



11 MAN UNWEIGHTED RULES

Registration/Player Certification

In order to register a player to participate, a registration form must be submitted online at www.nysaz.com by the league registration deadline. Once a player is registered, each player must also be certified. The certification process involves uploading a player photo and an original proof of age onto the player's online account (established when initially registering). NYS will print player sheets for all teams on game-day. A copy of the certification report will be sent to each team a week prior to the first regular season game.

Players will be officially assigned to rosters based on their age as of August 1, 2017.

Players are allowed to play up one calendar age.

Coaches, parent(s)/guardian(s), team representatives will assume all liability conducting practices prior to certification. League rosters are not official until each child completes the certification process.

Player registrations will be accepted up until the Thursday (must be received by 8 PM) prior to the fourth game of the season. Player switches are not permitted after the conclusion of the fourth game of the season. Player can participate on multiple teams, but must submit two registrations.

Rule 2 – Rosters

- 2.1 Team rosters must be comprised of 12+ players.
- 2.2 Players not listed on the game-day certification report or that are not registered with NYS cannot participate in any team practices. Coaches, parent(s)/guardian(s), and team representatives assume all liability for allowing unregistered players participate in practices or scrimmages.

Rule 3 – Practices

- 3.1 NYS does not reserve fields for tackle football teams. Each team is responsible for obtaining a practice facility.
- 3.2 Please make sure to review the city policies (listed on our website) in regards to practice facilities. Any teams that violate city or school policies may be removed from the league.

- 3.3 Upon request, NYS will provide coaches, school districts, and parks and recreation departments a copy of the league's liability insurance to obtain practice facilities. NYS will need an individual's name, email address, and name of facility/city to cover as additionally insured.
- 3.4 There are no stipulations in regards to when teams may begin practice and the amount of days and times teams wish to practice.
- 3.5 A parent or guardian of each player on the team is strongly encouraged to be at each practice.
- 3.6 Teams must protect all children against heat related issues. All teams must provide enough water for all players and encourage each child to bring their own water bottle.

Rule 4 – Game Day

- 4.1 All parents and team volunteers are expected to participate on game day.
- 4.2 NYS will set up all fields prior to the start of the first scheduled game and will clean up the facility at the end of the last scheduled game.
- 4.3 Coaches are expected to encourage their players and parents to pick up any debris left on the sideline after the game to assist NYS staff with cleanup.
- 4.4 Visiting teams must provide a volunteer to run the first down indicator and two individuals to run first down chains selected prior to the game.

Rule 5 – Pre Game Checks

- 5.1 Teams must be present fifteen – thirty minutes prior to their scheduled game to check-in and complete the pre-game certification. The NYS site director at the field will conduct player check-ins. Teams will lineup in alphabetical order. Player certification sheets will be provided to the site director by the league prior to the day's games. If a player misses the initial check-in prior to the end of the second quarter, the player may check-in at halftime. Any player showing up after the second quarter will be ineligible to play.

Rule 6 – Fair Play Philosophy

- 6.1 National Youth Sports strongly encourages coaches to focus on teaching players the fundamentals of football. Our goal is to make sure every player is getting a fair amount of playing time during every game. Although there is no mandatory play rule, we expect the coaches to make sure they're acting fairly and let every child have a chance to enter the game.

Rule 7 – Forfeitures, Cancellations, Overtime

- 7.1 Any forfeited game will result in a 42 – 0 score.
- 7.2 If a team does not have the correct number of players to participate (11 v. 11), the game will be played with less players on each side. The score will be recorded as 42 - 0, but will be played as a scoreless scrimmage to provide the children the ability to participate.
- 7.3 NYS has the authority to reschedule games as necessary. Individuals from teams cannot reschedule games without league approval.
- 7.4 Mercy Rule: Once a team has the lead by 42 points the game will immediately end.
- 7.5 In case of a tie each team will get one possession from the ten yard line to score. First possession will be determined by coin toss (visitor calls), chooses offense or defense. There are no fumbles or interceptions. If the defense gains possession, the offensive set of downs will not continue (per NFHS overtime rules). Teams may elect to go for 1 or 2 on the point after attempt (PAT) in the 1st two overtimes. This will repeat if no winner is decided after 1st possession (the score remaining tied). Above NFHS rules, after the 2nd overtime period, teams must go for 2 on the PAT. Overtime will continue until there is a winner.

Rule 8 – Team Formation

- 8.1 Teams must be comprised of 12+ players, a head coach, and an EMT.
- 8.2 Since NYS offers programs across the state, players are not restricted by boundaries.
- 8.3 Any player taking the place of a player that is no longer playing, for any reason, must pay the individual player fee.
- 8.4 All NYS coaches and EMT representatives must be at least 18 years old.
- 8.5 All coaches will be subjected to a background examination conducted by Protect Youth Sports and MUST have a valid NFHS concussion certificate on file.
- 8.6 Teams are allowed a maximum of seven coaches. The visiting team will be allowed to have three parent volunteers on the sideline to run the first down chains and down indicator (individuals will be given game-day lanyards). All other individuals must stay behind the designated area. For fields without stands, all individuals not listed on the certification report must be at least five yards off of the sideline during the game. For facilities with stands, individuals not listed on the certification report have to be in the stands and cannot be on the sidelines. 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. Ladders are prohibited at game site to protect the children, fans, and staff.

Rule 9 – EMT

- 9.1 Each team must have at least one volunteer staff that is first aid certified at all practices, games, and team events. The EMT must certify by uploading first/aid CPR or higher credentials to their Team's Discussion Board.
- 9.2 All teams must have a first aid kit at all practices, games, and team functions.
- 9.3 If a major injury occurs during the game, the volunteer medical personnel for the game 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.

Rule 10 – Playoffs

- 10.1 Playoffs will be determined by seeding.
- 10.2 The team that finishes the regular season with the best record will have an easier path to the Championship because that team will face the lowest seed. The playoffs are single elimination.
- 10.3 Playoff structure will be based on the number of enrolled teams for the season to ensure a competitively balanced schedule for the regular season games and post-season. All teams are guaranteed 8 games (regular season and playoffs).
- 10.4 Regular season Tie-Breakers for seeding purposes (if W/L records are identical):
 - A. Head to Head
 - B. Least Amount of Points Allowed
 - C. Coin Toss

Unless otherwise noted in the National Youth Sports Rules, all games will follow rules established by the National Federation of High School Rules (NFHS).

Rule 11 – Game, Field, Players, and Equipment

Section 1: The Field and Markings

- 1.1 The game field will be played on a field 120 yards long (100 yards of playing field with two ten yard end-zones) and 50 yards wide. Midfield will be set at 50 yards.
- 1.2 Each field will be marked with yard markers on the south or west sideline.
- 1.3 A soft, flexible pylon will mark all four inside corners of both end zones.

Section 2: Game Equipment

- 2.1 Football Size Requirements:

FOR THE PEE WEE AND MIDGET DIVISIONS: The game ball must be a Pee Wee Size Football OR one comparable in size in a traditional brown or tan color. The officials will rotate balls from each team while they are on offense.

FOR MINORS DIVISION: The game ball must be a Junior Size Football OR one comparable in size in a traditional brown or tan color. The officials will rotate balls from each team while they are on offense.

FOR JUNIOR HIGH DIVISION: The game ball must be a Wilson Youth Sized Football (TDY) OR one comparable in size in a traditional brown or tan color. The officials will rotate balls from each team while they are on offense.

FOR HIGH SCHOOL DIVISION: The game ball must be an Official Size Football OR one comparable in size in a traditional brown or tan color. The officials will rotate balls from each team while they are on offense

- 2.2 Each team will supply their own game football.
- 2.3 A kicking tee must be provided by each team to utilize during kickoffs.
- 2.4 The league will provide a down indicator and two first down markers attached to a ten yard chain. The visiting team is responsible in providing volunteers to run the down indicator and first down chains during the game.
- 2.5 The game officials will operate the game clock on the field unless otherwise noted

Section 3: Player Equipment

- 3.1 Each participating player must wear the following pieces of equipment, which cannot be altered.
 - A. A NOCSAE standard helmet and facemask. The helmet must be properly secured with a four snap chin strap.
 - B. A seven piece pant pad set consisting of hip pads, thigh pads, knee pads, and a tailbone protector.
 - C. Football pants that cover all pant pads.
 - D. Enclosed shoes comprised of rubber cleats or regular tennis shoes.
 - E. Shoulder pads that are fully covered by the player's jersey.
 - F. A mouthpiece that is not clear or white.
 - G. Any player that wears a visor must make sure the equipment is clear and does not tint at any point. NFHS rules govern transitional lensed glasses.
 - H. No jewelry.
- 3.2 The head coach is responsible for checking with a game official that all players are properly equipped.
- 3.3 If a player is missing equipment or participating with illegal equipment, the player must make the proper correction before participating any further in the game.
- 3.4 An unsportsmanlike conduct penalty of 15 yards will be enforced for player's wearing improper equipment during a play.

Section 4: Coaches Field Rules

- 4.1 Electronic communication devices are prohibited in regards to players (player cameras, microphones, etc.) and coaches. Coaches may use communication devices with one another, as long as these instruments do not effect play or involve communication with players and are restricted to sideline use only.
- 4.2 **FOR THE PEE WEE AND MIDGET DIVISIONS ONLY:** Each team may have one coach on the field during play. Before the snap, both offensive and defensive coaches must be a minimum of twenty yards off the line of scrimmage. The defensive coach on the field must step out of the back of the end-zone prior to a play in the red-zone (inside the 20 yard line). The coaches may not interfere with the play of the game or they will receive a fifteen-yard penalty. Once the quarterback begins his cadence, both coaches must be silent until the ball is snapped.

Section 5: Blocking

- 5.1 Blocking below the waist is prohibited at all times on all areas of the field. This is to protect all players on the field at all times.

Rule 12 – Length of Game, Substitutions, and Miscellaneous Rules

Section 1: Length of Quarters

- 1.1 **PEE WEE AND MIDGET DIVISIONS:** The game shall consist of four fifteen minute quarters. The game clock will continuously run until the final 2 minutes of each half. NFHS rules regarding the stopping of the clock will apply during the final 2 minutes of each half.
- 1.2 **MINOR, JUNIOR HIGH, and HIGH SCHOOL DIVISIONS:** The game shall consist of four ten minute quarters. NFHS rules regarding the stopping of the clock will apply throughout the game.
- 1.3 There will be a one minute intermission between the first and second quarter, as well as, the third and fourth quarter.

Section 2: Halftime

- 2.1 There will be a 5 - 10 minute halftime between the second and third quarters. NYS Staff & Referees may shorten the length of halftime based on the day's game schedule.

Section 3: Starting a Half

- 3.1 Each half of the game will be started by a kickoff. The Game Officials, in the presence of both teams' field captains, will toss a coin to determine possession at the start of the game. The visiting team will call "heads" or "tails." The winning team must select to kick, receive, or defer.
- 3.2 No team may have more than four captains and only one player shall be designated as the team spokesperson.

Section 4: Substitutions

- 4.1 Players can be substituted only on a dead ball.
- 4.2 Substituted players must leave the field at the sideline in which his or her team occupies.

Section 5: Kickoffs and Punts

- 5.1 Kickoffs to start the first or third quarter and after a touchdown will take place from the forty yard line.
- 5.2 Free kicks after a safety will take place from the twenty yard line.
- 5.3 Rushing the punter is legal in the Minor, Junior High/Middle School, and High School divisions. Teams in the Pee Wee and Midget divisions cannot rush the punter and everyone must be set until the ball is kicked.
- 5.4 Onside kicks are allowed in all divisions.

Section 6: Timeouts

- 6.1 Each team will receive two thirty second timeouts per half. Timeouts do not carry over.

Section 7: Pre-Game

- 7.1 The home team will occupy the north or east sideline, or the sideline with a press-box, whichever applies.
- 7.2 The visiting team is responsible for obtaining volunteers to run the sideline chains and down marker for the entirety of the game.

Section 7: Extra Points/Field Goals

- 7.1 **FOR MINOR, JUNIOR HIGH, and HIGH SCHOOL DIVISIONS ONLY:** Kicking of Field Goals and Extra Points are allowed. Teams are allowed to rush and block per NFHS rules. NFHS rules apply to PAT's. Teams can elect to kick the PAT for 2 points. If a PAT is faked, the offensive team can still convert the PAT with a score worth 1 point. Field goals are worth 3 points.
- 7.2 **FOR PEE WEE AND MIDGET DIVISIONS ONLY:** NO kicking of Field Goals or Extra Points. A team will receive one extra point from scoring from the five yard line. A team will receive two extra points from scoring from the ten yard line.

Section 9: Play Clock

- 9.1 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.

Section 10: Interceptions and Fumbles

- 10.1 Interceptions and fumbles are live in all divisions.
- 10.2 If anything other than a hand or foot of the ball carrier touches the ground the player is down, whether touched by a player or not.

Section 11: Line-up Formations

- 11.1 The offense must have at least seven players lined up on the line of scrimmage for every play. Five offensive linemen are ineligible receivers. The defense does not have a minimum number of players required to be on the line of scrimmage.

Section 12: Disciplinary Issues

- 12.1 Any issues with a coach, parent, staff, contractor, or league policy must be made to the league coordinator in writing.
- 12.2 All participants, parents, guardians, and coaches are required to abide by the league's code of ethics contained in this packet. Any violation of the codes of conduct may result in suspension or removal from the league.
- 12.3 The league coordinators will review all written issues and determine resolution.
- 12.4 The league will have final judgment in all rulings. NYS has the authority to suspend or permanently remove any individual to uphold the mission and focus of NYS.

Automatic Disqualifications:

- 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.

NATIONAL YOUTH SPORTS
PLAYER'S CODE OF CONDUCT

We pledge to follow the National Youth Sports Player's Code of Conduct:

I will remember that games are played for **fun!**

I will display good sportsmanship ahead of my own personal desire to win.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.

I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.

I will shake hands with the other team at the conclusion of all games.

I will shake hands with the officials at the conclusion of all games.

I understand that I will be suspended from the league for violation of this Player's Code of Conduct.

**NATIONAL YOUTH SPORTS
PARENT'S CODE OF CONDUCT**

We pledge to follow the National Youth Sports Parent's Code of Conduct:

I will remember that youth sports are played for **fun!**

I will be a role model for my team demonstrating how to treat other players, parents, officials and coaches with respect at all times.

I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.

I will show respect to all referees, officials, or umpires and never act in a manner that would be disrespectful toward them.

I will be an encouragement to all players on all teams regardless of the score.

I will place my child's emotional and physical well being ahead of my own personal desire to win.

I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.

I will not use drugs, tobacco, or alcohol at any National Youth Sports practices or games and will remind other parents not to do so.

I will remember that the game is played for the youth and not for the adults.

I will encourage my child to shake hands with the other team at the conclusion of all games.

I will encourage my child to shake hands with the officials at the conclusion of all games.

I understand that myself, and possibly my child, will be suspended without warning from the league for any violation of this Parent's Code of Conduct.

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-five yard lines. These individuals must have proper identification to be on the playing side of the parent line. 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. **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.**
4. **NYS considers the code of conduct sheet enclosed in this packet as the first warning to all individuals participating in the league.**
5. **Any parents found engaging in verbal or physical violence with other parents, coaches, referees, or NYS staff will be suspended indefinitely from the league.**
6. **Any player, coach, or parent that is ejected from a game is automatically suspended for the next game played by their team. This suspension is mandatory and cannot be reduced or removed, though it can be lengthened at league discretion.**