



I. The League

General Rules

A.01 All games will be played under the rules of the “Ohio High School Athletic Association,” along with any additions and/or revisions listed below. All football games must have a security officer present at all home games.

A.02 These rules can be changed or amended by a simple majority vote by the Board.

A.03 The league shall contain 3 divisions. A Varsity Team, A Junior Varsity Team, and a Bantam Team. All teams must field a JV & Varsity team first.

A.04 The game ball for the Varsity must be a TDJ “Wilson GST Jr.” The game ball for the Junior Varsity, Bantam must be a K2 “Wilson GST Pee Wee.” Each team will provide their own game ball and must present it at the coin toss. All game balls are to be leather unless unavailable. Approval by both teams will be mandatory for alternate game balls. Composite balls, etc. must be agreed to by both teams Head Coaches prior to the start of the game and approved by head official.

A.05 It’s the host team’s responsibility to provide a properly lined and maintained field. If the referees judge the field otherwise; the host team will forfeit the game.

A.06 Gate donations will be \$1.00 per student, \$3.00 per adult.

A.07 Any game called due to bad weather, power failure, or any other event beyond human control, will be continued from that point, and must be made up prior to the next scheduled game. Exceptions – if the game CANNOT be made up within a week’s time frame a commitment by both teams must at least be agreed upon with a future date and time announced. Also, if a team is ahead by 18 points and at least one half has been completed, the team that is ahead will be declared the winner. All lightning delays and re-start of game will be made by the head official. All details from the game must be documented (Down, distance, time etc.).

A.08 Parents Day ceremonies will be held after the Junior Varsity game (20 minutes max). If the event goes over, any penalty will be at the discretion of the referees.

A.09 There will be no play by play or announcing while the ball is in play. 1st time warning, 2nd

notice will result in a penalty of 15 yards unsportsmanlike infraction.

A.10 The feeding of opposing teams is not mandatory.

A.11 Playoffs and trophies shall be determined by the board prior to each season. The trophies will be the responsibility of the EOYFL Treasurer.

A.12 The “EOYFL” has adopted a zero-tolerance policy regarding the behavior of our players, coaches, and fans. This policy is described below and is to be read, word for word at the beginning, and at various times of each game:

“In an effort to demonstrate sportsmanship at the highest level, the ‘Eastern Ohio Youth Football League’ has adopted a zero-tolerance policy regarding the behavior of our players, coaches, and spectators. Any inappropriate language or action on the field, sideline, or in the stands, may result in the following:

- *Fifteen-yard penalty*
- *Ejection from the game*
- *Forfeit*

During the final game of the season, a forfeit or a suspension may be accessed in the first game of the following season. The referees will have sole discretion of all penalties and their decision will be FINAL! Anyone ejected or suspended from a game may also be banned for one additional game and as much as a whole season. Please remember that each of us is representing our school, our community and the EOYFL.”

II. Games

Weigh-Ins

B.01 Weigh-Ins will be held at a location determined by the Board at the beginning of the season. Early weigh-ins will be determined by the Board. You will need to schedule early weigh-ins with the President to coordinate with League Representative. Each team will bring two copies of their roster. All players must have an official game jersey on to match roster.

B.02 Any player not weighed in will be suspended for week 1 of the regular season.

B.03 The Host site or another scale due to early or late weigh in, Will be determined by the Board

and will be the official scale for all weigh-ins for the current season.

B.04 There are no exceptions for weighing in. If a player does not weigh in, they will not play.

B.05 All players must show proof with birth certificate and school report card from previous year or proof of residence if home schooled or attend private school.

B.06. The roster submitted by each team at their weigh in date is final. Any changes must be submitted and approved by the board.

Regular Season

C.01 Game order will be Bantam, Junior Varsity, Varsity.

C.02 Games will start 10 minutes after the finish of the previous game. No game will start before their scheduled time.

C.03 All games will consist of four (4) eight (8) minute quarters. A fifth quarter must be agreed upon before the start of the game and disclosure of time and format. Gameday B games will consist of two (2), ten (10) minute quarters running clock – whereas 1 team takes the ball on offense the entire quarter starting at the 35yrd line if stopped on downs repeat back to original spot. For 2nd Quarter teams switch sides of the ball.

C.04 Halftime will be limited to ten (10) minutes.

C.05 Thirty (30) seconds will be allotted between offensive plays. 1 warning flag will be thrown for going over allotted time.

C.06 In the event of a tie game, each team will have the opportunity to score on four (4) downs from the ten (10) yard line. If a touchdown occurs, an extra point will be attempted. The team who won the original coin toss will have the option to be on offense or defense. If neither team wins the first overtime, a second overtime will be played. If after a second overtime with no points scored, the game will be declared a tie.

Playoffs/Championships

D.01 Playoffs will include the top four (4) teams from each Division, with the tie breaker being the season's head-to-head results. If needed; the second tie breaker will be 1st HALF points scored. If needed; the third tie breaker will be 1st HALF points allowed. A final tie breaker: if needed, is a coin toss with heads/tails assigned by the Board and in the presence of at least 4 Board members. Team 1 will play team 4 and team 2 will play team 3. The winners will advance to the championship round.

The losers will share 3rd place. Trophies will be awarded to 1st and 2nd place teams.

D.02 In the event of a tie game, each team will have the opportunity to score on four (4) downs from the ten (10) yard line. If a touchdown occurs, an extra point will be attempted. The team who won the original coin toss will have the option to be on offense or defense. If no team scores in the first series of downs, the series of four (4) downs each will continue until there is a winner. If After 2 overtimes and the score is still tied the ball will be moved up to the 5-yard line until a team is declared a winner. If after 4 overtimes and the score is still tied, then an extra point conversion with the ball placed at the 3-yard line will then be the deciding factor until a winner is declared.

III. Players

General

E.01 Each team's players must live in or attend a school within the team's school district.

E.02 All players will be restricted to a total of four (4) quarters per day.

E.03 No players are to be added to the roster after weigh-in day, it must be voted on and approved by all league representatives.

E.04 If any player's age or residency is challenged, the coach will have seven (7) days to provide proof of age or residency/ If proof is not shown or a team is caught violating this rule; the penalty is a forfeit of the game.

E.05 A defensive player CAN NOT line up over the center in shotgun formation and must shade to either side of the ball. If the offensive Quarterback is under center then a traditional 50 style defensive may be played with having a nose-guard directly over the center. THERE WILL BE NO BLITZING BY Defense from any position on the field.

E.06. Any team not having enough players to field a roster may pull from another team within their organization. These roster alterations must be approved by a vote of league representatives.

E.07. Any player from a non-league school must be submitted and approved by league representatives.

None should be added if a roster is over 15 players.

Junior Varsity

F.01 Junior Varsity can consist of 3rd and 4th graders, under the age of 11 before September 1st of that year, or any 5th graders who are under 75lbs. and in their first year of playing.

F.02 Players over the weight of 95lbs. will receive a neon green "X" on the back middle area of

the helmet and will be restricted in the same manner as the Varsity players.

F.03 Non "X" players are not permitted to weigh over 95lbs.

F.04 On defense, all linebackers must line up three (3) yards off the line of scrimmage. It will be the responsibility of, but not limited to, the referee in either the offensive or defensive backfields to make said call. Upon the 1st infraction of the game, a flag will be thrown and both sides warned. From that point on, the infraction will be a five (5) yard penalty and an automatic 1st down. All defensive ends must line up on the outside shoulder of the furthest down lineman.

F.05 Blocking tight ends may weigh over 95 lbs. They must line up inside the "free blocking zone"

(Not split out wide). They are not permitted to advance the football.

F.07 Any players over 95 lbs must have a neon green "X" on their helmet.

Bantam

G.01 The Bantam squad rules will mirror the JV rules except as noted.

G.02 The Bantam squad can consist of Kindergarten, 1st and 2nd graders under the age of 9 before September 1st of that year, or any 3rd graders who are under 60lbs. and in their first year of playing.

G.03 Only players who weigh less than 75lbs may advance or run the ball. Any player weighing over 75lbs will be marked with a neon green "X" and will not be permitted to advance the ball. Players with an X will be restricted in the same manner as JV and Varsity.

G.04 1 Coach may be allowed on the field on offense and 1 coach on defense and must maintain 5yard distance behind the furthest defensive player or official on the field. The coaches on the field are only to provide instructional help and proper alignment of players. ANY COACH CALLING OUT PLAYS OR ADJUSTING DEFENSIVE ALIGNMENT ONCE THE OFFENSE BREAKS THE HUDDLE WILL BE WARNED, then if it persists BE REMOVED with another coach to take the place on field. If the replacement coach acts in the same manner and calls out plays, etc. then a penalty will be thrown of 15 yards.

G.05 A defensive player CAN NOT line up over the center in shotgun formation and must shade to either side of the ball. If the offensive Quarterback is under center a traditional 50 style defensive may be played with having a nose-guard directly over the center. THERE WILL BE NO BLITZING BY Defense from any position on the field.

Varsity

H.01 Varsity can consist of 5th and 6th graders, under the age of 13, before September 1st of that year.

H.02 Any players weighing more than 125lbs will receive an "X" and must play on either the offensive or defensive line. On offense, he/she cannot line up anywhere as an eligible receiver, except as a blocking TE per rule H.04. Upon an interception or fumble recovery by an "X" defensive player, the ball must be downed immediately. These "X'd" players cannot advance the ball. An "X'd" player can attempt extra points and field goals. If an "X'd" player handles the ball in any other way, the ball is dead. Once a player is "X'd," he remains an "X" for the remainder of the season.

H.03 On defense, all linebackers and defensive backs must line up at the minimum behind the defensive line's heels or one (1) yard off the line of scrimmage. Upon the 1st infraction of the game, a flag will be thrown and both sides warned. From that point on, the infraction will be a five (5) yard penalty and an automatic 1st down.

H.04 Blocking tight ends may weigh over 125lbs., and must display an "X," the same as the defensive end. They must line up inside the "free blocking zone" (not split out wide). They are not permitted to advance the ball.

IV. General Playing Rules

I.01 Varsity, JV and Bantam may elect to "free kick" instead of punting, which will result in the ball being placed 30-yards ahead of the line of scrimmage. Exception: The free kick yardage cannot exceed the opponent's 35-yard line. Any team can punt anywhere on the field. Player will be considered down where caught and defensive players must be on knees.

I.02 Practice schedules and limits will be set and monitored by each team's own association.

I.03 Shoes must be molded cleats. No removable/detachable or metal spikes. Any infraction will result in the player and the head coach being ejected and suspended for the next scheduled game.

I.04 Physical fitness training (no contact) will begin the week of July 5th. Helmets and shoulder pads are permitted (no contact) after a 3-day acclimation period. The first day of contact is July 18th or 10 days from start of the acclimation period. Failure to comply will result in the suspension of the Head Coach in week 1.

I.05 All "X's" on helmets must be at least 3" in length, clearly visible and neon green in color on the helmet. They must be placed on the back center of the helmet. The EOYFL will decide what color will be used.

I.06 There will be no kick offs. The ball will be placed on the offensive team's 35-yard line. On a safety, the ball will be placed on the 50-yard line.

I.07 On a punt, a "kicking" extra point, or a field goal attempt, no one is permitted to line up over or hit the center. He/she shall not be touched by the defense within five (5) yards of the line of scrimmage after the punt.

I.08. If a team elects to punt the play is a dead play. The center may snap to the punter. A returner may field the ball, but it will be down where it is touched. There will be no attempts to block, rush, or

in any way prevent the punt. All players should take a knee during the punt other than the snapper, punter, and returner. Once the punt is made the punter and snapper should take a knee until the ball is downed by the returner.

I.09 On offense, all blocks must be initiated at the waist or higher. Absolutely no chop blocks.

The penalty is a personal foul, 15-yards.

I.10 Any player on the defensive line, between tackles, must be in a three (3) or four (4) point stance. Defensive ends may stand up. Standing defensive ends must line up no further than the outside shoulder of the end offensive lineman (Tight End or Tackle whichever the alignment is at the time).

I.11 Defenses are limited to a maximum of six (6) linemen, on the line of scrimmage (sideline to sideline). Upon the 1st infraction of the game, a flag will be thrown and both sides warned. From that point on, the infraction will be a 5-yard penalty and automatic 1st down.

I.12 The chains and the clock will be ran by qualified people and be operated according to the rules of football. The chain crew must be operated by adults and stay on HOME team sidelines to avoid any conflicts with opponents. Any deviation of the running of the clock must be agreed upon by both head coaches. Example: If both coaches agree that the game is out of hand, they can agree that the clock can run when otherwise it would be stopped. Per OHSAA – any time a team is up by more than thirty (24) points at the start of the second half, a continuous clock will be used, until either the game ends or the score is less than 30 points.

I.13 The league representative of both teams is responsible for filling out the provided league gameday form. All Head Coaches will need to sign in, as well as referees. The Halftime and Final Scores must be provided and match. Both League Reps need to sign off on these sheets and send to league commissioner and VP after the game. These scores and standings will then be posted on the league's website. Failure to do so will result in a \$50.00 fine.

I.14 Once a team leads by a score of twenty-four (24) points or more at any point in the game, that team will not be allowed to call trick plays and must show good sportsmanship to close out game. If the lead falls to less than twenty-four (24) points, the leading team can return to their full game plan. Upon the 1st infraction of the game, a flag will be thrown, and a dead ball foul will result in a loss of down. If a 2nd infraction occurs, there will be a 15-yard unsportsmanlike conduct penalty

assessed and the head coach will be ejected from the game. Violations of this rule will be brought to the EOYFL Board and additional sanctions could be assessed if deemed necessary.

I.15 There are no crack back blocks or blindside blocks on a defenseless player.

I.16 There will be no celebration for either team in the center of the field. All celebrations (jumping jackets, etc.) must take place in the end zone or team sidelines.

I.17 Handshakes at the completion of the game MUST be appropriate. Any fights, etc. will result in a minimum of a 1-week suspension for player or coach.

I. 18 If a coach, player, or spectator is ejected from the game. A league provided incident report should be filled out and signed by league reps and officials and turned in to the league VP's and League Commissioner

V. Coaches

J.01 Only two (2) coaches per team may be on the field during timeouts. Two (2) coaches per team may be on the field during an injury, unless given expressed permission by the referees. Penalties can range from five (5) yards to a fifteen (15) yard penalty and a possible ejection.

J.02 Only one (1) coach per team is permitted to attend the coin toss.

J.03 Coaches and players are to stay on their own sidelines during the game.

J.04 Coaches and players are to remain between the twenty-five (25) yard lines.

J.05 It is recommended that a box be established at least two (2) feet outside the playing area to which the coaches and players are to be restricted.

J.06 Only the head coach or the reporting captains can call time outs. Any head coach calling a timeout in the last two (2) minutes of the game and up by three (3) touchdowns or more with the intent of running up the score shall be immediately ejected and will receive a one (1) game suspension. The referees will be the sole judge as to the intent and shall report such action to any league official, who in turn shall inform the league President or Vice President.

J.07 A coach or coaches' expulsion from this league must be approved or declined by a majority vote of all the teams in the league.

J.08 Any coach that is either ejected or suspended from a game, cannot coach from the stands, press box or anywhere else in any means of communication. The ejected coach MUST leave the

stadium. If a coach is caught doing this, that team automatically forfeits the game.

J.09. All Head Coaches should complete USA Football coaching certification. All other coaches must at a minimum complete an approved course in concussion protocols.

J.10. Background checks should be completed on all members of each team's coaching staff.

VI. Referees

K.01 Each referee will be paid \$50.00 per game, to be paid by the host team. They must sign in prior to the game on the league provided Game Day Form.

K.02 Four (4) referees per game will be used, including playoffs & championship games. A minimum of two (2) referees can be used. If less than two (2) referees are present, each team playing will supply a coach or qualified person from their team. A (5) Fifth referee may be added to contest on advice of head white hat official and playoff format if available. In the result of a 5th quarter, the host team must pay \$25 per referee.

K.03 Officials will have sole authority in enforcing and ruling on all matters pertaining to the game, up to and including forfeits. No league official may intervene in a game nor have the authority to threaten or declare forfeiture. To prevent embarrassment to the league or to the officials, no announcement shall be made requesting a league official to settle a dispute.

K.04 In a broad interpretation of unsportsmanlike conduct, no one may yell at an official, coach or at an opposing sideline. It is solely the responsibility of the game officials to see and penalize any violations. Officials will be instructed to penalize any team fifteen (15) yards for a first offense, and fifteen (15) yards and an ejection for the second offense. This also applies to any adult raising his/her voice to an official, coach or opposing sideline.

K.05 Referees must work half (1/2) of the season to referee a playoff or championship game.

K.06 All referees must sign in on the provided Game Day Form.

VII. Cheerleaders

L.01 The EOYFL Board shall have the same authority over the cheerleaders, advisors and coaches

as they do over the football teams and their coaches.

L.02 If a team has a cheerleading squad, they are required to attend and cheer at every game.

L.03 A cheerleading competition will be held once a year. The regular gate fee will be charged. All cheerleaders will be presented with an award of participation, to be supplied by the host team. The league will supply a trophy for each winning squad. The League will also provide 1st and 2nd place medals.

YOUTH CHEERLEADING RULES/POLICIES

The EOYFL Cheer Program is overseen by the EOYFL Board Members, and they are to make all of the final decisions regarding the rules and regulations of the cheer squads.

PURPOSE:

- 1.** The purpose of the EOYFL Cheer Program is to provide a wholesome recreational activity for individuals from 1st-6th grade.
- 2.** To teach the fundamentals of cheerleading, self-discipline, promote fitness and build positive attributes such as teamwork, respect for authority and good sportsmanship.
- 3.** To teach the benefits or positive attitudes and lifting the spirits of others no matter the odds.

COACHING GUIDELINES:

- 1.** A cheer coach should try, to the best of their ability, to keep all cheerleaders interested in the program by establishing fun, organized, informative practices. They should always allow everyone on the squad to be involved in the activity and show each member of the squad equal amount of attention.
- 2.** A cheer coach must never incite participants or parents by criticizing game officials, the opposing team or judges.
- 3.** All coaches are required to complete the concussion training prior to the start of practice.
- 4.** All coaches must complete and pass a background check.