

Section E: Blocking

7-E.1 Blocking below the waist will coincide with NFHS rules in an effort to teach the players how they will be blocking once they start High School Football the proper way.

7-E.2 **FOR THE 8U, 9U, AND 10U DIVISIONS ONLY:** Blocking below the waist is prohibited at all times on all areas of the field. This is to protect all players on the field at all times.

Rule 8 – Length of Game, Substitutions, and Miscellaneous Rules

8.1 **All DIVISIONS:** The game shall consist of four ten minute quarters. NFHS rules regarding the stopping of the clock will apply throughout the game.

8.2 There will be a one minute intermission between the first and second quarter, as well as, the third and fourth quarter.

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

8.4 Each half of the game will be started by a kickoff. The Game Officials, in the presence of both teams' field captains, will toss a coin to determine possession at the start of the game. The visiting team will call "heads" or "tails." The winning team must select to kick, receive, or defer.

8.5 No team may have more than four captains and only one player shall be designated as the team spokesperson.

Rule 9 – Substitutions

9.1 Players can be substituted only on a dead ball.

9.2 Substituted players must leave the field at the sideline in which his or her team occupies.

Rule 10 – Kickoffs and Punts

- 10.1 Kickoffs to start the first or third quarter and after a touchdown will take place from the forty yard line.
- 10.2 Free kicks after a safety will take place from the twenty yard line.
- 10.3 Rushing the punter is legal in the 11U, 12U, and 14U Divisions. Teams in the 8U, 9U, and 10U Divisions cannot rush the punter and everyone must be set until the ball is kicked.
- 10.4 Onside kicks are allowed in all divisions.

Rule 11 – Timeouts

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

Rule 12 – Extra Points/Field Goals

- 12.1 **FOR 8U, 9U, AND 10U DIVISIONS ONLY:** Kicking of Field Goals and Extra Points is allowed. The kick is declared and therefore will have no rush from the defense. Defenders are allowed to remain behind the line of scrimmage and attempt to block the kick without crossing the line. A normal play clock will be in effect for any kick in this division. Furthermore, the kick must take place with 10 seconds of the holder placing the ball down for the kicker. If the ball is not kicked within this time, a 5 yard delay of game penalty will be called. Kicked Field Goals will be worth 3 points. Kicked Extra points will be snapped from the 5 yard line and worth 2 points.
- 12.2 **FOR 11U, 12U, AND 14U DIVISIONS ONLY:** Kicking of Field Goals and Extra Points are allowed. Teams are allowed to rush and block per NFHS rules. NFHS rules apply to PAT's. Teams can elect to kick the PAT for 2 points snapped from 5 yard line. If a PAT attempt is faked, the offensive team can still convert the PAT with a score worth 1 point. Field Goals are worth 3 points.
- 12.3 **ALL DIVISIONS:** Extra points can also be attempted in the following forms:
 - 1 POINT PAT TRY:** Any scoring play from the 5 yard line.
 - 2 POINT PAT TRY:** Any scoring play from the 10 yard line.

Rule 13 – Play Clock

- 13.1 The offense is given thirty seconds from the spotting of the ball to the time they must snap the ball to begin the next play.

Rule 14 – Interceptions and Fumbles

- 14.1 Interceptions and fumbles are live in all divisions.

- 14.2 If anything other than a hand or foot of the ball carrier touches the ground the player is down, whether touched by a player or not.

Rule 15 – Line-up Formations

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

Rule 16 – Disciplinary Issues

- 16.1 Any issues with a coach, parent, staff, contractor, or league policy must be made to the league coordinator in writing.
- 16.2 All participants, parents, guardians, and coaches are required to abide by the league's code of ethics contained in this packet. Any violation of the codes of conduct may result in suspension or removal from the league.
- 16.3 The league coordinators will review all written issues and determine resolution.
- 16.4 The league will have final judgment in all rulings. NYS has the authority to suspend or permanently remove any individual to uphold the mission and focus of NYS.
- 16.5 Field Coordinators are an extension of the Coordinator and their decisions will be treated with the same respect as the Coordinator.
- 16.6 Field coordinators have the ability to issue a penalty on teams for unsportsmanlike conduct of parents and coaches who do not comply with league and site rules.

Automatic Disqualifications:

- Fighting whether it is a player or spectator
- Striking, kicking, or kneeling any player or spectator
- Intentional contact with a game official
- Two un-sportsmanlike fouls by a player or spectator (Referee may eject a player, coach, and spectator for one unsportsmanlike conduct depending on severity of action).
- Any other act that is unruly, rough, and/or flagrant
- A spectator violating the parent line or cautioned parent area.

NATIONAL YOUTH SPORTS
PLAYER'S CODE OF CONDUCT

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

I will not use drugs, tobacco, or alcohol at any National Youth Sports practices or games and will remind other parents not to do so. **ANY USE WILL RESULT IN AN EJECTION FROM THE FACILITY AND MAY FORCE THE LEAGUE TO REMOVE THE PLAYER FROM THE LEAGUE.**

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

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

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

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

DISCIPLINARY PROCEDURES AND PENALTIES

1. **The players, head coach, and assistant coaches can be in the coach's box on the sidelines. The coach's box is between the twenty-five yard lines. These individuals must have proper identification to be on the playing side of the parent line. Failure to comply with this rule will result in a fifteen-yard unsportsmanlike conduct. All other parents, friends, and/or relatives must stay in the designated area, even if you are filming. Ladders are prohibited at each site to protect the children, fans, and staff.**
2. **Profanity and arguing with any game official, NYS staff, or opposing parent/coach is not allowed, ZERO TOLERANCE. This will be strictly enforced. Failure to comply will be handled as follows:**

Coach will be ejected from the game and suspended by the league for up to three games. Coaches can only be reinstated at the league coordinator's discretion.

Parent(s)/Guardian(s) will be ejected from the game and suspended for the following week's game. If the problem persists then the child of the parent/guardian may be suspended for one game.

Players will be ejected from the game and suspended for the following week's game. If the problem persists then the child may be suspended for the season and banned from future participation in the league. All Suspensions remain at the discretion of the league commissioner.

3. **In addition, any individual who is ejected from a game for any reason is subject to banishment from the league. NO REFUNDS WILL BE GIVEN FOR THOSE IN VIOLATION.**
4. **NYS considers the code of conduct sheet enclosed in this packet as the first warning to all individuals participating in the league.**
5. **Any parents found engaging in verbal or physical violence with other parents, coaches, referees, or NYS staff will be suspended indefinitely from the league.**
6. **Any player, coach, or parent that is ejected from a game is automatically suspended for the next game played by their team. This suspension is mandatory and cannot be reduced or removed, though it can be lengthened at league discretion.**
7. **There is no smoking, smokeless tobacco, or alcohol of any kind permitted at any NYS Field. Any parent breaking this rule will automatically be ejected from the league.**