



2009

HIGH POINT YOUTH FOOTBALL

High Point Parks & Recreation



Department

RULES & REGULATIONS FOR FOOTBALL PLAYERS

Important Dates

September 12 (Saturday) Season begins
 September (TBD) Picture Day – Team, Individual Players and Cheerleaders
 (Date to be announced)

Points of Emphasis for 2009

1. **Player Safety** No issue in football is of greater importance than the safety of our players; none is more worthy of the attention of coaches, officials, players, and administrators. The young people who enjoy the game deserve our wholehearted commitment to their safety.
(Bull in the rings are prohibited)
2. **Blocking/Tackling** It is the responsibility of every coach to abide by rules on blocking and tackling. In addition to other specific prohibitions by the NFHS rule book, no chop blocking, face tackling or spearing techniques shall be permitted. If such techniques or any others forbidden by the NFHS rulebook are taught by coaches, said coaches shall be dismissed from the league, upon being found guilty following a hearing.
3. **Hot Weather** Teams must guard against serious heat problems. The training regimens of any team practicing under high heat and humidity conditions must: Limit or eliminate laps entirely. Do not assign laps for disciplinary reasons. Schedule practices for early evening, after the sun is low. Give the players all the water they want to drink any time they want it. Do not substitute soft drinks for water. Drinks with electrolytes are permissible. Each coach must keep an eye on all players and his fellow coaches for the slightest sign of heat exhaustion or fatigue. A 15-minute break is mandatory in middle of each practice, not to be counted against practice.
Breaks must be given every 15 - 20 minutes NO EXCEPTIONS.
4. **Sportsmanship** It is imperative that we recognize the responsibility of teaching basic values and the concept of success. The coach must take a leadership role in showing respect, maintaining proper conduct before, during, and after the contest; and assuring common courtesy and honesty when and if a problem arises. Since the coach is the most influential person on the field, his behavior will be reflected in the conduct of many others.
5. **Player Weights and Weigh-ins**
 --All players must be weighed by the Parks & Recreation Department. The Athletic Director will confirm the weight of each player prior to his first game.
 --All weigh-ins will be held according to schedule or as designated by the High Point Parks & Recreation Department. Weigh-ins are generally performed at practice sites or 136 Northpoint Avenue (Parks & Recreation Administrative office). No weigh-ins will take place the day of a game.
 Minimum weight - 55 lbs. Ages 7 - 9
 Maximum weight - 110 lbs. Ages 7 - 9
 Minimum weight - 75 lbs. Ages 10 - 12
 Maximum weight - 140 lbs. Ages 10 - 12
 --If a boy exceeds the maximum weight or fails to make minimum weight, he will not be allowed to dress out or play in that week's game.

I. PLAYER ELIGIBILITY

- A. To be eligible, players cannot turn 13 years old prior to October 16, 2009, and must be 7 years old on or before July 31, 2009.

Mighty-Mites only Ages 7-9 will be given a half pound scale allowance. There will be no scale allowances for the Mites division ages 10 -12.

Any player, who is deemed over weight by the scale, may not dress out during the game. Player may wear game jersey only and stand on the sideline. (This includes warm-ups on game days.) If the player has not made weight or has not played in a game by the 3rd game of the season, then they are deemed ineligible for the season and may not play. The Parks & Recreation Department reserves the right to weigh any player(s) that are in question. In addition, any player who is within 3 pounds of the weight limit (has weighed in at 107 for Mighty Mites or 137 for Mites) will be required to weigh-in as required by the Parks & Recreation Department. Those players must be within the above listed weight-range to participate in games. Any coach that violates the will and intention of this rule will be subject to suspension from the league.

Mighty Mite Division only: Players who are 10 years old but under 80 pounds will be allowed to play older but lighter. They cannot turn 11 prior to October 16, 2009.

Mites Division only: Any player that is 125.5 pounds and not above the 140 pound weight limit will be required to play on both the offensive and defensive line. (Tackle to Tackle head up to inside alignment) These player's helmets will bear a special identification mark.

C. Ball Handling for Weight Limited Players

Participants who are restricted to line positions due to weight limits can handle the football during the game on unintentional fumbles, pass interceptions, if the ball is kicked to them, and when centering the ball to start play. They may NOT be used as ball carriers, and must be within ten yards of their line of scrimmage on kick return, Striped players may not be used as punters or field goal kickers, which includes P.A.T'S.

D. Designating Stripe Players

Stripe tape for helmets will be issued by the Parks & Recreation Department to be placed on the helmets of participants who exceed the ball carrier weight. There shall be a strip that extends from the front to the back of each striped player's helmet. It is the responsibility of the coaching staff to make sure that the stripes remain on the helmets at all times. A striped player without this identification will not be allowed to play until they are placed on the helmet. This includes all football games. A coach that intentionally plays a striped player without the designated stripe on their helmet will be subject to disciplinary action by the High Point Parks & Recreation Department, which may result in dismissal from the league.

NOTE:

The first weigh-in of the season will determine the player's playing weight for the season. Once a player has been striped, he/she shall remain striped. Any player who misses the mandatory weigh date will automatically become striped players regardless of weight. Player must have an excused absentee to void being automatically striped. In this case prior notification must be given to the Parks & Recreation Athletic Director. Mandatory League weigh in will be held the 2nd week of practice on a Thursday or a later date as deemed necessary. Each child will only be given 2 opportunities to stand upon the scales for weight verification on this date. The coaches' participation in the league weigh-in is mandatory.

- E. A candidate cannot begin practice with a team until he/she has "registered."
F. To register, the candidate must have completed and signed all registration information, accompanied with a copy of their original birth certificate and registration fees.
G. New players must play for the team within their respective geographical districts. No special accommodations will be given for player's placement outside of siblings playing on the same team. Parks & Recreation reserves the right to assign new players to a team outside their district. Proof residency may be required as requested by the High Point Parks & Recreation department
H. Returning players must remain with the same team, provided they are within the correct geographical district. A returning player, not residing within the proper district, shall be allowed to have a choice to either remain with the same team or to try out with the team representing the district in which he lives.
I. The Head Coach only may have his son(s) play on his team regardless of district lines.

- J. Brothers of players who are currently a member of a team may cross district boundaries and play on the same team as his brother. (Birth mother/father on birth certificates only will be used to satisfy this rule.)
- K. **Mighty Mite Division – players will be assigned to teams within their respective geographical districts. No special accommodations will be given for player’s placement outside of siblings playing on the same team.** Parks & Recreation reserves the right to assign new players to a team outside their district.
- L. **Mighty Mite Division – Head Coach only can have birth child placed on their team. No consideration will be given to half/step children. Original birth certificates only will be used to satisfy this situation.**
- M. Each player must have a signed Parental or Legal Guardian Permission Form. Insurance is mandatory and will be included in the participation fee.
- N. Physical Health Verification: It is the parent’s responsibility to see that their child is in sound physical condition. It is highly recommended that a player have a thorough physical examination prior to participating in the program.
- O. If a team is found guilty of using an ineligible player at any time during the season, the Head Coach may be suspended from the next scheduled game. **All coaches must follow up on all players’ age and eligibility.**
- P. Forfeiture of all games in which the ineligible player was a member of the team shall be the penalty applied to the team involved. (No exceptions)
- Q. A coaching staff cannot exceed six (6). There is no longer a position for a business manager. One of the 6 coaches should be utilized to help the head coach as he/she deems necessary. Each coach must be listed separately on the team roster. Only these six approved coaches will be allowed to coach from the team box during a scheduled game.
- R. **The Head Coach of each team is totally responsible for seeing that all players meet the eligibility requirements. This includes the boy playing within the correct district, having a legal and correct birth certificate, having a Permission Form signed by the parent, and meeting all weight requirements listed above. Coaches shall not permit or encourage “sweating down” tactics in order for a player to make weight.**
- S. **The Head Coach is responsible for all football equipment loaned to his team.**
- T. Profanity from either coaches or players will not be tolerated, and will be removed from the game and possibly from the league.
- U. At no time is any coach to physically jerk a player by the body, equipment or face mask even if said player is the son or daughter of said coach.

III. TEAM COMPOSITION

- A. Each team may have a maximum of 25 active players on the team roster.
- B. **There is no longer an Inactive status.**

IV. PRACTICE GUIDELINES

To prevent possible bending of the rules and as a protection for children, practices are defined as a gathering of players, without minimum number, in the presence of at least one (1) coach, where one or more of the following activities take place:

- A. **Chalk talk/skull session**
- B. **Viewing of fundamentals film**
- C. **Group conditioning**
- D. **Individual skills sessions (QB, receiving, blocking, tackling, kicking, etc.)**
- E. **Group skills sessions**
- F. **Dummies and other inanimate contact**
- G. **Play run through without pads (shorts & T-shirt)**
- H. **Play run through with equipment, but without contact**
- I. **Intra-squad scrimmages with full pads and equipment**

- 1. July 27, 2009 – practice starting date.
- 2. The first 6 days of practice shall be used solely for physical conditioning.
- 3. **All practices must end by 8:00pm - NO EXCEPTIONS.**
- 4. No physical contact is allowed until after the first 6 days of practice.
- 5. All players must wear all required protective equipment during contact drills.
- 6. Restrictions:
 - A. One (1) practice session per day
 - B. Two (2) hours maximum per practice session
 - C. No more than four (4) days a week until season or school starts which ever comes first.
Days of the week shall be: Monday, Tuesday, Wednesday, Thursday
 - D. No more than three (3) days a week after season starts. Wednesdays shall be utilized for rain make up days if a Monday or Tuesday practice is rained out.
Example: (Mon, Tu, Thur)

Days of the week shall be: Monday, Tuesday & Thursday

No Saturday or Sunday Practices. Wednesday practices may only be held as outlined above.

Any coach who fails to follow practice guidelines may subject to suspension.

E. No unsupervised practices allowed

F. **At least two (2) coaches must be present at each practice**

7. A boy must attend a minimum of 6 practices with pads before being eligible to participate in a game.
8. Violation of the Practice Guidelines will result in disciplinary action by the Parks & Recreation Department.
9. **WHEN FIELDS ARE CLOSED DUE TO INCLEMENT WEATHER AND POOR FIELD CONDITIONS, PRACTICES MUST BE CANCELLED. NO EXCPETIONS!!!!**
10. **Coaches must advise all parents & players of weather cancellation line (336) 883-1106. This number should be used anytime there is inclement weather.**

V. ETHICS

A. Conduct (suspension policy)

The Head Coach is responsible for his team's and spectator's actions. Any coach, player, manager, trainer, or team attendant that is ejected from a game and/or a facility as a direct result of unsportsmanlike conduct or undue disturbances before, during, or after a game will automatically receive a minimum one (1) game suspension in addition to his ejection from the game. Spectators will also be asked to leave the premises if they are unable to follow rules and conduct themselves in a manner displaying good sportsmanship. Beer, wine, ale, and drugs are prohibited at Parks & Recreation facilities.

B. Unsportsmanlike Conduct by coaches and/or players will not be allowed. Officials will be in complete charge of the game and will use their judgment as to what constitutes unsportsmanlike conduct.

Penalty:

1. 2nd Infraction (by same coach or same player in same game): Ejection from the game and premises, and minimum 1-game suspension.

2. 3rd Infraction (by same team in same game): Forfeiture of game

C. Coaches' Conduct: Coaches found to be using profanity, drinking alcohol, using drugs other than under doctor's orders, or engaging in any immoral practice during the league season shall be subject to suspension or termination after a review by the Parks & Recreation Department.

D. Player's Conduct: Players found to be using profanity, drinking alcohol, using drugs other than under doctor's orders, displaying immoral behavior, displaying poor sportsmanship, or in any way adversely affecting the team and the entire program should be disciplined by the Head Coach, either by restricting his playing privileges or expulsion from the team. Any suspension or expulsion must be reviewed by the Parks & Recreation Department before any actions are taken.

V. EQUIPMENT

A. The following mandatory equipment will be furnished to each player by the Parks & Recreation Department. **ALL EQUIPMENT MUST BE RETURNED AT THE END OF THE SEASON, after the conclusion of the player's last game.**

1. Helmet (NOC-SAE approved)

2. Shoulder pads

3. Pants & pads

3. Jersey

Children must bring a change of clothes to the game site during every playoff game.

Parks & Recreation provided equipment shall not be altered in any form.

B. The following mandatory equipment must be furnished by each player himself.

1. Molded rubber cleats (metal cleats are not allowed)

2. Socks

3. Athletic supporter

4. Mouthpiece

5. Laces for pants or shoulder pads

C. Coaches are responsible for periodic inspection of equipment to ensure that each player has properly fitting equipment.

D. It is the responsibility of each player's parent or guardian to return all equipment at the end of the season to the team. It is then the responsibility of the team coach to return all equipment to the High Point Parks & Recreation Department.

E. **All teams/players must wear High Point Parks & Recreation issued attire. Teams/players failure to comply with equipment requirement will be ineligible to compete. The Athletic Director, prior to use, must approve equipment or uniforms not issued by The High Point Parks & Recreation Department.**

VII. GENERAL INFORMATION

- A. Protests:
 - 1. A coach cannot protest official's rule, interpretations or judgment.
 - 2. If the Parks & Recreation Department discovers illegal or ineligible players anytime during the season, it will take whatever corrective measures deemed necessary against the player, the head coach, and the team.
 - 3. Deliberate violation of playing rules may cause suspension of coaches and participants by the Parks & Recreation Department.
 - 4. Any player found to be ineligible due to clerical error on behalf of the High Point Parks & Recreation Department will be ineligible to participate for the remainder of the season, unless corrective measures are implemented. No disciplinary action will be taken against the team involved.
- B. Player Participation: Every player must participate in every game he is dressed out for and physically able to play in. **The head coach must report any exceptions 48 hours prior to game day.**
- C. Football Officials: Assigned by the Sport Official Unlimited Inc.
- B. Post-Game Regulations: All players and coaches are to line up at mid-field (50-yard line) to congratulate each other. It is expected that each Head Coach will see to it that all players participate in this ceremony. Each team must then leave the bench area so that the next two teams can get ready for their game.

Parents & Spectators may not enter the field of play before, during or after any contest. Support for the children must be done from the bleachers.

- E. Rosters, Birth Certificates, Fees
 - 1. Each team can have 25 active players on their team roster.
 - 2. Birth Certificates (copies) and Parental Permission Forms must be turned in for every player along with the roster. No player shall participate without proof of age.
 - 3. Participation Fee: \$35.00 per player - includes mandatory accident insurance fee.
The registration/participation fee is non refundable.

PLAYING RULES

The 2009 National Federation of State High School Association's "Football Rules" will govern play with the following exceptions:

- A. **Four 10-minute quarters will constitute a game. There will be a 5-minute intermission at the half.**
- B. The clock will be a running clock, but will stop for the following:
 - 1. Time-outs
 - 2. After any type score (touchdown, safety)
 - 3. Injury requiring coaches' attention
 - 4. Delay of game by the officials**For the last two minutes of the game, the clock will be a regulation clock, and will stop/start according to High School Federation Rules.**
- C. Time-outs may be called by coaches and/or players. Each team gets 3 time-outs per half. Unused time-outs do not accumulate. (no additional time outs will be awarded for overtime play for regular season or tournament games.)
- D. 100-yard field. Kick-off is from the 40-yard line.
- E. Free Declared Punts: In punting situations, teams have the option of a declared punt. If they decide to declare a punt, the coach or team captain must tell the referee and the opposing team that your team is punting before you break the huddle. The punting team has to punt the ball and the defensive team may not rush the punter. **NO FAKE PUNTS.** The referee may only ask the coach if they wish to declare, not if they are punting, and must do so prior to the offense breaking huddle. The opposing coach may not ask. Good sportsmanship should be realized in this situation. Receiving team formation on a declared punt shall consist of a minimum of 8 players on the line and a maximum of 3 players back to receive the ball. Good sportsmanship should be realized in this situation. If a penalty occurs on a declared punt, then the declaration is removed. If the punting team retains possession after the penalty and wants a declared punt, they must re-declare. **Note:** They still have the option of running a play. Good sportsmanship should be realized in this situation.
- F. **During the declared punt, the ball must be hiked between the legs of the center. The punter, after receiving the snap, shall move to his/her kicking distances to punt the ball.**
- G. Tie game: In the event of a tie ball game at the end of regulation play, each team will have an offensive series (4 downs) with the ball placed on the 20 yard line. The team with the highest score after each team has had the ball will be declared the winner. In the event of a fourth

overtime and the score is still tied, the team who produces the most positive yardage **in the third over time period** will be declared the winner. **The winner of the game, due to positive yardage will be awarded 2 points.** Although each team is given 4 downs, the ball will go over to the defensive team if the defensive team intercepts the ball or recovers a fumble.

In a event of a tie game in the Mighty Mite Division one (1) over period will be played. If the game is tied after one (1) over time period the game shall remain tied during regular season play.

H. Points will be awarded in the following manner:

- | | |
|--|----------|
| 1. Touchdown ----- | 6 points |
| 2. Safety (points awarded to opponent) ----- | 2 points |
| 3. Successful try for point after touchdown | |
| (Run) ----- | 1 points |
| (Pass)----- | 2 points |
| (Kick PAT)----- | 2 points |
| (Field Goal) ----- | 3 points |

I. The 4 starting backfield players and the 2 ends (6 boys total) must be taken off of the offensive team once their team gains a 3-touchdown lead (18 points). A new backfield unit and ends must be inserted into the line-up. **ALSO ANY PLAYER WHO IS NOT LISTED AS A STARTER AND HAS SCORED 2 TOUCHDOWNS MUST ALSO BE REMOVED FROM THE OFFENSE.** The 4 starting backfield players and the 2 ends may play on the defensive team. Once the scoring difference is less than 3 touchdowns, the starting backfield unit and the ends AND ANY COMBINATION OF PLAYERS may re-enter as offensive players.

J. Penalties: Major - 10 or 15 yards
Minor - 5 yards

K. In case of a tie in the standings, the Regular Season Champion will be determined: 1st - on won/loss basis, 2nd - head to head total points allowed/scored, 3rd - season total points allowed/scored, 4th - coin toss.

L. MANDATORY PLAY RULE

Each player must play a minimum of 10 plays. The MPR is based on eligible players at the time of the game. It is the intent that each coach provides as much playing time as possible for each participant. At the discretion of Parks & Recreation, staff audits will be performed to ensure player's participation. Audits that determine that all eligible players not participating in a game may forfeit that game and/or suspension of Head Coach for a minimum of 1 week/game.

1. The plays must be from the line of scrimmage.
2. Kickoffs, extra points and free kicks shall not be used in fulfilling the MPR requirement.
3. A play shall not count toward fulfillment of the MPR if the play results in a penalty, which causes the down to be replayed.
4. All players shall be provided their mandatory plays by participation in "active" plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback, and then the quarterback fall to the ground, while substitutes are playing the other positions, shall NOT be considered as active plays.
5. All players shall receive their mandatory plays by the end of the third quarter, or they shall enter the game at the start of the fourth quarter, and remain in the game until they have received their required number of plays.
6. Failure to abide by the above rules will result in the player(s) affected playing (20) plays in the next game as starters on both offense and defense, and shall not be removed from the game until all play requirements have been met. A second violation by that team will result in a one game suspension for the Head Coach. If, in the judgment of the Parks & Recreation staff, abuse of the rule has affected the outcome of the game, said team will forfeit the game.

N. **Cancelled Games:** In case of poor weather conditions, games will be cancelled by the Parks & Recreation Department by 8:00 a.m. the day of the game. All cancellations will be noted on the Parks & Recreation Department information number – 883-1106. After 9:00 a.m., game officials will decide if the games are to be played. If in doubt, teams should report to the field.