



**2023**

## **PIEDMONT TRIAD YOUTH FOOTBALL LEAGUE (PTYFL) Rules**

### **A. Eligibility**

#### **1. Team Association -**

- a) Eligible players must play for the team associated with the High School they are zoned to attend or the school they attend.
- b) For players that live in the attendance zone of one of the High Schools associated with the League (as referenced in A.1.a above) above but do not attend one of those schools (i.e., are home schooled, attend private school, attend charter school, or attend another school that is not affiliated with the PTYFL) participation is based upon the school's attendance zone in which the player lives. (School you would attend)
- c) For players that live outside the attendance zones of one of the High School affiliated schools (as referenced in A.1.a above), participation is based upon the school that is closest to their residence (Closest school) and approval of the PTYFL Board (reference rule A.1.d below)
- d) No player that lives outside of the attendance zones of one of the High School affiliated schools may participate in the League unless approved by the PTYFL Board. *Appeals and/or exceptions to participation rules may only be granted by the PTYFL Board and these exceptions will only be considered on a case-by-case basis.*
- e) Players may be 'transferred' to another High School affiliated team in the event of a full roster of the team at their associated High School. This is to be done at the discretion of the organizations involved directors. Players that transfer to another team due to a full roster may stay at that team or return to their original team the next year.
- f) Organizations fielding multiple teams in any age group (i.e., Flag, 8U, 10U and/or 12U) must establish rosters based on criteria such as elementary school zone or via open draft using criteria approved by the League such as age (i.e., equal number of each age). Returning players shall be permitted to return to a team from immediate prior year.
- g) Expansion teams joining the PTYFL will have their current players 'grandfathered' in for their inaugural season but all new players after their inaugural season must be as fore-mentioned.

## 2. Age Limits -

- a) To be eligible to play in the Flag League (6U), a player cannot turn 7-years old on or before August 1<sup>st</sup> of that playing year.
- b) To be eligible to play in the 8U League, a player cannot turn 9-years old on or before August 1<sup>st</sup> of that playing year.
- c) To be eligible to play in the 10U League, a player cannot turn 11-years old on or before August 1<sup>st</sup> of that playing year.
- d) To be eligible to play in the 12U League, a player cannot turn 13-years old on or before August 1<sup>st</sup> of that playing year.
- e) There will be no exemptions to the age limits.
- f) “Younger & Heavier”  
Younger players may ‘play up’ at the discretion of their parents with the approval of the Head Coach and the director provided they meet the requirements below:
  - I. 8U – no ‘play up’
  - I. 10U – 8-year-old may ‘play up’ in to the 10U League if they turn 8 on or before August 1<sup>st</sup> of the player year AND provided, they weigh at least 60 pounds on certification day.
  - II. 12U – 10-year-old may ‘play up’ into the 12U League if they turn 10 on or before August 1<sup>st</sup> of the playing year AND provided, they weigh at least 80 pounds on certification day.

## 3. Registration –

- a) No registrations are to be accepted prior to February 1<sup>st</sup> of the playing year.
- b) Registration forms must be submitted to the appropriate representative for each organization. On-Line registrations will be permitted but must be printed for League certification. Each team’s roster may be expanded to no more than 28 participants at the discretion of the organization’s director. Additional roster expansion is at the discretion of the organization and the PTYFL Board.
- c) A valid copy of each players Birth Certificate and/or State ID must be provided prior to certification / weigh-in to verify age.
- d) For a registration to be valid the registration form must be filled out completely and a “Parent Code of Conduct” form must be signed and returned with the registration form.
- e) Final payment must be paid prior to the beginning of the season / roster certification. A player must be removed from the roster if they are not certified by the 2<sup>nd</sup> game of the regular season.

- f) Registration fees are NOT refundable if the player quits after the 3<sup>rd</sup> week of practice. Extenuating circumstances are at the discretion of the individual member organizations.
- g) Registration closes on Labor of the playing year (1<sup>st</sup> Monday in September) \*\*12-year-old players that are trying out for a Middle School football team and wish to hold a position on their teams roster should send in registration without payment and note on the registration for that they are trying out for Middle School football. We encourage all 12- year-old players to try out for Middle School football.
- h) Rosters are to be filled on a first-come first-served basis, no tryouts or cuts are allowed.
- i) Organizations that elect of field more than one team in any age group must fill the rosters of these multiple teams in a draft that has been approved by the League. Every effort should be made to distribute players by age and talent equally between he teams.

#### 4. Player Certification –

To be eligible to compete, each participant must meet each of the following criteria:

- a) Complete a registration form, provide a copy of the players Birth Certificate and/or State ID, pay any required fees and be assigned to a team.
- b) The participant’s name must be officially recorded on a roster.

A typed team roster (form provided by the PTYFL and emailed to the PTYFL) with each player’s name and number (in numerical order), a copy of the participants registration form, parent code of conduct and Birth Certificate and/or State ID must be furnished to the authorized PTYFL official at weigh-in. This copy will be retained by the league and copies will be sent to all organizations.

- c) Be weighed in on the teams weigh in date, which will take place the week before the first schedule game (or another date selected by the PTYFL) by an authorized PTYFL representative. Weigh in will occur in shorts and t-shirt without shoes. The weight recorded on the certified roster is to be the observed weight. The scales used must be approved by the PTYFL.
- d) If a player misses their organizations scheduled weigh in / certification date, then they will need to attend a makeup certification date scheduled by the PTYFL at a central location prior to the first game.
- e) A copy of each teams typed certified roster will be distributed to each organization within one week of the weigh ins. Each organization is to distribute copies of the certified rosters to their coaches. This certified roster must include the following:

1. Jersey Number
2. Player Name
3. Birth Certificate and/or State ID
4. Birth Date
5. Age
6. Weight
7. Certified By
8. Indication ball carrier eligibility

- f) Once a roster is certified players are not allowed to be moved between Flag, 8U, 10U and 12U teams. Extenuating circumstances are at the discretion of the League. Once a roster is certified there will be no changes.

## 5. Ball Carrier Weight Limits –

- a) While there are no weight limits on players other than those described above, there are weight limits on ball carriers.
  - I. No ball carrier may exceed 85 lbs. in the 8U League.
  - II. No ball carrier may exceed 115 lbs. in the 10U League.
  - III. No ball carrier weight limit in the 12U League.
  - IV. No ineligible ball carrier can line up in an eligible ball carrier position.
- b) Eligibility for ball carriers will be determined at the certification weigh in mentioned in Rule 4 – player certification.
- c) Players that are ineligible to carry the ball must have their helmet conspicuously marked with a decal on the back of their helmet provided by the PTYFL at weigh in.

## B. Practice / Games

### 4. Practice Schedule –

- a) The first official league game will be held the first Saturday on the weekend after Labor Day Weekend.
- c) No practice of any kind may be held prior to the Monday of the week containing August 1<sup>st</sup> of the playing year.
- b) The first week of practice will consist of conditioning and player evaluation only. No contact is allowed.
- d) The second week of practice will consist of the following:
  - I. Days one and two are in helmets only. No contact.
  - II. Days three and four are in helmets and pads. No contact.
  - III. Day five you may have full contact.

**All players must follow this 2-2-1 schedule, if a player starts late or misses practices, they must still fulfill the 2-2-1 requirements.**

### 2. Practice Duration –

The PTYFL understands the demands placed upon today's families and places family and education as a top priority, for this reason there are limits on the number and duration of practices.

- A. Preseason – During the 4 weeks prior to the first game practice time for all teams in the league is limited to 5 days per week (Monday through Saturday only) and no more than 2 hours per day.
- B. Regular Season – After the first game practice time for all teams in the league is limited to a total of 4 ½ hours per week (Monday through Friday only) on no more than 3 separate days and no more than 2 hours per day.

### 5. Safety –

Safety should always be a prime concern on the football field. Parents place their children in our trust, and we must be good stewards of this trust.

- a) Coaches must be USA Football Heads Up Certified to participate in practices and/

or games. (See Section 17)

- b) Coaches should be attentive to head and have water available at all practices and games. High school and or middle school practice limitations should be observed when temperatures are excessively high.
- c) A basic first aid kit and a supply of ice must be present at all practice and games and an AED (Automated External Defibrillator) is recommended as well.
- d) At a minimum the following information must be available on the sideline at all practices and games for each participant:
  - I. Player's name
  - II. Parent/Guardian name and phone numbers
  - III. Emergency contact names and phone number
  - IV. Information on any health or medical concerns
  - V. EMS services should be available at each game

### **C. Equipment**

#### **1. Equipment Check-In/Check-Out –**

- a) All equipment is the responsibility of the participating organizations.

#### **2. Required Equipment –**

- A. Each participating organization will require and/or furnish the necessary equipment for their players on each team including:
  - I. NOCSAE certified football helmet
  - II. Shoulder pads
  - III. Football pants w/ 7-piece pad set
  - IV. Game jersey
- B. Cleats are required for each player. Only molded cleats are allowed, no detachable or metal cleats.
- C. Any additional equipment that a player desire much be approved by the coach and the PTYFL.
- D. No clear mouth pieces and no tinted visors are allowed.

#### **4. Footballs –**

To improve the game the following sizes of footballs will be utilized in the PTYFL.

- a) 8U and 10U: Pee Wee size football
- b) 12U: Junior size football

### **D. Playing Rules**

#### **1. Basic Rules –**

**National Federation of High School State Athletic Association (NFHS) rules will be used as the basic rules for play with the following exceptions:**

#### **2. Game Length –**

- a) All tackle football games will consist of four 8-minute quarters.

- b) Halftime will be 5 minutes.

### **3. Playing Time –**

- a) Coaches are expected to play every player in every game.
- b) Special teams' plays are considered important playing time.
- c) Coaches should address playing time with parents in a preseason meeting.

### **4. 5th Quarter -**

- a) 5<sup>th</sup> quarter is meant to be an avenue in which we develop players who are new to the game of football or who may not be at the same level as their teammates.
- b) Teams with a roster of at least 20 players should be able to participate in a 10-minute running clock 5<sup>th</sup> quarter.
- c) It will be up to the head coaches to decide if the 10-minute 5<sup>th</sup> quarter will be played as a regular quarter, or they may elect to play 5 minutes of defense and 5 minutes of offense. This decision must be made prior to game.
- d) It is the hosting team's responsibility to coordinate with the visiting team no later than Thursday night 9pm on whether they will be participating in a 5<sup>th</sup> quarter on game day.

### **5. Substitution –**

Free substitution is a major part of football and is always in effect and encouraged.

### **6. Overtime –**

If a game is tied at the end of regulation time, NCHSAA rules regarding overtime will be employed. After a coin toss to determine initial possession, both teams will be given 4 downs to score from the 10-yard line. Should neither team score or the score is tied after each team has had their 4 downs, play will continue with teams alternating possession until a winner can be determined. Each team will have 1 timeout for each overtime period. Timeouts do not carry over.

### **7. Penalties –**

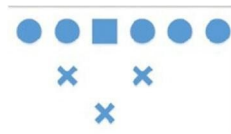
Regulation penalties will be enforced in both 8U, 10U and 12U league.

### **8. Defensive Alignment –**

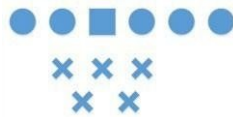
- a) 8U League – In the interest of quality play, no defense shall line up a defensive player (NG/NT) directly on the center or in the 'A' gaps. The interior-most defensive linemen shall be lined up / heads up on the offensive guard and must be in a down lineman stance (3 or 4 point). If the offense chooses to spread out the guards wider than normal (more than 1 foot) the defensive lineman may choose to line up in the same relative spot as if the offensive guards were not spread out. (Officials Judgement) Linebackers lined up over the center shall not be within 3 yards of the line of scrimmage prior to the snap. In the event of ball placement inside the 3-yard line (goal line defense) the linebacker may line up within 3 yards of the line of scrimmage.
- b) 10U League – In the interest of quality play, no defense shall line up a defensive player (NG/NT) directly on the center or in the 'A' gaps. The interior-most defensive linemen shall be lined up / heads up on the offensive guard and must be in a down lineman stance

(3 or 4 point). If the offense chooses to spread out the guards wider than normal (more than 1 foot) the defensive lineman may choose to line up in the same relative spot as if the offensive guards were not spread out. (Officials Judgement) Linebackers lined up over the center shall not be within 3 yards of the line of scrimmage prior to the snap. In the event of ball placement inside the 3-yard line (goal line defense) either the linebacker or nose guard / nose tackle may line up within 3 yards of the line of scrimmage but in no instance can both.

Alignment without a nose guard / nose tackle



Alignment with a nose guard / nose tackle



## 9. Offensive Alignment –

- Only eligible ball carriers may line up in any position that is eligible to carry the football. (See A. 5 above)
- Only eligible ball carriers may line up outside the tackle box. (See A. 5 above)
- Cut blocks will not be allowed in any age group.

## 10. Kickoffs –

- All kickoffs shall take place from the 40-yard line.
- The receiving team must line up a minimum of 6 players no less than 10 yards and no more than 15 yards off the ball. All other receiving team players that are more than 15 yards off the ball must be eligible ball carriers. (See A. 5 above)
- Any receiving team player that is lined up no less than 10 yards and no more than 15 yards off the ball is permitted to advance the football regardless of ball carrier eligibility.
- Ineligible ball carriers are to be lined up no less than 10 yards and no more than 15 yards off the ball and may not go back beyond the 15 yards to advance the ball under any circumstances. Should an ineligible ball carrier take possession of the ball beyond the 15 yards off the ball the player should fall on / down the ball and the ball will be blown dead at that spot.

## 11. Punting –

### A. 8U and 10U League –

Punting is a valuable skill in football, and we encourage players to do so to develop this skill.

- No fakes are allowed.
- In the interest of safety and quality of play, punt plays will be dead plays until the ball is punted.
- The kicking team may not send any players downfield until the ball is kicked.
- The punter will have 4 seconds to punt and the snap does not have to be 'clean' (officials judgment).

- V. Defensive teams can play no more than 3 eligible ball carriers deep. The remaining 8 must be on the line of scrimmage until the ball is kicked. A kick caught by one of the linemen will be a dead ball.
- VI. Players on the defensive line may jump to block the kick but are not allowed to rush the kick.
- VII. A punt that is blocked or does not cross the line of scrimmage is a dead ball. A ball that is tipped or deflected but continues across the line of scrimmage is a live ball.
- VIII. A mishandled snap is a dead ball (Official's judgment)
- IX. Should the defense rush the kick they will be charged a 10-yard penalty and the offense will receive an automatic first down.
- X. Teams have the option to walk the ball off 15 yards in lieu of a punt.
- XI. Under no circumstance should the ball be placed inside the 10-yard line when teams exercise a walk off.

### **B. 12U League –**

- I. No fakes allowed.
- II. The punter will have 4 seconds to punt from the snap of the ball, the snap does not have to be 'clean'.
- III. A punt that passes the line of scrimmage and is touched by the receiving team first (inadvertently or intentionally) is deemed a live ball and is recoverable by either the kicking or receiving team. Further, a muffed punt, that is attempted to be fielded by the returner and is dropped is a live ball being recoverable by either team.
- IV. Defensive teams can drop no more than 3 players deep. The remaining 8 players are on the line of scrimmage.
- V. Players on the defensive line may jump to block the kick but at no time should they rush the kicker.
- VI. Should the defense rush the punt they will be charged a 10-yard penalty and the offense will receive an automatic first down.
- VII. 12U does not have the option to walk off a punt.

### **12. Place Kicking –**

Like punting, place kicking is an important skill that we hope to begin developing at the lower levels of football.

- a) No fakes are allowed.
- b) Field goals will count as 3 points.
- c) The kicker will have 4 seconds to kick (Official's judgment)
- d) A mishandled snap is a dead ball (Official's judgment)
- e) A kicked ball that is tipped or deflected but continues to cross the line of scrimmage may be returned if it remains in the field of play.
- f) A blocked attempt or an attempt that does not cross the line of scrimmage is a dead ball.

### **13. Field of Play –**

The playing field will be regulation size, 100 yards x 53 1/3 yards.

### **14. Timeouts –**



Teams will have 3 timeouts per half. Time outs will last one minute. Each team will be given one timeout per each overtime period.

### **15. Halftime –**

Halftime will be 5 minutes.

### **16. Extra Points –**

- a) Running or passing the ball into the end zone for a point after attempt will count for 1 point.
- b) Teams may kick the ball through the uprights for 2 points.
  - I. No fakes are allowed.
  - II. Players on the defensive line may jump in an effort to block the kick but a no time should they rush the kick.
  - III. Should the defense rush the kick the following penalties will occur:
    - a) The defense will leave the field and the offense will be given the opportunity to kick again if the kick was previously missed.
    - b) There will be 5-yard penalty assessed against the defense on kickoff.
  - IV. A blocked attempt or an attempt that does not cross the line of scrimmage will be a dead ball.
  - V. There shall be 4 seconds to kick the ball and a bad snap is not a dead ball.  
(Official's judgment)

### **17. Mercy Rule –**

- a) The PTYFL will not enact a mercy rule. Once a team has a 30 point lead the play clock will become a running clock. This rule applies to the regular season and playoffs only.
- b) Should the officials have to employ this rule the clock will only stop in the following situations:
  - I. Injuries
  - II. Timeouts.

### **18. Delay of Game –**

One of the primary purposes of the PTYFL is to teach fundamentals. With younger players this requires patience and sometimes may require extra instruction. Coaches should strive to always do this but in the interest of fair play no team / coach shall intentionally delay play.

- A) All plays should be snapped within 30 seconds from the time the official marks the ball ready for play.

### **19. Coaching Staffs –**

- a) All coaches must be USA Football Heads Up Certified in order to help with practice and / or be present on sidelines during games.
- b) All new coaches must have a valid background check before they are allowed to coach.
- c) On game days coaching staffs will be limited to 7 coaches on the sidelines.
- d) Should a team elect to put a coach in the press box this coach counts as



one of the 7.

- e) 8U League will be allowed to have one coach on the field. Offense in the huddle and 5 yard behind the deepest player. Defense in the huddle and 10 yards behind the deepest defensive player. Coaches are not allowed on the field for 10U and 12U.
- f) No fans or spectators are allowed on the sidelines or on the field.
- g) Any coach ejected from a game is automatically suspended for a minimum of one game. If the suspension is from the team's final game, the suspension will be served the first game of the next season that the coach returns to the PTYFL.

## **20. Scouting –**

- A. Scouting of opponents' practices is not allowed.
- B. Scouting of opponents' games is allowed.
- C. Filming of any type of an opponent is limited to games.

## **E. Conduct / Sportsmanship**

### **1. Player Conduct –**

Players are expected to show good sportsmanship and behavior during PTYFL games. Examples of poor sportsmanship include but are not limited to:

- Fighting
- Leaving the bench area
- Taunting, baiting or spitting toward an opponent or official
- Profanity
- Obscene gestures, including gesturing in such a manner as to intimidate or instigate
- Physically contacting an official is subject to automatic expulsion and can result in ineligibility for the remainder of the season and possibly further.

Players that are ejected from a game are automatically suspended through the next game. Additional suspension time will be at the discretion of the internal committee if the action was deemed especially poor. This includes suspension from any practices and or games during the duration.

### **2. Parent / Spectator Conduct –**

Parents and spectators are expected to act in a manner that is deemed appropriate, acceptable, and sets a good example for young people. Society today sometimes waters down standards to defend poor behavior. Examples of poor sportsmanship and behavior at any PTYFL event includes but are not limited to:

- Use of loud profanity in public
- Arguing to the point of incivility with coaches, event officials or spectator
- Chastising a child publicly for poor performance
- Public intoxication
- Repeatedly bashing or publicly treating game officials

The Piedmont Triad Youth Football League will not condone any of the above or any behavior closely associated with those above. Should a spectator's behavior require their removal from PTYFL event, that person or persons will be banned from any future games during said season. Law enforcement will be contacted and the PTYFL will ask that charges be filed for disorderly conduct / disturbing the peace.

### **3. Coaches Conduct –**

The PTYFL will not tolerate behavior by coaches that is detrimental to the development of the young people in our organization. All coaches are expected to set a good example in all areas. Should a coach be ejected from a game he will automatically serve a one game suspension. The suspension will be through the next game. The PTYFL Disciplinary Actions for Rules and Conduct Violations are at the end of this document.

The PTYFL uses the NCHSAA Sportsmanship/Ejection policy as the basis of the above rules and this policy will govern if there is a need for clarification.

## **F. Expansion**

We will continually promote our League with the intent of attracting new organizations with a share philosophy in joining the PTYFL.

Each organization is their own entity outside of the PTYFL and has their own Board, furnish their own equipment and insurance. Each organization is their own entity and have agree to follow League rules and abide by the decisions of our League Officers. However, due to this growth some of our basic rules have been modified as they pertain to the expansion teams.

### **1. Organization –**

Each organization must charter under another organization such as American Youth Football.

### **2. Representative –**

Each organization must appoint a representative to attend PTYFL meetings and speak on behalf of their organization. Decisions by this individual as it applies to the League shall be binding.

### **3. Insurance –**

Each organization must provide its own insurance coverage. Type and extent of coverage must be approved by the League.

### **4. Fees –**

a) Each organization will set its own registration fee.



## PTYFL Disciplinary Actions for Rules and Conduct Violations

**STEP 1. Warning:** to the organization and the head coach of each team

(Organizations will be given a copy of the rule book at February's meeting and coaches will receive their warning at the preseason meeting they are required to attend)

**STEP 2. Suspension of Head coach:** Head coach is responsible for his conduct as well as any other coaches on the sidelines. Head coach is also responsible to ensure that his team is following all PTYFL rules.

**STEP 3. Loss of game or games:** if a violation has been through step 2 and has not been corrected or reoccurs.

(Loss of games will have barring on playoff seat)

**STEP 4. Suspension from playoffs:** If violations continue to occur.

**Step 5. Removal from the league:** If all steps have been exhausted and the Board thinks it is the best for the league.