F. OVERTIME**

During the playoffs, if a game ends in a tie at the end of regulation, the following Overtime procedure will take place:

1. A coin flip will determine who has the ball first. The loser of the original coin toss will be given the option to choose the goal that they want to defend.
2. After the coin toss, the team that won the coin toss will become the offensive team and will put the ball in play first and ten on the defensive team's 10-yard line. In order to ensure equal game conditions, both teams shall use the same goal.
3. Each team will get one possession and four downs starting at the 10 yard line, to try to score. The normal penalty and extra point procedures will apply. There will be no field goals.

4. One time out per team will be given for each overtime session. There will be no carryover of unused time outs from regulation or other overtime sessions.
5. The possession shall be terminated if the offense scores or the defense has possession of the ball at the end of any down. After the offense has completed its possession, the defense will become the offensive team.
6. If the score remains tied after each team has been given one series, the procedure shall be repeated, except there will be no coin toss, until a winner is determined. There will be an intermission of two minutes during which the loser of original coin toss will be given first choice of the options, which includes the option to change goals.
7. First choice of options will alternate for each subsequent overtime period.
8. There will be an intermission of five minutes after every third overtime period.



## **CHAPTER 2 RULES FOR SECOND GRADE (C DIVISION) ONLY**

### **2.1 GREEN DOTS**

Green dots will not be used for the Second Grade Division.

### **2.2 PLAYOFFS AND STANDINGS**

Standings and Playoffs shall be established in the same manner as the other Divisions.

### **2.3 MANDATORY TEN (10) PLAY RULE**

**All players will participate in a minimum of Ten (10) plays per game**

### **2.4 N.C.Y.F.L. BADGES**

**All coaches on the field will be identifiable by their N.C.Y.F.L. badges.**

### **2.5 FIELD COACHES**

Two (2) coaches are allowed on the field and are permitted to “set” the players prior to the start of play.

### **2.6 5-3 DEFENSE**

**ALL TEAMS WILL PLAY** a standard **5-3 Defense** with the following adjustments:

- A. Defensive tackles must be lined up in a down position over the offensive tackles.
- B. Defensive ends will be in a standing position outside the offensive tackles or the offensive ends.
- C. Nose guards will be lined up at least one (1) yard off—center.

*Note. The defensive linemen must always be in these formations with the exception of when an offense runs an “unbalanced” line. In this case, the defensive line and defensive ends can be adjusted as long as the down linemen remain at least one (1) yard off-center.*

- D. Three (3) linebackers will be permitted but must be lined up three (3) yards off the ball.

E. A fourth linebacker (safety) can be used in short yardage situations only. Short yardage is identified as any situation of three (3) yards or less for a first down, touchdown or extra point attempts.

F. The defense must employ two (2) cornerbacks.

## **2.7 NO BLITZING**

**There is absolutely no blitzing allowed by the cornerbacks, linebackers, or safeties. This infraction will incur a fifteen (15) yard, unsportsmanlike conduct penalty if spotted by the referee.**

## **2.8 GAME BALLS**

A Wilson K2 football (Leather or Synthetic) shall be used by "C" teams for all games. Each team shall be responsible for supplying their own game balls.

## **2.9 PUNTS, FIELD GOAL ATTEMPTS AND KICKOFFS**

A. At the conclusion of a third down offensive play, the game clock will be stopped, but the 25-second play clock will run as normal.

B. If the offensive team notifies an official of the intent to punt, the game clock will remain stopped until the next offensive play from scrimmage is run.

C. If the offensive team decides not to punt, then the game clock will be restarted (unless the third down play previously run resulted in the game clock being stopped).

D. A delay of game penalty will be assessed if the offense fails to run a play or actually punt the ball prior to the twenty-five second play clock expiring.

E. A team may not run or pass after designating its intention to kick unless a penalty is assessed against the opposing team.

F. The receiving team may not have more than 3 players down field to receive the kick.

G. All other receiving team players must be in a down position (one knee or both knees on the ground) and within 1-1/2 yards of their line of scrimmage.

H. No attempt to block the kick is allowed (arms above head, jumping, etc.)

- I. **Muffed and fumbled kick catches will be spotted at the point where the receiver actually covers the ball, rather than where first touched, unless the ball is advanced forward in which case it will be spotted at the point of first contact by the receiver.**
- J. There will be no run backs, but catching the ball on the fly will result in a five (5) yard advancement from the spot of the catch.
- K. Any contact by the receiver, other than a valid catch attempt, to stop or ground a kick in flight shall be considered illegal batting and penalized fifteen (15) yards from the spot of infraction.
- L. Grounded kicks shall be spotted where the ball is fielded or becomes dead.
- M. Touching of a low scrimmage kick by any player on either scrimmage line is ignored.
- N. The kicking team shall kick from a scrimmage kick formation, between the tackles, with the kicker seven (7) yards or more directly behind the center.
- O. No kicking team's players are allowed down field on the play and all kicking team players on the scrimmage line must be in a down position.
- P. **Teams are NOT required to long snap the ball for their kicks.**
- Q. Muffs, fumbles, grounded snaps, deep snaps or other loose ball situations by the kicking team, shall be ignored. However, the kicker must kick the ball no more than four (4) steps from where he received the snap.
- R. No field goals or extra point kicks are permitted.
- S. There will be no kickoffs or kickoff returns in C Division. Instead, the ball will be spotted on the **RECEIVING TEAMS 40 YARD LINE** in the place of a live kickoff.

### 2.1.1 MISCELLANEOUS

#### A. **AGE FOR SECOND GRADE DIVISION (DIVISION C)**

**Second Grade Division** teams are to be made up of 6, 7 and 8 year olds, with 6 year olds being optional. If a participant is 8 in the 2nd grade, they **cannot turn nine (9) on or before December 31.**

B. All other N.C.Y.F.L. rules not in conflict with Chapter 2 apply.