

# Rules and Interpretations



**League Rules**

Version 2.0

## Upper Chesapeake Youth Football League Rules and Interpretations

**THIS DOCUMENT SUPERSEDES ALL PREVIOUS EDITIONS.**

**THE RULES AND INTERPRETATIONS PUBLISHED HEREIN ARE EFFECTIVE JANUARY 1, 2010 AND REMAIN IN EFFECT EXCEPT AS SUPERSEDED BY ANY RULE CHANGES OR INTERPRETATIONS ENACTED BY THE UPPER CHESAPEAKE YOUTH FOOTBALL LEAGUE BOARD OF DIRECTORS OR BY SUBSEQUENT EDITIONS OR SUPPLEMENTS TO THE RULE BOOK.**

### Revision History

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6/22/2010	Modified ID Photo Requirements	Sean Dowling	1.1
7/26/2010	Modified 8U Defensive Alignment requirements	Sean Dowling	1.2
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### Program Acceptance

Programs accepting membership into the Upper Chesapeake Youth Football League indicate acceptance to abide by the rules and interpretations define herein.

## Upper Chesapeake Youth Football League Rules and Interpretations

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## **Upper Chesapeake Youth Football League Rules and Interpretations**

### **Article I.**

### **Foundation**

#### **Section 1.01 Program Foundation**

- (a) The Upper Chesapeake Youth Football League (UCYFL) is comprised of football programs located in Harford, Cecil and Baltimore Counties, in the state of Maryland.

#### **Section 1.02 Board of Governors**

- (a) The UCYFL is governed by a Board of Governors comprised of the Chairman/Presidents of the Harford County Football Programs participating in the League. Non Harford County Programs are not eligible to participate as a member of the Board of Governors. Each Program Chair/President maintains a single vote when voting on UCYFL matters.

#### **Section 1.03 Executive Board**

- (a) The Board of Governors will establish an Executive Board to manage the day to day operations of the UCYFL. The roles and responsibilities of the Executive Board are defined in the UCYFL ByLaws documentation. Executive Board will maintain a single vote when voting on UCYFL matters. Executive Board members are only eligible to vote on day to day operational related items. Executive Board Members are not limited to just Harford County Programs. New, non-Harford County program members are not eligible to participate on the Executive Board until completion of the programs 2 year probation period.

#### **Section 1.04 Membership**

- (a) Any Harford County based program fielding at least one tackle football team is automatically included as a member upon their official request. Programs applying for membership must be associated with either a local recreational committee or other non-profit organization.
- (b) Any Non-Harford County organization wishing to make a formal application to become a part of Upper Chesapeake Youth Football League must do so, in writing, to the Board of Governors on or before the regularly scheduled January monthly meeting. (Assuming the organization wants to be considered for application in that calendar year). The Board of Governors will vote on any such application(s) at the regularly scheduled February monthly meeting, with the outcome of any voting to be announced during the February meeting. All Non-Harford County programs applying for membership must be associated with either a local recreational committee, parks and recreation department or other non-profit organization.
- (c) Membership may only be obtained upon a 2/3 vote of the Board of Governors at a regularly scheduled meeting. Organizations must have all of their teams in this league to be a member, and will be removed from the league if they do not.
- (d) Any new, non-Harford County Program admitted to join the UCYFL will be placed on mandatory two (2) year probation period starting the day of their acceptance of the UCYFL Rules and Interpretations.
- (e) Team donations of fifty (\$55.00) dollars must be paid by September 1<sup>st</sup> of the current season. Failure to pay team donations by this date will result in the forfeiture of remaining games until such fee is paid.
- (f) Any organization that drops out of the league for any reason must reapply for membership. If accepted, said organization shall be on probation for a period of one (2) year.
- (g) Any regular member organization may be dismissed from the UCYFL upon a 2/3 vote of the Board of Governors in attendance at a regularly scheduled meeting.
- (h) Assuming an organization has made written application to become a part of the UCYFL to the Board of Governors on or before the regularly scheduled January meeting, representatives (Board members, etc.) of such applying organization would be required to attend the February Board of Governors meeting to answer any questions that the BOG may have.

## **Upper Chesapeake Youth Football League Rules and Interpretations**

### **Section 1.05    Jurisdiction**

- (a) The Upper Chesapeake Youth Football League is empowered to organize leagues, tournaments, competition, and championship events in various age and weight classes for the participating membership. The league is dually charged with enforcing all league rules as described herein by providing governance over all member programs. The Leagues Vice President of Rules will develop and maintain a "rule/violation" matrix and be responsible for recommending sanctions and discipline of program members to the League President. The League President is responsible for issuing all sanctions and discipline deemed appropriate by the VP or Rules and his committee(s).

### **Section 1.06    Mission Statement**

- (a) The Upper Chesapeake Youth Football League will make every effort to make sure that every child with the desire to participate gets the opportunity to play, without regard to prior experience, athletic ability or size.

We are committed to instilling Honesty, Loyalty, Integrity, Teamwork, Discipline, Sportsmanship, Respect, Leadership, Trust and Commitment in our young participants. We believe these values and virtues are important to their growth and to them becoming active members of our community and society.

We will instill in our youth the challenge of competition, the joy of victory, the reality of defeat, the importance of commitment and the spirit of community. We will stress the importance of academic achievement among athletes, and by doing so; will prepare them for the challenges of high school and collegiate environments.

These goals will be achieved through organizing our dedicated volunteers, caring parents, and business associates who wish to partner with our great youth sports league.

The purpose of the Upper Chesapeake Youth Football League shall be:

- To develop and maintain a properly supervised football league for youth from 5 years to 14 years of age.
- To promote improved community relations by demonstrating an interest in the youth of our community.
- To encourage physical and mental growth through keen competition.
- To emphasize good citizenship and scholastic achievement.
- To nurture good sportsmanship and a sense of fair play.

## **Article II.**

## **Player Requirements**

### **Section 2.01    Medical Examinations**

- (a) No child shall participate in the program without obtaining a written certificate of health from a duly qualified examining physician. The exam must have occurred within the current calendar year as the current seasons start date.
- (b) No player will be permitted to participate in any UCYFL scheduled game until a proper Medical Examination Certificate of Health is provided to the his/her program.

### **Section 2.02    No Cut Clause**

- (a) Programs MAY NOT cut players once the player's parent has signed his registration form and paid his registration fee.

## **Upper Chesapeake Youth Football League Rules and Interpretations**

### **Section 2.03 Parental Consent**

- (a) Each player must have the written consent form signed by his parents or guardian in order to participate in the program.

### **Section 2.04 Insurance**

- (a) The UCYFL is made up of programs sponsored by their local Parks and Recreation Councils, or other non-profit organizations. Each program and program sponsor shall provide its own guidelines and insurance requirements, therefore, it has been determined insurance is the responsibility of the individual program and/or program sponsor.

### **Section 2.05 Outstanding Equipment/Money**

- (a) No area may register a child in their football program if that child owes money or equipment to another UCYFL Program. It will be up to each area to supply the UCYFL Executive Board a list from their area of children who owe outstanding money or equipment. If a violation is found, the child should be immediately suspended until the matter is resolved.

### **Section 2.06 Starting Date of Team Practices**

- (a) No organized team practices are permitted before August 1st of the current football season unless approved by the UCYFL Board of Governors. Organized team practices are defined as workouts of 3 or more players on a specific team coached by the assigned head or assistant coach(es) of that team during the current football season. Individual programs are encouraged to sponsor and/or provide skills and conditioning camps, however, the program must notify the UCYFL Vice President of Rules the date and times of the camp and the full names of all program coaches that will be assisting with the activity.

### **Section 2.07 Proof of Age**

- (a) Only official birth certificates or registration, Health Department Certificate, official passport, adoption certificate, official alien registration cards or official military service identifications are to be accepted as verification of age for issuance of an Upper Chesapeake Youth Football League I.D. No other forms will be accepted.

### **Section 2.08 Practice Required for Play**

- (a) All players must attend a minimum of 50% of the scheduled practice the week immediately preceding any regular season game. Players that fail to attend the minimum practice time are NOT permitted to participate in the game.

### **Section 2.09 Practice Time Length**

#### **(a) Clinic Teams (6U thru 7U)**

- (i) Prior to September 1<sup>st</sup> of the current football season, practices are limited to six (6) hours per week (Monday thru Sunday). Beginning September 1<sup>st</sup>, practices are limited to four (4) hours a week, including team meetings, but excluding scrimmages/games.

#### **(b) Competitive teams (8U thru 14U)**

- (i) Prior to September 1<sup>st</sup> of the current football season, practices are not limited by time but should not extend more than 2.5 hours per practice and no more than 6 days in any given week. Beginning September 1<sup>st</sup>, practices are limited to six (6) hours a week, including team meetings, but not including games.

## **Upper Chesapeake Youth Football League Rules and Interpretations**

### **Section 2.10 Rosters**

#### **(a) Roster Entry Date**

- (i) All player additions and modifications to the team rosters must be completed in the Roster Management System by 6:00 PM on August 20<sup>th</sup> of the current season. The Roster Management System will be locked at this point and no modifications made unless approved by the UCYFL League President. All Modifications to team rosters after the August 20<sup>th</sup> cutoff date, must be made by the UCYFL Vice President of Rules or his appointee.
- (ii) Official team rosters will be exchanged at weigh-in before games to be played. ALL ROSTERS ARE TO GENERATED VIA THE LEAGUES ROSTER MANAGEMENT SYSTEM. Team failing to produce a completed roster from the RMS will be forced to receive a forfeit for that game.
- (iii) Programs will not be permitted to add new teams after the official roster cutoff date.

### **Section 2.11 Player Eligibility**

#### **(a) Multiple Leagues**

- (i) Any player in the Upper Chesapeake Youth Football League may not participate in any other organized football league program of any kind during the current season.

#### **(b) Jersey Numbers**

- (i) Only one player may wear a given number. In the event of a jersey change, the official and the opposing head coach must be notified immediately.

#### **(c) Rosters**

- (i) Once a player has been placed on the official roster he can no longer move to another age group or team that season.

#### **(d) Player Age**

- (i) The official cutoff date for an eligible player will be August 1<sup>st</sup>. Players must turn their official league age no later than August first of the current season.

#### **(e) High School Students**

- (i) High School students or players that are eligible to be a High School student (grades 9-12) are NOT permitted to participate in any UCYFL Youth Football games. This includes any player that may have been held back 1 or more years in school.

#### **(f) Player Weigh Ins**

- (i) All participants are required to participate in an official weigh in and make weight at least once by the third (3<sup>rd</sup>) week of the season. Any player not making weight by the third (3<sup>rd</sup>) game must have their full name submitted to the Vice President of Rules to be removed from the official roster. This player will not be permitted to participate as member of any team for the remainder of that season.
- (ii) The opposing Program Chairman/President is responsible for reporting the Name, Jersey Number, Team, and Program to the Vice President of Rules immediately following the conclusion of their game for any player not making weight for any UCYFL official game.

#### **(g) Fair Play**

- (i) Clinic Teams (6U – 7U)
  - 1) Each player must play a minimum of eight (8) plays in each half and a total of sixteen (16) plays for the game.
  - 2) Any player crossing the end line twice (2) in a single scrimmage will not be permitted to advance the ball for the remainder of that scrimmage. This excludes interceptions, fumbles or ball strips from a defensive position. Any player advancing the ball after crossing the end line twice (2), will be suspended for the remainder of the scrimmage/game and the Head Coach suspended for one (1) week. If a violation occurs, the offensive team will forfeit the remainder of their offensive plays for that scrimmage.



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- 3) No advance scouting of teams is permitted. Violation of this rule will result in an immediate suspension for one (1) year from the date of the infraction.
  - 4) No silent count. Offensive players must use a verbal snap count. The first offense of this rule will result in the play being blown dead and the ball returned to the line of scrimmage. The play will count towards the total plays for the series. A second offense will result in forfeiture of the remaining offensive plays for the team committing the infraction and a 1 week suspension for the Head Coach.
- (ii) Competitive Teams (8U – 14U)
- 1) Minimum Play
    - a) Each player who attended at least 50% of practices shall play a minimum of ten (10) plays per game. Kick-off and Kick-off returns shall be counted.

### (h) Identification

**League Identification** – The program Chairman/President is responsible for DOB verification, ensuring a clear identifiable picture is loaded into the Leagues Roster Management System and that the proper team assignment is indicated. These pictures will be printed on the league team roster to ensure proper identification of the player can be made at the scale prior to the start of any official UCYFL game. All players participating in the UCYFL **MUST** have this process completed prior to authorization to participate in any UCYFL official game. Complete instruction on utilizing the League ID database can be located on the league website.

### (i) Adult Identification

- (i) All Coaches and team personnel are required to have a clear identifiable picture entered into the Leagues ID database by their program Chairman/President prior to authorization to participate in any UCYFL official game.
- (ii) Each Program must establish a 5-yard area along each sideline. This area is to be marked with a rope, paint or chalk line. Only authorized personnel are permitted within the 5-yard sideline area.
- (iii) No more than 6 coaches and or team personnel are permitted on the sidelines during any UCYFL game or scrimmage. All coaches and or team personal must have a functional assignment while on the sidelines. No fans or mascots are permitted..

### (j) Eligibility Challenge

- (i) If a player's age/eligibility is challenged after the official team rosters have been submitted, the challenging coach must submit a challenge to the UCYFL Executive Board, who in turn will inform the opposing programs President/Chairman of the challenge.
- (ii) If a player's age/eligibility is challenged, he will be permitted to participate in all UCYFL functions until an official determination is made by the UCYFL Executive Board or the Board of Governors.
- (iii) Challenged programs have 5 days to respond to the UCYFL Executive Board and must provide documentation to support the player's age/eligibility in accordance with the guidelines detailed within these rules.
- (iv) All remaining/unsettled disputes around player eligibility will be reviewed by the Board of Governors and a final decision rendered.
- (v) The Head Coach of any team found to permit a player to participate in any UCYFL scrimmage, game or event that does not meet the eligibility requirements will be suspended from participating UCYFL scrimmage, game or event for a period of one (1) year starting from the first date of the infraction.

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### (k) Equipment of Players

- (i) All players participating in this league, which is a tackle football program, must be properly equipped and said equipment shall consist of, but not be limited to, the following:
- (ii) Football pants, including kneepads, thigh pads, hip pads, tailbone pad and athletic cup (a football girdle may be used instead of hip pads).
- (iii) Football shoulder pads (Not required for weigh in).
- (iv) Helmet with face guard (N.O.C.S.A.E. approved, inspected when necessary) (Not required for weigh in).
- (v) Jersey (no two jerseys with the same numerals shall be worn on the same team).
- (vi) Mouthpiece must be attached to the helmets face guard (colored only). Except special mouthpiece issued by the Doctors office.
- (vii) Shoes (tennis shoes or non-metal or non-metal tipped cleats only).
- (viii) Any padding which may be deemed necessary, such as rib pads, arm pads, elbow pads, or hand pads (need not be worn weighing-in) **but should be brought to the scale**. Sweatshirts or sweatpants may be worn to the scale and removed for weigh-in.

### (l) PLAYER EXCEPTIONS

- (i) Older-But-Lighter

#### 1) Philosophy

- a) The intent of the OBL rule is to provide a player that is deemed undersized and therefore would be at a significant disadvantage while participating with his regular age/weight group an opportunity to play an age group down with smaller, younger participants thus offsetting the size difference. OBL positions are encouraged to be used for matters of safety, not competitive edge.
- 2) Only six (6) players per team may be in this category.
- 3) Older-but-lighter players must be listed FIRST on the roster at all weigh-ins.
- 4) Older-but-lighter rule does not apply for the 6U, 7U, 8U and 9U Age Groups.
- 5) Allows for players to be one (1) year older but 25 lbs. under the maximum weight for the identified age groups ONLY.

Examples:      10U:              11 years old -93 lbs. or less dressed  
                     12U:              13 years old- 120 lbs. or less dressed

### (m) Tackle-to-Tackle

- (i) All players, regardless of their weight will be permitted to play at their regular age group. Teams are permitted an unlimited number of Tackle to Tackle players that are regular age, but weigh more than the regular weight for that age group. Tackle to Tackle players must play down linemen positions on both offense and defensive. Tackle-to-tackle players are to have a "T" marked on the back of their helmet and must remain a tackle-to-tackle player for the entire season and post-season. A tackle-to-tackle player can kick the ball, must be on the front line of the Kick Off Return team and can advance the ball if kicked to him, intercepted or fumbled.
- (ii) All Tackle to Tackle players are unlimited weight at each age group.

## Article III.

## Program Requirements

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### **Section 3.01 Scheduled Time Change Procedure**

- (a) Only the Program Chairs/Presidents can request a scheduled scrimmage/game time change.
- (b) The requesting Program Chair/President must contact all Program Chairs/Presidents that are affected by the request no later than 48 hours prior to the scheduled start time of the scrimmage/game.
- (c) The affected Program Chairs/Presidents will make the determination of the change request.

### **Section 3.02 Scrimmage/Game Cancellation**

- (a) Program Chairs/Presidents or a designated alternate may call off a game at his site if a field is considered unsafe in his best judgment.
- (b) Weather related changes do not require a 48 hour notification. A minimum of three (3) hours prior to any scheduled scrimmage/game must be provided to the affect Program Chairs/Presidents.
- (c) Rescheduling of weather related changes is at the discretion of the affected Program Chairs/Presidents.
- (d) If a "STATE OF EMERGENCY" is declared on the weekend of scheduled League games, all games will be postponed and attempted to be rescheduled by the League Officials.

### **Section 3.03 Home Team Responsibility**

- (a) Establish a 5-yard area along each sideline. This area is to be marked with a rope, paint, chalk line or fence.
- (b) Only Authorized personnel are allowed inside the 5-yard area.
- (c) Provide an acceptable game ball approved by the head official in accordance with the type designated by rule.
- (d) To provide appropriate yardage chains and down indicators as described in Federation Rules.
- (e) Provide a yardage chain crew (yard markers will always be on home side of field).
- (f) Line the field and provide markers at least every ten- (10) yards.

### **Section 3.04 Forfeit Time**

- (a) If either team fails to field a team within fifteen (15) minutes of the starting time, the head official shall declare a forfeit against the team which has failed to produce enough players to play the game in accordance with the rules. Any team that forfeits a game, the fine will be the cost of the officials. To be given to the area that paid for the officials for the game forfeited.

### **Section 3.05 Scheduled Game Time Change Procedure**

- (a) The Upper Chesapeake Youth Football League Program Chairman/President for that program, not the Coach, can only request a scheduled game time change. The Program Chairman/President must take the request to the Vice President of Scheduling. The Vice President of Scheduling must determine if the reason for the change is justified. If the Vice President of Scheduling approves the change, he will contact the opposing Program Chairman/President and ask for his agreement. If the opposing Program Chairman/President does not agree, the game will not be changed. If the opposing Program Chairman/President does agree, the Vice President of Scheduling will then contact the Referee scheduler and make the necessary contacts for the scheduled Officials. At this point, the Vice President of Scheduling will notify BOTH Program Chairman/Presidents that the game is officially changed.

### **Section 3.06 GAME CANCELLATION PROCEDURE**

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- (a) Program Chairman/President or a designated alternate will call off a game at his site if a field is considered unsafe in his best judgment.
- (b) When a game must be cancelled, the hosting Program Chairman/President or his designated alternate shall call the Vice President of Scheduling, the visiting Program Chairman/President and officials, before 7:00 a.m. or at least three (3) hours before game time, whichever comes later. If no call is received, all teams will report to their designated field by game time.
- (c) If a "STATE OF EMERGENCY" is declared on the weekend of scheduled League games, all games will be postponed and attempted to be rescheduled by the Vice President of Scheduling.
- (d) When calling off games, notify the designated officials at designated phone numbers.
- (e) A game may not be played on any field that is not a regulation football field. Failure to provide a regulation field will result in an automatic forfeiture if said field is not ready at the scheduled game time.
- (f) No game may begin without officials present. Such a game will be declared "No Contest" and rescheduled.

#### **Section 3.07 Problem Resolution**

- (a) Problems with coaches, assistant coaches, players & parents at scrimmages/games should be referred to the Division Commissioner and your Program Chair/President immediately. The Division Commissioner will notify the Chair/President of the program that the reported violation/issue is being levied against as well as the Executive Board President and Vice President of Rules.
- (b) The Division Commissioner and Vice President of Rules will investigate the reported violation/issue and make the determination if an UCYFL Rule, ByLaw or Code of Conduct infraction took place and report their findings to the Executive Board President.
- (c) The Executive Board President will issue the appropriate punishment in accordance with the Rules Violation Matrix. For issues not addressed under the Rules Violation Matrix, the incident will be submitted to the Board of Governors for disciplinary action.
- (d) Within 3 days of receiving official notification of the Executives Boards findings and disciplinary action, Individuals may request that the Board of Governors conduct an official review of the findings and disciplinary action issued. The Board of Governors will have 2 weeks from the official request to review and issue their response. All decisions by the Board of Governors are final.

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### Article IV.

### Football Playing Rules

#### Section 4.01 High School Federation Rules

- (a) The High School Federation Rules shall prevail for play determination except where the Upper Chesapeake Youth Football League rules apply.

#### Section 4.02 Sportsmanship

- (a) All coaches and players WILL shake hands after the scrimmage/game ends unless otherwise directed by the Head Official or the current game.

#### Section 4.03 Football Sizes

- |                   |   |
|-------------------|---|
| (a) 8U Age Group  | K-2 or RR5T and Nike K, UA Pee Wee                |
| (b) 9U Age Group  | K-2 or RR5T and Nike K, UA Pee Wee                |
| (c) 10U Age Group | TDJ, RR5Y, FX 500 JR or FX 150, Nike J, UA Junior |
| (d) 11U Age Group | TDJ, RR5Y, FX 500 JR or FX 150, Nike J, UA Junior |
| (e) 12U Age Group | TDY, RR51, FX 500 Y or FX 250, Nike Y, UA Youth   |
| (f) 14U Age Group | TDY, RR51, FX 500 Y or FX 250, Nike Y, UA Youth   |

#### Section 4.04 Official Game Ball

- (a) Each team will provide an official ball for all games. Each ball must be approved by the officiating crew for that game.

#### Section 4.05 Weigh Ins

- (a) All players are required to weigh in prior to the start of each game with a complete set of required equipment with the exception of unlimited weight teams.
- (b) Weigh-ins must start at least 30 minutes prior the scheduled start time of the scrimmage/game and no more than 1 hour prior to the start of the scheduled scrimmage/game.
- (c) A representative from each team participating in the scrimmage/game must be present during all weigh-ins.
- (d) Teams must proceed to the designated weigh in area immediately when notified by the home program. Team not reporting to the designated weigh area, within 10 minutes of being called will forfeit the scrimmage/game.
- (e) Players not weighed in during the scheduled weigh in period must wait until half time to be weighed in.
- (f) Players not weighed in are not eligible to participate until a proper weigh in has been conducted for that player. Any player participating in a scrimmage/game without being properly weighed in will be suspended for one (1) week and the head coach will be suspended for two (2) weeks.
- (g) For clinic jamboree style play, only one weigh in per day is required and a player may weigh in before the start of each individual scrimmage or at half time of any scrimmage if he missed the official weigh-in.
- (h) Players found not to have a complete set of required equipment on while weighing in, will be permitted to add missing equipment and re-weigh within five minutes of the original weigh in or at half time. Player may not participate in any UCYFL game until a proper weigh in with a complete set of equipment is completed.

#### Section 4.06 Scales

- (a) Home team is responsible for providing a fully functional scale. Scale can be either balance style (medical) or digital.
  - (i) Balance Style Scale
    - 1) Scale must be calibrated to balance evenly when set to zero.
    - 2) Scale must be checked for levelness at zero between weighing each team.
    - 3) Programs are required to have each scale calibrated and certified prior to each season. Official certification stickers must be visible on each scale in order for the scale to be utilized for weigh-ins.
    - 4) A player is not deemed "Over Weight" until the balance arm is extended to the max upward position and comes to a full rest in the upward position.
  - (ii) Digital Scale
    - 1) The use of digital scales is permitted with the following understanding.

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- 2) A player is not deemed "Over Weight" unless the digital readout displays .10 lbs over the maximum weight allowed for that age group. (ex. Max weight for 6U is 75 lbs. Scale reads the players weight as 75.09 lbs. The player is still eligible to play. If the scale reads 75.10 lbs, the player is deemed over weight.
- 3) If the scales fails to settle on a specific weight and bounces between two weights (i.e. 75.09 and 75.10), the player will need to step off the scale and step back on. If the scale still fails to register an exact weight, the lowest weight displayed will be considered the actual weight.

### **Section 4.07 Clinic Play Rules (6U & 7U Age Groups)**

#### **(a) Philosophy**

- (i) The philosophy of this age group is to be instructional and fun for the children. Time should be taken by coaches on both sides to explain to children rules and certain techniques in playing the game (e.g., blocking and tackling). These age groups are NON-COMPETATIVE, therefore score and win/loss records are not to be kept. There will be no posting of scores or win/loss records in any form. Players are prohibited from participating in any competitive level games, tournaments or events while registered as a clinic player in the UCYFL..

#### **(b) Football sizes**

- (i) The size of the football must be K-2, RR5T, or FX500 PW, Nike K, UA Pee Wee. No other football types or sizes are permitted.

#### **(c) Play Count Flip Chart**

- (i) Each team must provide a "Play Count Flip Chart" to keep track of the current play number. Chart can be a binder numbered 1-12 for 6U or 1-16 for 7U.

#### **(d) Play Clock**

- (i) The home team must provide a play clock, stop watch or official time keeping device to ensure that both offensive teams are executing their plays within the allocated time limits.

#### **(e) Player Eligibility**

- (i) All players are required to weigh-in prior to the start of any game.
- (ii) 6U Age Group
  - 1) Players must turn 5 years of age on or after August 1st of the current football season.
  - 2) Players who have not reached their 7<sup>th</sup> birthday by August 1<sup>st</sup> of the current year will be eligible to play in the 6U age group.
- (iii) 7U Age Group
  - 1) Players who have not reached their 8<sup>th</sup> birthday by August 1<sup>st</sup> of the current year will be eligible to play in the 7U Age Group.

#### **(f) Player Weights**

- (i) 6U Age Group
  - 1) Players equal to or less than the maximum regular weight for this age group as indicated by the official league weight chart by the first game, with equipment minus helmet and shoulder pads.
  - 2) All players over the maximum weight limit for this age group as indicated by the official league weight chart, need to be marked as Tackle to Tackle both on the roster and by the official marking on the players helmet.

## **Upper Chesapeake Youth Football League Rules and Interpretations**

### **(ii) 7U Age Group**

- 1) Players equal to or less than the maximum regular weight for this age group as indicated by the official league weight chart by the first game, with equipment minus helmet and shoulder pads.
- 2) All players over the maximum weight limit for this age group as indicated by the official league weight chart, need to be marked as Tackle to Tackle both on the roster and by the official marking on the players helmet.

### **(iii) Weekly Weight Increases**

- 1) The maximum weight limited will increase by .5 lbs each week beginning week two (2) of the season.

## **(g) Field Specifications**

- (i) The dimensions of the 6U/7U Age Group field will be 20 yards of play area by 35 yards wide to a (i.e. near side line to far hash mark), as field conditions/availability dictate.
- (ii) Only players, coaches, team managers and league/program officials with a league issued identification card are permitted on the team side of the field.
- (iii) Any parent or spectator found in violation of this rule will be suspended for a minimum of one (1) week starting the week after the infraction. Any parent or spectator in violation of a second offense of this rule will be suspended for a minimum of one (1) year from the date of the second infraction.

## **(h) Play Rules**

### **(i) Jamboree Style (4 teams)**

#### **1) 6U Age Group**

- a) Play will consist of two (2) twelve (12) play halves. One half team 'A' will run twelve (12) plays on offense while team 'B' plays defense. Teams 'C' and 'D' will do the same against each other.
- b) At the end of the first half, teams 'B' and 'D' will switch fields and run twelve (12) plays on offense against teams 'A' and 'C'. The process will repeat two (2) more times. Each half will not exceed more than 25 minutes and there will be a ten (10) minute break between halves.
- c) Total time for this format will not exceed two (2) hours in length. All play will stop regardless of play number and teams will be dismissed from the playing field.

#### **2) 7U Age Group**

- a) Play will consist of two (2) sixteen (16) play halves. One half team 'A' will run sixteen (16) plays on offense while team 'B' plays defense. Teams 'C' and 'D' will do the same against each other.
- b) At the end of the first half, teams 'B' and 'D' will switch fields and run sixteen (16) plays on offense against teams 'A' and 'C'. The process will repeat two (2) more times. Each half will not exceed more than 30 minutes and there will be a ten (10) minute break between halves.
- c) Total time for this format will not exceed two (2) hours in length. All play will stop regardless of play number and teams will be dismissed from the playing field

## Upper Chesapeake Youth Football League Rules and Interpretations

### (ii) Standard Scrimmage Format (2 teams)

#### 1) 6U Age Group

- a) Scrimmages at the 6U Age Group will consist of forty eight (48) plays. There will be two halves with each half consisting of twenty four (24) plays. Each team during a half will participate in twelve (12) offensive plays and twelve (12) defensive plays.
- b) Teams will be allowed 25 minutes to run their twelve (12) offensive plays. Injury time outs will not be included as a part of the playing time. For example, if the 25-minute time limit has been exceeded and there are still remaining plays for the offensive team. The offensive team will forfeit their remaining plays and the ball will be given to the opposing team so that they may begin their offensive series.
- c) A ten (10) minute halftime is mandatory.
- d) The scrimmage/game will not exceed two hours in length.
- e) The first offensive possession starts 20-yards from the goal (i.e., starting line). Each play will start from this line regardless of the yardage gained or lost by the previous play.
- f) No scores will be kept during the game.

#### 2) 7U Age Group

- a) The scrimmage format for the 7U Age group will be the same as the 6U Age Group with the exception that the play count will increase to 64 plays per scrimmage. There will be two (2) halves of 32 plays each. Each team during the half will participate in sixteen (16) offensive and sixteen (16) defensive plays. Teams have the option to rotate offense and defense every eight (8) plays.
- b) Teams will be allowed 25 minutes to run their sixteen (16) offensive plays. Injury time outs will not be included as a part of the playing time. For example, if the 25-minute time limit has been exceeded and there are still remaining plays for the offensive team. The offensive team will forfeit their remaining plays and the ball will be given to the opposing team so that they may begin their offensive series.

### (iii) Offensive Formations

- 1) All offensive formations must consist of a minimum of 6 down linemen (3 point stance) (2 tackles, 2 guards, 1 end and 1 center) with no more than an 18 inch separation between the feet of the players. A 7<sup>th</sup> player must line up somewhere on the line of scrimmage and is not bound by the 18 inch separation between players.

### (iv) Quarterback/Center Exchange

#### 1) 6U Age Group

- a) Quarterback **MUST** be under center and receive the snap of the ball directly from the center. Direct snap and "shot gun" formations are not permitted.

#### 2) 6U Age Group

- a) Direct snap and "shot gun" formations **ARE** permitted.
- b) Remaining three (3) players can line up anywhere on their side of the line of scrimmage as long as they are not directly on the line of scrimmage.
- c) Seven (7) players must be on the line of scrimmage prior to the snap of the ball.
- d) All Guards, Tackles and Tight Ends must be in a 3-point or 4-point stance when the ball is snapped. Their hands must be in contact with the ground.



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- e) Unbalance formations are permitted.
- (v) Defensive Formations
  - 1) Defensive Linemen
    - a) There must be at least four (4) and no more than six (6) defensive linemen. The defense should have a minimum of two (2) down linemen (guards, tackles or both), and two ends on the line of scrimmage.  
  
*\*Teams are not required to have an equal defensive front for the down lineman, i.e. if they have a defensive guard and tackle on the right side of the formation they are not required to have both on the left.*
    - b) Defensive guards and tackles must line head-up in a down position on the offensive guards or tackles. No linemen can line up directly across from the center or in the guard-center gaps. This is for the protection of the center.
    - c) Defensive ends are permitted to line up no more than 1 yard off of the outside shoulder of the furthest most offensive player on the line of scrimmage.
    - d) Defensive linemen (i.e. guards and tackles) must be in a down position (i.e., three or four point stance).
    - e) Defensive players lined up over the offensive guards, must engage the offensive guards prior to advancing towards the 'A' gap. Their first step must be towards the offensive player. The first violation of this rule will result in the player(s) being removed for two (2) plays. A second violation of this rule will result in the player(s) being suspended for the remainder of the scrimmage and the Head Coach suspended for one (1) week.
  - 2) Line Backers
    - a) Must be at least 3 yards off the line of scrimmage and cannot move until the ball has been snapped. This rule also applies to corners and safeties.
    - b) No player can cross the line of scrimmage until the ball has been snapped.
  - 3) Fumbles
    - a) If a fumble occurs on the play (the ball touches the ground), the football will be blown dead.
    - b) Teams are permitted 2 consecutive fumbles without being charged a play. If a fumble occurs on the 3<sup>rd</sup> consecutive play, that play will count towards the official play count.
  - 4) Interceptions
    - a) Interceptions should be played as live, however the offensive team will regain possession of the ball after the play is complete. The 20 yard line becomes the goal line for the intercepting team.
  - 5) Officials and Penalties
    - a) Each program (at their expense) is *strongly encouraged* to provide officials (recommended minimum of one) to oversee the play of the game. If an official is not present, the head coaches of each team will be responsible for enforcement of penalties.
    - b) Officials will place the ball after each play at the 20 yard line..
    - c) Penalties are not considered as plays. Unless otherwise specified in specific rules.
    - d) It is recommended that only play side infractions be considered penalties unless the infractions are flagrant. Players and coaches are to be warned of these backside infractions and instructed to address these issues with the player. 3 or more non-play side infractions will be considered flagrant and appropriate action will be taken in accordance with these

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rules.

- e) Officials/head coaches will warn players who commit flagrant penalties.
  - f) Flagrant penalties will result in a player being removed from the game for two plays. Players who are warned for the second time of flagrant penalties may be removed for the entire series at the discretion of the referee, but will receive the two-play penalty at a minimum. A third warning will require the child's removal from the game.
  - g) Coaches, assistant coaches, parents or other participants that are warned for the second time about unsportsmanlike behavior by an official must be asked to leave the field.
  - h) Refusal of a player, coach, assistant coach, parent or other participant to leave the field will result in the termination of the game.
- 6) Penalties
- a) Off side's
  - b) Holding
  - c) Block in the Back
  - d) Illegal Formation
  - e) Pass Interference
  - f) Unsportsmanlike
  - g) Coaching Violation
  - h) Parent Violation
- 7) Coaching
- a) Only two coaches from each team will be allowed on the field for both offensive and defensive plays. No other coaches or parents are allowed on the field.
  - b) The coaches must remain 10 yards behind their player that is furthest away from the line of scrimmage during each play.
  - c) Coaches must make every attempt to avoid the play in progress. Any coach found to be interfering with a play will be removed from the playing field immediately. Play will not continue until the coach has left the playing field.

### **Section 4.08 Competitive Age Groups (8U thru 14U)**

#### **(a) Offensive Formations**

- (i) The split (distance) between the Offensive Center and the Offensive Guards can be NO MORE than 2 feet in length.

#### **(b) Fumbles**

- (i) Fumbles can be advanced.

#### **(c) Kicking & Punting**

- (i) In the 8U & 9U division, when an offensive team intends to punt, they must declare so before breaking a huddle. Neither team will be allowed to cross the line of scrimmage until the ball has been punted or kicked. The kicker shall not be permitted to advance the ball by moving forward or sideways more than required. The defensive team shall maintain a minimum of four (4) players along the line of scrimmage. If a penalty is assessed against the receiving team on a play, the kicking team will have the option to declare a punt or to run a conventional play. A Point after touchdown kick attempt must be kicked off of a kicking block no LESS than 5 yards behind the line of scrimmage.

#### **(d) Coach and Player Locations**

- (i) The coach must remain between the 25-yard lines while on the sidelines. Exception - Coaches for 8U and 9U are permitted to be on the field as described in the "Age Group Special Rules"

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section for these age groups.

### (e) Coach-Player Conferences

- (i) Coach-Player conference will be allowed on the field during charged time-outs. Two (2) coaches will be allowed on the field.

### (f) Preparing to Snap

- (i) The age groups from 8U through 10U will allow the center to turn the long axis of the ball 90 degrees while preparing to snap. The neutral zone will remain the same as when the ball is made ready for play, thus the defense will have ample time to get set.

### (g) Quarters and Times

- (i) Each game shall consist of four (4) quarters. One player from each team will be allowed to briefly confer with coaches during change of quarters. Three (3) time outs will be permitted during each half, not to exceed 1½ minutes each. Half time is **10 minutes long**. At the four-(4) minute warning to the half and to the end of the regulation game, there will be a thirty (30) second no-charge time out.

<u>DIVISION</u>	<u>TIME OF QUARTERS</u>
8U	10 minute quarters
9U / 10U / 11U	10 minute quarters
12U / 14U	12 minute quarters

### (h) Scoring

- |   |          |
|---|----------|
| (i) Touchdown                           | 6 points |
| (ii) Field Goal                         | 3 points |
| (iii) Extra Point Pass (11U-14U) or Run | 1 point  |
| (iv) Extra Point Pass (8U-10U)          | 2 points |
| (v) Extra Point Kick                    | 2 points |
| (vi) Safety                             | 2 points |

### (i) 18 Point Rule

- (i) This rule applies to Age Groups 8U through 12U ONLY. The 14U Divisions will use the High School "Slaughter Rule" revised to 24 points.
- (ii) At the pre-game weigh-in procedure, the starting backfield names (4 players) will be circled on the Official Game Roster and given to the opposing coach. The circled players MUST play the entire first series of any game unless injured and deemed unfit to participate.
- (iii) Once an 18-point advantage occurs (THIS INCLUDES ALL SCORING – OFFENSIVE, DEFENSIVE AND SPECIAL TEAMS):
  - (iv) On the next Offensive possession, the team ahead by 18 points must make a backfield change. *The Official will call a special time-out and allow the Coaches on the field for player changes to be made in an orderly fashion.*
- (v) The starting backfield (4 circled players) AND any other player who scored a touchdown, will be ineligible to advance the ball, except on an interception or fumble recovery.
- (vi) Failure to comply with the proper changes will result in an automatic 15-yard penalty with the Head Coach receiving a warning. If a second violation occurs, the Head Coach will be ejected and another 15-yard penalty will be assessed.
- (vii) Anytime the 18 Point Rule or Slaughter Rule is in effect, the losing team will be awarded the ball at mid-field after each time the winning team scores (there will be no kick-off) with the exception of the 14U age group.

### (j) Tie Breaker for All Games

- (i) A coin toss is to be utilized to begin the extra period. This will determine who offense on the

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first try is. Ties will be broken in accordance with National Federation High School rules. This involves a five (5) minute rest before extra period begins. Subsequent extra periods are preceded by a three (3) minute rest period. Teams are positioned at the 10 yard line and allocated 4 downs with one (1) time out during this extra period. Both teams are given the opportunity. If a field goal is attempted on one of the downs and is not successful, the remaining downs are forfeited. Ten yard area is same for both teams; they use the same end of field. The loser of the coin toss chooses the end of the field. Penalties may still go back 15 yards. Personal fouls are assessed with half the distance to the goal. Time-outs do not carry over into the extra periods. Turnover is on the first fumble if the opponent recovers.

### **(k) Playoff Tie Breaker Procedures**

- (i) Tie breaker procedure to be used to determine playoff spots, when head-to-head competition does not apply. If there is a three way tie, the UCYFL will conduct an official "Coin Toss" event at which each team involved in the tie can participate. The "Coin Toss" event will be conducted at a central location to be determined by the Executive Board President.
  - 1) Each team involved in the "Coin Toss" event can use a coin of their choice. The coin must have two (2) clearly distinctive sides and the team representative must declare which side is "HEADS" and which is "TAILS"
  - 2) The first coin toss will be to determine the 3<sup>rd</sup> seed. The odd man (coin flip) will be assigned the 3<sup>rd</sup> seed (i.e. 2 heads, 1 tails, tails is third seed and vice versa). All teams involved will flip their coin in unison and display the coin to the League Official monitoring the event. Participant may catch the coin or allow it to hit the floor or table. Participants will continue to flip until an odd man is determined (if all 3 flip the same side).
  - 3) The second flip will be for determining the 1<sup>st</sup> and second seeds. The first team to flip "HEADS" wins the 1<sup>st</sup> seed. If both teams flip "HEADS" or "TAILS", both teams will re-flip until one "HEADS" and the other flips "TAILS".

## **Section 4.09 Age Group Special Rules**

### **(a) 8U Age Division**

- (i) Defensive Formations
  - 1) 6U/7U defensive alignment rules apply.
  - 2) No Nose Guards or shooting the A GAP.
  - 3) Goal line defense permitted between the five (5) yard line (including the five (5) yard line) and the goal line. Defense can play anywhere. Nose Guards ARE permitted.
  - 4) No more than six (6) players are allowed on the defensive line of scrimmage. All other players must be at least three (3) yards back at the snap (linebackers, corners, safety's, etc.).
- (ii) Penalties
  - 1) 15 yards reduced to 10 yards. Five-yard penalties remain the same.
- (iii) Coaching
  - 1) Two coaches will be allowed on the field for both defensive and offensive teams. The coaches on field must be at least 10 yards behind the rearmost players on their team when they are at the line of scrimmage. Coaches can go into the huddle with their players.
- (iv) Extra Point
  - 1) Run = 1; Kick or pass = 2

### **(b) 9U Age Division**

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- (i) Coaching
- 1) One coach will be allowed on the field for both defensive and offensive teams. The coach on field must be at least 10 yards behind the rearmost players on their team when they are at the line of scrimmage. The Coach can go into the huddle with their players.

### Article V.

#### Area Colors

<b>Aberdeen</b> .....	Orange, White and Black
<b>Bel Air</b> .....	Red, White, Black, and Gold
<b>Cecil County</b> .....	Black, Teal and Gold
<b>Edgewood</b> .....	Black, Gold and White
<b>Emmorton</b> .....	White, Scarlet, Pewter and Black
<b>Fallston</b> .....	Navy Blue, Orange and White
<b>Havre de Grace</b> .....	Maroon and Gold
<b>Hereford</b> .....	Maroon and Gold
<b>Jarrettsville</b> .....	Green and Gold
<b>Joppatowne</b> .....	Teal, Black and Green
<b>Perry Hall</b> .....	Blue and Gold
<b>North Harford</b> .....	Green, White and Black

### Article VI.

#### Weight Chart

The UCYFL Executive Board will publish a league weight chart each season that depicts the allowable weights for each age group and the appropriate classifications for each. The League weight chart is to be published to the Leagues website and disseminated to each program after the March Board of Governors meeting.