

GENERAL LEAGUE RULES

BASIC GUIDELINES

- FINANCIAL:
 - No member has the authority to financially obligate the League without prior consent of voting members of the League. Anyone who makes such financial obligations without prior approval will be responsible for said obligations.
 - FYAL Fees and required documents are due by the first Regular Season League hosted game. League fees will be determined each year. If FYAL Fees are not turned in by the first Regular Season Game, the Executive Board reserves the right to fine the Team as necessary.
 - Admission will be charged in an amount determined each year by the League. Regular season gate receipts will be divided equally among each organization. After deduction of certain expenses such as rescue squad, announcers, trophies, and officials, gate receipts from the playoff games will go to the league. FYAL will reimburse each organization \$150.00 for rescue squad fees at the day of their home game. Any High School coach with current NCHSAA credentials will be admitted free to any little league game.
 - All fund-raising activities conducted on game day at the host field are reserved exclusively for the host team.
- MISCELLANEOUS:
 - The Varsity, JV, and Flag Cheer and Football rules are contained in separate documents.
 - All personal coolers and outside food are prohibited at all FYAL sponsored events. Only coaching staff will be allowed to bring items into FYAL events that is for on field use by football players and cheerleaders.
 - No use of umbrellas or tents are allowed on stands at any facility within the FYAL.
 - Only exception will be during the Cheer Competition as FYAL participants (covered by league insurance) are allowed to use tents on the participants section of stands.
- EQUIPMENT:
 - Each team shall be responsible for furnishing equipment and uniforms for football players and cheerleaders. This may be done by fundraising activities or donations. A team may require an individual to provide their own equipment only if this is the requirement for every member of the team. Any equipment that an individual purchase may be kept by that individual at the end of the season. However, equipment furnished by the team shall remain the property of the team
 - All teams can require deposits for uniform by check, cash, or money order for each participant. If the uniform is not turned in at the end of the season to respective coaches the check will be cashed to pay for the uniform.
 - Complete equipment, including mouthpieces is mandatory for all players. Shoes may not have detachable or steel, aluminum or metal cleats.

GENERAL LEAGUE RULES

- GAMES/SCHEDULING:
 - The official start to the season will be August 1st. The League may choose to modify this date by majority vote.
 - Games shall be played in accordance with the North Carolina High School Athletic Association rules unless otherwise specified in the separately stated rules for each division.
 - The League shall schedule all football games. Games must be played according to the schedule unless revisions are granted by the League and agreed upon by opposing coaches, unless a postponed game is to be made up. The host team must make a decision on playing by 6am on game day. If the host team decides not to host the game, all games will be moved to an alternate site (to be determined) depending on current weather conditions and be moved back a minimum of one hour. The executive board will make the decision based on current weather conditions if the games are cancelled or delayed further soon after the host team has cancelled their field.
 - Chain crews are the responsibility of the visiting team and must be identified before start of game. Chain crews shall operate the “visiting” side line. Members of the chain crews are to avoid making comments from the side line. They are to neither coach nor make gestures to players during the course of the game.
 - Officials will be used for Varsity, JV, & Flag games.
 - It shall be illegal for one team to scout another team other than regularly scheduled games.
 - All participating teams must attend all regular and post-season games; if missed, penalties as stated below can/will be incurred unless the following exceptions occur.
 - An organization notifies the FYAL executive board within two weeks before season begins that there are not enough participants to fulfill the requirements of a team.
 - Please note: The Executive Board must be made aware ahead of regular season start for the exception to be granted.
 - Penalties are as follows for “NO-SHOWS” (i.e. there is a team but does not show up to the game without valid reasoning such as weather):
 - JV & Varsity Football – Will not be allowed to participate in Playoffs
 - Note: This will not hinder Cheer teams eligibility to participate in games
 - Cheer – Will not be allowed to compete in Cheer Competition but will still be required to perform a demonstration.
 - Note: This will not hinder Football teams eligibility to participate in games
 - Flag – Will be penalized \$250 per game that is missed
 - An appeal process will be available in the event of a penalty that may need to be discussed and reviewed.

GENERAL LEAGUE RULES

- The Team representative will need to notify an FYAL Executive Board member that the situation needs to be discussed and be prepared to give valid reasoning as to why the “No-Show” was un-preventable.
 - The scheduled hosting team shall be rotated each year in the following order:
 - North Surry
 - Pilot Mountain
 - Surry Central
 - Mt. Airy
 - West Stokes
 - North Stokes
 - Madison
 - South Stokes
 - The teams will rotate down each year. If you are 1st game host this year you will be last game host next year.
 - POST SEASON:
 - All Varsity and JV teams will participate in a separate playoff tournament with seeding based on each team’s regular season record. Teams based on seeding will be broken into a Gold & Silver Bracket.
 - Gold 1-4 Seeding
 - Silver 5-8 Seeding
 - The last two JV and last two Varsity teams standing will play for the Super Bowl Championship.
- COMPLAINTS:
 - Any complaint brought to the FYAL Executive Board by parents or guardians will be presented to the President of the organization in question. The organization will be provided with all information and encouraged to resolve the issue. The organization must meet with the parent or guardian in hopes of resolving the issue. This process must be completed within 48 hours. If no resolution is met, complainant of said organization will meet with the FYAL Executive Board in hopes of resolving issue. If no resolution can be met, the Executive Board will meet privately to discuss and will then make a decision. Action may consist of but is not limited to fines, suspensions, dismissals, and/or removal.
 - Game protests must be in writing (i.e. by email or Social Media Messenger) and filed with the FYAL President within two (2) weeks of the protested event.
 - The FYAL Executive Board will have final authority on all game related protests.

Eligibility Rules:

- A participant must play for the team that represents the school that he/she attends. The only exceptions are students that attend Magnet Schools, Charter Schools, Private Schools, home schooled, or go to schools outside of Surry/Stokes/Rockingham County but live in Surry/Stokes/Rockingham County. Participants who do not attend schools in the designated areas should register for the team that represents their primary residential

GENERAL LEAGUE RULES

address. (Proof of residence is required) In addition, siblings of active participating members are grandfathered in under the same rule. If a current participant physically moves their address to a new team district or transfers to a new school outside of their current team district, then that participant will have a one-time choice to stay with their existing team or move to a new team.

- If a boy/girl moves into an area after the season has started, the coach can petition the League for an exception to allow the boy/girl to play.
- A football player cannot practice or play with a FYAL team if he/she practices or plays with another organized football team. However, participants will be allowed to try out for their respective middle school football teams and will be allowed credit for the practices should they subsequently play for FYAL. A one (1) week extension is granted to 7th grade participants to determine if playing for middle school or FYAL. If playing for FYAL they are eligible to play in the 2nd regular season game but must have release form attached.
- Any cheerleader meeting the age requirements of the league will be allowed to cheer for FYAL regardless of any other teams that they may be a member of.
- If a league participant is dismissed from one team and desires to participate with another team he/she must bring this request before the League Executive Board to be voted on.
- Registering three or more ineligible participants will result in automatic probation that will be determined by the FYAL Executive board.

Eligibility Fines:

- If an ineligible football player practices with a team or plays in a game the following penalties will occur.
 - \$100 fine per ineligible football player on the JV or flag level and JV games will be forfeited.
 - \$250 fine per ineligible football player on the Varsity level and games will be forfeited.
 - \$100 fine per ineligible cheerleader on any level (mascot, freshman, JV, & Varsity). That level will not be allowed to compete but must demonstrate.
- Violations in two consecutive years will result in probation.

Probation Violations:

- Any violation of rules while on probation will result in the following:
 - Forfeit on all League revenues for that season. All forfeited revenues will be divided equally between the other teams.
 - No post season games or competition for that season.
 - Cheerleaders must still demonstrate.
 - Violations of probation by the football team will not exclude the cheerleading team from competition.
 - Violations of probation by the cheerleading team will not result in games being forfeited, or exclusion from post-season games for the football team.

Injuries:

GENERAL LEAGUE RULES

- All teams are required to report to the Executive Board any injuries that require a claim be submitted through FYAL insurance.
 - A claim form will be given to the coach/guardian to be submitted by the injured individuals' guardian.

Adult Participant Requirements:

Volunteers/CODE OF CONDUCT:

- Head Coaches of each team are required to have Certifications as defined in the corresponding rules for Cheer, Flag, and Tackle.
- A background check is a requirement for the approval of all volunteers. This must be completed by a third-party vendor that has been approved by the Executive Board. The executive Board will follow the guidelines for approval/denial that are listed in the Official Bylaws.
- Volunteers of the FYAL must sign a "Volunteers Code of Conduct." These legal documents must be turned in with the team roster.
- Any High School coach with current NCHSAA credentials can be allowed on the sidelines of any FYAL game.
- Parents, guardians, fans, etc. are not allowed on the game or practice fields and are not allowed to participate or instruct participants unless directed by the coach at the discretion of each football and cheerleading team.
- Foul language, obscene gestures, fighting, physical abuse, or any other behavior that is detrimental to the purpose of the League will not be tolerated. Reports of such behavior shall be directed to the League President who shall promptly investigate the allegations. After investigation, findings will be brought before the Executive Board who will decide the action to be taken.
- Any FYAL volunteer (has a badge/valid background check on file) that is removed from the sidelines/game will be suspended for two weekly games
 - Including the current game removed from and the following week.
 - If a 2nd violation occurs the individual will be removed from the FYAL organization entirely.

Parents and/or guardians:

- Parents and/or Guardians of participants of the FYAL must sign a "Parents Code of Conduct." These legal documents must be turned in with the team roster.

GENERAL LEAGUE RULES

Foothills Youth Athletic League will follow all NCHSAA Varsity Football rules unless otherwise stated below.

Age Requirements:

- Each team shall divide its participants between Varsity, JV, and Freshman, and Mascot
 - Age Requirements will be listed in depth in each divisions separately stated rules but will be as follows:
 - FLAG Football:
 - Mascot (5 — 6-year old's)
 - Must be 5 by Dec 31*' of the year playing.
 - Must not turn 7 before August 1st of the year playing
 - Freshmen (7 — 9 Year old's)
 - Must not turn 10 before August 1•' of the year playing
 - 9 Year olds have choice to play tackle or flag – not mandatory to play flag at 9
 - JV Football:
 - All 9 and 10-year-old participants and any 8-year-old participants at the discretion of the coach. Players cannot turn 11 before August 1st of the year of participation
 - Varsity Football:
 - All 11 and 12-year-old participants and any 9 and 10-year-old participants at the discretion of the coach. Players cannot turn 13 before August 1st of the year of participation.
 - Mascots Cheer: 3 years old by first practice of the season through Kindergarten and must be completely potty trained.
 - Freshman Cheer: K, 1st and 2nd grade.
 - JV Cheer: 3rd, 4th and 5th grades.
 - Varsity Cheer: 6th, 7th and 8th grades.

Weight Requirements:

- Weight requirements may only be revisited in odd ending years.
- The use of plastic bags, plastic jogging suits, or other type items used to aid an individual in reducing their weight is prohibited. Any player using such item will be ineligible to the game.
 - JV: Skilled players (able to advance ball) must weigh 120.0 or less. Participants weighing 120.1 or more shall be identified with a stripe down the center of their helmet. They must play offensive and defensive line (tackle to tackle).
 - Varsity: Skilled players (able to advance ball) must weigh 140.0 or less. Participants weighing 140.1 or more shall be identified with a stripe down the center of their helmet. They must play offensive and defensive return (tackle to tackle). You must weigh 185 lbs. or less if in the 7th and above grades to play for FYAL.

GENERAL LEAGUE RULES

- Striped players may only play offensive and defensive line, tackle to tackle. Any striped defensive player must be lined up no wider than head up the offensive tackle and must be in either a three (3) or four (4) point stance and on the line of scrimmage. Violations of this rule will result in an Unsportsmanlike Conduct ten (10) yard penalty. No advancing the ball, no special teams play, except for Field Goal Team, Extra Point Team, Punt Team and Punt Return. A striped player is allowed to recover a fumble, but the ball becomes dead immediately at that point, and may not be advanced. No kickoff or kickoff return. Penalty for illegal procedure on part of striped player is 5 yards. NO striped players can kick the ball.
- Weigh-ins will be conducted before 1st week game & 4th week game.
 - Each team within the FYAL must designate another team to work with in weighing players to ensure that all players meet the weight requirements
 - “Buddy System” Agreed upon = North Surry – Mount Airy / East Surry – Surry Central / S. Stokes – Madison / N. Stokes – W. Stokes
 - 1st game: All FYAL players must weigh in before they are allowed to participate in games.
 - 4th game: All players who were within ten (10) pounds of their respective weight limits at the first weigh-in must weigh again. Players who are striped are exempted unless said player wishes to try and have his stripe removed.

CHEER RULES

Cheerleaders Requirements:

- a. All Cheerleading squads must attend all regular and post-season games or will lose 20% of revenue share.
- b. Cheerleading teams shall also be governed by the same rules adopted by or established by the NCHSAA unless otherwise specified in the Bylaws.
- c. The League will buy each team one copy of the National Federation of State High School Associations Spirit Rules Book in even ending years.
- d. **Age/Grade Requirements:** Each cheerleading team shall divide its participants between Varsity, JV, Freshman, and Mascots.
 - i. Mascots: 3 years old by first practice of the season through Kindergarten and must be completely potty trained.
 - ii. Freshman: K, 1st and 2nd grade.
 - iii. JV: 3rd, 4th and 5th grades.
 - iv. Varsity: 6th, 7th and 8th grades.
 - v. If an athlete is ready, they may move up one level at the discretion of the coach, with the exception of 3rd graders cannot move up to Varsity and Kindergarteners cannot move up to JV. Should you have an issue concerning unbalanced numbers, they should be brought before the cheer rep. for approval.
 - vi. Cheerleading participants may play down with executive board approval due to participation numbers.
 - vii. Each team can set their cut-off date for sign-ups but cannot be before June 1st. Special consideration shall be given if a participant moves into an area after the season has started. Each team will have to turn in their roster by 1st game.
- e. Practices:
 - i. Cheerleading cannot meet for the purpose of practice, demonstrating, tryouts, teaching, coaching, or instructing cheerleaders prior to May 1st. Sign-ups and uniform fittings can be held at any time.
 - ii. Mandatory practices cannot start until August 1st of each season.
 - iii. Practices are limited to six (6) hours per week, non-mandatory, from May 1st until July 31st, and six (6) hours per week, starting August 1st till the

CHEER RULES

end of the season, mandatory. Hours on game day do not count towards the 6 hours permitted, weekly.

- iv. Cheerleading teams are allowed to participate in a closed one-week camp per year. The camp cannot exceed 30 hours and can be mandatory after May 1st. Each day of the camp must have 2 breaks and one lunch break.
- v. Once mandatory practices begin, each athlete can only miss 3 practices unless excused by a doctors note. The note is not required to include the diagnosis, it just must state the dates they were written out for and what date they may return. If more than 3 unexcused practices occur, the head coach for the squad may remove the athlete from the competition routine, but must allow the athlete to remain on the team and continue to cheer at games.

f. Competition rules:

- i. Individual cheerleaders are not required to participate at the Cheer Competition.
 - 1. Cheerleaders must decide by August 1st if they wish to participate in the competition.
 - 2. Each teams Head Cheer Coach must turn in their Competition roster at the first game of the season to the Cheer Representative.
 - 3. If your team has a bye week, you must still turn in the roster at this time. No Exceptions.
- ii. Squads will be split into two categories: small and large division. This shall be determined each by the cheer rep based on number of participants.
- iii. The competition shall be conducted according to the guidelines/rules set forth by the League and will be completed on the date indicated on the original schedule.
- iv. Exception: Cheerleaders are allowed to do basket tosses during games and competition.
- v. A competition will be held for Varsity/JV teams and will be optional for Freshman to compete in.
- vi. Freshman (those that choose not to compete) and Mascot teams will have a demonstration.

CHEER RULES

- vii. If a Varsity/JV team chooses not to participate, they must do a demonstration instead.
- viii. If any cheerleader or team chooses not to comply with League Bylaws and cheerleading competition rules, they will be required to perform a demonstration only.
- ix. Competition will be hosted in the order listed below each year. It will continuously rotate each year. If the team responsible for hosting the competition cannot host and asks another organization to do so, they will forfeit hosting a competition until it rotates back around to said organization.
- x. For each squad within a team that does not compete or demonstrate that team will lose 20% of revenue share for each squad that fails to compete or demonstrate.
- xi. Routine: routines may last no longer than three (3) minutes. Time will be kept on the football field scoreboard. Time shall start when the music and/or the first choreographed movement starts. Any routine that lasts longer than the three (3) minutes shall result in five (5) points per judge being deducted. Routine may include cheer, chants, dance, stunting, and tumbling.
- xii. Stunts: All bases must have both feet on the ground at all times. Failure to do so shall result in automatic disqualification.
- xiii. Eligibility: each team may enter one Varsity squad, one JV squad, and one freshman squad in competition. Each cheerleader must be a member of the specific squad that he/she is competing for. Each cheerleader must live in the school district and/or attend the school of the team that he/she is competing for. Each cheerleader must have practiced with the specific squad that he/she is competing for all season. Each cheerleader must be listed on the team roster that is turned in on the first official game day. Each coach shall provide an updated roster to the Cheer Representative one week before competition identifying each participant competing. Any team found with an ineligible cheerleader shall be automatically disqualified. Each cheerleader can only 2 games per season to be eligible for the competition.
- xiv. Game day rosters are how the cheer rep will keep track of all athlete's attendances for competition purposes. The game day rosters must be turned in on Monday morning by 10AM following each Saturday game. If the attendance roster is not received by 10AM, then the whole team will be counted absent.

CHEER RULES

- xv. Order of Competition: the order of competition shall be determined by the rank of the football team. The last place football team cheerleaders will compete first; first place football team cheerleaders will compete last; and so on.
- xvi. Judges: judges shall be obtained by the League from an outside organization. vii) Scores: judges will tally each other's scores. All counted scores shall be checked by the League President. No one will be allowed to see the results or score sheets until after the winners are announced for both competitions. Score sheets must be given to the head cheer coach of each organization, which is the same person that attends the FYAL meetings as a representative of their organization. The head coach can then disperse them to the head coaches of each squad.
- xvii. Props: Pom-poms and reasonable signs may be used.
- xviii. Coaches: Coaches are not allowed on the field at any time during competition. The only exception is if a competing team has a disabled athlete that needs assisted help, which then allows for one dedicated helper to be on the field for the duration of the routine to help that specific athlete. Approved spotters are required and will be obtained by each team. Spotters must be at least 18 years of age. A meeting will be held immediately before competition begins between all coaches and the Cheer Representative.
- xix. Trophies: team trophies will be presented to the 1st, 2nd, and 3rd place teams, depending on the number of teams in the division. Individual trophies will be provided to the 1st place team. Medallions will be provided to the 2nd place team.
- xx. The competition hosting team shall be rotated each year in the following order:
 - 1. North Stokes
 - 2. North Surry
 - 3. Pilot Mountain
 - 4. Surry Central
 - 5. Mt. Airy
 - 6. West Stokes
 - 7. Madison
 - 8. South Stokes

FYAL FLAG FOOTBALL RULES

PLAYING TIME

- All children should receive significant playing time for both offense and defense in each game they participate in.
- All children should receive at least half of the playing time in a game.
- Coaches are asked to monitor each other and report any infractions that they see to the referee in a constructive manner.
- If a coach is caught not evenly rotating his/her players, disciplinary action will be taken. These actions include suspension or fines to the team that coach represents. (See General League Rules for Clarification)

DIVISIONS

- Teams are placed into divisions based on age.
- Divisions may be separate or combined depending on the number of children registered.
- Divisions are as follows:
 - Mascot (5 — 6-year old's)
 - o Must be 5 by Dec 31st of the year playing.
 - o Must not turn 7 before August 1st of the year playing
 - Freshmen (7 — 9 Year old's)
 - o Must not turn 10 before August 1st of the year playing
 - o 9 Year olds have choice to play tackle or flag – not mandatory to play flag at 9

FORMAT

- The game is played with five (5) players. However, a minimum of four (4) players must be on the field at all times.
- A player may only appear on one roster per division. If a team has an emergency need for an extra player they can reach out to their team's president, the FYAL president and/or the VP of Flag Football for approval to borrow a player for that week.
- If a player is found playing on a team illegally, the coach and illegal player may be removed from the league.

PLAYER ATTIRE

- Players are designated as home or away based on the schedule.
- Players are required to wear protective mouthpieces at all times during both games and practices.
- If a player arrives at the game without his/her jersey, he/she may not be permitted to play.
- Jerseys must be tucked in at all times. If a jersey is hanging out, flag guarding may be called. See penalty section regarding flag guarding.
- All players must start with their mouth pieces in, jerseys tucked in, flag belts on, and flags properly secured at the hips of each player with the flags pointing outward.
- Molded and screw-in cleats are permitted. No metal cleats are allowed.
- No jewelry, or hand warmers are permitted during the games. Hats with a brim, may be worn backwards only.
- Towels are not permitted on the waist of players.
- Shorts and pants cannot have open pockets. All open pockets must be taped.

EQUIPMENT - FLAGS & BALLS

- The league will provide each team with a link to purchase each teams own flags, and football.
- Flags must be Foothills Youth Athletic League sanctioned. The current flag belt can be found at <https://fdmstore.usafootball.com/Browse/FLAGS>

FYAL FLAG FOOTBALL RULES

- Team shorts and flags cannot be the same color, i.e. if your flags are blue, you cannot wear blue shorts or pants. Currently the sanctioned flag belt is white, which would mean, no white shorts.
- Intentionally tampering with equipment will result in ejection from the playing field with potential suspension for the remainder of the event, season, or program
- **BALL TYPE:**
 - o Mascot Division: Pee Wee Football.
 - o Freshmen Division: Pee Wee Football

COACHES

- Teams may **ONLY** have 3 coaches. These coaches must be identified on the team roster to be an official coach.
- Coaches are **REQUIRED** to wear the coach's pass provided for the current season of play. Without this pass, coaches are not permitted on the field.
- One coach can be on the field for the offensive and the defensive team
- Coaches are responsible for having a rulebook and schedule.

OFFICIAL "NO SHOW" POLICY

Every now and then, we may run into a challenge when an official does not show up for a scheduled game. In the instance that this may occur, our plan is as follows:

- A coach from each team will be asked to co-officiate the game. One coach will keep track of time (24- minute halves) while the other coach will keep track of score.
- Coaches will need to be cognizant of downs.

POSSESSIONS

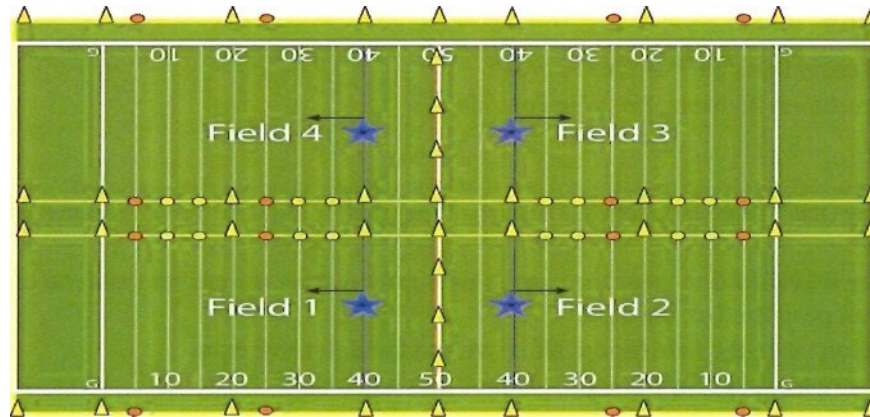
- The visiting team takes first possession of the game on offense. The home team will take first possession on offense in the second half.
- For each possession the offense has three downs with a fourth down option to obtain a first down at midfield, if midfield is obtained, the offense then has three more downs to reach the end zone.
- A first down is only obtained one of two ways; the offense reaches midfield within three downs with a fourth down option or a defensive penalty occurs with the result being an automatic first down.
- If the offense fails to reach midfield (first down line) or fails to reach the end zone, the result is a turnover.
- Fourth down option — On the first half of the field **ONLY**, a team has a fourth down decision to make. A team may either choose to "GO FOR IT" or to declare a "CHANGE OF POSSESSION". If a team decides to "GO FOR IT", they will have one play to cross midfield. If successful with this attempt, a first down will be awarded. If a "CHANGE OF POSSESSION" is decided this will effectively end the drive resulting in a change of possession. The ball will be placed at the spot of where the 4th down play ended.

ONE WAY FIELD SET UP

- The playing field is 60 yards in total length by 25 yards in total width.
- Most possessions (including interceptions) will begin on the 40-yard line. Exception: a failed Fourth Down conversion.
- There are **NO** safeties on One Way fields. The ball will be spotted at the 40-yard line.
- In no circumstance will field position begin further back than the 40-yard line. If there is a sack or fumble, behind the 40-yard line of scrimmage, the ball will be placed back on the 40-yard line.
- Home will setup between the 40- and 25-yard line (please note, all players on same sideline)

FYAL FLAG FOOTBALL RULES

- Away team will setup between the 20- and 5-yard line. (please note, all players on same sideline)
- All parents are required to watch from the stands. Coaches are asked to assist us with the enforcement of this rule.



GENERAL OFFENSE

- NO INTENTIONAL CONTACT of any kind is permitted and may also result in an unsportsmanlike conduct penalty, and/or player ejection.
- Downfield blocking is illegal. Any offensive player who continues running AND impedes the progress of a defensive player who is attempting to pull the ball carrier's flag will be called for illegal blocking.
- The ball must be snapped between the center's legs to start a play. Shotgun snaps are allowed. All plays must have a legal snap. Snaps that are not fundamentally correct will result in a replay of that down.
- There is a 30-second huddle clock, which starts once the line of scrimmage is marked and the ball is spotted.
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage. A motioned player does NOT need to stop, prior to the snap of the ball.
- No laterals of any kind, anywhere on the field are legal. A pitch is considered a lateral. Pitches are illegal. All handoffs must be direct handoffs
- Spinning is permitted.
- Jumping or diving to ADVANCE the ball is illegal. However, an offensive player may jump over a defensive player on the ground to avoid a collision. Jumping or diving to catch a pass is permitted
- The ball will be spotted at the location of where the flag was when it was separated from the belt.

PASSING GAME

- QB has a seven (7) second "pass clock."
- If the pass is not thrown within seven seconds, the play is ruled dead, with a loss of down. The ball is placed at the original line of scrimmage.
- If the ball is handed off, the seven-second pass rule is no longer in effect.
- Passes must be thrown behind the line of scrimmage, the QB's feet must also remain behind the line of scrimmage. Failure to comply, results in a loss of down.
- Only one forward pass per down. All passes must be forward and received beyond the line of scrimmage.

FYAL FLAG FOOTBALL RULES

RECEIVING GAME

- All players are eligible to receive passes, including the QB, but only if the ball has been handed off behind the line of scrimmage first.
- A receiver must have at least one foot in bounds when making a catch.
- A receiver is down where his or her flag belt is pulled.
- To achieve a first down, or a touchdown, the ball must cross the plane of the first down line and/or goal line.
- If a receiver's flag inadvertently falls off, even without contact from another player, that player is ruled down at the spot the flag fell off.
- If a receiver's flag inadvertently falls off prior to receiving the ball and later in the same play catches the ball without replacing the flag, the receiver will be down immediately at the point of reception.
- In the event that a receiver and defender both catch the ball at the same time, and both retain possession to the ground, then the tie would go to the receiver, with the receiver being down at the point of the tied reception.
- A receiver can't willingly run out of bounds and then come back in bounds to catch a ball.

RUNNING GAME

- Only "direct" handoffs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a handoff. A player must completely let go of the ball, to be considered a legal handoff.
- There is no limit to the number of handoffs that can be performed by the offense in a single play, so long as the ball never crosses the line of scrimmage.
- The QB can run the ball only if he/she has first handed the ball off behind the line of scrimmage and then taken a "direct" handoff back from another player before the ball has ever crossed the line of scrimmage.
- The player who takes the handoff can throw the ball, as long as he or she does not pass the line of scrimmage first.
- It is the responsibility of the ball carrier to avoid colliding with defenders that lie in his/her path. Unintentional contact will not be penalized, provided the ball carrier makes an effort to avoid it. Failure to attempt to avoid contact with a defender (charging) may be penalized. Intentional contact will not be tolerated, and may also result in an unsportsmanlike conduct penalty, and/or player ejection.

GENERAL DEFENSE

- NO INTENTIONAL CONTACT of any kind is permitted and may also result in an unsportsmanlike conduct penalty, and/or player ejection.
- Defensive players cannot pass the line of scrimmage, until the ball is handed off.
- Defenders must only attempt to grab an offensive player's flag when trying to get them down.
- If a defender attempts to pull an offensive player's flags and inadvertently grabs their jersey, the defender must immediately and completely release the jersey before they can reattempt to pull the flag. Failure to do so will result in a holding penalty.
- All defensive players must give the offense a one-yard cushion prior to the snap of the ball.
- Diving after a flag IS allowed.

FLAG PULLING/GUARDING

- Flag Guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or covering the flags with the football jersey.
- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags. A

FYAL FLAG FOOTBALL RULES

- roughing penalty will be assessed when defenders tackle.
- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- The flag belts (not the flags themselves) must be secured to ensure they do not hang appearing to be a flag. If the belt is hanging, flag guarding may be called.
- Shirts/jerseys must be tucked in always. If a shirt/jersey is hanging out, flag guarding may be called.

INTERCEPTIONS

- One-way fields will play with interceptions which will be spotted at the 40

REPLAY OF DOWN/INADVERTENT WHISTLE

- If there is an inadvertent whistle during a play, the offense has the choice of either the result of the play at the point the whistle was blown or replaying the down.
- If there is an inadvertent whistle during a passing play and the ball is in flight, the down is replayed.
- Mascot Division Only: If a ball falls to or touches the ground during the initial center to quarterback exchange, the play is ruled a "do over" with no loss of down.

DEAD BALLS

- A play is ruled dead when the ball carrier's flag is pulled, the ball carrier's flag inadvertently falls off, the ball carrier steps out of bounds, any part of the ball carrier's body other than hands touch the ground, the ball carrier lets the ball hit the ground, a penalty occurs, QB runs out of time, or after a touchdown or extra point is scored.
- There are no fumbles. The ball is spotted where the ball hits the ground, unless the ball carrier loses control of the ball moving forward. It will be placed where the carrier's feet are when possession is lost.

SCORING

- A touchdown is equivalent to 6 points.

EXTRA POINTS

- Following a touchdown, the offensive team is given an opportunity to score an extra point.
- 1 Extra Point is attempted five yards out from the goal line.
- 2 Extra Points are attempted 12 yards out front the goal line.
- An interception on an extra point will result in a failed attempt.

SAFETIES

- There are no safeties on ONE-WAY FIELDS.

TIME SITUATIONS

- The referee may stop the clock at their own discretion.
- Each team is allowed one 60-second timeout per half.
- Timeouts do NOT carry over into the next half.
- Games are played with times:
 - o Mascot Division — two 20-minute halves and a two-minute half-time

FYAL FLAG FOOTBALL RULES

- o Freshmen Division — two 2-minute halves and a two-minute half-time.
- The clock will also stop during the final two minutes of the second half of an 8-point differential game, for an incompletion, out of bounds, an extra point attempt, a penalty, a change of possession, when a first down *is* obtained.

MERCY PRECAUTIONS

- Mercies are discouraged in this league. Coaches are asked to do what they can to AVOID avoid this result. In an attempt to assist with the prevention of a mercy in recreational play, we have implemented the following:
 - o If at any point during the game, there is a 28-point differential, the winning team will forfeit a defensive player. The winning team will only play with 4 players on defense until the point differential is lowered below 28 points or a mercy has been declared.
 - o The losing team may add a 6'^ player to their defense until the point differential is lowered below 28 points or a mercy has been declared.
- A Mercy is declared once a 42-point differential has been obtained. The game is officially declared over.

OVERTIME

- The game will end in a tie. No overtime in the Flag division.

FORFEITS

- In order to keep games on time, teams arriving more than ten minutes or later than their originally scheduled start time will forfeit the game. However, when said team does arrive, though the game is officially over, both teams may agree to play a scrimmage with the remaining game time.
- Teams are required to have a minimum of four players to play a game; if a team is unable to field at least four players the game will be forfeited. However, if both teams agree, they may use the remaining game time to scrimmage.

PROTEST RULE

A coach has the right to protest one rule interpretation per game. The head coach **MUST** have a copy of the rules present and call a "Protest Time Out". The protest must take place before the next play starts. The official must stop the clock and read the rule in question. If no agreeable solution is determined, then an event liaison may arbitrate and will have the final say. If a team protests a rule interpretation and is proven wrong, the team will be charged a timeout. If the team doesn't have a timeout then that team will be penalized for delay of game. Note; you cannot protest a judgement call. A judgement call is at the official's discretion.

GENERAL PENALTY INFORMATION

- Only head coaches may approach the referee. Judgment calls cannot be argued.
- A game or half will not end on any accepted live ball defensive penalty or inadvertent whistle.
- A second penalty on an extra point, will equate to the number of points the offensive team was attempting and be awarded.
- If the offense throws an interception and commits an infraction after the interception, when the opposing team takes offensive possession, they will get an additional 5 yards from the line of scrimmage.

FYAL FLAG FOOTBALL RULES

WARNINGS

- At the official's discretion a warning may be given in place of a penalty to a player or coach for any of the stated rules. Coaches and players should not expect to receive more than one warning if any.

OFFENSIVE PENALTIES - 5 Yards from Line of Scrimmage and Loss of that Down

- False start
- Offsides
- Illegal motion
- Offensive impeding
- Delay of game
- Coach interference
- Offensive pass interference
- Too many players on the field
- Improper equipment - (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey untucked, illegal cleats, missing or improperly placed flags)

OFFENSIVE PENALTIES - 5 Yards from the Spot of infraction and Loss of that Down

- Flag guarding
- Illegal ball advancement — (jumping or diving to advance the ball, laterals)
- Intentional contact — (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

DEFENSIVE PENALTIES - 5 Yards from the Line of Scrimmage, Automatic First Down

- Roughing the passer
- Intentionally removing a receiver's flag belt before he/she contacts the ball
- Illegally rushing the quarterback
- Too many players on the field
- Coach interference — (remaining on the field during a play)
- Improper equipment - (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey untucked, illegal cleats, missing or improperly placed flags)

DEFENSIVE PENALTIES - 5 Yards from the Spot of Infraction, Automatic First Down

- Defensive pass interference
- Intentional contact — (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

UNSPORTSMANLIKE CONDUCT -

- If the event liaison or referee witnesses any acts of intentional contact, tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

FYAL FLAG FOOTBALL RULES

- Players, coaches, and spectators may not physically or verbally abuse any player, coach, official spectator, or staff member.
- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball-carrier when pulling flags.
- Fans must also adhere to good sportsmanship:
 - o Yell to cheer on your players, not to harass officials, participants, coaches, staff, or other spectators. Keep comments clean and profanity free.
 - o Compliment ALL players, not just one child or team.

DEFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from End of Play, Automatic First Down

OFFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from Line of Scrimmage and Loss of Down

EJECTIONS

- Flagrant unsportsmanlike conduct or personal fouls (tackling, pass interference, charging, intentions contact).
- Intentionally tampering with equipment.
- At the official's discretion, a player or a coach may be ejected from the field for unsportsmanlike conduct or any flagrant violation of the rules. To eject a player or a coach the referee will call an official's time out and go contact the event liaison PRIOR to making this call.
- Any person ejected will be asked to leave the field before play resumes. If an ejected player/fan/parent does not leave the field, a delay of game penalty will be called and will continue to be called until the situation is addressed.
- Any player or coach ejected may be put on probation with possible suspension for the remainder of the event, season, or program depending upon the severity of the incident. FYAL will have full discretion when imposing penalties.

SPORTSMANSHIP

- Trash talking is not allowed. Trash talking is offensive language used against coaches, players, official league personnel, or spectators. Disciplinary action may be taken.
- If any league personnel or official witness any act of rough housing, including but not limited to, tackling elbowing, cheap shots, intentional contact, or any other unsportsmanlike act, the game will be stopped, and the player may be ejected. Further disciplinary action may follow including league expulsion.
- After the game, teams are expected to form a line at midfield and congratulate the opposing team regardless of the outcome of the game.

We will provide an atmosphere where players, friends, and families can feel comfortable enjoying a day of football. Any coaches, players, or spectators that jeopardize that environment will be asked to leave. This league operates under a **ZERO TOLERANCE POLICY**.

TACKLE FOOTBALL RULES

Foothills Youth Athletic League will follow all NCHSAA Varsity Football rules unless otherwise stated below.

VARISTY GUIDELINES

Age Requirements:

- Age Requirements for Varsity Football will be as follows:
 - All 11 and 12-year-old participants and any 9 and 10-year-old participants at the discretion of the coach/parent. Players cannot turn 13 before August 1st of the year of participation.

Weight Requirements:

- Weight requirements may only be revisited in odd ending years (most recent update 2023).
- Varsity: Skilled players (able to advance ball) must weigh 140.0 or less. Participants weighing 140.1 or more shall be identified with a stripe down the center of their helmet. They must play offensive and defensive return (tackle to tackle). You must weigh 185 lbs. or less if in the 7th and above grades to play for FYAL.
 - Striped players may only play offensive and defensive line, tackle to tackle. Any striped defensive player must be lined up no wider than head up the offensive tackle and must be in either a three (3) or four (4) point stance and on the line of scrimmage. Violations of this rule will result in an Unsportsmanlike Conduct ten (10) yard penalty. No advancing the ball, no special teams play, except for Field Goal Team, Extra Point Team, Punt Team and Punt Return. A striped player is allowed to recover a fumble, but the ball becomes dead immediately at that point, and may not be advanced. No kickoff or kickoff return. Penalty for illegal procedure on part of striped player is 5 yards. NO striped players can kick the ball.

Game Exceptions (JV):

- Each Varsity Quarter will last 8 minutes

Miscellaneous Exceptions (Varsity):

None

TACKLE FOOTBALL RULES

Foothills Youth Athletic League will follow all NCHSAA Varsity Football rules unless otherwise stated below.

JUNIOR VARSITY (JV) GUIDELINES

Age Requirements:

- Age Requirements for JV Football will be as follows:
 - All 9 and 10-year-old participants and any 8-year-old participants at the discretion of the coach/parent. Players cannot turn 11 before August 1st of the year of participation
 - Note: 9 Year olds do have the option to play flag

Weight Requirements:

- Weight requirements may only be revisited in odd ending years (most recent update 2023).
 - JV: Skilled players (able to advance ball) must weigh 120.0 or less. Participants weighing 120.1 or more shall be identified with a stripe down the center of their helmet. They must play offensive and defensive line (tackle to tackle).
 - Striped players may only play offensive and defensive line, tackle to tackle. Any striped defensive player must be lined up no wider than head up the offensive tackle and must be in either a three (3) or four (4) point stance and on the line of scrimmage. Violations of this rule will result in an Unsportsmanlike Conduct ten (10) yard penalty. No advancing the ball, no special teams play, except for Field Goal Team, Extra Point Team, Punt Team and Punt Return. A striped player is allowed to recover a fumble, but the ball becomes dead immediately at that point, and may not be advanced. No kickoff or kickoff return. Penalty for illegal procedure on part of striped player is 5 yards. **NO striped players can kick the ball.**

Game Exceptions (JV):

- Each JV Quarter will last 7 minutes
- No Special Teams
- No Extra Point
 - In case of a tie, follow NCHSAA rules
- No player is allowed to line up at the center or within 5 yards (pertains to all season) i.e. "Within the body frame of the center"
- There will be NO "Blitzing" by any athlete
- Linebackers, Cornerbacks, and Safeties will play a minimum of three (3) yards off the line of scrimmage
 - These positions are not allowed to cross the line of scrimmage until the ball has been handed off, passed, or it is an obvious run by the quarterback.
 - Violations of either NCHSAA rules or the exceptions listed herein will result in penalties as follows:

TACKLE FOOTBALL RULES

- 1st Offense – Verbal Warning
- 2nd Offense – Offending Coach will be suspended one (1) week
- 3rd Offense – The entire Football Team (Varsity & JV) will be put on probation. Violations of probation will result in fines and/or forfeitures of games as determined by the Executive Board.
- Game penalties have a maximum penalty of ten (10) yards.
- JV Rule on minimum playing time:
 - Minimum playing time is to be considered 8 plays per game for each participant on the JV level.
 - To initiate offense one of the following must have happened:
 - Parent Complaint/Organization self-reporting
 - More than 1 coach from opposing organizations confirm agreed visualization of the rule being broken
 - Video evidence
 - Penalty for not complying with equal playing time is as follows:
 - 1st Offense of season – Warning
 - 2nd Offense of Season– Game Suspension of Head Coach for following game
 - 3rd Offense of Season – Game Forfeit
 - Penalties from prior season will “follow” an organization for 1 year mandatory, if the head coach who incurs the penalty remains then the penalty will follow the organization for up to 3 years
 - The second consecutive season of noncompliance will begin with the 2nd offense punishment not 1st offense.
 - The coach of “noncompliant” team has the opportunity to provide proof as to the innocence or reasoning behind the accusation. (i.e video, attendance records, doctors excuse, & etc.)
 - Coaches/Teams who find themselves in a scenario where a child will not get minimum playing time are to communicate that to their opponent and or league official. Some reasons that a player may not play would be:
 - Lack of practice time during that week. (Missed practices)
 - In game injury (would be reported post game or have children remove pads during game)
 - A physical inability to play, or a refusal to play by a player. Coach should have documentation of a discussion with a parent and the local organizations president to validate this reason.

Miscellaneous Exceptions (IV):

- All players can only play 1 game a week, unless your team has less than 15 players. You may then move JV kids up to varsity where they can play no more than 6 quarters a week. They must have medical screening between games and parent waiver form.
 - This requires league notice and executive board approval.

TACKLE FOOTBALL RULES

- Two Coaches will be allowed on the field for all regular season games.
 - No coaches are allowed on field during playoffs

TACKLE FOOTBALL RULES

GENERAL TACKLE FOOTBALL RULES (JV/VARSITY)

Football Awards:

- A team plaque will be awarded to the Varsity team that finishes 1st place during regular season.
- A team plaque will be awarded to the Varsity and JV teams that are Super Bowl Champions and Runners Up.
- Individual trophies will be awarded to Super Bowl Champions and Runners Up.
- All League Players and Honorable mentions will be nominated by the head coaches of each team. The number of nominations is based on the final regular season standings.
 - 1st place – 6 All League 2 Honorable Mentions,
 - 2nd place - 5 All League 2 Honorable Mentions,
 - 3rd place – 4 All League 2 Honorable Mentions,
 - 4th place – 3 All League 2 Honorable Mentions,
 - 5th place – 2 All League 2 Honorable Mentions,
 - 6th place – 2 All League 2 Honorable Mentions,
 - 7th place – 2 All League 2 Honorable Mentions,
- All League players will receive plaques and Honorable Mention players will receive medallions.
- An MVP of the Super Bowl Game award will be presented at the end of the Super Bowl Game.
- An MVP of the season award will be presented at the end of the Super Bowl game. The MVP is selected by the head coaches of all organizations.

4.5.1 General

4.5 FOOTBALL

- (a) Football Calendar
- | | | | |
|-----------------|-------------------|--------------------|---------------|
| 1st Practice | August 1 | 2nd Round | November 11 |
| 1st Scrimmage | August 10 | 3rd Round | November 18 |
| 1st Play Date | Week of August 19 | 4th Round | November 25 |
| Playoff Seeding | October 29 | Regional Round | December 2 |
| 1st Round | November 4 | State Championship | December 9-10 |
- (b) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Contest - Week of August 19.
- (e) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (See 4.1.20) and Health and Safety Guidelines (See 2.3) for all the information.
- (f) Number or Regular Season Contests - No more than one may be scheduled per week. Total, 10 games. An individual is limited to only one game per day, per week (exception: "eight-quarter" rule).
- (g) Schedules - Schools are required to submit varsity and junior varsity schedules to their appropriate regional supervisor by May 15.
- (h) Suspended Game Rule - The NCHSAA plays by the suspended game rule [See 2.2.7(c) (1)].
- (i) Mercy Rule - Once the score reaches a 42 point differential, or more, at halftime or any point thereafter, the game will resort to a running clock or will be terminated by mutual agreement.
- (j) Junior Varsity Tiebreaker - Junior varsity football teams may break ties in games if both coaches mutually agree prior to the game.
- (k) Filming, Videotaping or Video Streaming - See 2.2.17.
- (l) Required Equipment - Schools must provide yardage clip for down and distance chains. Balls must have the authenticating NFHS ball mark.
NOTE: Use of NCHSAA adopted balls is strongly recommended for regular season play. In first round of playoff events through state finals, the adopted balls will be required to ensure consistency and fair play.
- (m) Uniformed Police Officer - See 2.5.3(a).
- (n) Restraining Barriers - At all football games there should be restraining barriers on both sides of the field.
- (1) These barriers shall run the entire length of the field and shall be at least five yards (preferably more) from the sidelines.
 - (2) The restraining barrier may be a fence, cable or strong rope.
 - (3) No one is permitted within these barriers except coaches, student-athletes and persons officially connected with a team.
 - (4) It is highly recommended that all schools completely surround their football field with a substantial four-foot restraining fence, constructed a minimum of five yards from any sidelines or end line.
- (o) Eight Quarter Participation - In emergency or "lack of depth" situations, freshman and/or sophomore (9th and 10th graders only in 3A and 4A; 1A and 2A schools may use 9th, 10th or 11th graders) junior varsity football student-athletes will be allowed a maximum of 8 quarters per season of "on the field" play as a varsity football student-athlete.
Note - Anytime a student-athlete participates in 8 quarters of Varsity competition, that student-athlete is no longer eligible to be an 8-quarter player. If the 8 quarter limit is reached during a contest, that student-athlete is immediately ineligible for further participation in that contest.
- (1) This is an allowable exemption from the rule counting dressing for a game as participation in a varsity contest and will enable a junior varsity student-athlete (9th/10th graders only) to be available for emergency or lack of depth participation in the varsity contest.
 - (2) The intent of the rule is to give coaches some alternatives for junior varsity student-athlete (9th/10th graders only) to continue to gain value game experience at the junior varsity level and still be available as a backup student-athlete in the varsity game. The following conditions must be met:
 - (i) A maximum of ten (10) student-athletes may be 8-quartered during the regular season
 - (ii) Such student-athletes must be pre-determined prior to dressing for participation —

completion of the 8 Quarter Pre-Approval Form containing signatures of a licensed athletic trainer or medical doctor, principal, athletic director, and parent/legal custodian. [If a designated student-athlete or student-athletes participated in the junior varsity contest, medical information shall include evidence that player(s) is(are) adequately hydrated and void of injury that would render player(s) unfit to play.] The form must be filed at the school and with the conference president on the day of the scheduled game.

- (iii) Following the game, a status report on the designated student-athletes must be completed which shall include the names of all junior varsity football student-athletes designated and dressed as emergency players and report the number of quarter(s) in which each student-athlete actually played. Any portion of a quarter equals a quarter played. If a student-athlete dresses out but does not play, record as "0" quarters played. Form must be signed by coach, athletic director and principal and submitted on line to the NCHSAA by the first school day after the varsity contest.
- (iv) Anytime a JV student-athlete (9th/10th graders only) must be used as a starter on the varsity team, that player is not eligible to be used as an eight-quarter player in the following week.
- (v) Failure to submit follow-up form to NCHSAA may result in a penalty.
- (vi) If your school's JV Football game is:
 - (1) Cancelled - you may not use the 8-quarter rule for Friday's varsity football game. If a JV student-athlete participates in the varsity game, it will count towards the maximum allowed 10 games per for an individual; therefore no 8-quarter paperwork would need to be filed.
 - (2) Postponed - you may use the 8-quarter rule for the Friday varsity football game. Submit 8-quarter paperwork as usual.
- (vii) No student-athlete may dress to participate in more than two football contests in a calendar week (Monday - Saturday)
- (3) Upon submission of sufficient documentation, teams may regain an Eight-Quarter position due to season-ending injury, catastrophic event, or transfer. Requires NCHSAA approval.

4.5.2 Skill Development Guidelines

- (a) Sports Season Note - See 2.2.14 and 2.2.15 for details on sports season concept. Football helmets and shoulder pads are permitted during skill development.
Note: During the entire time period between the end of football season and up through the first five days of practice for the next season, absolutely no live action contact and/or thudding is allowed. A limited amount of time is provide for "bump" workouts as detailed in 4.5.3(b)(4).
- (b) During the spring skill development period for football, between April 15th and the last ten (10) student days of second semester, "Bump" may be used for a maximum of 60 minutes total (Limitations of up to 15 minutes per day).
Note: Outside the period outlined in 4.5.2(b), absolutely no "body-to-body contact", live action, wrapping, or thudding is allowed [See 4.5.3(b)(4)].
- (c) A licensed athletic trainer or first responder must be physically present if any protective equipment (helmets and/or shoulder pads) is worn by student-athletes participating in football skill development during the school year.
- (d) A licensed athletic trainer or first responder must physically attend all summer football 7-on-7 events and must be physically present at all times in any competition area in which contests are being held.
Note: If a single field is divided for the purposes of holding multiple contests/scrimmages simultaneously, each of the divided sections must have a licensed athletic trainer or first responder responsible for that section of contest area.

4.5.3 Practice and Conditioning

- (a) State Medical Requirements - The member school's licensed athletic trainer or first responder must physically attend all football practices and both home and away games, unless excused by the superintendent in writing due to an emergency.
- (b) Definitions
 - (1) Practice - That period of time a student-athlete engages in a coach-supervised, school-approved, sport or conditioning-related physical activity; each practice should last no more than 3 hours. Warm-up, stretching, conditioning/weight room activities are included as part of the 3-hour practice time. Practices are timed from the time the student-athletes report to the field until they leave the field.
 - (2) Required Practice - A student-athlete must participate in at least eight (8) separate days of

team football practice (not military training, summer track, etc.) before participating in a football contest or scrimmage with outside competition (exception: student-athletes from other sports who play only as kickers). Three of these practices must be in full pads and include body to body contact.

- (i) If a student-athlete misses five (5) or more consecutive days of practice due to injury or illness, he/she must participate in at least three (3) separate days of practice before returning to competition.
- (ii) Student-athletes absent for other reasons (e.g., funeral, quarantine, school suspension, etc.) are not subject to this rule.
- (3) Contact Practice - The time when student-athletes may "hit" or have body to body contact; these drills may begin the day following the five (5) days used for acclimatization and physical conditioning; the use of all football protective equipment is required.
- (4) Football Drill Categories
 - (i) Non-live Action (Allowed at any time outside of established dead periods and Sundays)
 - (1) Level 0 (Air) - Student-athletes run a drill unopposed without contact
 - (2) Level 1 (Bags) - Student-athletes run a drill against a hand-held bag or another soft-contact surface.
 - (3) Level 2 (Control) - Student-athletes run a drill at coach-assigned speed with one student-athlete the predetermined "winner" by the coach and contact remains above the waist with student-athletes staying on their feet.
 - (ii) Restricted Non-Live Action (Limitations in place for off-season skill development)
 - (1) Level 3 (Bump) - Student-athletes run a drill at competitive speed with no wrapping up of a ball carrier. There is no predetermined "winner" and contact remains above the waist with student-athletes staying on their feet and a quick whistle ending the drill.
 - (i) Allowed during the spring skill development period for football (between April 15th and the last ten (10) student days of second semester. May be used for a maximum of 60 minutes total during this period and a limit of 15 minutes per day.
 - (ii) Allowed during in-season practices once acclimatization mandates are met with no daily or weekly time limitations.
 - (iii) Live Action (Allowed during in-season practices once acclimatization mandates are met)
 - (1) Level 4 (Full Live Action Contact) - Drill is run in game-like conditions and is the only time that student-athletes are allowed to be taken to the ground.
- (5) Scrimmage - Informal sports contest or practice match engaged in for practice purposes; may occur on Day 9 of the pre-season period. During this time, student-athletes may engage in hitting.
- (6) Walk-Through - A teaching opportunity with the student-athlete not wearing protective equipment (e.g. helmets, shoulder pads, catcher's gear, shin guards) or using other sport-related equipment. The walk-through is not part of the 3 hour practice period, can last no more than 1 hour per day, and does not include conditioning or weight room activities. In football, a one (1) hour maximum walk-through is permitted during the 1st twelve (12) days of pre-season practice.
- (7) Cool Down Period - The three (3) hour time period between the end of (1) one practice or walk-through and the beginning of the next practice or walk-through. During this time, athletes should rest in a cool environment—helmets off, not in direct sunlight—with no sport or conditioning related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permissible.
- (c) Conditioning Requirements - The first five (5) days of practice are required to be used for physical conditioning according to the following provisions - The NCHSAA emphasizes the importance of these regulations for safety.
 - (1) On the first two (2) days, headgear, non-padded shorts and football shoes constitute acceptable dress. On days three (3), four (4) and five (5), shoulder pads may be added, but absolutely no body-to-body contact is permitted [See 3.3.5(d)(10)]. Practice during the first five-day period shall be limited to three (3) hours, including flex time (stretching) and breaks. On day six (6), full uniforms may be worn, and body-to-body contact is allowed.
 - (2) This conditioning period may include calisthenics, kicking, throwing, running and similar exercises. Arm shields, tackling or blocking dummies, charging sleds or similar devices may also

be used during these five days. Squad meetings, skull sessions, film study and the like are allowed during the five-day period.

- (3) All football players, with the exception of soccer players who play only as kickers must follow the preceding conditioning requirements. Any student-athlete, who is late coming out for the team, must still undergo five (5) days of physical conditioning as outlined prior to beginning regular practice and workouts.
- (d) Practice Options - There are set practice options that can be utilized during the football preseason period:
 - (1) Option A - One, three hour practice (which includes "flex time").
 - (2) Option B - One, three hour practice, followed by a mandatory three hour cool down period, followed by a one hour walk-through.
 - (3) Option C (Double Practice) - One three-hour, or two-hour practice, followed by a mandatory three-hour cool down period, followed by a two-hour, or three-hour practice (Maximum of five hours of practice time per 24-hour period).
 - (i) Option C days must be followed by Option A, Option B, or off-day
 - (ii) Under no circumstances may you have back-to-back Option C days
 - (iii) Under no circumstances can the two-hour session of Option C contain any body-to-body contact (Live Action, Thud, or Bump).
 - (4) The mandatory cool-down period must be held in an air-conditioned environment.
- (e) Practice Schedule - Listed are the various options available for each preseason practice day:
 - (1) August 1 - August 5 (excluding Sunday) - Option A or Option B
 - (2) August 6 (1st Day of Contact) - August 13 (or first day of school, whichever comes first): Option A, Option B, or Option C (refer to practice options for stipulations)
NOTE - After the preseason conditioning requirements are met, a student-athlete is limited to 15 minutes of live action contact per day.
 - (3) August 15 - End of Season: Option A ONLY (One 3 hour practice, which includes flex time)
NOTE - Once the regular season begins, student-athletes are limited to a maximum of 15 minutes of live action contact-per week.

4.5.4 Playoffs (Brackets, Reporting, Seeding, Other Playoff Information)

- (a) Playoff Brackets - Will be posted on NCHSAA Website after seeding is complete. (See 4.1.17 - 4.1.19)
- (b) Ties in Standings
 - (1) The team leading in conference standings at the end of the season will be declared conference champion.
 - (2) In the event two or more teams tie for a playoff position, the approved tiebreaking procedure shall be used (See 4.1.11).
 - (3) Any conference ties for football playoff berths must be broken and results reported to the NCHSAA by 6:00 a.m. on Saturday after the last regular season games.
- (c) Reporting Playoff Qualifiers - Every effort should be made to play the final regular season game as scheduled.
 - (1) Postponements should also be reported to the NCHSAA.
 - (2) Saturday is the makeup day in the event of inclement weather on Friday (game time no later than 1 p.m.).
 - (3) There will be no other exceptions because of the importance of the seeding process. The conference president must report the berths, conference standings and overall records as required by the NCHSAA by 11:30 p.m. on the 11th playing date.
 - (4) Preliminary brackets will be posted as soon as they are completed. Any corrections should be reported to the NCHSAA within one hour after posting.
 - (5) Final brackets will be posted thereafter.
 - (6) Failure to comply with the initial reporting procedure will result in a penalty to the conference.
 - (7) Check NCHSAA website for additional information.
- (d) Qualifiers - See 4.1.17 (Playoff Berths/Qualification)
- (e) Competing Schools - It is the duty of the competing schools to confer with respect to the wishes of their school. The principal of the host school should contact by telephone the principal of the other school within 24 hours after knowledge of the playoff. Arrangements must be made for designated school representatives to meet to discuss arrangements and fix responsibility for various details. All financial arrangements must be made prior to the contest.
- (f) Rescheduling Other Sports - Games in other sports may be rescheduled when participation in the football playoffs would affect those games (e.g., early-season men's basketball games if the football team is involved in playoffs).
- (g) Required Playoff Information - Fact sheet, roster forms, two-deep depth chart forms and other required information for football playoff qualifiers may be found on the NCHSAA website. Note deadlines for submission of material. This is mandatory for playoff qualifiers.

4.5.5 Playoffs (General Requirements, Officials, Press Conference, Sites)

- (a) Minimum Seating Requirements are as Follows - Class 1A — host 1000, visitors 500; Class 2A – host 1450, visitors 750; Class 3A – host 2000, visitors 1000; Class 4A — host 2500, visitors 1500.
 - (1) The Executive Committee has authority to move a playoff game when the circumstances are perceived to warrant such action even if the host school meets the minimum seating requirements.
 - (2) If additional seating is required to meet the above standards, the expense shall be that of the host school.
 - (3) If the visiting team has a complaint regarding the playing facility, it shall be registered by noon on the Monday preceding the game. In the event of such a complaint, the President of the Board of Directors shall have the authority to appoint a committee of three members of the Board to investigate the facilities. This committee shall be vested with the full authority to set the site for the game.
 - (4) If a neutral site is selected, the representatives of the two playing schools shall meet with a representative of the school furnishing the neutral field to agree on game management.
- (b) Game time is set for 7:30 p.m.
- (c) Game ball - The Wilson GST Football (WTF1003B) or GST Prime Football (WTF1103) are the official footballs of the NCHSAA championship and playoffs (with NFHS authenticating ball mark).
- (d) Selection of Officials
 - (1) For the first two rounds of the state playoffs, officials are to be assigned by the regional supervisor of the higher seeded team.
 - (2) The NCHSAA Assistant Commissioner for Officiating will assign a regional supervisor to assign crews to games in the quarterfinals and NCHSAA regionals.
 - (3) Clock operators may be assigned starting with the second round, but this is strictly optional for schools. Clock Operators are the responsibility of the host school for playoffs; however, use of a Clock Operator is not an allowable game expense.
 - (4) The NCHSAA Assistant Commissioner for Officiating will assign crews to all state championship games. A seven-man crew will be used in the championship games.
- (e) Championship Press Conference - A press conference and information session preceding the football championships will be held on Monday, December 5, 2022.
 - (1) All regional champions who qualify for the state finals are asked to bring their superintendent, principal, athletic director, head football coach and members of the media who cover their team.
 - (2) This information session/press conference is mandatory; at least one of the aforementioned personnel from the school must be in attendance.
 - (3) Failure to comply will include a penalty and possible forfeiture of complimentary tickets/VIP passes for the event.
- (f) State Championships - The state championships are scheduled for December 9-10, 2022, and sites and times will be announced on the NCHSAA Website. The Eastern teams will be designated as home.

4.5.6 Financial Arrangements

- (a) Rate of expense reimbursement for visiting team: first round, second round, and third round
 - (1) 0-75 miles one-way school receives meal reimbursement (\$6 x 45 people=\$270)
 - (2) 76-149 miles one-way school receives meal reimbursement (\$6 x 45 people=\$270), plus mileage (.75/mile, round trip)
 - (3) 150 plus miles one-way school receives meal reimbursement (\$6 x 45 people=\$270), plus mileage (.75/mile, round trip), plus motel (\$8x45=\$360)
NOTE - Schools must provide motel receipts to the home team to receive allowance.
 - (4) If over 300 miles one way, contact NCHSAA for approval of allowable expenses.
- (b) First, Second and Third Round Games
 - (1) Game report - The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association within 10 days after the contest. Forms are available in the designated reporting platform.
 - (2) Division of receipts - the Association is to receive 15% of the net gate. The competing teams are to divide the remainder equally.
 - (3) The host school retains concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
 - (4) Admission - See Ticket Pricing Chart (page 115)
- (c) Fourth Round Games
 - (1) Game report-The principal of the host school, or appointed game manager, will forward a copy of

- the financial report and ticket accountability form to the North Carolina High School Athletic Association within 10 days after the contest. Forms are available in the designated reporting platform.
- (2) Division of receipts - the Association is to receive 20% of the net gate. The competing teams are to divide the remainder equally.
 - (3) The host school retains concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
 - (4) Admission - See Ticket Pricing Chart (page 115)
- (d) Regional Games
- (1) Game report - The principal of the host school, or appointed game manager, will forward a copy of the financial report and ticket accountability form to the North Carolina High School Athletic Association, within 10 days after the contest. Forms are in the designated reporting platform.
 - (2) Division of receipts - In the regional games, the Association is to receive 25 percent of the net gate. The competing teams are to divide the remainder equally.
 - (3) In the regional games, the host-school retains concession and program rights. No charge is to be made by the host school for field use, lights, lining off the field, etc., if the field is school-owned or is owned by the board of education. Any use of a neutral facility must be approved by the NCHSAA.
 - (4) Rate of expense reimbursement - See 4.5.6(a).
 - (5) Admission - See Ticket Pricing Chart (page 115)
 - (6) Regional awards - Team plaques will be presented to the regional champion and regional runner-up.
- (e) Championship Games
- (1) Championship games will be held under the direction of the NCHSAA; this is to include approval of game sites.
 - (2) Team expenses - For neutral site championships, both teams receive travel and lodging, if applicable.
 - (i) If the distance is over 75 miles (one way), the visiting team will be allowed a meal for those dressed, up to 45 persons. Meal allowance consists of \$5.00 for each person for breakfast, \$6.00 for lunch, \$8.00 for dinner.
 - (ii) Motel expenses will be allowed for one night if visiting team is more than 150 miles from playoff site. Two nights will be allowed if over 300 miles. Schools will pay their motel bill, and the NCHSAA will reimburse the schools up to an \$11.00 rate per person, for up to 45 persons.
 - (3) Division of receipts - In the championship games, after the game and team expenses have been deducted, the Association will receive 60 percent of the net receipts and the participating teams will divide the remainder.
 - (4) Admission - See Ticket Pricing Chart (page 115)
 - (5) Awards - The winning and runner-up teams will receive plaques. Members of the winning and runner-up teams will also receive individual awards. (70 medals for 1A and 2A, 80 medals for 3A, and 90 medals for 4A)

FOOTHILLS YOUTH ATHLETIC LEAGUE VOLUNTEER CODE OF CONDUCT

1. As a volunteer for an individual team, I understand that as a volunteer, I am also a member/volunteer of FYAL.
2. As a volunteer of FYAL, I will abide by all the rules and expectations set out in the Constitution, By-Laws, and Rules of the FYAL organization.
3. I will coach football/cheerleading in a safe and sportsmanlike manner by teaching the fundamentals of the sport.
4. I will not have any physical contact with a player/cheerleader outside the training and teaching of the fundamentals of the sport.
5. I will not use abusive or profane language at any time.
6. I will not criticize an opposing team, its players, coaches, or fans by word of mouth or gestures.
7. I will not smoke and/or use smokeless tobacco during practices or games.
8. I will not consume any alcohol or illegal substances before or during and practices or games.
9. I will lead by example in demonstrating fair play and sportsmanship to all players and cheerleaders.
10. I will strive to make every football/cheerleading activity serve as a training ground for life and a basis for good mental and physical health.
11. I will emphasize good athletes strive to be good students, and that both are physically and mentally alert.
12. I will not encourage my team to get a commanding lead, and raise the score as high as it can. In these instances, every effort will be made to let all players play.
13. I will accept any decision of the game officials on the field as being fair, and called to the best ability of said official.
14. I will control my team fans. I will remember, as a team coach, I am responsible for my team, and fan reaction will usually be in step with my reactions.
15. I will follow informed, professional medical advice, at all times.
16. I will always use coaching techniques appropriate for youth sports.
17. I have not been convicted, nor have I committed any felonious acts (Violent, Sexual, or Drug related), and agree to give FYAL, and my affiliated team, permission to access my past criminal background history via a FYAL approved third party vendor.
18. I understand that violation of the Volunteer Code of Conduct, the Constitution, or By-Laws may result in my removal as a coach in the Foothills Youth Athletic League organization.

BY SIGNING THIS DOCUMENT, I AS A VOLUNTEER OF THE FOOTHILLS YOUTH ATHLETIC LEAGUE, AGREE AND WILL ABIDE BY THIS VOLUNTEER CODE OF CONDUCT, AND ACCEPT ALL RESPONSIBILITIES AS HEREIN DESCRIBED.

Team Name_____

Volunteer Name_____

Volunteer Signature_____ **Date**_____

FOOTHILLS YOUTH ATHLETIC LEAGUE PARENT / GUARDIAN CODE OF CONDUCT

- 1.** I will respect all players, cheerleaders, coaching staff, and families associated with the Foothills Youth Athletic League organization, and its affiliated football /cheerleading programs.
- 2.** I will remember the game is for the players / cheerleaders, not the adults.
- 3.** I will avoid the use of profanity during any practices or games.
- 4.** I will avoid all physical contact with coaches, players, parents, or referees.
- 5.** I will abide by all the rules and expectations set out in the Constitution and By-Laws of the Foothills Youth Athletic League organization.
- 6.** I will not consume any alcohol or illegally controlled substance before or during any practices or games.
- 7.** I will remain off the practice and game fields during official games or practices.
- 8.** I will return all equipment used by my child or children to the team at the conclusion of the season.
- 9.** I will support the coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- 10.** I will make sure all family and friends that attend practices or games have read and understand the above.
- 11.** I understand that I will be held responsible for all family and friends actions at all practices and games.
- 12.** I understand that a violation of the Parent / Guardian Code of Conduct, the Constitution, or By-Laws may result in a revocation of privileges.

Participant's Name _____

Participant's Organization _____

Parent / Legal Guardian Signature

_____ Date _____