

# *SIYAA JV & Varsity Football Rules*



## **Purpose:**

To provide a clearly defined set of rules that players may play by, coaches may coach by, and officials may officiate by through the elimination of multiple interpretations of playing situations, emphasize player safety and fundamental execution.

## **Methods:**

Amplification, clarification, and definition of existing playing rules.

**Revised: 08/24/2016 Per Board Approval – Changes to Sec 4 Practice & Sec 6 Playing Rules**

**12/08/2014 Rules to be added to SIYAA Eligibility, Procedures & Rules Handbook**

**10/06/2014 Per Board Approval -Addition of: Sec 5 Participation (C) & Sec 6 Playing Rules (J)**

**10/2013 (Sec 6 Playing Rules & Sec 7 Clock Control – both to reference the same # of points).**

**NOTE: These rules are meant to make the games exciting for both the fans, parents, and players, to give each School the opportunity to win, to prepare the players for the next tier of competition while teaching the fundamentals of football and good sportsmanship to players, coaches and parents, and most of all, have fun.**

## *SIYAA JV & Varsity Football Rules*

### **1. Scheduling**

- The South Iredell Youth Athletic Association shall consist of one (1) conference composed of the 3<sup>rd</sup> and 4<sup>th</sup> grade teams and the 5<sup>th</sup> and 6<sup>th</sup> grade teams fielded by the association's schools.
- No team should have more than 25 players on their roster.
- The SIYAA Football Coordinator will determine the regular season and playoff schedules with guidance of the SIYAA Board.
- Each member will play each other member once during the regular season.
- The regular season will begin on the 1<sup>st</sup> Saturday in September following Labor Day.
- The first (1<sup>st</sup>) game will begin promptly at the set time on the scheduled Saturday. The SIYAA Football Coordinator will determine game times on the scheduled Saturdays. Each succeeding game will start right after the completion of the preceding game.
- The SIYAA Football Coordinator will reschedule any rained out games on Sunday at a rescheduled time.
- Regular season standings will determine playoff seedings; in case of a tie the game played against each other will be used first to determine seeding within the tied group(s). If three or more teams are tied, and no one team has beaten all the other tied group, then a coin toss by the SIYAA Football Coordinator will be used (If there is a tie between 2 teams that have not played, a playoff game will be played during the week prior to the beginning of the playoffs to determine the team that will advance, if possible). Coaches or the coordinator of each team involved must be present for the seeding determination.
- All schedule conflicts must be addressed by the September SIYAA Board meeting. Schedule will be finalized after this meeting.

### **2. Eligibility**

- A player shall play for the SIYAA School that he/she attends unless otherwise decided by the SIYAA Board. The SIYAA Board before the first (1<sup>st</sup>) game must approve any player(s) not attending the school.
- 3<sup>rd</sup> and 4<sup>th</sup> grade participants must be eight (8) years of age by October 14<sup>th</sup> and cannot become eleven (11) on or before October 15<sup>th</sup> of the current school year. A player has two (2) years of eligibility on the 3<sup>rd</sup> and 4<sup>th</sup> grade team and cannot be above the 4<sup>th</sup> grade.
- 5<sup>th</sup> and 6<sup>th</sup> grade participants must be nine (9) years of age by October 14<sup>th</sup> and cannot become thirteen (13) years of age on or before October 15<sup>th</sup> of the current school year. A player cannot be above the 6<sup>th</sup> grade.
- A copy of the participant's birth certificate and legal address of participant's parents or guardian must be verified by a school's SIYAA board member and SIYAA Football Coordinator before the first (1<sup>st</sup>) game. If a player(s) is deemed unqualified or illegal after the first (1<sup>st</sup>) game, then all games that the questioned player has participated in will be forfeited. The SIYAA Board will determine any disciplinary actions needed.
- A signed copy of the ICPRD Concussion Acknowledgement & Release as well as the SIYAA Code of Conduct signed by the player and parent(s) and/or guardian(s) will be turned in by the coach with the team roster during the weigh-in.
- A player may not be dropped from a team except for bona fide disciplinary reasons. Bona fide includes but is not limited to: (1) use of profane language (2) unexcused missed practices (3) unsportsmanship like conduct at games or practices (4) disrupting inter-squad relationships (5) rude behavior and lack of respect to coaches and teammates.
- Players may not be added to the roster after the first (1<sup>st</sup>) regular season game.

*(Eligibility Con't)*

- 3<sup>rd</sup> and 4<sup>th</sup> grade- No eligible ball carrier or pass receiver may weigh in excess of ninety-five (95) pounds; stripped at initial weigh in. Players over ninety-five (95) pounds may not line up in the backfield or at the split end position. These players will be marked with a piece of tape applied to the front of the helmet. Each player will be weighed in prior to the first (1<sup>st</sup>) game to meet the above requirements.
- 5<sup>th</sup> and 6<sup>th</sup> grade- No eligible ball carrier or pass receiver may weigh in excess of one hundred and thirty (130) pounds; stripped at initial weigh-in. Players over one hundred and thirty (130) pounds may not line up in the backfield or at the split end position. These players will be marked with a piece of tape applied to the front of the helmet. Each player will be weighed in prior to the first (1<sup>st</sup>) game to meet the above requirements.
- The SIYAA Football Coordinator will announce the weigh-in times prior to the first game. At the weigh-in, Coaches will furnish an official master roster listing players in numeric order by jersey number, signed forms supplied by the SIYAA and ICRPD and copies of each player's birth certificate. Players must also bring their game day helmets to the weigh-in.

### **3. Equipment**

- No tinted visors on helmets
- Mouthpieces must be attached to helmets and **cannot** be white or clear
- No head coverings on players heads under helmets
- Play cards are allowed on arms only
- No sports bracelets
- May wear compression sleeves
- May wear a standard sweat band on forearm
- 4-way chin straps must be used
- Player must wear same jersey number all season, no switching jerseys.

### **4. Practice**

- Preseason practice may begin on August 1<sup>st</sup>.
- The SIYAA requires six (6) full one (1) hour acclimation practices for conditioning prior to FULL CONTACT for both JV & Varsity players. During the acclimation period, the first three (3) practices will be without pads. A helmet may be worn. During the final three (3) day of acclimation, student-athletes are to practice in full pads but again are not to have full contact.
- Full Contact is defined as any intentional football activity by a player where the goal is to take one (1) or more competing players to the ground as the result of the activity.
- After the acclimation period and prior to the first game, practices will be limited to three (3) per week with a two (2) hour limitation per session.
- Each team is also allowed three (3) scrimmages with other teams of the same age group. Schools having more than one (1) team can scrimmage each other one (1) time and count as part of the three (3). Kicking and special teams cannot be at full speed. These scrimmages will count as one (1) practice session and should not last longer than two (2) hours.
- After the first game, practices will be limited to two (2) per week with a two (2) hour limitation per session.
- Game day skill sessions and warm-ups must be on the grounds of the scheduled field, may begin at the START of the 3<sup>rd</sup> Quarter of the game preceding your start time.
- Only six (6) coaches, one (1) manager may be on the sidelines during a game. Each team must have a spotter in the press box.

## 5. Participation

- A. Every player **must** play 5 downs in the first three-quarters either on offense, defense or special teams.
- B. To be eligible to participate in the first (1<sup>st</sup>) scheduled game, a player(s) must attend at least nine (9) scheduled practices (three (3) must be in pads with full contact).
- C. **MINIMAL PLAY TIME** Upon investigation & review by the SIYAA Coordinator of Sport & Executive Board the following consequences will apply for any team that does not comply with rules of required minimal play time for each player on their team.

### Regular Season Games:

- 1<sup>st</sup> Offense Head Coach will receive Verbal & Written warning.
- 2<sup>nd</sup> Offense Team will forfeit the game in which player did not receive minimal play time.

### Tournament Games:

- No warning. Automatic forfeit of game.

## 6. Playing Rules

### **NCHSAA rules will apply unless specified in these rules.**

- A. The field will be one hundred (100) yards for 5<sup>th</sup> and 6<sup>th</sup> grade.
- B. The field will be eighty (80) yards for 3<sup>rd</sup> and 4<sup>th</sup> grade.
- C. Games will consist of eight (8) minute quarters with ten (10) minute half time period. Any team not ready for the kickoff after the ten (10) minute half will be penalized ten (10) yards.
- D. The game clock will only be stopped by the officials and may be stopped for reasons including but not limited to: timeouts, at the end of a quarter, out of bounds play, on a penalty, player injury, change of possession and official measurements.
- E. Upon the referee's signal, the offense will be given a 40 second play clock from the end of the previous play to start a new play. Failure to start the new play within the 40 second play clock will result in a delay of game penalty.
- F. Penalties will be assessed according to NCHSAA guidelines.
- G. A team behind by eighteen (18) points or more shall always receive in a kickoff situation.
- H. Any team behind forty (40) points or more after halftime shall have the option of forfeiting the game by notifying the referee.
- I. In the event of a tie, the NCHSAA sudden death method of determining the winner will apply.
- J. If the ball touches any players marked with tape during special team play, the ball will be marked down at the first point of contact. If a player marked with tape receives the ball on offense, the play will be considered an incomplete pass. If a player marked with tape intercepts the ball on defense, the ball will be marked down at that point.
- K. One (1) coach from each 3<sup>rd</sup> and 4<sup>th</sup> grade team is allowed on the field during the game to call plays and to help align players in correct position. Once in place the coach must move back (10 yards from the deepest player on both offence and defense) and cannot coach players while play is in process. **Do not try to officiate the game or try to influence the officials.** After one (1) warning the coach will be asked to go to the sidelines. Another coach will be allowed to be on the field. **Note:** The play calling and alignment must be done quickly as possible.
- L. **AGGRESSIVE FORCEFUL ACTION**  
The Executive Board of the SIYAA will investigate any reports of aggressive, forceful action towards a child/player during SIYAA events. Several witnesses must verify the report. After investigation & review, if determined forceful action towards a child/player had occurred, the person/coach will receive an automatic two game suspension. (They may attend the game as a spectator only, not to sit or practice with team during two week suspension).

### **Kickoffs**

- Kickoffs will be made from the forty (40) yard line of the kicking team. The receiving team's front line cannot be closer than ten (10) yards from the line of scrimmage. Any kickoff not traveling ten (10) yards will be re-kicked.
- Intentional on-side kicks are not permitted. If this occurs, a penalty of five (5) yards will be assessed and re-kicked.
- The kicking team cannot recover a muffed ball by the receiving team. If the receiver does not establish possession of the ball, the play will be blown dead.
- A fumble by the receiving team, after the ball is under control and being advanced, may be recovered by either team, but cannot be advanced by the kicking team.
- No onside kicks allowed.

### **Punts**

- All punts will be free kicks. They must be announced to the referee (prior to break of huddle) (by kicking team coach or punter) who will notify the receiving team.
- No movement from the line of scrimmage by either team shall occur until the ball is kicked. If movement does occur, players will re-align with no penalty assessed.
- Any NCHSAA punt formation is allowed on the kicking and receiving teams.
- No blocked punts allowed.

### **Offensive Alignment**

- Any NCHSAA offense of formation is allowed.
- All possible ball carriers such as Tight ends and fullbacks must meet weight requirements regardless of whether they carry the ball or not.
- Motion is allowed.

### **Defensive Alignment**

- Any NCHSAA alignment is allowed as long as there are no more than six (6) players within three (3) yards of the line of scrimmage and no defensive line player can be lined up heads-up on the offensive Center. Instead, they should be lined up no closer than the "A- Gap".
- Inside the five (5) yard line, a maximum of eight (8) defensive players may be within three (3) yards of the line of scrimmage.
- No blitzing on or before the snap of the ball. If this occurs, a ten (10) yard penalty will be assessed at the end of the play.
- Linebacker must be 3 yards behind the line of scrimmage before he can blitz.
- Any player that intercepts or recovers a fumble can advance the ball no matter the weight except on kickoffs where the ball becomes dead after recovery.

## **7. Clock Control**

- The clock will be stopped with the following occurs:
  - A penalty occurs
  - The ball becomes dead behind the goal line
  - The quarter ends
  - A team does not snap the ball within thirty-five (35) seconds
  - There is an official time out

*(Clock Control Con't)*

- A request for a time out is granted. Each team will have three (3) time outs per half and one (1) per overtime. The head coach can call a time out to question a rule infraction but not a judgment call by the officials. If the call is upheld, the timeout is charged.
- A team scores
- A team ahead by eighteen (18) points or more cannot call time out except for an injury or to substitute advance players with younger or less experienced players.
- A team ahead by eighteen (18) points or more that is due to receive the ball when returning from half-time; will instead kick off.