

**NYS
MINOR/MAJOR/SENIOR TACKLE FOOTBALL RULES**

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. Forty minutes prior to the start of the game all visiting and home team players, as well as, each team's head coach and a team representative must be present for the start of the weigh-in process. The head coach 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. The team representatives are responsible for checking the opposing team player ID cards to insure photo matches player. If a player does not have a current player ID card then he or she is ineligible for that day's game. If there is a discrepancy on the photo and the player, the team representative will address this situation with the NYS staff member at the weigh-in station. NYS staff member will then call out player names to weigh-in and further insure eligibility. The head coach and one team representative are the only representatives allowed to accompany his or her team to the scale for game day weight checks. Parents and assistant coaches are prohibited in the weigh-in area.
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. The only representatives allowed on the playing side of the parent line, caution line, or parent designated area are individuals with proper NYS identification. All teams will be given seven NYS coach badges prior to the start of the season. Only these seven coaches are allowed on the playing side of the parent line. The visiting team will be allowed to have three parent volunteers in addition the seven coaches 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 uniform, approved 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 is:
The game ball must be comparative to the Wilson TDJ Traditional Football. Teams must provide their own practice and game balls. The game ball must be a traditional brown or tan color. The officials will rotate balls from each team while they are on offense.
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.

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.

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 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. 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.**

WEEKLY WEIGH-IN AND PLAYER ID CHECKS

In addition to the certification day that is held prior to the season, NYS will be weighing in each child before each NYS game at all sites. Team representatives will also be checking opposing team player ID cards to insure eligibility. If a child is found over the allotted weight limit or does not have a current or valid player ID card 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 WILL ALLOW A CHILD TO ADD ON AN ADDITIONAL 9 POUNDS DURING THE SEASON AND WILL ALLOW 9 POUNDS FOR THE TACKLE FOOTBALL EQUIPMENT. ALL CHILDREN MUST BE WEIGHED IN FULL UNIFORM (HELMET, ALL PADS, JERSEY, AND SHOES). ANY CHILD NOT IN THE APPROPRIATE ATTIRE DURING WEIGH-IN WILL BE DETERMINED INELIGIBLE UNTIL HE OR SHE WEIGHS IN WITH THE APPROPRIATE UNIFORM.

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 and referees have the authority to conduct spot check weigh-ins and photo identification checks before, during, and after any game.

FREQUENTLY ASKED QUESTIONS ABOUT WEIGH-INS

1. How long do the weigh-ins take?

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 forty minutes prior to the start of the game. The coach will check in at the NYS site tent. Team representatives will check opposing team's player ID cards prior to weigh-ins. All children must have his or her helmet on or 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 spot check form to record weights for each game. The NYS staff member will call out the player's name and record the weight of the player. The player will go to a designated area after weigh-in to separate him or herself from the rest of the team to insure eligibility of all members of the team. If a team

representative informs the NYS staff member that a player does not have a player ID card, the child will not be allowed to weigh-in or allowed to play in that day's game. After all players have been weighed in, the NYS representative will then total the number of eligible players for the day's game and report to the NYS site tent. 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 for those.