

Penalties

All 15 yard penalties shall enforced as 10 yards. 5 yard penalties shall remain 5 yards.

Blitzing

This rule applies for 8U Division only: There shall be no blitzing. No more than 7 players on line. Linebackers shall play 3 yards off line. All linemen must be down in a 3 or 4 point stance. The center is PROTECTED and may not be hit until after the QB-Center Exchange has been completed. There shall be one offensive warning. The warning shall result in a 5 yard penalty.

** Defensive ends may stand up**

Punting

This rule applies for 8U Division only: The coach shall tell the official his offense intends to punt. This can occur from anywhere on the field and at that time. The defense is not allowed to rush the punter. Once the ball is kicked, it shall be down where it stops on the field or touched by receiving team. If the ball hits an offensive lineman, the ball shall be placed at the previous spot of play. If the defensive team rushes the kicker, this shall be a 10 yard penalty and automatic 1st down.

Safety

This rule applies for 8U Division only: In the event a safety occurs during the game, all NFHS rules apply. Since the field is an 80 yard field and there is no kickoff, the ball shall be placed on the opposing team's 30 yard line and the scoring team shall be returned the ball.

Overtime - Declaring a Winner

All regular season and playoff games must result in a winner unless it is a nonconference game, then both head coaches may agree to end in a tie. In the event of a tie at the end of regulation time, high school rules shall be used. That is, the score shall be broken by placing the ball on the defensive team's 10 yard line and giving them 4 downs to score. The ball shall change hands and give the other team the same opportunity. This procedure shall continue until there is a winner.

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Special Circumstances

(Not in the EWFL Rules)

A game may be forfeited only in accordance with NFHS rules by mutual consent not including acts of nature (ie. weather, etc.).

Kicking is allowed in the EWFL with the exception of the 8U division noted within. If a team is attempting a field goal or an extra point, the Officials shall make reasonable adjustments to allow and encourage the kicking game.

EWFL Contact Information

www.ewfl-football.com

919-816-2575

director@ewfl-football.com

League Commissioner

Stacey Smith

East Conference Commissioner

Len Boykin

North Conference Commissioner

Vacant

South Conference Commissioner

Roy Lyon

West Conference Commissioner

Charles Collie

Cheer Commissioner

Sharlene McDoe

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2019 Rules Referee's Pocket Guide

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Where a rule is SILENT in our EWFL rules, NFHS and/or NCHSAA rules shall govern.

The EWFL does not recognize other organizations and affiliations beyond these two governing bodies.

EWFL plays by the National Federation of High Schools (www.nfhs.gov) rules with the following exceptions:

Weight Restriction Allowance (OWA)

- A maximum of five (5) OWA players are allowed on the field per team at one time.
- Each OWA player shall bear a prominent STRIPE on their respective helmet, visible from the sidelines.
- OWA players may only play in positions between the ends (defensively in the "C" gap) including the tackle position. In the event an offensive end is not present, the OWA may line up in an outside shade. OWA players may not carry the ball and in any instance where an OWA recovers a fumble or intercepts the ball, the play is immediately blown dead. OWA players may not play in the linebacker position and must be down (3 pt or 4 pt) on defense. OWA players may not play on either Kickoff or Kickoff Return teams.
- 8U Mini Mites: 105 lbs. (+10 lbs. OWA)
- 10U Mighty Mites: 125 lbs. (+20 lbs. OWA)
- 12U Pee Wees: 150 lbs. (+25 lbs OWA)

Field of Play

All games shall be played on an 80 yard field.

Game Times

There shall be 4 quarters of 10 minute duration each. There shall be a 10 minute halftime and 2 minutes between quarters for the 8U, 10U, and 12U teams. For an 8U 5th quarter, the Mini Mites shall play 4, 8 minute quarters. Any Mini Mite team with 20 or more players must play a 5th quarter. Teams are allowed 15 minute halftimes during their homecoming games each season.

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Game Schedule

The following schedule shall be generally followed with exceptions approved by the League Commissioner:

- 5th Quarter Mini Mite games shall begin at 4pm.
- All Mini Mite games shall begin at 4:30 pm.
- Mighty Mite games shall be ready for play at the end of the Mini Mite game, when officials are ready for play
- Pee Wee games shall be ready for play at the end of the Mighty Mite game, when officials are ready for play. If a team forfeits a game, the next age group shall have 40 minutes until their game starts.

Game Clock

The game clock shall be applied under Jr. Varsity rules whereby the game clock starts as soon as the chains are set versus on the snap of the ball.

Coach on the Field

Only 1 coach is allowed on the playing field during the Mini Mite game. The coach must remain 10 yards back from where the ball is placed for play. If the coach does not adhere to rule, the league may revoke this privilege.

Sideline Personnel

Only coaches & approved personnel, (trainer, managers, Team Mom, Team photographer(s), water boy(s), etc), are allowed on th sidelines, along with football players, cheerleaders, cheer coaches (team mom, teen, etc) sponsors, and chain gang. Press people must remain behind the fences and off the sidelines. The Head Coach is responsible for maintaining the conduct of sideline personnel and will be held accountable for any violations.

Chain Crew

Volunteers on the chain crew must be at least 13 years old, and shall be placed on the Home side of the field. There is to be no cheering or coaching.

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Enforcement

During game play, rules enforcement falls under the responsibility of the game officials. The EWFL uses the North Carolina High School Athletic Association (NCHSAA) Officiating Department to coordinate and schedule officials for each league contest. Each official used in league play must be qualified and meet NCHSAA educational requirements. In the event of any disqualifications, ejections or other unsportsmanlike activities cited during a game by the official, the EWFL follows the policies of NCHSAA. All unsportsmanlike or ejections reported by the game officials to the league will be reviewed by the rules committee in the event further league enforcement is warranted.

Kickoffs

Kickoffs shall be made from the 30 yard line. Kickoff after safety and/or touchback shall be from the 20 yard line. There shall be no kickoff for the Mini Mite teams. The ball shall be placed on the 40 yard line for offense.

Scoring

Touchdowns are 6 points. Extra points are 1 point if scored by running, passing or kicking from the 2 yard line or 2 points if running or passing (only), from the 4 yard line. The team scoring a touchdown must signal immediately to the official if they are going for 1 or 2 extra points.

Mercy Rule

Once a team gets 28 points ahead, the regular game shall end and the score recorded with a "Mercy Rule" (MR) designation. Following the ensuing kickoff (with the exception of the 8U Division where it will follow the PAT), there will be an official timeout to stop the game. Both opposing Head Coaches shall meet on the field and make necessary adjustments to play the remainder of the game in a scrimmage (5th Quarter), format. The clock shall be fast running in the 2nd half of the game, with the exception of official or team time outs. The game is simply instructional at this point.

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