



## FCCYFB Playing Rules

### LEAGUE MISSION STATEMENT/DEFINITION

#### ***Our Core Values***

***Selfless-*** Young men of character place their personal ambitions aside for the sake of all.

***Accountability-*** Young men of character are responsible for their actions, are dependable, punctual, reliable, respectful, disciplined, courageous, honorable, and trustworthy.

***Mentally Tough-*** We will persevere in the face of adversity. In the game we play and the game of life, those who refuse to quit will always be victorious.

#### ***Our Mission***

***Building Character For a Lifetime-*** There are many great lessons to be learned from football about character, hard work, self-discipline and teamwork. We will strive to make them better football players but, more importantly; our ultimate goal is to make them better men.

#### ***Our Philosophy***

Every TEAM member and coach agrees to have a unselfish, egoless attitude in which the TEAM wins with an aggressive, punishing defense, a superior kicking game and a highly diverse, volatile offense. Our work habits will be unrivaled and TEAM goals will always supersede individual accomplishments.

#### ***Our Desire for our players***

Have FUN playing the game, Become the best TEAM possible, Play as much as possible, Represent FCCYFB with class, Take something from the program that will make us better people.



## FCCYFB Playing Rules

### Rule 1.0 – Team Composition

- 1.1 Maximum number of players allowed on a FCCYFB team.  
No Limit – FCCYFB recommends no more than 25 players per team. Team with rosters over 25 players must be approved by FCCYFB Executive Board.
- 1.2 The staff of each FCCYFB team shall be limited to 8 Adults on the field:
  - 1 head coach
  - 4 assistant coaches
  - 1 trainer
  - 1 statistician
- 1.2.1 Each Team may utilize up to 2 team managers. This position must be a person under 18 year of age. Teams in violation of the rule will be penalized after 1 warning by the officials.
- 1.3 Team Registration
  - 1.3.1 Team registrations must be open and all who register will make the team in order of their individual registration.
  - 1.3.2 Program registration must be internet based with proof of opening and closing dates. The registration process shall include a method of determining the order of player registration.
- 1.4 Team Selection
  - 1.4.1 The FCCYFB recommends a 16 player minimum for teams. Teams may petition the FCCYFB for a lower player threshold.
  - 1.4.2 If a program can only accommodate one team, or a limited number of teams, players shall be taken in the order of their registration until the team(s) availability is filled. Programs/Teams shall publish the maximum number of players that they will accept per team on the program's web page. If a program can accommodate multiple teams, they must advertise that player registrants will be wait-listed for a possible second team once a team has reached its advertised player maximum.
  - 1.4.4 Each team will be allowed five (5) freezes. A Head Coach's son (if applicable) must be one of these locks.



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1.4.5 The draft will be conducted after all players go through a uniform player assessment. Those players who do not attend the assessment will be placed into a blind draft.

1.4.6 The draft will be attended only by the Head Coach and one assistant. Once the drafting order is decided (ex: draw from hat) the coaches will make their draft selections in a "snake pattern". A team that selects in the 1st round will select last in the 2nd round etc...

1.4.7 Team Draft Rules will be set by the FCCYFB Executive President prior to the first evaluation and/or draft. A FCCYFB Executive Board Member that is not associated with an impacted team must witness any evaluation or draft process.

1.4.8 No recruiting (other than to encourage to register for the team), or tryouts will be permitted. All exceptions must be cleared through the FCCYFB Executive President.

1.4.9 Handpicked teams, or player locks beyond five (5) players shall not be permitted besides the designated Travel team.

### Rule 2.0 - Official Team Roster

2.1 Each team shall submit a typed roster (attached) and supporting documentation prior to the official FCCYFB certification. The roster shall list all player names in jersey number order.

2.3 Restricted players will be identified during the FCCYFB certification. The FCCYFB certifying Representative will place an "R" in the designated column on the roster form signifying a restriction.

2.4 Jersey numbers shall not change, nor personal helmet stickers besides recognition stickers. It is recognized that consideration must be given to the fact that unusual situations may occur, such as loss of or damage to a jersey during the course of a season. If this occurs, the original jersey shall be replaced with a similar jersey in color, material, and if possible, number. If the number cannot be duplicated, then the roster shall be revised with the replacement jersey number and initiated by a FCCYFB League Executive Board Member. If this alternate jersey number for that game only upon verification by the opposing head coach that the player is listed on the roster.



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- 2.5 The Head coach and a current year Official Association Board Member must sign the team official roster certifying on behalf of their association that :
- \* The players listed on the roster are only eligible to play on the team to which they have been assigned.
  - \*A form of draft has evenly selected, if there is more than one team at the same age group.
- 2.6 Additional Players may be added to a roster until after the 3rd regular season week including Labor Day week. A member of the FCCYFB League Executive Board must certify addition.
- 2.7 After the 3rd game of the regular season players can be added to the roster only if the active number of eligible players drops below 15 and is approved by the FCCYFB Board.
- 2.8 No player who is either a member or who is trying out for another league or Middle school football squad (including 6th, 7th and 8th grade) may participate in FCCYFB games. However, if the Player opts not to play for either, they may rejoin an FCCYFB team prior to the first FCCYFB game providing that the Player has properly registered. The association adding the player to a team must comply with the competitive balance rule (1.4) when adding the player to a roster. A member of the FCCYFB Executive Committee shall certify the player and addition to the official roster.

### Rule 3.0 - Player Grade, Ages and Weights

- 3.1 The age of a player shall be determined as of August 1<sup>st</sup> of the current year and the rising Grade of the player for the Fall.
- 3.2 The following table provides the grade, age and weight schematic that will govern team make up:

#### FCCYFB Weight Restrictions

1 <sup>st</sup> /2 <sup>nd</sup> Grade 7-8 Year Olds	Restricted Weight: 95lbs.
3 <sup>rd</sup> /4 <sup>th</sup> Grade 8-9 Year Olds	Restricted Weight: 105lbs.
5 <sup>th</sup> /6 <sup>th</sup> Grade 9-10 Year Olds	Restricted Weight: No restriction

- 3.2.1 Players who meet restricted criteria shall be identified on the official FCCYFB Roster by the certifying FCCYFB Representative.



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- 3.2.2 During games each restricted player's helmet must have a sticker, approved by the League, attached at the rear center of their helmet.
- 3.2.3 Players exceeding the restricted weight or ages are restricted to playing on the Offensive and Defensive Line within seven (7) yards of the center (Tackle to Tackle). Restricted Offensive linemen must play from a set position in a 3- or 4-point stance.
- 3.2.4 Restricted players cannot run the ball, play as a receiver or advance the ball on special teams.
- 3.2.5 Restricted defensive players can advance a fumble or interception.
- 3.2.6 Restricted offensive players can advance the ball after a fumble. The ball will be considered dead at the point of contact.
- 3.2.7 Restricted players can punt and kick extra points but cannot advance the ball as a runner or when serving as the kicker, act as a lead blocker on special teams. The ball will be considered dead if in possession of a restricted player.
- 3.2.8 Violation of positioning of a restricted player will be an illegal position foul. Penalty 5 yards
- 3.3 There shall be No "older/lighter.
- 3.5 After certification, progressive weight gain is allowed so a participant's natural growth may take place without preventing continued participation. \*No additional weigh-ins will be required. \*A change in a player's weight anytime during the current season will have no impact on their certified weight.

### **Rule 4.0 - Certification Documents and Process for Certification of roster, age and weight:**

- 4.1 Any FCCYFB Board Member may request proof of age, grade, and weight of a player. Players/Parents must provide proof of age, grade, and weight at the request of a FCCYFB Board Member

### **Rule 5.0 – Pre-Game Check-In**

- 5.1 There shall be No Pre-game weigh-in.
- 5.2 All players must be on the certified roster.



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- 5.3 Dark colored jerseys will be considered the home jersey and must be worn at all designated FCCYFB home games. The FCCYFB Schedule will serve as the official document to designate which team is home and which team is visiting. The FCCYFB designated Home Team will be allowed to request and change the home team jersey color at pre-game check-in with full agreement of the visiting team head coach.

### **Rule 6.0 - Practice**

- 6.1 The purpose of this rule is to provide standard, fair and equal practice time for all FCCYFB teams and to keep practice activity at a reasonable level during school days so as not to create a hardship for players with regard to school studies and participation in school activities.
- 6.2 Practice is defined as any gathering of players, prospective players, FCCYFB team or individual players on a FCCYFB team, to discuss the subject of football, to view film of football or to study football.
- 6.3 FCCYFB Teams are prohibited from engaging in any organized practice- type activities involving players, or prospective players, prior to the date set by FCCYFB officials, except for physical conditioning.
- 6.4 Pre-season practice will begin on Monday no earlier than four weeks prior to the jamboree date set by the FCCYFB Board or August 1st.
- 6.5 Practice will be limited to 10 hours per week (Monday to Sunday) until the date Fayette County begins school.
- 6.6 With the start of school, all teams may not hold more than 2 practices or a maximum of 6 hrs during any calendar week (Monday to Friday). Teams will be allowed 2 additional hours for use on weekend days only (Saturday or Sunday) when no games are scheduled.
- 6.7 Upon conclusion of the regularly scheduled playing season, any team scheduled to play in a FCCYFB play-off game may hold 4 practices during the week with a maximum of 8 hours of practice per week.
- 6.8 No practice will continue past 9:00 PM.
- 6.9 Time spent traveling to the location of scheduled FCCYFB games will not count as practice time or activity. All organized activities of a team conducted from the time of the pre-game

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until the start of the game is considered to be pre-game warm-up activities and is not counted as a practice activity.

- 6.10 In addition to all other authorized practices and warm-up activities, teams may, on the day of a scheduled game, hold one pre-game preparation session, not to exceed 1 hour.
- 6.11 The provisions of this rule are not intended to prohibit a FCCYFB team or its individual members from viewing or listening to games on TV or radio, provided such is not intended to be used as a practice or training activity. FCCYFB teams and their individual members who participate in non-practice social, civic, and church activities, picnics, banquets, Pep rallies, league carnivals, and work details, etc., are not in violation of FCCYFB rules pertaining to practices. This is provided such activity is not also used for FCCYFB football instruction and practice.
- 6.12 During the regular scheduled playing season no team shall play more than 1 game in any calendar week with the exception of FCCYFB scheduled mid-week games and the Travel team.
- 6.13 Controlled scrimmages will be permitted but each such scrimmage shall be considered a practice.
- 6.14 Scouting of opponent practices is prohibited. No coaches or team parents shall video or observe other team practices before or during the regular season or at any time during the postseason. The practice of scouting or videotaping another team's practices in order to gain an offensive or defensive advantage shall be considered detrimental and contrary to the best interest of the FCCYFB program. Any Player or member of the coaching staff involved with any of the aforementioned offenses will be suspended from league play for the remainder of the season.
- 6.15 The FCCYFB including all members shall recognize and abide by GA House Bill 284 "Return to Play Act 2013"
- 6.16 **CONCUSSIONS:** The well-being of all participants in the FCCYFB is of paramount concern. Officials, coaches, parents and administrators shall ensure that all participants (players and cheerleaders) who show symptoms or signs of a concussion do not continue to participate in games or practices. The following NFHS rule shall apply to all FCCYFB sponsored events, including practices and games.

NFHS Rule 3-5-10b: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance



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problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional

The FCCYFB Concussion Return To Play Form must be signed by an appropriate health care professional & the parent/guardian of the injured player/cheerleader before they are able to return to the field of play. Copies of the executed form shall be provided and retained by the head coach and the FCCYFB Board.

- 6.17 All full contact, one on one, head on tackling and blocking drills in which the players involved start the drill more than five yards away from one another are banned. The ban shall not include any drill in which the participants are lined up less than five yards apart or non-head on drills. Coaches will only use those football drills as endorsed by USA Football.

\*First Violation: Any team found to be in violation of this rule will be subject to a one game suspension for the head coach.

\*Second Violation: will be subject to penalties up to and including suspension for the year.

\*The rule is not meant to eliminate contact drills, but to create a safer environment and force coaches to stress technique and fundamentals

- 6.18 The FCCYFB League are required to have a written emergency plan for both field and practice locations.

- 6.19 Every coach and parent participating in FCCYFB shall be knowledgeable and abide by these policies.

### **Rule 7.0 - Home Team Responsibilities**

- 7.1 The home team shall have the following responsibilities:

\*All Members in the FCCYFB League are required to have a written emergency plan for both field and practice locations.

\*Every coach and parent participating in FCCYFB shall be knowledgeable and abide by these policies.

- \* Preparing and marking of the playing field.
- \* Providing all field markers and other necessary officiating equipment.
- \* Adequate safety equipment
- \* Emergency procedures posted including the telephone numbers.



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- 7.2 The home team is responsible for providing the chain crew. The chain crew will work from the side of the field (opposite from the press box).

The chain crew operates under the direction of the officiating crew and in no way will be allowed to coach or provide their coaching staff any information during play on the field. Violation of this rule will result in removal of the individual from the field of play.

- 7.5 FCCYFB will provide a Field Marshall, Trainer, or Duty Officer during all games. This individual will have the overall responsibility of assisting the officiating crew with rule interpretations, field & game coordination, weather and/or emergency needs.
- 7.6 All Playing fields should be covered at all times by paid Law Enforcement Personnel with jurisdiction for that field.
- 7.7 All Playing fields should have a designated trainer on-hand at all games.

### Rule 8.0 – Officials

- 8.1 All FCCYFB regular games shall be played using the following number of officials.  
\*One (1) game clock operator provided by the host association.  
\*Three (3) officials on the field provided by designated FCCYFB Officiating Organizations
- 8.3 Unless the White Hat and both opposing head coaches agree to play sooner, a minimum of 15 minutes shall elapse between the end of any one game and the beginning (kick-off) of the next following game. When the regular scheduled starting time allows 15 minutes or more between games, the game shall proceed as scheduled; however a 15-minute period between games must be allowed regardless of the scheduled starting times of any games. An exception to this rule can be granted by the Head Official (White Hat) after confirming all players from both teams having had sufficient time to do warm ups and agreement from both Head Coaches. The Field Marshall shall make the final decision on game times.

### Rule 9.0 - Uniforms and Equipment

- 9.1 Each player must have a complete uniform and be legally equipped. Detachable cleats are permitted only when the shoe contains the receiver ("female") and the cleat contains the insert ("male") and no metal is exposed. All molded type cleats are considered legal.



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### Rule 10 - Team Captains / Coin Toss

- 10.1 A team may have a maximum of 4 team captains, as identified by the head coach to game officials, who may attend the opening game ceremonies and instructions at mid-field.
- 10.2 All players except the captains should be off the field prior to and during the Coin Toss with the officials. The Head Coach is responsible for concluding pre-game banners and other activities prior to game time. Failure to complete could be penalized by officials as an Unsportsmanlike act subject to 15 yard penalty.

### Rule 11 - Headsets

- 11.1 Headsets are permissible during any game.
- 11.2 Any and all coaches, including coaches allowed on the field in games shall be allowed to use headsets.
- 11.3 Cell Phones may not be used as a substitute for headsets.

### Rule 12 - Sideline Restrictions

- 12.1 During any conference game, no one is to be allowed on the sidelines, outside the coaching box, except the following:
  - \*Cheerleaders, when adequate space cannot be provided outside the restraining lines;
  - \*The official chain crew;
  - \*Newspaper, magazine and/or television or photographic staff, which have been authorized to take pictures or film the game;
  - \*A ball boy when specifically requested by the officiating crew;

\*FCCYFB league officials may be on the sidelines at any FCCYFB conference game, inside or outside the coaching box, when they feel such action is appropriate and in the best interest of the game or conference. Exception to this rule is when the individual is also designated as a coach within that Division and age group. When on the sideline these individuals are prohibited from conducting any form of coaching.

\*Host Park Board Members may be on the sidelines at their designated FCCYFB home game, inside or outside the coaching box, when they feel such action is appropriate, except when the individual is designated as a coach within that Division and age group. When on the sideline these individuals are prohibited from conducting any form of coaching.



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- 12.2 Coaches from other FCCYFB teams, mascots, guests, spectators and other similar type personnel shall not be permitted on the sidelines inside or outside of the coaching box during FCCYFB games.
- 12.3 Unless otherwise provided in these rules, during any conference game, no one is to be allowed on the sidelines, inside the coaching box, except the following:
- \*The members of the participating team and the team's coaching staff who are listed as players and coaches on the official team rosters;
  - \*The team trainer and statistician as listed on the team's official team roster
  - \*Two (2) managers under the age of 18. These managers do not have to be listed on the team's official team roster.
- \*FCCYFB league officials may be on the sidelines at any FCCYFB conference game, inside or outside the coaching box, when they feel such action is appropriate and in the best interest of the game or conference. Exception to this rule is when the individual is also designated as a coach within that Division and age group. When on the sideline these individuals are prohibited from conducting any form of coaching.

### **Rule 13 - Complaints / Misconduct / Protests / Violations of the Rules**

- 13.1 FCCYFB will enforce all violations of rules, complaints and protests.
- 13.2 All complaints, protests or allegations of a rules violation shall be made the FCCYFB President.
- 13.3 Each association shall be responsible for ensuring all coaches, parent, and officials conduct themselves in an appropriate manner. Each association shall fully investigate any allegation lodged against it by another association and advise the association lodging the complaint of its findings and any disciplinary actions it has imposed.
- 13.4 Unless self-imposed by an association there shall be no over-turning, re-playing or otherwise setting aside the results of any game as the result of a protest or violation of any rule.
- 13.5 The Head Coach will be held responsible for the conduct of his team, parents of team players and assistant coaches. The head coach will be subject to dismissal or ejection, including game suspension, for any parent or assistant coach misconduct or rule violation.
- 13.6 Any Player exhibiting any form of unsportsmanlike conduct may, at the discretion of game officials, Field Marshall, or FCCYFB Board Member be sent off the field for a "cool down"



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period of a minimum of 5 plays after which the Player shall be allowed to return to the field. Player warnings shall not be considered as being ejected from the game. Players shall not receive more than one "cool down" period per contest.

- 13.7 Flagrant unsportsmanlike conduct, at the discretion of the game officials, or a second Player Warning from the officials shall be cause for Player disqualification and ejection from the game. Any Player so disqualified by the officials, shall remain on the bench for the remainder of that game or, if deemed necessary by the Referee, ejected from the game field.
- \* Any Player allowed by game officials to return to a game shall not be considered as being ejected from a game.
  - \* A Player removed from the game on the final play of the game shall be considered ejected from the game.
  - \* Game officials shall notify the FCCYFB Executive President of any ejections within 24 hours of the completion of the contest. Player name and number shall be recorded and submitted to the League along with the game score.
  - \* Any Player ejected during a League game shall be ineligible for a minimum of one following game.
- 13.8 Flagrant unsportsmanlike conduct by the Head Coach or any member(s) of the coaching or sideline staff shall result in disqualification of those involved. Any person so disqualified by the officials, shall be ejected from the game field and if warranted, facility and prohibited from any further contact, direct or indirect, with the team during the remainder of the game. Such conduct may include, but is not limited to, abusive, disrespectful, or profane language, intimidation, fighting, physical confrontations, or other unsportsmanlike acts before, during or after the game.
- a) Failure to comply may result in removal from the league.
  - b) Any coach or sideline staff ejected from a league game shall be ineligible for a minimum of one following game and will be prohibited from contacting the team, direct or indirect, during the suspension game.
  - c) An ejected coach may not return to their coaching position without the permission of the Association and the FCCYFB.

### **Rule 14 – PLAYING RULES (Governing Rules and Exceptions)**

- 14.1 The National High School Football Rules with the following exceptions will govern all FCCYFB conference games.
- \*1<sup>st</sup>/2<sup>nd</sup> 3rd/4th Grade shall follow USA Football Rookie Tackle Guidelines/Rules
- 14.2 For all conference games time duration for each quarter shall be as follows:



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\*1<sup>st</sup>/2<sup>nd</sup> Grade. USA Rookie Football Guidelines, continuous 20-minute halves, only stopped for T.I.P.S. (timeouts, injuries, penalties, scores)

\*3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup>/6<sup>th</sup> grade and up 10 minutes in duration.

- 14.3 The ball shall be of good grade leather, synthetic leather, or rubber with the following specifications:  
\*1<sup>st</sup>/2<sup>nd</sup> grade - Pee-Wee size ball or K2 (according to Wilson)  
\*3<sup>rd</sup>/4<sup>th</sup> grade and up - Junior size ball (according to Wilson).
- 14.4 Extra points shall score 2 points for kicking and 1 point for passing and running the ball. The ball will be put in play from the 3-yard line.
- 14.5 Goal posts shall be no less than 19 feet, 2 inches in width.
- 14.6 Two-color jersey numbers are permissible. Length of game jerseys must cover all protective gear.
- 14.7 The National High School Federation Rule with regard to numbering interior lineman, eligible receivers, backs, etc. will not apply.
- 14.8 When a team must kick from its own end zone; the team's captain may request the game officials to move the football in order to avoid the possibility of kicking into the goal posts.
- 14.9 All ties shall be broken using National Federation tie breaking rules, except as follows:

### GHSA OVERTIME PROCEDURE

1. There will be a 3-minute intermission between the end of regulation play and the coin toss to start the overtime procedure.
2. The captains will meet for the coin toss, and winner may choose one of the following:
  - (a) Be on offense first
  - (b) Be on defense first
  - (c) Choose the end of the field on which to play
3. The ball is placed on the 15-yard line and the offense keeps the ball until:
  - (a) Ball is turned over on downs NOTE: The team on offense can gain a first down.
  - (b) The defense gains possession of the ball (ball is dead immediately)
  - (c) The offense scores a touchdown or field goal
  - (d) The offense misses a field goal



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4. After the first offensive team completes its possession, the opposing team gets its opportunity from the 15-yard line.
5. If the game remains tied after each team has had an offensive possession, there will be a 2-minute intermission and the team that lost the first coin toss has the first option for the second possession.
6. For each additional overtime period (i.e., an offensive possession by each team) the original coin toss options are alternated.
7. Beginning with the third overtime period, a team must attempt a 2-point try after a touchdown.
8. Each team is allowed one timeout per overtime period. No timeouts may be carried over from regulation play.
9. Penalty enforcement is handled the same way in overtime as in regulation play.

### Mercy Rule

14.10 When one team achieves a 24 or more point advantage, the league will enact a "Mercy Rule" adjustment to the clock management. This Mercy Rule speeds up game play while allowing coaches to preserve timeouts needed for personnel adjustments. The amendments below may be altered by the trailing coach only to full running clock by notification of head coach to the officials. This does not alter 14.10.1.2 as player safety overrides the issue.

14.10.1 Once the score difference in the game reaches 24 or more points, the clock will be adjusted to a running clock and "T.I.P.S." clock management for GHSA rules. This rule allows the clock to be stopped for Timeouts, Injuries, Penalty Administration, and Scoring.

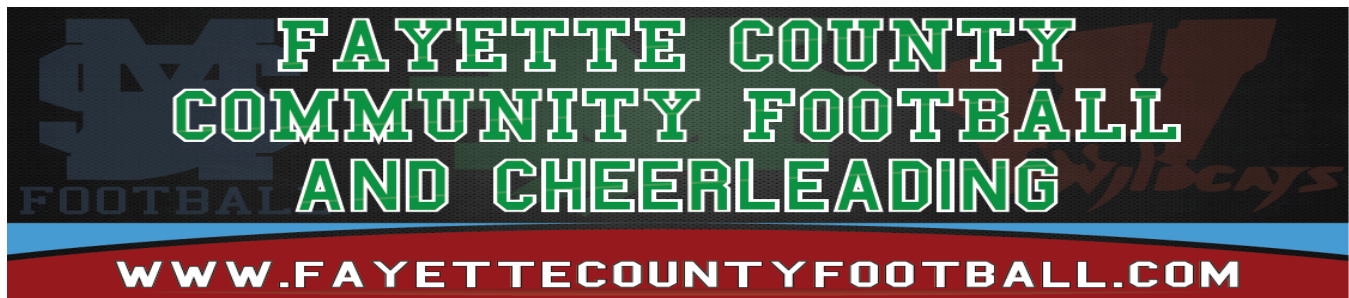
14.10.1.1 Timeouts will stop the clock for the normal 60 seconds, then the clock will continue. The leading team will not be awarded timeouts to conserve clock and extend its lead near the end of game.

14.10.1.2 Injuries to players at any point will stop the clock until the injured player and all safety personnel are off the field of play.

14.10.1.3 Clock will stop at the end of the play for officials to administer penalties. Clock resumes on signal from the Referee (White Hat)

14.10.1.4 The clock will stop when a touchdown or field goal is scored by any team. Clock will resume once the ball is spotted for kick-off and ready to play by the officials.

14.10.2 There are no further kick-offs. Ball placement during the Mercy Rule is the 20 yard line if the trailing team scores, and the 50 yard line if the leading team scores.



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14.10.3 The timing of the game will continue as 8 or 10 minute quarters and will be considered a complete game should weather interrupt the game repeatedly and be called by the League.

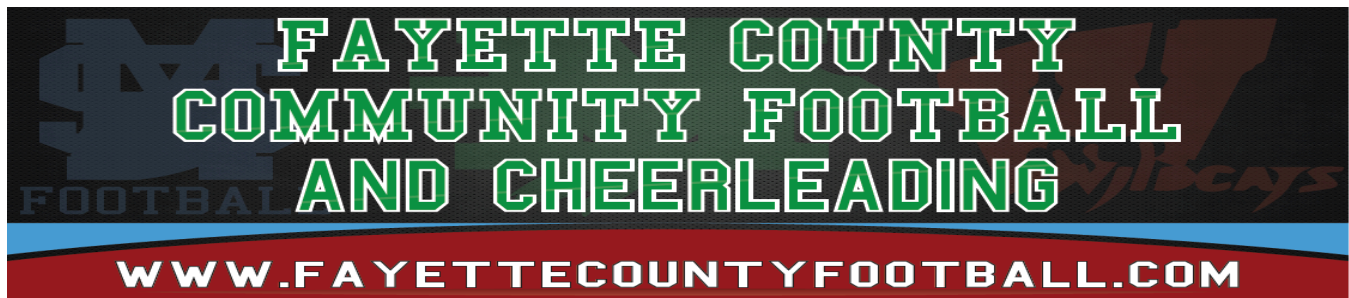
14.10.4 If the point difference falls below 24 points, normal clock operations will occur

### Rule 15 - Player Participation

- 15.1 All players shall play at least the minimum number of plays per game established under the FCCYFB Minimum Play Rule. Each player shall be given 8- play minimum (kick offs and receiving can be counted toward 8-play minimum).
- 15.2 RESPONSIBILITY: Head Coaches shall have the responsibility managing compliance with their minimum play rule. It is recommended that one coach be devoted to ensure adequate playing time.

### Rule 16 - Coach's Participation – 1st/2nd & 3rd/4th Grade

- 16.1 1<sup>st</sup>/2<sup>nd</sup> Grade may have 1 Coach on the field during the game.
- 16.2 3<sup>rd</sup>/4<sup>th</sup> Grade may have one coach from each team on the game field during the game for the first three (3) games.
- 16.3 Coaches allowed to participate on the field of play may not have any form of communication with any player of either team after the offensive team's center touches the ball until the ball is called dead. Each coach must remain silent and may not give any verbal or visual signals until after the play has ended.
- 16.4 Each of the participating coaches must be at least 15 yards from the line of scrimmage when the play starts and not interfere with the play or vision of the officials in any way.
- 16.5 Penalty for Violation of the rules 16.1 through 16.4 will be administered as follows:
  - 16.5.1 After the first occurrence the coach shall receive a "team" warning.
  - 16.5.2 After the second occurrence the team will be assessed a 15-yard un- sportsmanlike conduct penalty



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16.5.3 After the third occurrence the team will be assessed a 15-yard un- sportsmanlike conduct penalty and the coach causing the violation shall be restricted to that team's sideline.

16.5.4 A replacement coach shall be permitted, but will do so knowing that they are subject to rule 16.5. A violation of Rule 16 by the replacement coach shall be treated as a third occurrence for purposes of this rule.

### **Rule 17 - Free Punts, Automatic Spot – 3rd/4th Grade**

17.1 A team may request a "free punt". When a free punt is requested, the defensive team may not rush the punter. This rule does not mean that a defensive lineman or any other defensive player cannot block after the ball is kicked to set up a return.

17.2 The team requesting the free punt must punt the ball.

17.3 A free punt may be requested at any location on the field.

17.3.1 Coaches must communicate their intent to the games officials prior to expiration of the 25 second play clock to avoid delay of Games penalty.

17.4 If the game officials determine that an infraction of this rule has occurred, an encroachment violation will be assessed.

17.5 The offensive team may request an "automatic spot" in punting situations that occur inside the requesting team's fifty (50) yard-line.

17.6 When a team requests an automatic spot the game officials will provide a 20-yard spot from the line of scrimmage. The game clock will run during this process and stop once ball is spotted for play.

### **Rule 18 - Free PAT and field goals, nose guard alignment – 3<sup>rd</sup>/4<sup>th</sup> Grade**

18.1 A team may request a "free kick" PAT or field goal. If a team requests a "free kick" the defense cannot interfere in any way with any offensive player during the play. This includes rushing the kicker and any attempts to otherwise distract the offense. The defense must take a knee throughout the free kick. Cheering and waving of arms by the defense is allowed.



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- 18.2 The center must snap the ball between his legs and may not run back or hand the ball to the holder.
- 18.3 There shall be no time limitation on the attempt to kick the ball other than the game official's discretion that the team is making an effort to kick the ball.
- 18.4 If the game officials determine that the defense has committed an infraction of the free kick rule, an encroachment violation shall be assessed.
- 18.5 If the offensive team attempts to advance the ball, a dead ball shall be called and the play ended.
- 18.6 3<sup>rd</sup>/4<sup>th</sup> grade players shall not line up as a nose guard on defense, nor shall they directly make intentional contact with the center. Players may line up in front of the center 3 yards behind the line of scrimmage.

### **19.0 USA Football Heads Up Certification**

ALL Coaches (Head & Assistants) are required by the FCCYFB to take the USA Football Heads Up Certification for the season and each year they coach in the FCCYFB. Each individual FCCYFB program will be provided with a USA Football Password that will allow each coach to take the test on-line. Coaches who fail to take the Heads Up Certification will NOT be permitted on the field to coach during FCCYFB games or practices.

### **20.0 Use Guardian Protective Helmet Covers**

FCCYFB will allow Guardian protective helmet shields for use in both practices and games without restriction. At all times shields must be properly anchored to helmets in practice and game conditions. Players with damaged or improperly fitted shields must leave the field of play and practice until shields are properly fitted.