

ALAMANCE PARKS
2019 FOOTBALL LEAGUE RULES (Revised: August, 2019)

I. NAME: The name of the league shall be Alamance Parks Youth Football League.

II. ELIGIBILITY:

- A. Anyone who has not reached his/her birthday before August 1st of the playing year is eligible to participate. (MINIMUM AGE: Anyone who has not reached his/her sixth (6th) birthday before August 1st of the playing year shall be ineligible to participate.) Each player's age will be approved by the Alamance Parks Department. This will be done only through the use of birth certificates and the birth certificate file in the office of the Athletic Director.
 - 1. 8 & under (must be 6 years old before August 1st but cannot be 9 years old before August 1st.)
 - 2. 10 & under (cannot be 11 years old before August 1st.)
 - 3. 12 & under (cannot be 13 years old before August 1st.)
- B. Any child who resides in Alamance County or within three (3) miles of the Alamance County boundary line or whose parents pay Alamance County taxes has the option to play for any team he/she so desires within the league.
 - 1. Proven pressure recruiting will not be tolerated by the Alamance Parks Department. Coaches found in violation may be suspended from the program.
- C. A new player must be on the team roster and present his/her birth certificate to Alamance Parks before he/she is eligible to play in a league game. Only new players who have not participated in the league may be added to a team's roster by September 27th of the playing year.
 - 1. Any participant found to be ineligible due to clerical error on behalf of Alamance Parks will be ineligible to participate for the remainder of that season, unless corrective measures are implemented. No disciplinary action will be taken against the team involved.
- D. Each player must sign a contract. Then, he/she must play on the team with which he/she signs for the entire season unless released by the coach or the AD on the contract form. A player may NOT be released to another team after September 27th of the playing year. Failure to obtain a release will result in suspension of the player for the remainder of the regular season.
- E. A player may move up and play in an older League if he/she so desires, but after he/she has participated in one (1) League game with that team, he/she must play in that age group for the remainder of the season.
- F. If a player participates in a school football game during the playing year, he/she is ineligible to participate in the 12 & Under Football League.

III. PRINCIPLES OF YOUTH ATHLETICS:

- A. It is the aim of the Alamance Parks Department to provide organized games and activities, recreation facilities, supervision and leadership to the citizens of Alamance County in their ideals and interests in the area of leisure time activities and/or its organization.
- B. To promote the ideals of good sportsmanship, teach basic skills, develop individual talents, and provide the County's residents with the opportunity to enjoy the best possible recreation advantages and atmospheres.
- C. To recognize the Youth Participant as an individual with particular abilities and limitations. A great deal of consideration must be given to his/her physical, mental, emotional, and social development with every precaution taken to ensure that each is developed to its highest potential.

IV. DISCIPLINARY ACTION: (Involving parents, spectators, coaches, and players)

- A. Ejection from Game..... Minimum 1 Game Suspension
- B. Unsportsmanlike Conduct..... Minimum 10 Day Suspension
- C. Profanity..... Minimum 10 Day Suspension
- D. Threatening an Official..... Minimum Suspension for Remainder of Season
- E. Hitting an Official..... Minimum 2 Year Suspension
- F. Drinking..... Suspended for Season
- G. Fighting..... Suspended for Season

Any coach, parent or spectator suspended must leave the playing facility immediately upon ejection; however, a player may remain at the playing facility. All suspensions will be reviewed by the Recreation Staff in order to determine if further disciplinary action need be taken. All decisions concerning disciplinary actions by the Alamance Parks Department are final. Individuals can be suspended after the game for unsportsmanlike conduct by a Game Official or Recreation Staff Member.

V. DUTY OF THE COACH:

- A. It is the duty of the coach to see that the roster and records of his team are delivered to the Recreation Athletic Director prior to the deadline, so that he may signify that all players are eligible. The official Alamance Parks Department Roster must be used. It is mandatory that this roster be completed in full: showing the player's name exactly how it appears on his birth certificate with no use of nicknames. The player's birth date and complete mailing address must be filled in. Also at this time, birth certificates must be presented to the Athletic Staff. If the player's birth certificate is on file from the previous year, his full name, complete address, and birthdate must appear on the roster. Asterisk (*) these individuals for last season's identifications. Any rosters or birth certificates not turned into the Athletic Staff prior to the deadline will result in not receiving your team schedules which can result in a forfeit.
- B. Parents shall be responsible for seeing that their child is examined by his/her family doctor before he/she is allowed to play.
- C. The coach shall see that every boy/girl has adequate insurance or a signed release from his/her parents for the child to participate in the Alamance Parks Youth Football Program.

VI. EQUIPMENT:

- A. All teams must furnish their own numbered uniforms and equipment, which will consist of helmet, shoulder pads, hip pads, socks, regulation shoes (molded rubber cleats) or tennis shoes. No street shoes or boots allowed. ALL PROTECTIVE EQUIPMENT MUST BE NOC-SAE APPROVED.
- B. Face guards and mouth pieces are mandatory.
- C. Teams will furnish their own football for all scheduled games. Sizes must be approved by Athletic Department Staff.
- D. If possible the playing field will be a regulation size high school field for all age groups.
- E. All teams must furnish their own individual first aid kits. At a minimum these kits should contain: 1 1/2 inch adhesive tape, elastic ace bandages, disposable latex gloves, regular and large band aids, Tylenol, hydrogen peroxide, betadine, Neosporin, gauze rolls and pads, cotton, and cold packs.

VII.

RULES:

- A. North Carolina High School Federation Rules and Regulations will be adopted with the following exception of quarters which will be eight (8) minutes. Four (4) eight (8) minute quarters will constitute a game.
- B. The clock will only stop for touchdowns, time outs and penalties with an exception of the last two (2) minutes of each half, in which the clock will be regulation. (8 & Under and 10 & Under Only)
- C. Conference Championships will be decided by won-loss record. In case of a tie, head to head play will determine how teams are seeded in the tournament. (8 & Under and 10 & Under Only)
- D. Practice sessions in full equipment must not begin prior to August 26th of the playing year.
- E. Limitations on the number of practices:
 - 1. Pre-Season - Each team will be allowed a maximum of three 2-hour practices per week in the pre-season.
 - 2. During Season - Each team will be allowed a maximum of two 2-hour practices per week if they have a game scheduled. If a team has a "bye", they will be allowed three 2-hour practices that week.
- F. There is no limit to the number of players on a 8 & Under, 10 & Under or 12 & Under League Roster during the season.
- G. 12 & Under teams must conform to the 35 player limit for the SWAC Tournament.
- H. Ten (10) yards will be assessed for a major penalty in the 8 & Under League and 10 & Under League when playing on an 80 yard field.
- I. Mandatory Playing Rule – For teams with 24 or fewer dressed players, each player must play a minimum of 9 plays per game. For teams with 25-33 dressed players, each player must play a minimum of 7 plays per game. For teams with 34 or more dressed players, each player must play a minimum of 5 plays per game. (First Quarter plays do count as plays per game in 8 & Under and Fifth Quarter plays do count as plays per game in 10 & Under)
- J. **(8 & under Only)-In the 1st Quarter, the ball will be placed at the defensive team's own 25-yard line to begin the game.** Teams will switch up on offense and defense after 4 minutes. Any scoring will not count during this quarter throughout the regular season only. The kick-off will begin at the start of the 2nd Quarter. Scoring will be counted for the remainder of the game. Each team will receive one (1) extra timeout to use in the 1st Quarter only. This timeout cannot be carried over to be used for the rest of the game. One Coach from each team can be on the field to help its own offense or defense during the 1st Quarter only (8 & under only).
- K. (10 & Under Only)—There will be a 5th Quarter that will begin right before the 1st Quarter is ready to start. It will be a eight (8) minute running clock with the visiting team getting the ball first at the defensive team's own 10 yard line. They will have 4 downs to score. The home team will then get the ball at the ten yard line as well. They will also have 4 downs to score. This will continue until the 5th Quarter ends. Each team may have one (1) Coach on the field for offense and defense.
- L. Punting Rules:
 - 1. (8 & Under Only) On fourth down, the coach will tell the referee what his team will do. If punting, the referee takes the ball and marks it 20 yards. from the previous spot. Offensive and defensive teams switch.
Note: If a team decides to punt inside their opponent's 25 yard line, the ball will be placed half the distance to the goal line.
 - 2. (10 & under Only) – On fourth down, the coach will tell the referee what his team will do. If punting, the team that is punting has two (2) options: (A) The referee takes the ball and marks it 20 yards from the previous spot. Offensive and defensive teams switch. Note: If a team decides to punt inside their opponent's 25 yard line, the ball will be placed half the distance to the goal line. (B) The team that is punting may snap it to their punter with no rush from the opposing team. This will be a free kick downfield. The team that is punting cannot release off the line until the ball crosses the line of scrimmage.
- M. **(8 & Under and 10 & Under Only) – If a team establishes a 24-point lead or more in the 4th Quarter, they must run the football between the tackles when having possession on offense. Failure to do so will result in a loss of down. The clock will continue to run throughout the 4th Quarter except for time-outs.**
- N. **On an extra point attempt the offensive team can run it in for one (1) point or pass it in for (2) two points. If the ball is turned over during the extra point attempt to the defensive team that will stop the play immediately.**
- O. **(8 & Under Only)-The center will be allowed to snap the ball with no one directly lined up over him. The defensive player must line up one (1) yard away from the center. The only time the defense player is allowed to line up over center will be if the offense is inside their 10 yard line, otherwise the center is protected.**
- P. There will be only five (5) Coaches per team allowed on the sidelines. All Coaches must have passed an Alamance Parks Background Check to be eligible to coach.
- Q. **Those players exceeding 100 lbs.(100.1-110.0 lbs./8 & Under), 125 lbs.(125.1-135.0 lbs./10 & Under) and 150 lbs.(150.1-160.0 lbs./12 & Under) will be eligible to play the offensive and defensive lines. They will be assigned a uniform # in the 90's. Each team can have two (2) players on the offensive and defensive line during the play. They will be allowed to line up next to each other during the play. They will not be allowed to carry or advance the ball during the play.**

VIII.

WEIGH-IN PERIODS:

- A. Players will weigh in before the season. If a player does not weigh in before the season, that player will be weighed in by a Alamance Parks Department employee before he/she is eligible to play.
- B. (12 & Under Only) the minimum playing weight is 75 pounds for the SWAC Tournament.
- C. If a player wearing a uniform in the 90's loses weight during the season, that player is eligible to be re-weighed by a Alamance Parks Department employee and have his/her uniform number changed.
- D. Players will be weighed in again at mid-season and during playoffs.

IX.

PROTESTS:

- A. Protests can only be made concerning the eligibility of players (age and residence). Any player being found ineligible due to age or residence will result in forfeiture of all games in which this individual has participated.
- B. Protests concerning the eligibility of players whether it be age or residence may simply be called to the attention of the Alamance Parks Department. NO FORMAL PROTEST REQUIRED.

X.

AWARDS:

- A. A Team plaque and individual medallions will be awarded to the County Champion.
- B. In the event of a tie for the Conference Championship, both teams will be declared co-champions, but head to head play will determine how the teams are seeded for the tournament. (8 & under and 10 & under only)
- C. A team plaque will be awarded to the Conference Champions.
- D. A Finalist plaque will be awarded to the County Runner-up.

The Alamance Parks Department does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services.