

# **UPPER CHESAPEAKE YOUTH FOOTBALL LEAGUE**

## **RULES AND INTERPRETATIONS**

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**Version 4  
March 27, 2016**

# League Rules 2016

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THE RULES AND INTERPRETATIONS PUBLISHED HEREIN ARE EFFECTIVE JANUARY 1, 2010 AND REMAIN IN EFFECT EXCEPT AS SUPERSEDED BY ANY RULE CHANGES OR INTERPRETATIONS ENACTED BY THE UPPER CHESAPEAKE YOUTH FOOTBALL LEAGUE (UCYFL) BOARD OF DIRECTORS OR BY SUBSEQUENT EDITIONS OR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

02/02/2016	Weights, language & punt rule	Posted 03/17/2016	Hagley
03/01/2016	Recruitment rule	Posted 03/17/2016	Hagley

## Upper Chesapeake Youth Football League Rules and Interpretations

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**Article I. Foundation**

**Section 1.01 Program Foundation**

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

**Section 1.02 Jurisdiction**

- (a) The UCYFL is empowered to organize leagues, tournaments, competition, and championship events in various age and weight classes for the participating membership.

**Section 1.03 Mission Statement**

- (a) The UCYFL 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 UCYFL 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 his/her program.

**Section 2.02 No Cut Clause**

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

**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.

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### **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 Recreational Council provides its own guidelines and insurance requirements, therefore, it has been determined insurance is the responsibility of the individual program and/or local 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 UCYFL Seasons**

- (a) The UCYFL will recognize three (3) seasons in the calendar year.
  - (1) Preseason: The Preseason period begins on August 1<sup>st</sup> or the Monday of the week August 1<sup>st</sup> falls in., (whichever is earlier) and continues until the first game of the regular season.
  - (2) Season: The Season is the period between the first regular season game and the completion of the last UCYFL championship game.
  - (3) Offseason: The Offseason period begins at the end of the last UCYFL championship game and continues until the official Preseason start date. (See above)
- (b) There are no restrictions on practice or team activities during the Offseason period.
- (c) Preseason and Postseason games are permitted.

### **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 UCYFL 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, but play time may be reduced at the coach's discretion.

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

- (a) Clinic Teams (6U thru 7U)
  - (i) Prior to the first day of school, practices are limited to six (6) hours per week (Monday thru Sunday). Once school starts, 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 the first day of school, practices should not extend more than 2.5 hours per practice and no more than 6 days in any given week. Once school starts, practices are limited to six (6) hours a week, including team meetings, but not including games.

### **Section 2.10 Rosters**

- (a) Roster Entry Date
  - (i) Official team rosters must be uploaded no later than one (1) week before the first regularly scheduled game and all Tackle-to-Tackle players must be identified. All changes to the official team roster after submission must be approved by the VP of Rules. Official team rosters will be exchanged at weigh- in before games to be played. ALL ROSTERS ARE TO BE GENERATED VIA THE LEAGUES ROSTER MANAGEMENT SYSTEM.
  - (ii) No new teams will be accepted after official roster due date.

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- (b) You must have a minimum of fifteen (15) players on a roster to start the season on a given team.

### **Section 2.11 Player Eligibility**

- (a) Multiple Leagues
  - (i) Any player in the UCYFL 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 1<sup>st</sup> of the current season.
- (e) High School Students
  - (i) High School students are not permitted to participate in the UCYFL.
- (f) Player Weigh Ins
  - (i) All participants in age groups 6U thru 8U are required to participate in an official weigh in and make weight at least once by the third (3rd) game of the season. Any player not making weight by the third (3rd) game must be removed from the official roster and will not be permitted to participate as member of any team for the remainder of that season. The opposing Program Chairman/President is responsible for reporting the Name, Jersey Number, Team, and Program to the Division Commissioner immediately following the conclusion of their game for any player not making weight for any UCYFL official game. **(February 2, 2016)**
- (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.
    - 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 one (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.

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### (h) Identification

- (i) League Identification- The program Chairman/President is responsible for DOB verification, ensuring a clear identifiable picture is loaded into the Leagues ID database 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) 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 program chairperson, the chairperson will submit to the Division Commissioner, and the Division Commissioner will submit to the VP of Rules.
- (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 VP of Rules and Rules Committee.
- (iii) Challenged programs have five (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 Executives 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 in any UCYFL scrimmage, game or event for a period of one (1) year starting from the first date of the infraction.
- (vi) No eligibility challenges 14 days after Championship

### (j) 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 - National Operating Committee on Standards for Athletic Equipment, (NOCSEA) approved and 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 helmet 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).



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### (k) 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 defense. Down Lineman is defined as being in a 2, 3, or 4 point stance. 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 in ages 6U thru 8U. **(February 2, 2016)**

### **Section 2.12 Recruiting**

Purpose: To maintain in good faith, order amongst programs when a coach and players decide to change programs.

- (a) Active recruitment of players or coaches from another program's current or previous year's roster is prohibited.
- (b) Recruitment is are defined as:
  - 1. Telephone calls, personal home visits or meetings with the individual player, coach or family member to discuss the benefits of joining your program.
  - 2. Emails or letters to the individual player, coach or family member to discuss the benefits of joining your program.
  - 3. Giving unsolicited cards or contact information to individual players, coaches or family members to discuss the benefits of joining your program.
  - 4. Extending targeted invitation via email, mail or personal handout to a player, coach or family member for a program's sponsor event at which the benefits of joining your program will be discussed or promoted.
  - 5. When a former coach leaves a program, the coach may send an email to their former players and former chair informing them that they will not return to the program. The coach can not mention the new organization they are coaching for with his/her former players.
- (c) If a coach leaves a program under any conditions other than in good standing, then that coach will not be allowed to coach in any capacity for a period of one (1) year. The coach may appeal this to the UCYFL Executive Board and the program stating member is not in good standing must provide proof as to why member is not in good standing and the Executive Board will make a final ruling if the coach can or cannot coach.
- (d) Violations will be subject to disciplinary actions defined by the Executive Board, and could result in suspension, game forfeiture, playoff ineligibility and expulsion for all involved parties. **(March 1, 2016)**

## Article III.

## Program Requirements

### **Section 301 Scheduled Game Time Change Procedure**

- (a) The UCYFL 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".

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### **Section 3.02 Game Cancellation Procedure**

- (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 7:00a.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. For age groups 8U thru 14U there will be 3 officials per game. Need at least 2 to start and play a game. **(June 2, 2015)**

### **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) 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 will be fined the cost of the officials, to be given to the area that paid for the officials for the game forfeited.

### **Section 3.05 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.

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- (b) The Division Commissioner and Vice President of Rules will investigate the reported violation/issue and make the determination if a UCYFL Rule, Bylaw or Code of Conduct infraction took place and report their findings to the Executive Board President.
- (c) The Vice President of Rules will issue the appropriate punishment in accordance with the Rules Infraction Matrix. For issues not addressed under the Rules Infraction Matrix, the incident will be submitted to the Executive Board Committee for disciplinary action.
- (d) Within three (3) days of receiving official notification of the Vice President of Rules findings and disciplinary action, Individuals may request that the Executive Board conduct an official review of the findings and disciplinary action issued. The Executive Board will have two (2) weeks from the official request to review and issue their response. All decisions on problem resolution by the Executive Board is final.

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 UCYFL 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 of the current game.

**Section 4.03 Football Sizes**

8U Age Group .....	K-2 or RR5T and Nike K, UA Pee Wee
9U Age Group .....	K-2 or RR5T and Nike K, UA Pee Wee
10U Age Group .....	TDJ, RR5Y, FX 500 JR or FX 150, Nike J, UA Junior
11U Age Group .....	TDJ, RR5Y, FX 500 JR or FX 150, Nike J, UA Junior
12U Age Group .....	TDY, RR51, FX 500 Y or FX 250, Nike Y, UA Youth
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 age groups 6U thru 8U are required to weigh in prior to the start of the first game with a complete set of required equipment, excluding helmet and shoulder pads.
- (b) Weigh-in Events will be officiated by the UCYFL Executive Board and scheduled for each program prior to the first official game.
- (c) 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.
- (d) Each team is required to do a equipment check of the opposing team prior to the start of the game.

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- (e) All Tackle-to-Tackles must present their helmet to identify Tackle-to-Tackle decal, be identified, and tap cup.
- (f) Equipment and roster checks must be started 30 minutes before the scheduled start of the game time. **(February 2, 2016)**

### **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:
    - 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 overweight).
    - 3) If the scale 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-COMPETITIVE, 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. After the final regular scheduled game has been played, clinic teams may participate in other events.
- (b) Football sizes
  - (i) The size of the football must be K-2, RR5T, Nike K or 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, stopwatch 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.

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### (ii) 6U Age Group

- 1) 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. **(February 2, 2016)**

### (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. **(February 2, 2016)**

## (f) Player Weights

### (i) 6U/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 player's helmets.

## (g) Field Specifications

- (i) The dimensions of the 6U Age Group field will be 20 yards of play area by 35 yards wide to (i.e. near side line to far hash mark), as field conditions/availability dictate. The dimensions of the 7U Age Group field will be 40 yards of play area by 40 yards wide to (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.
- d) The ball starts on the 40-yard line and will progressively move towards the end (goal) line.

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### (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.
  
- b) Direct snap and "shot gun" formations are not permitted.
  
- c) 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.
  
- d) Seven (7) players must be on the line of scrimmage prior to the snap of the ball.
  
- e) 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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f) Unbalance formations are permitted.

### (v) Defensive Formations

#### 1) Defensive Linemen

There must be at least four (4) and no more than six (6) defensive linemen, meaning 4, 5, or 6 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.*

- a) 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.
- b) 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.
- c) Defensive linemen (i.e. guards and tackles) must be in a down position (i.e., three or four point stance).
- d) 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 3rd 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 at the 6U age group and the 40-yard line becomes the goal line for the 7U age group.

#### 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 on the 20-yard line.
- c) Penalties are not considered as plays unless otherwise specified in the rules.

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- 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. Three (3) or more non-play side infractions will be considered flagrant and appropriate action will be taken in accordance with these 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 (2) plays. Players who are warned for a 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 Conduct
  - 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 & 14U Age Groups)**

- (a) Offensive Formations
  - (i) The split (distance) between the Offensive Center and the Offensive Guards can be NO MORE than two (2) feet in length.
- (b) Fumbles
  - (i) Fumbles can be advanced.



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(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 five (5) yards behind the line of scrimmage. They also have the option to have the official walk off 20 yards and declare a first down for the opposing team, instead of punting. Exception to rule if ball is inside opponents 30 yard line, the official will only walk off half the distance to the goal line. **(February 2, 2016)**

(d) Coach and Player Locations

- (i) The coach must remain between the 25-yard lines. Exception - Coaches for 8U and 9U are permitted to be on the field as described in the "Age Group Special Rules" 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 1<sup>1/2</sup> minutes each. Half time is 10 minutes long and the clock is a non-running clock. 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.

**DIVISION**

**TIME OF QUARTERS**

6U .....	12 plays per quarter
7U .....	16 plays per quarter
8U/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 (10U-14U) or Run..... 1 point
- (iv) Extra Point Pass (8U-9U)..... 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.

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- (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 kic-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 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 four (4) downs with one (1) time out during this extra period. Both teams are given the opportunity for offensive possession. 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 1st and second seeds. The first team to flip "HEADS" wins the 1st seed. If both teams flip "HEADS" or "TAILS", both teams will re-flip until on "HEADS" and the other flips "TAILS".

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

- a) 8U Age Division

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- (i) Time
    - 1) A game will consist of four (4) quarters.
  - (ii) 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.).
  - (iii) Penalties
    - 1) 15 yards reduced to 10 yards. Five-yard penalties remain the same.
  - (iv) 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.
    - 2) All coaches, assist coaches must sign a consent form stating they have read the rules for their program, the league, and Maryland High School rules.
  - (v) Football Field
    - 1) 100-yard length
  - (vi) Extra Point
    - 1) Run = 1; Kick or pass = 2
- b) 9U Age Division
- (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.

### **Section 4.10 Infraction Matrix**

Team roster isn't typed on game day:

*First Infraction – Game official to remove coach from game and team forfeits game/1 game suspension for coach, Second Infraction – Game official to remove coach from game and team forfeits game /2 game suspension for coach, Third Infraction – Coach removed from program/Program chair to meet with Rules Committee to discuss resolution.*

Backfield isn't circled on roster (Game officials will make note of backfield):

*First Infraction - written warning, Second Infraction - written warning/ 1 game suspension for coach, Third Infraction - Coach 2 game suspension/Program chair for team must inform Rules Committee what is being done to correct.*

Coach continues to use same backfield after 18 points are scored/ or anyone from same backfield:

*First Infraction - issue to be reported to Program Chairman for investigation and ruling. (Program Chairman will inform Rules Committee of the ruling)/ Game officials to penalize coach/team with un-sportsman like conduct, Second Infraction - Coach 2 game suspension, issue to be reported to Program Chairman for investigation and ruling. (Program Chairman will inform Rules Committee of the ruling)/ Game officials to penalize coach/team with un-sportsman like conduct. Third Infraction - Coach is removed and must appear before Board of Executives before allowed back.*

## Upper Chesapeake Youth Football League Rules and Interpretations

Team roster information isn't accurate:

*First Infraction - Issue to be reported to Program Chairman for ruling. (Program Chairman will inform Rules Committee of the ruling), Second Infraction - Coach 2 game suspension/ Team forfeits right to host 1 round of play-off game, Third Infraction - Coach is removed and must appear before Board of Executives before allowed back/Team forfeits right to host 2 rounds of play-off games.*

Missing/no pictures on team roster. (If experiencing a technical difficulty, Issue must be submitted in writing to Program Chairman and VP of Rules):

*First Infraction - written warning/ team gets three days to update information, Second Infraction – Team forfeits the right to host 1 round of play-off game/ Program chair notified and must up rules committee of the outcome. Third Infraction Team forfeits the right to host 2 rounds of play-off games/ Program chair to meet with VP of Rules.*

Team has no roster at all:

*First Infraction - team will forfeit game and Coach will be given a written warning. Issue reported to Program Chairman for immediate resolution. Second Infraction - team will forfeit game and Coach/Program chair will need to meet with Rules Committee to discuss if Coach is allowed to return and what is being done to correct issue. Any further issues and Coach and team forfeit all remaining games and all rights to host play-off games.*

Player who hasn't made weight for three consecutive weeks is still listed on the team roster:

*First Infraction - written warning to Coach/1 game suspension for coach, player is removed from game, Second Infraction - written warning and 2 game suspension for Coach, player is removed from game. Third Infraction –*

*Coach is removed from league, all games are forfeited. (All previously played games are then forfeited).*

Verbal argument between players/ teammates occur:

*Referees and Coaches handle breaking up any physical or verbal altercations during games. Program Chairman handles first level of investigation and ruling for issues that take place during team practice. Rule Committee handles any additional inquiries or ruling.*

Physical fight occurs between players:

*Referees and Coaches handle breaking up any physical or verbal altercations during games. Program Chairman handles first level of investigation and ruling for issues that take place during team practice. Rule Committee handles any additional inquiries or ruling.*

Verbal or physical fight between opposing Coaches occurs:

*Referees handle breaking up any physical or verbal altercations during game. Rules Committee will investigate and report findings to Board of Governors for ruling.*

Verbal or physical fight occurs between Coaches and parents during a game or practice:

*Referees and Coaches handle breaking up any physical or verbal altercations during game. During practice, in the event of a Coach being involved in the altercation the Program Chairman handles first level of investigation and ruling. Rule Committee handles any additional inquiries or ruling.*

Team lies about a child's age or weight:

*This will be taken care of in registration with the submission of birth certificates and therefore is an issue for the Program chair.*

Child does not play enough plays in a game:

*This is an issue for the Program Chairman.*

Child misses excessive amounts of practice and games:

*Refer to the Rule Book. **"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."*

Process for a parent to complain about the Coach:

*If any parent or player has an issue with any of the Coaching staff they are to refer the issue to the Division Commissioner and your Program Chairman.*

Process for a Coach to complain about a parent:

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*If any Coach has an issue with a parent it should be taken to the Division Commissioner and your Program Chairman.*

Child is wearing the wrong jersey or the jersey of another active player:

*Every effort must be made to insure each child has a different number from the rest of the team. If a mistake was made and two children on same team share same number it must be reported to Division Commissioner and your Program Chairman before a regular scheduled game. If issue continues the Rules Committee will investigate.*

Coach swears in front of the children/players during game or practice:

*This issue is handled by game officials, also reported to program chair for investigation and ruling.*

Child uses foul language:

*It is up to the Coaching staff to help the children understand how to avoid using foul language. Program Chair handles any further investigation and ruling.*

Parent with a team swears during a game or practice:

*In a game or practice the Coach will first ask parent to reframe from using bad language. If continues then Program Chairman will speak with the parent and if it continues they will be ask to leave. If issue continues with same parent the program chair and Rules Committee will investigate and issue ruling.*

Team has too many people on sideline with them:

*Refer to Rule Book "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.*

*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.*

Child is playing but did not weigh in at the beginning of the game:

*First infraction 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.*

Child doesn't make weight but Coach allows them to play (Without notifying the other teams Coach):

*First Infraction – Coach and child is removed from game immediately and team is given an unsportsmanlike penalty (15yards).*

Child is listed on more than one teams roster:

*First Infraction - written warning/ team gets three days to update information, Second Infraction – Team forfeits the right to host 1 round of play-off game/ Program chair notified and must up rules committee of the outcome. Third*

*Infraction Team forfeits the right to host 2 rounds of play-off games/ Program chair to meet with VP of Rules.*

*If a player or Head coach, Assistant coach, team mom, or other team participant gets ejected from a game he/she will be required to sit out from the next scheduled game as well. This includes practices leading up to the next scheduled game*

**Headsets are allowed. Whenever a team who makes use of headsets is playing a home game they must offer to provide a set to the visiting team for game usage. No one using communications device is allowed in opposing teams end zone. Users of the communications device are allowed in the coaches box and the press box ONLY.**

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**Article V.**

**Area Colors**

<b>Aberdeen</b> .....	Orange, White, Black
<b>Bel Air</b> .....	Red, White, Black, Gold
<b>Cecil County</b> .....	Black, Gold
<b>Cockeysville</b> .....	Blue, Gold
<b>Conowingo</b> .....	Blue, Orange
<b>Edgewood</b> .....	Black, Gold, White
<b>Edgemere</b> .....	Black, Red
<b>Emmorton</b> .....	White, Scarlet, Pewter, Black
<b>Fallston</b> .....	Blue, Orange, White
<b>Havre de Grace</b> .....	Maroon, Gold
<b>Hereford</b> .....	Maroon, Gold
<b>Jarrettsville</b> .....	Purple, Black, White
<b>Joppatowne</b> .....	Blue, Neon Green, White
<b>LTRC</b> .....	Blue, Gold, White
<b>North Harford</b> .....	Green, White, Black
<b>Perry Hall</b> .....	Blue, White, Gold
<b>Stembridge</b> .....	Blue, White
<b>Towson</b> .....	Maroon, White

**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. Ages 9U thru 14U are classified as unlimited weight. **(02/02/2016)**